



# The Joslin Diabetes Great Chefs Cook Healthy Cookbook

*Frances Giedt, Bonnie Sanders Polin Ph.D*

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## **The Joslin Diabetes Great Chefs Cook Healthy Cookbook** Frances Giedt, Bonnie Sanders Polin Ph.D **Five-Star Food for People with Diabetes**

Living with diabetes doesn't mean you can't enjoy five-star food. With *The Joslin Diabetes Great Chefs Cook Healthy Cookbook*, you can savor sophisticated, restaurant-quality cuisine at home while maintaining your blood glucose levels and healthy lifestyle. Award-winning authors Frances Towner Giedt and Bonnie Sanders Polin, Ph.D., and 114 superstar chefs from around the world, in conjunction with the world-famous Joslin Diabetes Center, have come together to produce a cookbook of extraordinary food for special occasions, specifically for people with diabetes. Here are more than 135 delicious recipes from acclaimed restaurants, each with a nutritional analysis that includes a list of carbohydrates, calories, and Joslin Choices provided by Joslin's Nutrition Services Staff.

This book will help you plan for an elegant dinner party or an intimate dinner for two, with sumptuous recipes that include David Paul Johnson's Spicy Lobster Gazpacho with Avocado Crème Fraîche from David Paul's Lahaina Grill, Lahaina, Maui, Hawaii; Asparagus and Gingered Grapefruit Salad from Ris Lacoste of 1789, Washington, D.C.; Broiled Halibut with Spring Mixed Beans and Spicy Thai Lemongrass Broth from Susanna Foo of Susanna Foo, in Philadelphia; Grilled Duck Breast with Sautéed Peaches and Tuscan Bread Salad from Don Pintabona of Tribeca Grill, New York City; Banana Pot Stickers with Mango Lime Sorbet and Roasted Pineapple from Michael Herschman of Mojo Café, in Cleveland, Ohio; and Light Apple and Lime Soufflé from Michel Guérard of Les Prés d'Eugénie, in Eugénie-les-Bains, France.

Eight pages of gorgeous color photographs will convince you to get into the kitchen and start cooking.

Whether you're living with diabetes or just love fine restaurant food, *The Joslin Diabetes Great Chefs Cook Healthy Cookbook* will become a favorite in your culinary arsenal.

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Have you spare time for a day? What do you do when you have a lot more or little spare time? Yep, you can choose the suitable activity with regard to spend your time. Any person spent their own spare time to take a move, shopping, or went to typically the Mall. How about open or even read a book titled The Joslin Diabetes Great Chefs Cook Healthy Cookbook? Maybe it is for being best activity for you. You understand beside you can spend your time with the favorite's book, you can smarter than before. Do you agree with its opinion or you have different opinion?

#### **Carol Smith:**

The reason why? Because this The Joslin Diabetes Great Chefs Cook Healthy Cookbook is an unordinary book that the inside of the publication waiting for you to snap that but latter it will surprise you with the secret it inside. Reading this book next to it was fantastic author who have write the book in such remarkable way makes the content on the inside easier to understand, entertaining approach but still convey the meaning completely. So , it is good for you for not hesitating having this anymore or you going to regret it. This amazing book will give you a lot of positive aspects than the other book include such as help improving your skill and your critical thinking way. So , still want to delay having that book? If I were being you I will go to the publication store hurriedly.

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