



# The New Diabetes Cookbook: 100 Mouthwatering, Seasonal, Whole-Food Recipes

*Kate Gardner MS RD*

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Cooking—and eating—with diabetes can be a challenge. In addition to the usual everyday time and preparation concerns, you have to worry about carbohydrates, blood sugar, and choosing the best possible ingredients. But this cookbook makes life simpler and more delicious. Written by an experienced dietician, it focuses on unprocessed, nutrient-rich whole foods that are fresh, hearty, and inexpensive. Enjoy dishes everyone will love, like Artichoke Baked Eggs, a Wasabi Salmon Burger, Coconut-Crusted Chicken in a Curry Broth, Curried Pumpkin and Lentil Stew, and even yummy desserts like Mini Chocolate Orange Cakes with Ancho Chilies and Baklava Bundles. Every recipe comes with nutritional information and notes to help guide diabetics to a healthier life.

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