



Secrets of Healthy Cooking: A Guide to Simplifying the Art of Heart Healthy and Diabetic Cooking

Barbara Seelig-Brown

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Secrets of Healthy Cooking is like a "cooking 101" class for the novice in the kitchen. It includes everything a new healthy cook needs to know about stocking pantries, common kitchen terms, and necessary kitchen utensils to make time in the kitchen as simple as possible. Detailed photos and step-by-step instructions take the guesswork out of learning a new cooking technique. Save time and money by prepping foods in advance and freezing them for the week. Make grocery shopping a breeze by picking out the best ingredients. Give newer, healthy twists to old favorites that are both satisfying and delicious.

The book features more than 100 diabetes-friendly recipes that are easy and quick to prepare, to make learning to cook healthfully fast and stress free. With chapters on basics like understanding kitchen terms and making sure you have a properly stocked pantry, to slightly more advanced sections on freezing, baking, one pot meals and casseroles, and how to make fresh pasta and pizza dough, the home chef will be comfortable in the kitchen in no time.

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