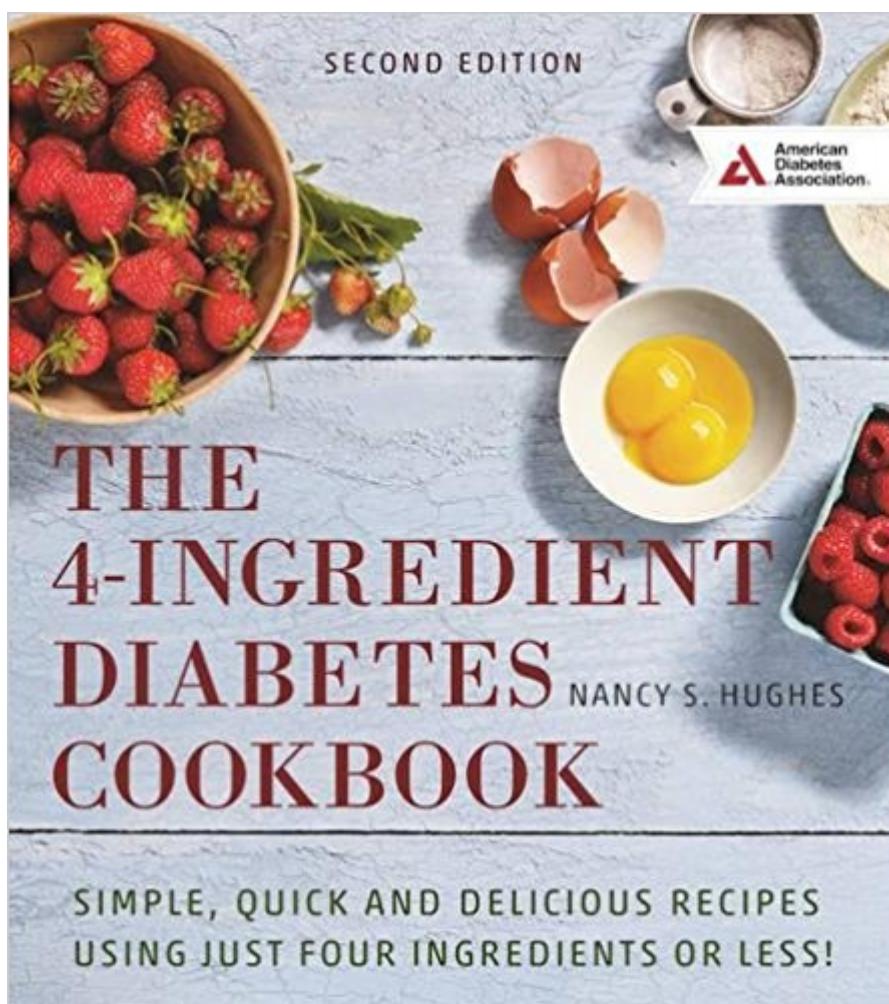


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# The 4-Ingredient Diabetes Cookbook: Simple, Quick And Delicious Recipes Using Just Four Ingredients Or Less!



## **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! In this new and revised edition of the bestselling 4-Ingredient Diabetes Cookbook, author Nancy Hughes has added more than 25 new recipes that can be made in a snap! With more than 175 quick, easy-to-prepare recipes, this one-of-a-kind cookbook now has recipes for breakfast, lunch, dinner, and everything in between. Make the most of your time and money. Home cooks will be amazed at how much can be prepared with just a few simple ingredients.

## **Book Information**

Paperback: 248 pages

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Best Sellers Rank: #213,554 in Books (See Top 100 in Books) #100 in Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #165 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #215 in Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

## **Customer Reviews**

Nancy S. Hughes is the author of more than 13 cookbooks and has contributed to more than 40 others. She has developed recipes and worked as a food consultant for a variety of corporations, organizations, and national magazines, including American Heart Association, Cooking Light, Nestle USA, CanolaInfo, Better Homes & Gardens, Betty Crocker, McCormick, ConAgra Foods, USA Rice Foundation, Diabetic Cooking, and Easy Home Cooking. She and her husband, Greg, live in Daphne, AL.

Got this from the library since insurance company put me on a diet due to somewhat high sugar levels indicating prediabetes. Four ingredients sounded easy. I was writing down recipes to copy and by p. 90 realized I should buy it. I need ways to add vegetables to my diet (grilled

asparagus!). I will modify most of the recipes that call for condiments that I don't have. So far, chili over microwaved potato is the big hit. My husband asked me to pick up larger russets and keeps pushing me to have it again. Two times in 7 days! I need more variety even if I liked it a lot. We add mushrooms bc we love mushrooms. Pretty low in fat yet lots of fiber and protein. Can't wait to try Rosemary rice with fresh spinach greens. Which reminded me to grill up asparagus and zucchini! So mainly it reminds me what I like (pasta d'mushrooms, microwaved sweet potatoes, and to add broccoli to our weekly rice pilaf with peas) and inspires me to try new recipes like Beef strips with sweet ginger sauce, yumm can't wait! The chapters, with several recipes in each, are: beverages, breakfast, snacks, salads, soups, poultry, pork, beef, seafood, vegetarian dishes, potatoes pasta and grains, veg and fruit sides, desserts. I know I could find all kinds of good recipes online, like at food.com which took over recipezaar. but having a book is inspiring. I took off a star bc of all the modifications I will have to make or shop for condiments that would just be used once. Also I don't do sugar substitute and don't need to restrict salt which they seem to take as a given. Hope this helps

Very good book. Great recipes, some nice pictures. And I love the fact they list exchanges, calories etc.

You don't have to be a diabetic patient in order to enjoy Nancy Hughes' creative collection of simple and easy to make menu items. We love the simplicity of these ideas, focusing on tasty and colorful offerings included in this volume. There is detailed information on each recipe regarding calories and exchanges. If your brain feels foggy about just what to make for dinner tonight, The 4-Ingredient Diabetes Cookbook will serve as your go-to guide to quick dishes that are easy to make using just a few fresh ingredients.

I love this book! So many great recipes with just a few yummy ingredients! A winner in my eyes!

As a wife of a new diabetic, this book is just ok, may be simple 4 Ingredients but not a lot of appealing recipes

Recently my husband has been diagnosed with diabetes and the diet change has been a struggle. This book is so helpful with easy to follow and limited ingredient recipes so we can get a dinner ready in short order.

NICE

It is fantastic. The recipes as so easy to make, , quick and delicious. I recommend to everyday.

Diabetic or not as it will be very helpful tothose who what to loose weight

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