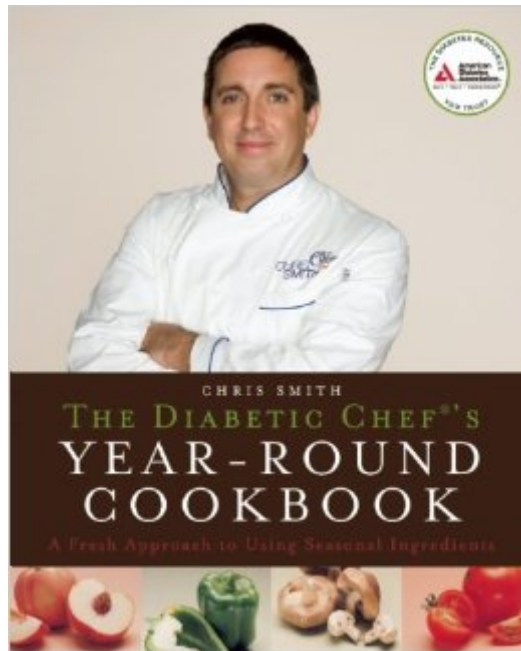


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# The Diabetic Chef's Year-Round Cookbook: A Fresh Approach To Using Seasonal Ingredients



## Synopsis

Are you tired of uninspired, bland meals? Then you're ready for tasty, creative dishes from The Diabetic Chef. Carefully crafted to take advantage of seasonal foods available from month to month, The Diabetic Chef's Year-Round Cookbook gives you a year of amazing, market-fresh meals. Whether you're looking for the perfect hors d'oeuvres to start off a dinner party or just the right main dish to delight your family on a normal weeknight, The Diabetic Chef has a recipe to satisfy your needs.

## Book Information

Paperback: 212 pages

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Average Customer Review: 3.9 out of 5 stars See all reviews (11 customer reviews)

Best Sellers Rank: #1,347,801 in Books (See Top 100 in Books) #110 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #932 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #997 in Books > Cookbooks, Food & Wine > Entertaining & Holidays > Seasonal

## Customer Reviews

Just because diabetics must be careful of their diet doesn't mean they have to forego gourmet level qualities of taste, presentation, and elegance when dining at home. Chef Chris Smith has compiled a volume of outstanding recipes to grace any diabetic's meal plan in "The Diabetic Chef's Year-Round Cookbook", published by the American Diabetes Association. For the novice kitchen cook seeking to prepare 'diabetic friendly' dishes there are pragmatic tips and techniques that can accentuate the inherent tastes of healthy ingredients, advice on stocking one's kitchen to prepare such meals, tips on selecting the right kinds of ingredients or cooking foods at correct temperatures, and even how to use template cooking to make changes to one's favorite recipes. Broken down monthly throughout the spectrum of one year, each recipe showcased in "The Diabetic Chef's Year-Round Cookbook" is adjusted to the ingredients of that particular season. Enhanced with the inclusion of a sidebar identifying Exchanges/Choices and Basic Nutritional Values, the recipes

include Turkey Gravy; Zucchini and Mushroom Frittatas; Baked Salmon with Mango Vinaigrette; Extra-Thick Lemon Yogurt; Roasted Corn and Red Pepper Salsa; Sweet Vidalia Onion Tart, Grilled Skirt Steak; and Tossed Mixed Greens with Grilled Chicken and Goat Cheese. A solid compendium of easy-to-prepare quality dishes that will please any palate and satisfy any appetite.

This is a good book for diabetic recipes that use fresh, local ingredients and are more sophisticated than the usual grilled chicken breast fare you find in many diabetic books. I love the focus on fresh ingredients and seasonal menus.

This chef probably cooks really well, but I do not run my kitchen like a restaurant chef. His recipes require that many of his sauces and flavorings be on hand, and he offers recipes for them. In a restaurant, that makes great sense, but it's a lot of trouble when you can just pick something quicker and easier to cook and not put in the time and patience for preparation. If you consider yourself a gourmet, this is a great book for you. If you have other things to do in your life, try something else. Try "The New Family Cookbook for People with Diabetes" by the American Diabetes/Dietetic Associations.

I was looking forward to receiving this cookbook. However, I found its content disappointing. The recipes aren't really that diverse or interesting. The Diabetes and Mediterranean Cookbooks are far better, at least for our palates.

I gave this book as a gift and it was very much appreciated. It's a great book with a lot of great recipes.

One of the best diabetic cookbooks I have read. Simple instructions, simple ingredients, and good inspiration. Good basic techniques. It is my new most used cookbook.

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The Diabetic Chef's Year-Round Cookbook: A Fresh Approach to Using Seasonal Ingredients  
Diabetes Diet: Diabetes Diet is 904 pages of 1200-1800 calorie diabetic diet meal plans! (diabetic diet meal plan, diabetes meal planner, diabetes diet ... insulin, diabetic cookbook, diabetes cure)  
Diabetes Diet: Quick, Easy and Enjoyable Diabetic Recipes (Diabetes Diet, Diabetes Diet Plan, Gestational Diabetes, Diabetic Recipes, Type 2 Diabetes, Diabetes Diet Cookbook, Diabetic) The Wreath Recipe Book: Year-Round Wreaths, Swags, and Other Decorations to Make with Seasonal

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