



## The Family Classics Diabetes Cookbook: Over 140 Favorite Recipes from the Pages of Diabetes Forecast Magazine

By American Diabetes Association

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### **The Family Classics Diabetes Cookbook: Over 140 Favorite Recipes from the Pages of Diabetes Forecast Magazine** By American Diabetes Association

*The Family Classics Diabetes Cookbook* is a collection of the best 150 recipes from the American Diabetes Association's *Diabetes Forecast* magazine, now collected into one convenient, gorgeous edition.

The recipes are simple, quick, and filled with fresh ingredients. Many have been developed by Robyn Webb, a well-known and award-winning nutritionist who has written many other American Diabetes Association cookbooks, including the bestselling *Diabetic Meals in 30 Minutes—Or Less!* and *American Diabetes Association The Diabetes Comfort Food Cookbook*. All of the recipes meet the American Diabetes Association's nutrition guidelines, ensuring that they're a perfect match for nearly any diabetes meal plan. In addition, every recipe has complete nutrition information and diabetic exchanges.

Also included is a "How To" section that teaches some of the basics of cooking. Recipes contain "Simple Tips," which give readers ideas about how to keep things easy in the kitchen while still bringing exceptional taste to the table.

Recipes include: Cajun Spiced Pork Tenderloin, Filet Mignon with Red Wine, Roast Beef with Horseradish Sauce, Pappardelle with Pesto, Pasta with Roasted Asparagus, Stir-Fried Shrimp with Snow Peas, Chicken Pot Pie with Phyllo, Biscuit and Hamburger Pie, and more.

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### **Editorial Review**

About the Author

The **American Diabetes Association** is the nation's leading voluntary health organization supporting diabetes research, information, and advocacy and the leading publisher of comprehensive diabetes information. It is based in Alexandria, VA.

### **Users Review**

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