

# COOKBOOK CORNER

## Fabulous Flavor And Healthful Eating Three Ways

(NAPSA)—Here's food for thought: Three new cookbooks can help you enjoy great taste and good health at the same time.

### Cut Calories Without Cutting Out Fun and Flavor

In the first new book designed specifically for people with diabetes, Chef Steve Petusevsky proves food that tastes good can be good for you. "Sizzle & Smoke: The Ultimate Guide to Grilling for Diabetes, Prediabetes, and Heart Health" includes the chef's tips, techniques and secrets to big, hearty flavor from healthy ingredients. Often, classic grill-top recipes are packed with fat and calories, but these recipes use lean meats and vegetable dishes to deliver the smoky, natural flavor that only a grill can provide.

"Sizzle & Smoke" features 125 flavor-filled recipes, from lamb, beef and poultry to vegetarian dishes, marinades, rubs and even desserts. The flavors are bold, with a minimal amount of fuss.

### Smoothies: Fresh, Delicious and Diabetes-Friendly Snacks and Meal Replacements

People are always looking for meals on the go but finding options not laden with fats, calories and sugars can be a challenge. In "Simply Smoothies: Fresh & Fast Diabetes-Friendly Snacks & Complete Meals," food writer Linda Gassenheimer shares an excellent solution—smoothies.

"For breakfast on the run, a quick lunch or a simple snack, you can assemble the ingredients in a blender jar and store it in the refrigerator," explains Gassenheimer. "All you need to do is power up the blender and take your complete meal or snack with



**A hot new trio of cookbooks can help those with diabetes and the people who care about them enjoy delicious, nutritious dishes together.**

you." This book offers 60 recipes for easy and delicious meals to curb cravings and keep you satisfied.

### Farmer's Market Favorites That Don't Break the Bank

In his new cookbook, "The Budget-Friendly Fresh and Local Diabetes Cookbook," celebrity chef Charles Mattocks shares delicious recipes featuring inexpensive seasonal foods you can find at farmer's markets and enjoy at home.

Filled with over 100 recipes, his cookbook uses sustainable ingredients to create flavorful, nutritious and—perhaps most importantly—inexpensive meals for every season.

These three new titles feature complete nutrition information and diabetes food choices and exchanges, all of which meet the American Diabetes Association's nutritional guidelines.

### Learn More

For further facts, tips and recipes, go to [www.shopdiabetes.org](http://www.shopdiabetes.org).