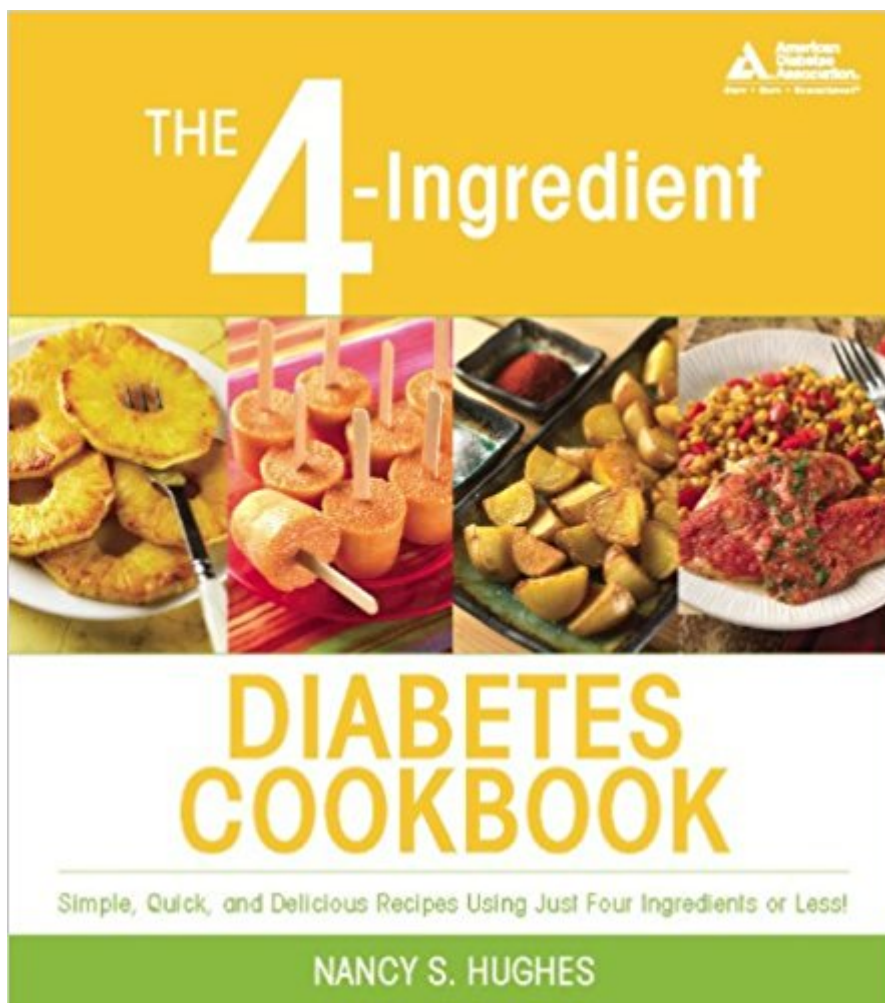


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# The 4-Ingredient Diabetes Cookbook



## Synopsis

Making delicious meals doesn't have to be complicated, time-consuming, or expensive. You can create satisfying dishes using just four ingredients, or even less! Make the most of your time and money. You'll be amazed at how much you can prepare with just a few simple ingredients. With over 150 quick, easy-to-prepare recipes, *The 4-Ingredient Diabetes Cookbook* has recipes for breakfast, lunch, dinner, and everything in between.

## Book Information

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## Customer Reviews

Hughes, author of cookbooks health-minded (*The 1200-Calory-A-Day Menu Cookbook*) and otherwise (*The New Chili Cuisine*) pulls off a challenging trick in her latest, devising more than 100 tasty recipes with only four ingredients that also satisfy the American Diabetes Association's dietary guidelines. When limiting ingredients, the first casualty is depth of flavor, but Hughes employs a variety of tricks to correct this, like lemon zest in Greek Chicken with Lemon or onion soup mix in Homestyle Double-Onion Roast; elsewhere, packaged chili spice mix meets varying degrees of success. Bacon-Onion Potato Salad, which relies on reduced-fat Ranch dressing, is a rare miss, but the hits more than make up: Seared Chicken with Spicy Chipotle Cream Sauce, Roasted Sweet Potatoes with Cinnamon and Bourbon'd Filet Mignon-its rich sauce made with a deglaze of strong coffee-all beg for a turn. Nutritional and exchange information is supplied for each dish, and Hughes thoughtfully rounds out the book with useful all-purpose tips, like using low-carb vegetables to boost the volume of starchy dishes, adding instant coffee to deepen chocolate flavors and substituting

equal amounts of cauliflower for potatoes. Those on a restricted diet will appreciate this wide range of simple dishes, as well as tips and tricks for enhancing everyday staples. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Nancy Hughes has worked on more than 20 cookbooks for organizations and publications such as the American Heart Association, Better Homes and Gardens, Cooking Light, Weight Watchers, Betty Crocker, and Atkins.

This book is for anyone who would like to start eating healthy. I do not like cooking and I am a diabetic so when I saw this title "The 4 Ingredient Diabetes Cookbook" I was very skeptical. Let me say I am pleasantly surprised, I love these recipes! This cookbook has everything one needs to have a delicious meal on the table from 5 minutes to no more than an hour. Each recipe gives all the nutritional information and serving portion one needs to control glucose levels and if you follow the serving size you will have very little spikes! The thing I love love love the most is that these are regular ingredients and not a "diabetic diet". Everyone in your family can have the same meal. I have made all the recipes featured on the cover and the directions are simple and easy to follow. The pineapple dish is absolutely amazing! I have had dinner parties and my guests have raved about all the food, even the beverage recipes are outstanding! The title stated 4 Ingredients but the 4 ingredients are the core ones, not including spices i.e. salt, pepper, water were not included in the 4 ingredient count, so if you add those you have 7 or 8. Thank you Nancy Hughes, as this recipe book is a much needed one for anyone wanting to cook good healthy meals.

We first checked this book out from our public library to test it and now we can't live without it! The recipes are delicious and real-life friendly. We do not have diabetes in our household, but want to put healthy nutritious foods on the table. In my view, any recipe that passes diabetic guidelines will keep the appetite satisfied and fuel our bodies appropriately. But most importantly to us, these recipes appeal to our senses in making mealtime a pleasure with foods we want to enjoy again and again. Recommended!

The only reason I'm not giving this cookbook 5 stars is because the dessert section needs more tempting treats...but hey, it IS a diabetic cookbook. That said, it is 193 pages of fast, easy, good recipes. The author uses ingredients EVERYONE keeps in their kitchen or are easily found in even the worst-stocked grocery stores. Most of the recipes are made with 4 ingredients, a few are

included that are made with 3 and 5 ingredients. But, hey, they're still fast and easy to make...and are diabetic friendly.

I haven't made anything out of the book yet, but I intend to very soon. The recipes look appetizing.

The recipes are NOT 4 ingredients and are not very appetizing. Sorry I bought the book. And I had such high hopes from the description.

When I ordered this, it was primarily because it was a 4- ingredient cookbook. I have two kids, one picky eater and one that will eat a lot but has aversions to certain textures. Happily, they both have eaten everything I have made out of this book. I like that the cookbook gives prep time, cook time and stand time (some other cookbooks do this too but not all). The recipes are delicious. A concern I have when buying cookbooks is that I will have to go out and buy new appliances for ways to prepare the food or buy a hundred dollars worth of groceries I normally would not have bought. That was not the case here. I would highly recommend this to anyone looking for easy, healthy meals.

Before purchasing this book I looked through the reviews and one stuck out about the recipes being bland. I ordered anyway because spices are easy to add. I have made several of the recipes and not one has been bland, just the opposite. I highly recommend this book as the recipes taste great plus are so simple.

This is an OKAY item for me personally. Lots of 4 item recipes and I made several. Not very tasty, found myself doctoring them up to add a bit of taste. Good thing about this cookbook is that most all items can be purchased at your local grocery store. Would recommend to a new diabetic or single diabetic that does not like to cook. I bought this book thinking my husband might use it being it is a 4 ingredient cookbook. I was WRONG!

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