

Family Cookbook



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From Publishers Weekly Although primarily intended for diabetics, this excellent work will benefit any home cook interested in healthful eating. The delicious, facile recipes (including Texas beef brisket, shrimp and asparagus in fettucini with mustard cream sauce and pears filled with strawberry cream cheese) are generally limited to half an egg and half a teaspoon of sugar per serving, and are low in salt and fat and high in complex carbohydrates. Also proffered are spice alternatives to salt and guidelines for planning nutritionally balanced meals. This third volume in a fine series is replete with microwave adaptations, as well as a varied ethnic and American regional repertoire, with selections from Native-, Southern- and Mexican-American cuisines. The American Diabetes Association is a voluntary health organization for diabetics and their families; the American Dietetic Association is a group of nutrition professionals.

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