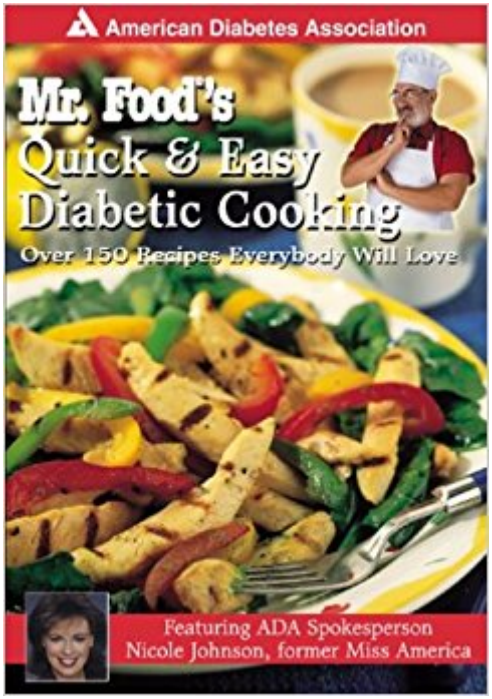
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Mr. Food's Quick & Easy Diabetic Cooking : Over 150 Recipes Everybody Will Love



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Synopsis

For years fans have been asking TV’s Mr. Food to create a cookbook for people with diabetes. He’s finally done it, in association with the American Diabetes Association. Yes, in his inimitable no-nonsense style, Mr. Food helps readers say "good-bye" to good-for-us dishes that look as bland as they taste, and "hello" to more than 150 classic recipes that will satisfy time and again. As an added bonus, Mr. Food’s Quick and Easy Diabetic Cooking includes personal stories and recipe specialties from celebrities with diabetes. The book offers a seemingly endless variety of tasty meat, poultry, seafood, and meatless main course recipes. Also included are appealing appetizers such as mini meatballs and spinich dip, and sensational salads, soups, and side dishes, which add a zesty touch to every meal. Each recipes includes nutritional information and diabetic exchanges.

Book Information

Paperback: 276 pages
Publisher: American Diabetes Association; 1 edition (March 29, 2001)
Language: English
ISBN-10: 1580400639
ISBN-13: 978-1580400633
Product Dimensions: 7 x 0.5 x 9.9 inches
Shipping Weight: 1 pounds
Average Customer Review: 4.0 out of 5 stars 24 customer reviews
Best Sellers Rank: #1,175,954 in Books (See Top 100 in Books) #90 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #926 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free #2907 inÃ Â Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

Customer Reviews

Art Ginsburg has appeared as Mr. Food for more than 20 years, and his King World syndicated television show is the largest food news insert in the nation, seen in more than 400 cities. He has sold more than two million copies of Mr. Food cookbooks, and Mr. Food’s EasyCooking magazine is distributed by the Hearst Corporation.

Subject Index: Appetizers, Beans, Beef, Cabbage, Cakes, Chicken, Chili, Chocolate, Clams, Cookies, Cornish Hens, Couscous, Cucumbers, Desserts, Dips, Eggs, Fruit, Fruit Desserts, Green Beans, Mushrooms, Onions, Ostrich, Pasta, Peppers, Pies, Pizza, Pork, Potatoes, Poultry,

Quesadillas, Salads, Sandwiches, Sausage, Seafood, Shrimp, Soups, Spinach, Stir-Fry, Tomatoes, Turkey, Veal and Vegetables.Before I started on a diabetic diet I had a few of Mr. Food's other recipe books. I was so excited to find out he, Art Ginsburg, had written a recipe book for those with diabetes. My diabetic diet had become so boring and plain until I received this book from .com. Now I look forward to planning my next meal.The Double Chocolate Brownies were a hit with an Irish club Ibelong to. People were happy to see something they were allowed to eat on our snack table instead of the usual sugary treats.

some of food i did not care for but it ok to try this book

Easy book to follow with pictures.

Great recipes in this book and ones that I share with non-diabetics just because they are so good and healthy ! I would totally recommend this item !

Sort of OK. Recipes are mediocre and not very professionally written, but it is serviceable.

easy recipes

i love his cooking & the service

Another great book. Mr Food books are never boring. He keeps me within my limits of carbs.Plus he makes receipes easy to follow.

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(Diabetic ... Natural Weight Loss Transformation Book 5) Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes Low Carb Recipes For Diabetics: Over 260+ Low Carb Diabetic Recipes, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, ... Natural Weight Loss Transformation Book 8) Low Carb Recipes For Diabetics: Over 160+ Low Carb Diabetic Recipes, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, ... Weight Loss Transformation Book 282) Low Carb Recipes For Diabetics: Over 260+ Low Carb Diabetic Recipes, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & ... Weight Loss Transformation) (Volume 8) Low Carb Recipes For Diabetics: Over 230+ Low Carb Diabetic Recipes, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, ... Natural Weight Loss Transformation Book 5) Diabetic Cookbook For One: Over 280 Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Diabetic Natural Weight Loss Transformation) Diabetic Cookbook For One: Over 310 Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Diabetic Natural Weight Loss Transformation 6) Diabetic Recipes [Second Edition]: Diabetic Meal Plans for a Healthy Diabetic Diet and Lifestyle for All Ages Easy Korean Cookbook: 50 Unique and Authentic Korean Recipes (Korean Cookbook, Korean Recipes, Korean Food, Korean Cooking, Easy Korean Cookbook, Easy Korean Recipes, Easy Korean Cooking Book 1) Cooking for One Cookbook for Beginners: The Ultimate Recipe Cookbook for Cooking for One! (Recipes, Dinner, Breakfast, Lunch, Easy Recipes, Healthy, Quick Cooking, Cooking, healthy snacks, deserts) Diabetic Meal Plans: Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Diabetic Recipes full of Antioxidants & Phytochemicals ... Weight Loss Transformation) (Volume 5) Welcome to Spanish Food World: Unlock EVERY Secret of Cooking Through 500 AMAZING Spanish Recipes (Spanish Food Cookbook, Spanish Cuisine, Diabetic Cookbook in Spanish,...) (Unlock Cooking [#19]) Cooking for One: 365 Recipes For One, Quick and Easy Recipes (Healthy Cooking for One, Easy Cooking for One, One Pot, One Pan) Low Carb Recipes: American Cooking Recipes - Paleo Diet Cookbook for Healthy Eating, Quick and Easy Recipes, Weight Loss Cooking Recipes, Salad, 130+ Additive Free, American Recipes Food For Diabetics: Over 290 Diabetes Type-2 Quick & Easy Gluten Free Low Cholesterol Whole Foods Diabetic Recipes full of Antioxidants & Phytochemicals ... Natural Weight Loss Transformation Book 6)