

Fresh Flavorful Recipes With Nothing Artificial

(NAPSA)—Fresh, flavorful and fuss-free are all highlights in a new cookbook that makes it easier for people with diabetes to enjoy tasty, all-natural fare while meeting their healthy eating goals and managing their diabetes.

“The All-Natural Diabetes Cookbook: The Whole Food Approach to Great Taste and Healthy Eating” (American Diabetes Association) by Jackie Newgent, RD, provides valuable tips for achieving high-flavor dishes naturally and cooking and baking without the fuss. The cookbook guides people in choosing the freshest ingredients to bring out flavors and highlights herbs that give foods their savory appeal.

The book cleverly shows readers how to create simple, succulent recipes that are naturally low in saturated fat, have zero grams of trans fat and provide good fats, plenty of fiber and health-protective nutrients.

Recipes include Blue Ribbon Blueberry Muffins, Mesclun Salad with Bosc Pears, Pecans and Blue Cheese, Curry Chicken Breast Salad with Red Grapes in Wonton Cups, Roasted Wild Salmon Filet with Orange-Miso Sauce, and Whipped Banana Sherbet.

The book is available at <http://store.diabetes.org>, at bookstores nationwide and by calling (800) ADA-ORDER (1-800-232-6733).

Here’s a delicious recipe for a fruity yet spicy guacamole made with figs:

Tableside California Avocado-Black Mission Fig Guacamole *Serves 12 / serving size: 3 Tbsp*

2 Hass avocados, peeled and cubed

JACKIE NEWGENT, RD



the

ALL-NATURAL DIABETES COOKBOOK



THE WHOLE FOOD APPROACH

TO GREAT TASTE AND HEALTHY EATING



Fresh has never been so delicious. A new cookbook shows how to create flavorful recipes with no artificial ingredients.

3 fresh Black Mission figs, diced, or 2 dried figs, finely diced

¼ cup finely chopped red onions

1 small jalapeño pepper with seeds, minced

2 Tbsp. finely chopped fresh cilantro

2 Tbsp. fresh lime juice

½ tsp. ground cumin

½ tsp. sea salt, or to taste

Gently stir all ingredients together in a medium bowl until just combined. Serve with baked blue-corn tortilla chips.

Exchanges: ½ carbohydrate, 1½ fat, Calories: 90, Calories from fat: 61, 7 g total fat, 1 g saturated fat, 0 mg cholesterol, 150 mg sodium, 8 g total carbohydrate, 4 g dietary fiber, 3 g sugars, 1 g protein.