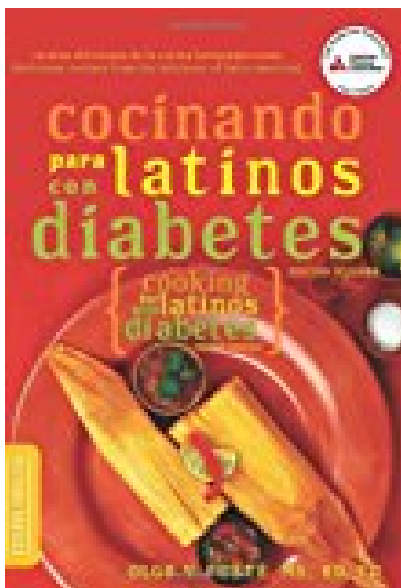


Cocinando para Latinos con Diabetes

Cooking for Latinos with Diabetes

American Diabetes Association Guide to Healthy Restaurant Eating English and Spanish Edition



BOOK DETAILS

- Author : Olga Fusté M.S.
- Pages : 280 Pages
- Publisher : American Diabetes Association
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BOOK SYNOPSIS

All the great Spanish classics made healthier! 87 recipes in Spanish and English fit into your diabetes meal plan. Kitchen-tested favorites include: . Tender Chayotes -- a Costa Rican delight with just 65 calories . Chicken Hallacas -- a true Venezuelan treat wrapped in healthier banana leaves . Baked Papaya topped with ice cream and just 90 calories. Includes exchanges.

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