



Real Mexican Food for People with Diabetes

Doris Cross

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Finally! Food with Southwest Flair for Diabetics—and Their Families!

Dear Friends,

After being diagnosed with diabetes a few years ago, I decided to follow up my bestselling book *Fat Free and Ultra Lowfat Recipes* by writing a cookbook of tasty dishes for diabetics. There was such a terrific response from folks around the country to *Real Food for People with Diabetes* that I decided it was time we had our own cookbook of America's favorite ethnic food, Mexican and Southwestern cooking. As a diabetic, I still want all the old favorites and comfort foods I grew up with instead of the boring and bland choices normally available. And when it comes to Mexican food, I love the spicy flavors and zest of the real thing. So, as I've done before, I developed recipes for authentic-tasting dishes that are lowfat and low-calorie—delicious *and* healthful.

Now, you too can savor enchiladas, tamales, and burritos filled with cheese, sour cream, refried beans, and chunky salsa and still maintain a safe, healthy, diabetic diet. Each quick, hassle-free recipe includes a nutritional breakdown and lists the diabetic exchanges to take the work out of cooking for a diabetic lifestyle.

To your good health and enjoyment,

Doris

With this collection of more than 150 enticing soups, salads, side dishes, entrées, and desserts you will find it easy to limit fat without sacrificing flavor. Enjoy "real Mexican foods" such as:

Fiesta Tortilla Corn Chowder · Chicken Taco Salad · Cheesy Nachos · Green Chili Quesadillas · Meaty Zesty Chili · Southwest Grilled Steaks · Veggie Fajitas · Blackened Chicken Enchiladas · Skillet Southwest Potatoes · Jalapeño Corn Bread with Cheese · Hot Cinnamon Fruit Sauce · Chocolate Pancakes · *And many more!*



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From reader reviews:

Norma Lorentzen:

In this 21st century, people become competitive in each way. By being competitive at this point, people have do something to make all of them survives, being in the middle of the particular crowded place and notice by simply surrounding. One thing that oftentimes many people have underestimated this for a while is reading. Yes, by reading a publication your ability to survive raise then having chance to remain than other is high. For you who want to start reading some sort of book, we give you this particular Real Mexican Food for People with Diabetes book as nice and daily reading book. Why, because this book is usually more than just a book.

Eva Ammons:

This book untitled Real Mexican Food for People with Diabetes to be one of several books which best seller in this year, this is because when you read this e-book you can get a lot of benefit on it. You will easily to buy this book in the book retail outlet or you can order it by using online. The publisher in this book sells the e-book too. It makes you more readily to read this book, since you can read this book in your Cell phone. So there is no reason for you to past this guide from your list.

Salvador Perez:

Real Mexican Food for People with Diabetes can be one of your starter books that are good idea. We all recommend that straight away because this book has good vocabulary that may increase your knowledge in vocab, easy to understand, bit entertaining but delivering the information. The author giving his/her effort to put every word into enjoyment arrangement in writing Real Mexican Food for People with Diabetes however doesn't forget the main place, giving the reader the hottest in addition to based confirm resource data that maybe you can be considered one of it. This great information can drawn you into new stage of crucial thinking.

Alan Trevino:

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