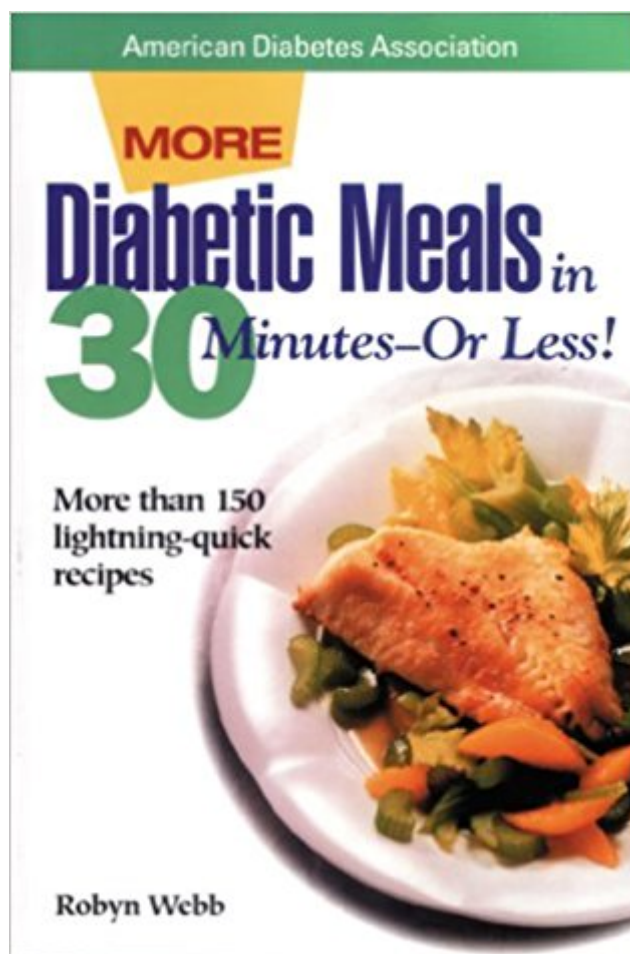




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Diabetic Meals In 30 Minutes--Or Less!



Synopsis

More than 100 quick-and-easy filling recipes that will fit nicely into a healthy meal plan.

Book Information

Paperback: 128 pages

Publisher: American Diabetes Association; 1 edition (April 1, 1996)

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Average Customer Review: 3.9 out of 5 stars 9 customer reviews

Best Sellers Rank: #1,037,871 in Books (See Top 100 in Books) #83 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association](#) #837 in [Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free](#)

Customer Reviews

Diabetic Meals In 30 Minutes - Or Less! will put an end to the bland, time-consuming meals you're used to. Now there are more than 140 quick-and-easy recipes that will fit nicely into your healthy meal plan. In about 10 minutes you can sit down to the sumptuous aroma of "South-of-the-Border Chicken". Or treat yourself to a little taste of Italy with "Chicken Rigatoni". Put "Oven-Baked Parmesan Zucchini" on the table in 10 minutes. Then let it melt in your mouth. The 5-minute "Balsamic Vinaigrette" adds just the right tangy bite to salad greens. Then for dessert throw "Layered Vanilla Yogurt Parfait" together in no time at all! So whether you're looking for appetizers, deserts, soups, salads, or entrees, Diabetic Meals In 30 Minutes - Or Less! offers a cornucopia of great-tasting, good-for-you foods, each and every one of the compatible with the dietary needs and culinary enjoyments of the diabetic. -- Midwest Book Review

This is a terrific cookbook to have handy, whether you're cooking for yourself, a whole family, or even for friends for a casual dinner. The recipes aren't fancy, but they put things together in a way you might not think to do otherwise, or give directions for something you've been wanting to try but haven't because the recipes you've found in other cookbooks have been too complicated. So far, I've found that if I make a recipe from this book once, it quickly becomes a recipe that I fix regularly, because it's quick and I often have all of the ingredients in my pantry already -- and even when I

don't, a quick trip to the convenience store or supermarket is all that's needed, because the recipes don't call for obscure items that require hunting down in specialty stores. Even if no one in your home/family has diabetes, this is a great, basic recipe book to have around for those nights when you're feeling less than inspired to come up with something new on your own.

My husband was diagnosed with Type II Diabetes last year. It was a shock and I went crazy buying cookbooks on to help me deal with his new dietary requirements. This cookbook is awesome. I've been working my way through it and have found the recipes simple (not a huge laundry list of ingredients) and sophisticated. On occasion they need a little salt (haven't come across a recipe that asks for salt yet!). My husband has been very pleased with everything I've done out of this one and always asks - what's next? Can we try something new out of that 30 minute book? Buy it - for the price - it's totally worth it. (by the way, there is nothing exotic about pumpkin seeds, peanut oil and oyster sauce - unless you live in a cave).

I am a single parent with diabetes and i work full time. This book helped me get back on track to a better healthier life.

Good and easy suggestions for quick meals for those with diabetes

This book is true to its title. I loved that it listed some main "healthy" staples at the beginning of the book that everyone should have on hand. I also really liked the easy meal ideas at the beginning of the book for those nights you need recipes that will use whatever you have on hand in your cabinets. Some of the main recipes were a little more complicated than I had hoped. Still, overall this was an excellent choice and I know that I will use it for years to come.

helps a lot

I purchased this book for my daughter who was dealing with gestational diabetes. The recipes are simple, delicious and healthy. This book should be on every busy cook's shelf and used by anyone who wants to eat a healthy diet even if they don't have diabetes.

Unless you live in town or a city, can afford to purchase countless ingredients in Miss Webb's recipes from alternate sources such as health food stores or expensive grocery stores, don't count

on finding many of these ingredients in your average run-of-the-mill grocery store in a small town. These meals may take little time to prepare, but if you're not in a higher income-bracket and you have a family to feed, you probably won't like this book.

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