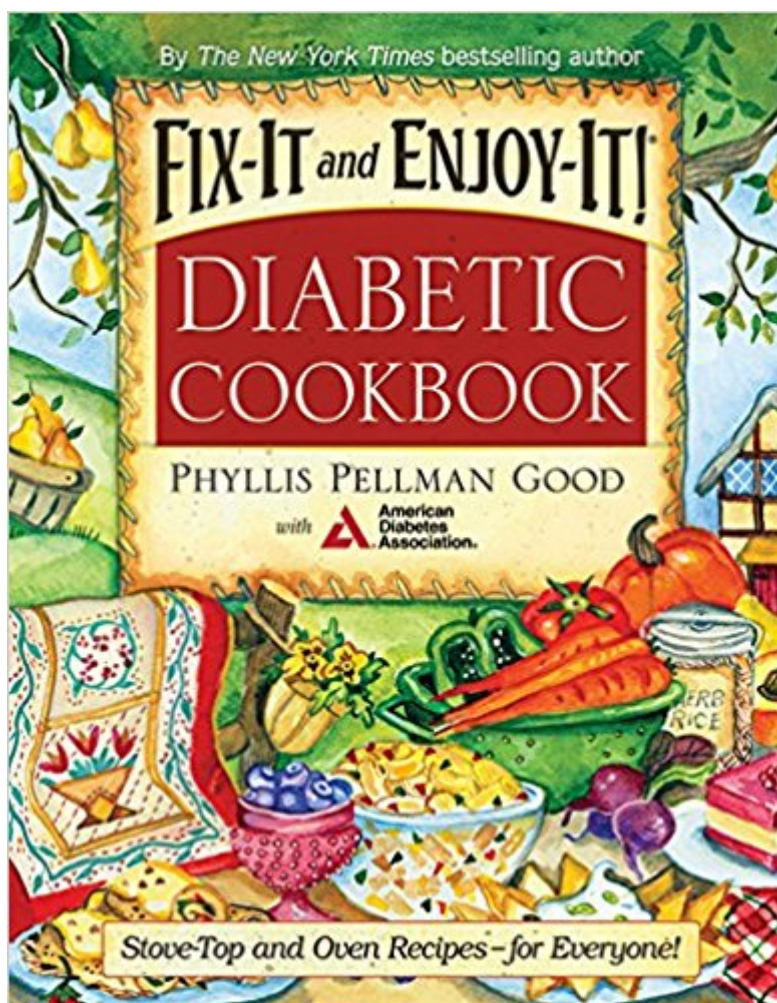


The book was found

Fix-It And Enjoy-It Diabetic: Stove-Top And Oven Recipes-for Everyone!



Synopsis

With more than 500 irresistible stove-top and oven recipes for people with diabetes—and everyone else! Each recipe includes its own nutritional analysis and is easy-to-make with readily available ingredients. From the bestselling author of the Fix-It and Forget-It slow-cooker cookbook series and the American Diabetes Association. No need to deprive anyone with diabetes of good food! Cook from Fix- It and Enjoy-It Diabetic Cookbook: Stove-Top and Oven Recipes; for Everyone! and everybody will be happy. This chock-full cookbook offers more than 500 recipes for stove-top and oven, all appropriate for persons with diabetes. What's more; these dishes, with their reduced fats and carbs, are healthy for everyone. New York Times bestselling author Phyllis Pellman Good is back with her signature approach to stress-free cooking. "These irresistible recipes have short lists of ingredients; which are readily available. And the instructions for making each recipe are clear and thorough. These recipes are for cooks who are short on time, and may be short on confidence!" smiles Good. Fix-It and Enjoy-It Diabetic Cookbook comes from a blue-ribbon team. The American Diabetes Association has worked with Good to select the recipes. And they have supplied the Exchange Value and Nutritional Analysis for each recipe. "One more thing to note," comments Good. "These recipes come from home cooks all across the country. They are beloved dishes; the recipes work; the outcomes are already delicious favorites." Who can resist: Mexican Chicken Bake Barbecued Beef Strips Cranberry-Glazed Pork Roast Dried Cherry Salad Stir-Fried Broccoli Crusty Baked Potatoes Frozen Fruit Slush The book includes "A Week of Menus," for those beginning to cook for persons with diabetes, and for those who need refreshing new ideas. Fix-It and Enjoy-It Diabetic Cookbook makes it easy for persons with diabetes to eat as they should. And you can love this cookbook, even if you don't have diabetes. These recipes are for everyone!

Book Information

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Customer Reviews

Phyllis Pellman Good is a New York Times bestselling author whose books have sold more than 11 million copies. Good is the author of the nationally acclaimed Fix-It and Forget-It slow-cooker cookbooks, several of which have appeared on the New York Times bestseller list, as well as the bestseller lists of USA Today, Publishers Weekly, and Book Sense. The series includes eight titles. The most recent are Fix-It and Forget-It Pink Cookbook, to benefit the Avon Foundation and Fix-It and Forget-It Diabetic Cookbook, Revised and Updated, with the American Diabetes Association. Good is also the author of the Fix-It and Enjoy-It series, a “cousin” series to the phenomenally successful Fix-It and Forget-It Cookbooks. Phyllis Pellman Good is Executive Editor at Good Books. (Good Books has published hundreds of titles by more than 135 authors.) She received her B.A. and M.A. in English from New York University. She and her husband, Merle, are the parents of two young-adult daughters. For a complete listing of books by Phyllis Pellman Good, as well as excerpts and reviews, visit www.Fix-ItandForget-It.com or www.GoodBooks.com.

I've found this cookbook to have lots of delicious recipes that help me maintain my bloodsugars at a proper level and please my choosy tastebuds too. I'm not too interested in labor-intensive recipes so I have found many choices within these pages that I can put together easily and still find wonderfully tasty. I am also one of those rare diabetics that doesn't tolerate some artificial sweeteners well, and this book has given me lots of recipe choices that don't involve artificial sweeteners, another big plus for me. But one of the biggest plus points of this cookbook is the number of recipes in lots of categories so each cook has multiple choices to try. It is easy for me to recommend this book to any diabetic or to anyone who wants to eat a healthier diet. Enjoy!

I was recently diagnosed with Type II diabetes. Recently, the powers that be have changed the view on how to eat. I have found lots of books, but was finding that the nutrition information was way behind the times. I had seen a recipe from the Fix-It and Forget-It Diabetic book on a blog and it was wonderful. I had to have the book. I thought I was ordering that book, the Fix-it and Enjoy-it

Diabetic Cookbook is what arrived. It was my mistake, but WOW am I glad I made that mistake. I just LOVE this book and already have picked out a list of recipes to try and thankfully all are within my new diet restrictions. I have since ordered the one for the slow cooker as well.

This is a fabulous cookbook! Since being diagnosed with diabetes this is one of the books that disprove my fear that I would never get to eat anything tasty again. I have found quite a few favorites in this one. Two are the Scrumptious White Chili and the Teriyaki Burgers. I make these on a regular basis. This author knows what she is doing with these recipes. I have another of her books too, and it has the best banana bread recipe for diabetics!!! I have gotten some diabetic cookbooks that I never used so much as one recipe. This is the exception. You will love it.

Looking at the recipes, i'm not sure how a lot of them fit for diabetics...tons of salt, sugar, carbs....

A useful addition to a cookbook collection for those folks needing to watch their carb intake and still wanting to enjoy good food. This book has a nice sampling of recipes for all meals and a broad assortment of dishes, mostly simple fare, with nutritional values attached.

If you think diabetic friendly recipes can't be tasty you should try some of these! Plus, the ingredients are foods/seasonings you have in your pantry anyway...not a lot of 'hard to find' ingredients. Great tips for a healthier "diabetic" lifestyle as well! Great book in my opinion.

Good beginners cookbook for the Health conscious cook.

Lots of great, SIMPLE recipes and a fantastic dessert section. I'm not so much about recipes for things like "standing rib roast

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