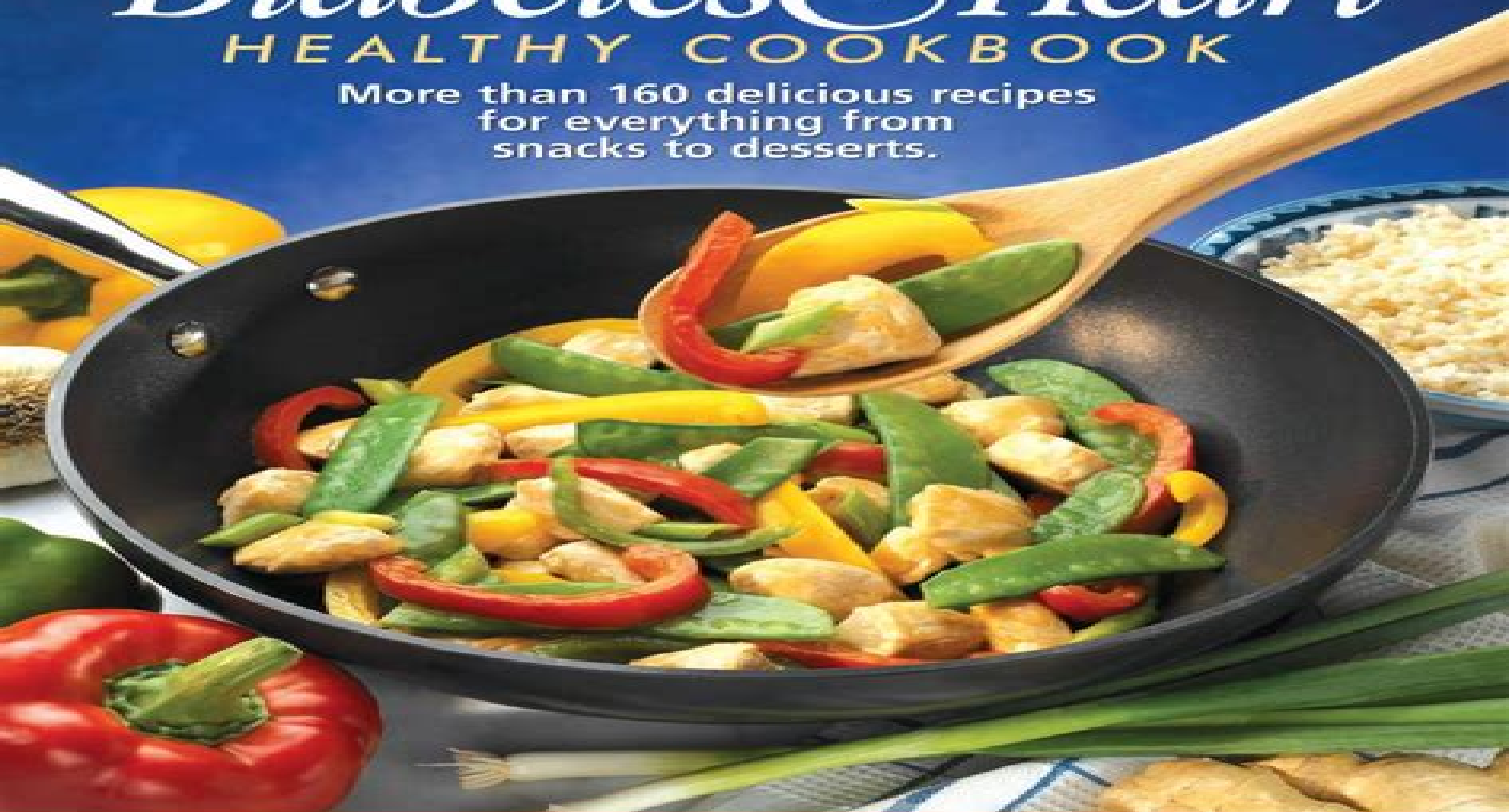


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The American Diabetes Association, the American Dietetic Association Family Cookbook American Diabetes Association, 1980

The American Diabetes Association Vegetarian Cookbook Steven Petusevsky, 2013-10-29 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

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