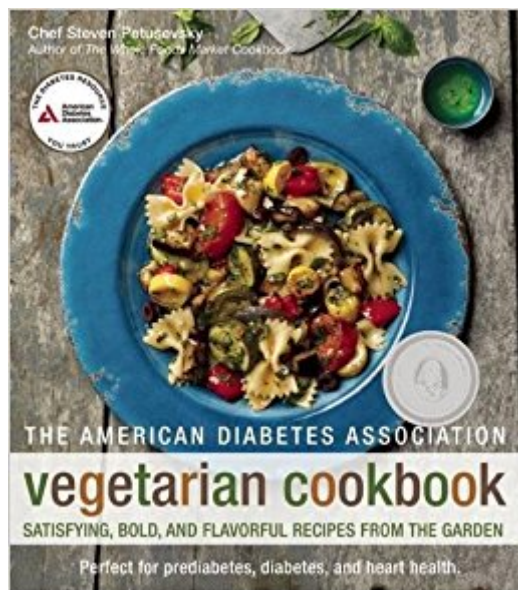


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# The American Diabetes Association Vegetarian Cookbook: Satisfying, Bold, And Flavorful Recipes From The Garden



## Synopsis

Motivated by his recent diagnosis of prediabetes, chef Steven Petusevsky has created a cookbook aimed at those who are new to vegetarianism and who want to lose weight and get their diabetes under control. The easy-to-follow American Diabetes Association Vegetarian Cookbook acts as a personal guide to a healthier lifestyle, from selecting flavorful seasonal vegetables and building a pantry to preparing the most delicious and satisfying vegetarian dishes inspired by global cuisine. New vegetarian cooks will soon be pros at preparing such delightful dishes as Pan-Seared Spicy Asparagus with Shiitake Mushrooms and Authentic Greek Salad. An array of four-ingredient dishes are perfect for cooks with a busy schedule. With over 150 delicious, healthy, and amazing recipes, readers will soon find that a vegetarian meal can be satisfying, healthy, and diabetes-friendly.

## Book Information

Paperback: 176 pages

Publisher: American Diabetes Association; 1 edition (October 29, 2013)

Language: English

ISBN-10: 1580404871

ISBN-13: 978-1580404877

Product Dimensions: 0.5 x 8 x 9 inches

Shipping Weight: 7.8 ounces (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 stars 48 customer reviews

Best Sellers Rank: #122,165 in Books (See Top 100 in Books) #6 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #100 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #138 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian

## Customer Reviews

A highly acclaimed chef, Steve Petusevsky is widely known as a pioneer in the pairing of health and exceptional taste. He served as the National Director of Creative Food Development for Whole Foods Market and is the author of The Whole Foods Market Cookbook (Clarkson Potter, 2002). He has written for Cooking Light, the Chicago Tribune news service, Health, Fine Cooking, Food & Wine, and Restaurant Hospitality.

My doctor won't let me use this book because it has so many carbs in the recipes. This is no book for even me a borderline diabetic. I can't eat pasta, bread, sugar flour etc and this book as all of that

in it :(

I was expecting to see more recipes that had a better carbohydrate to protein ratio in this cookbook. I was surprised to see recipes that were as much as 90% Carb to 10% protein - not good. There are a couple of recipes that look really interesting, but most I feel like have seen before in other books.

I've tried many of the recipes in this book and they were all good. It's really helpful to have a book like this when you run out of meal ideas and want something a little different.

Carbs in these recipes are far too high for my taste.

Badly in need of an editor, and the recipes really aren't anything special.

This is an excellent book . Recipes are delicious

I just received the book. It came later than the date stated it would arrive. The book itself doesn't make much sense since it is supposed to be for diabetes yet is full of pasta recipes which make the blood sugar skyrocket. If your looking for a vegan/diabetic cook book this is not the cookbook!

GREAT COOKBOOK. I have many cookbooks but this one is so family friendly! Easy recipes that adults and kids alike enjoy.

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Vegetarian: 365 Days of Vegetarian Recipes (Vegetarian, Vegetarian Cookbook, Vegetarian Diet, Vegetarian Slow Cooker, Vegetarian Recipes, Vegetarian Weight Loss, Vegetarian Diet For Beginners) The American Diabetes Association Vegetarian Cookbook: Satisfying, Bold, and Flavorful Recipes from the Garden Vegetarian: Everyday : Vegetarian For Beginners(vegetarian paleo, vegetarian health recipes, vegetarian weight loss recipes, vegetarian weight loss, vegetarian ... book) (healthy food for everyday Book 2) Reverse Diabetes: Stop Diabetes Without Drugs (Type 1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget( Crockpot,Slowcooker,Cast Iron) (Vegetarian,Vegetarian

Cookbook,Vegetarian ... low carb,Vegetarian low fat) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) Type 2 Diabetes:The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist Included)[Type 2 Diabetes, Type 2 Diabetes Cure,Type 2 Diabetes Diet, Diabetes Diet, Diabetes Magazine] American Diabetes Association Complete Guide to Diabetes: The Ultimate Home Reference from the Diabetes Experts (American Diabetes Association Complete Guide to Diabetes) DIABETES Killer Formula: The Miraculous Guide Will Fully Reverse Your Diabetes and In A Natural Way. (Diabetes Diet, Diabetes Recipes, Diabetes Cure, Reversing ... 2 Diabetes, Diabetes Destroyer,) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1) Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet) (Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes Solution) Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well (Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Vegetarian: 4-Week Vegetarian Nutrition Cookbook for Everyday Lifestyle - 39 Quick & Easy Vegetarian Meal Plans for Beginners (Healthy Low Carb Vegetarian Recipes for Diet and Lifestyle) Cure diabetes : Diabetic No More: Normalize Blood Sugar, Reverse Diabetes, and Say Goodbye to Drugs and Testing Forever (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health) DIABETES: 15 Super Foods To Quickly And Safely Lower Blood Sugar: How To Reverse and Prevent Diabetes Naturally (Natural Diabetes Cure - Diabetes Natural Remedies - Natural Diabetes Remedies) Diabetes: Reverse Diabetes Naturally & Safely: The Simple & Effective Changes You Can Make In Order To Reduce Blood Sugar Levels & Cure Diabetes ... End Diabetes, Type 1 Diabetes, Insulin)

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