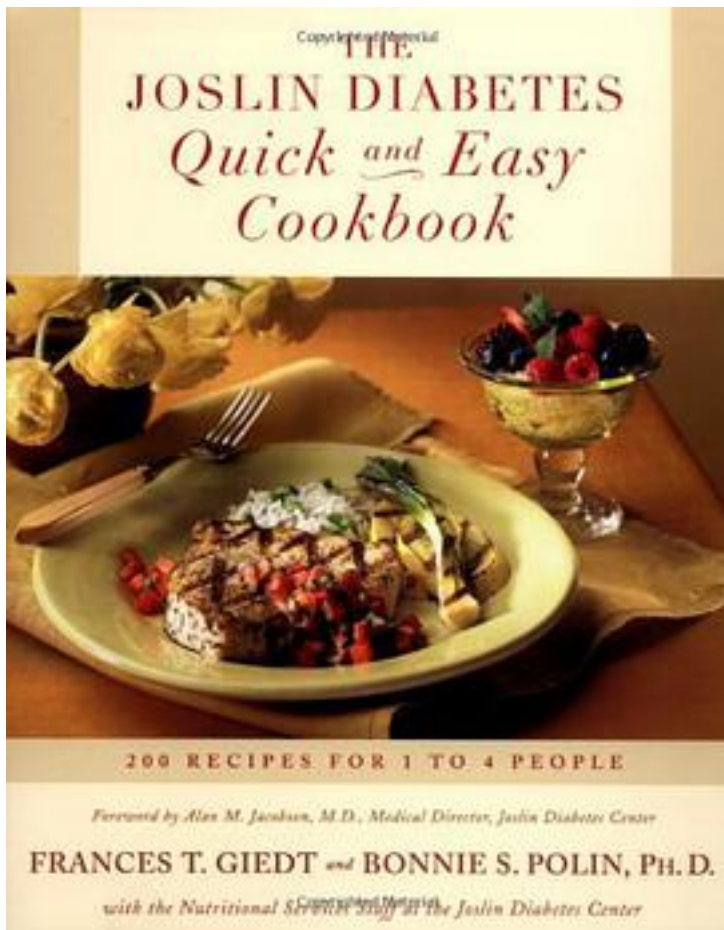


# The Joslin Diabetes Quick and Easy Cookbook



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著者:Giedt, Frances Towner/ Polin, Bonnie S./ Joslin Diabetes Center Nutrition Services (COR)

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At last, great-tasting healthful food -- in thirty minutes or less If you have diabetes, then you're careful about your diet. But living with diabetes doesn't have to mean being

limited to bland, tasteless foods, nor should you have to spend excessive amounts of time planning and preparing complicated meals. Now the same authors who brought you the award-winning "Joslin Diabetes Gourmet Cookbook" bring you "The Joslin Diabetes Quick and Easy Cookbook," with more than 200 recipes for dishes that can be prepared in thirty minutes or less. Here are recipes for one to four people for every time of day -- from Breakfast Burritos to "Power lunch" dishes to delicious dinner pastas like Mushroom Ravioli with Chunky Tomato Sauce, as well as suggestions for snacks, desserts, and beverages. Nutritional analyses and diabetic exchange information accompany each recipe. You'll also find serving suggestions, advice on what to eat when you're away from home or relying on restaurants, and a section on commonly asked questions about diabetes and nutrition. Once again, Frances T. Giedt and Bonnie S. Polin, both living with diabetes, have created, in conjunction with the Nutritional Services Staff at the world-famous Joslin Diabetes Center, a delicious array of healthful recipes that will satisfy people with diabetes or anyone in search of quick nutritious meals.

作者介绍:

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