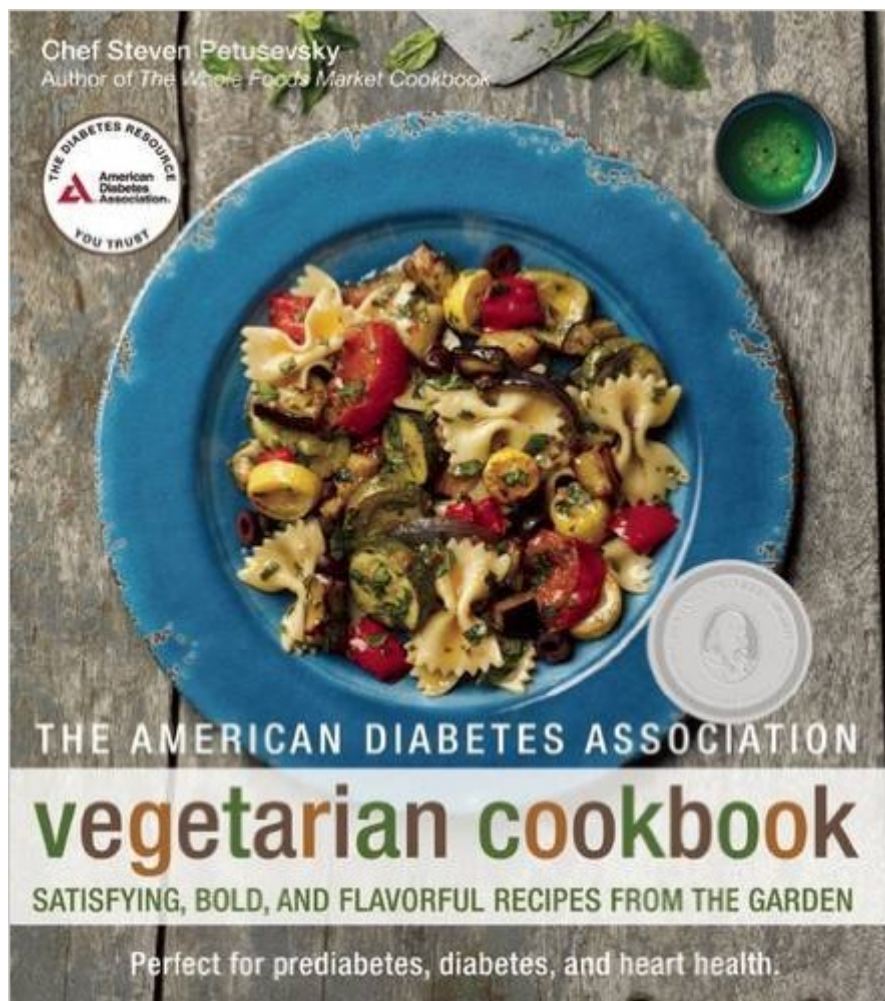


The book was found

# 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: 3.8 out of 5 starsÂ Â  See all reviewsÂ  (36 customer reviews)

Best Sellers Rank: #61,191 in Books (See Top 100 in Books)   #6 inÂ  Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association   #72 inÂ  Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General   #88 inÂ  Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

## Customer Reviews

I have been a vegetarian for somewhere around 26 years or so, I don't even recall--and I was vegan for some of those years as well. One thing I know is that when I entertain I love to sneak in dishes that no one thinks of as vegetarian when I can. I imagine if one member of the family is vegetarian and the rest are not, that is equally important for everyone's satisfaction. This is a great book for someone who does not often cook but wants to do it well because there are loads of tips within the pages to help you. Do know there are few pictures however, if that is important. While there is a wide range of variety so that you can please many palettes, I am personally surprised there are not more casseroles--I find those always a guest and family pleaser but there are actually lots of vegan

recipes in here and vegan casseroles were always more difficult for me to do--but with that focus, you get exceptionally healthy meals here. For me I find these recipes great for being a main dish for me and a side dish for others. Most of these are lighter fare although there are some hearty dishes like chili and some vegetarian burgers. They lean more to almost all veggie as the focus with less protein and because of that they are VERY low in calorie--usually around the 200 mark, some as low as 40 or so but really nothing I saw in the 300 mark or above so it's hard to equate them as a meal without bigger servings than are listed in order to get enough calories for the day. That's the only reason I deducted a star. It's great for weight loss but you could not eat strictly from this book for 3 meals a day or you'd consume far too few calories no matter what you size.

[Download to continue reading...](#)

The American Diabetes Association Vegetarian Cookbook: Satisfying, Bold, and Flavorful Recipes from the Garden 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: Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes, type 1 diabetes and gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is diabetes) Vegetarian: Vegetarian Diet For Beginners: 100 Delicious Recipes And 8 Weeks Of Diet Plans (Vegetarian Diet, Vegetarian Diet For Beginners, Vegetarian ... Cookbook, Vegan, Clean Eating, Raw Diet) 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) Diabetes Diet - Ultimate Step-by-Step Guide to Reversing Diabetes With Your Diet: Diabetes, Diabetes Diet, Diabetes Cure, Reverse Diabetes, Type 2 Diabetes, Vegan, Vegetarian American Diabetes Association Complete Guide to Diabetes: The Ultimate Home Reference from the Diabetes Experts (American Diabetes Association Complete Guide to Diabetes) Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan,Diabetes ... Diabetes,Type 2 Diabetes Diet Book Book 1) 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 Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) Diabetes: How To Reverse Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes, Diabetes free, Reversing Diabetes) The Type 2 Diabetes Cure - How to Reverse Diabetes Naturally and Enjoy Healthy Living for Life (Reverse Diabetes,

Diabetes, Type 2 Diabetes, Diabetes Diet, ... Solution, Type 2 Diabetes Cookbook, Book 1)  
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) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse  
Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) Diabetes: The Most Effective  
Ways and Step by Step Guide to Reverse Diabetes: (Diabetes, Diabetes Diet, Lower Blood Sugar,  
Diabetes free, Diabetes Cure, Reversing 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) Diabetes: Diabetes Diet: 3 Steps to Cure  
Diabetes The Ultimate Guide with the Top Foods to Restoring Blood Sugar (diabetes,type 2  
diabetes,diabetes symptoms,type ... diet,glucose,type 2 diabetes symptoms) Diabetes: Diabetes  
Prevention And Symptoms Reversing, Guide To Diabetes Diet, Nutrition Tips, The "Cure" For  
Diabetes Type 2 (Diabetes Diet Cookbook And ... Dummies, Reverse Diabetes Without Drugs 1)  
Diabetes: Step by Step Diabetes Diet to Reverse Diabetes, Lower Your Blood Sugar and Live Well  
(Diabetes, Diabetes Diet, Diabetic Cookbook, Reverse Diabetes) 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)

[Dmca](#)