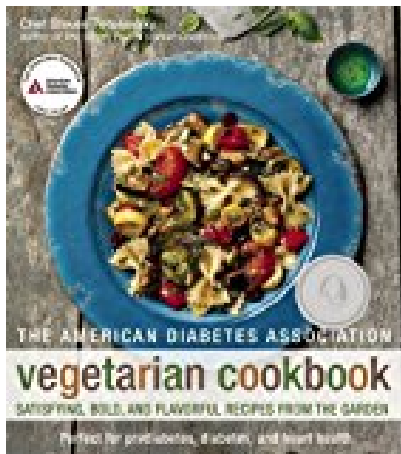


The American Diabetes Association Vegetarian Cookbook Satisfying Bold and Flavorful Recipes from the Garden



BOOK DETAILS

- Author : Steven Petusevsky
- Pages : 176 Pages
- Publisher : American Diabetes Association
- Language : English
- ISBN : 1580404871



BOOK 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.

THE AMERICAN DIABETES ASSOCIATION VEGETARIAN COOKBOOK

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