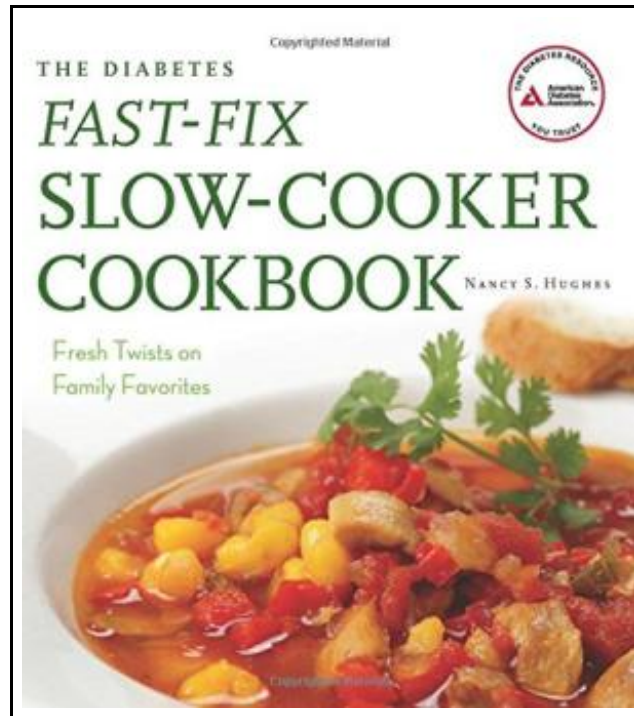


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American Diabetes Association, 2014. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: As lives get more hectic and schedules grow busier, people are looking for healthy, economical, easy, "comfort on the go" recipes. It's easy to see why the popularity of slow-cookers has skyrocketed in the past few years. Slow-cooker recipes are the perfect way to prepare delicious, home-cooked meals with less hassle and less time in the kitchen. Unfortunately, many of today's slow-cooker recipes are based on old methods that produce "stewed" results. Nancy Hughes improves this approach with the addition of fresh ingredients-introduced to the recipe at just the right time-to add pop. For example, a simple dish of chili can be dramatically improved by chopping up and setting aside some of the raw onions, peppers, and tomatoes that are already part of the dish. By sprinkling them on top with fresh lime and a dollop of sour cream at the right point in the process, it adds an unexpectedly delightful level of flavor, crunch, color, and freshness! Many of Nancy's more than 150 recipes in the book are built just like this to rejuvenate familiar dishes. By adding small twists to beloved classics, she has created recipes that will become instant favorites at the dining table. Not only are these new recipes fresh and fabulous, but they're also incredibly healthy and guaranteed to meet the American Diabetes Association's nutritional guidelines. These guidelines ensure that the recipes will fit into anyone's diabetes meal plan and help them better manage their blood glucose levels. Each recipe features complete nutrition information and diabetic exchanges. The book features 16 pages of color photography, showing how even a simple slow-cooker recipe can provide a beautiful meal for the dining table. The interior design is in an...



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