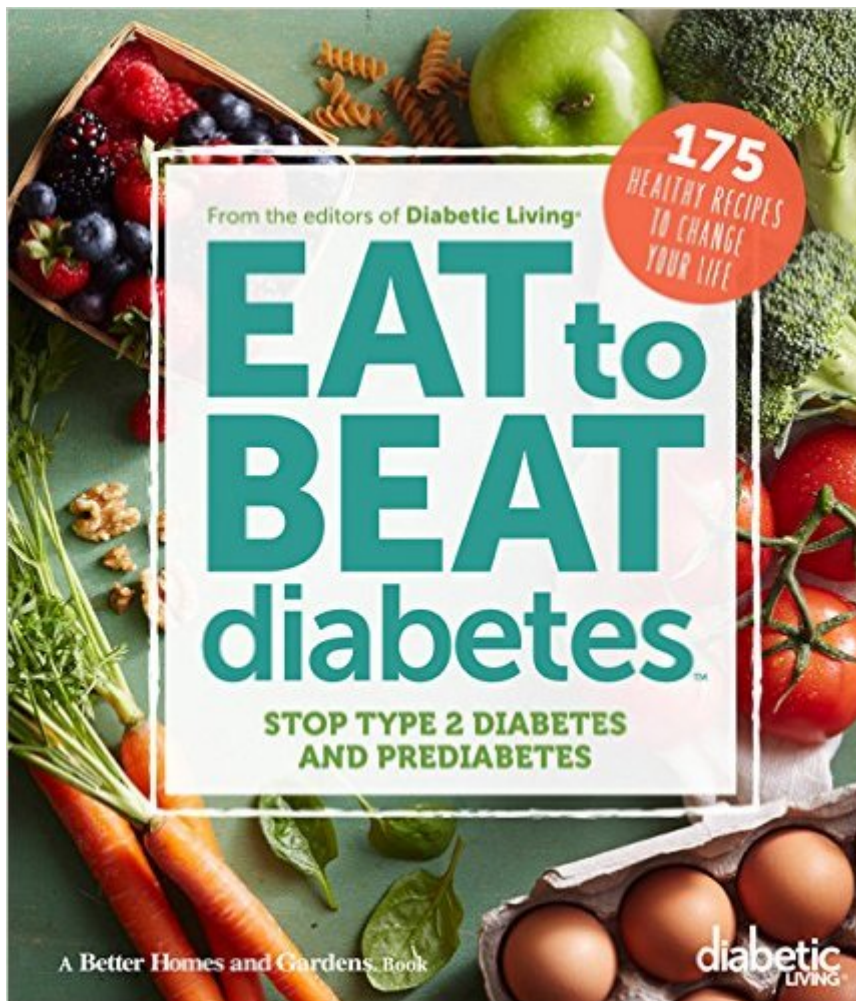


The book was found

Diabetic Living Eat To Beat Diabetes: Stop Type 2 Diabetes And Prediabetes: 175 Healthy Recipes To Change Your Life



Synopsis

An achievable plan for beating type 2 diabetes and prediabetes, with more than 100 photos and complete nutrition information. So much more than a cookbook, *Eat to Beat Diabetes* is a lifestyle guide for losing weight, balancing blood sugar, and controlling diabetes for good. The book features the 10 research-based, evidence-proven healthy habits you should adopt to gain control over type 2 diabetes or prediabetes. Each chapter presents a new habit and gives simple strategies and expert tips to make it stick. One chapter, *Eat More Fruits and Veggies*, includes beautifully photographed features on blending fruit and veggie smoothies and creating easy, produce-packed lunches. A second, *Get to Know Portions*, offers smart tricks for stretching portions (stir nonstarchy cauliflower into mashed potatoes to double the serving). Lending encouragement throughout are profiles of people who have managed their diabetes and turned their lives around. With a lay-flat concealed wire binding designed for everyday use, this photo-filled book is as much a friendly kitchen companion as an authoritative plan for changing your life.

Book Information

Series: Diabetic Living

Spiral-bound: 368 pages

Publisher: Houghton Mifflin Harcourt; 1 Spi Ind edition (January 5, 2016)

Language: English

ISBN-10: 0544582659

ISBN-13: 978-0544582651

Product Dimensions: 6.7 x 1.4 x 9.7 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars See all reviews (15 customer reviews)

Best Sellers Rank: #45,060 in Books (See Top 100 in Books) #7 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > Type 2 #61 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General #67 in Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

Customer Reviews

Chili-Lime Chicken Tostada with Pico de Gallo and Chipotle Crema from *Eat to Beat Diabetes* - Prep 50 minutes - Marinate 30 minutes - Bake 45 minutes - Servings 4 (1 tortilla and about 2 cups toppings each) Directions 1. For marinade, in a small bowl, combine lime peel, the 1/4 cup lime juice, the 2 tablespoons agave nectar, the garlic, and chili powder. Place chicken

in a resealable plastic bag set in a shallow dish. Pour marinade over chicken in bag; turn once to coat chicken. Marinate in the refrigerator 30 minutes, turning bag occasionally. 2. Preheat oven to 375° F. Drain chicken, discarding marinade. Arrange chicken in a 15½"×10½"×1-inch baking pan. Sprinkle chicken with black pepper and salt. Bake about 45 minutes or until chicken is tender and no longer pink (170° F). When cool enough to handle, remove meat from bone and shred or cut into bite-size pieces. 3. Meanwhile, for the chipotle crema, in a small food processor combine yogurt, mayonnaise, chile peppers, the 1 tablespoon lime juice, and the 1 teaspoon agave nectar. Cover and process until combined. 4. Preheat broiler. Place tortillas on a baking sheet. Coat both sides of each tortilla with cooking spray. Broil 4 inches from the heat 2 to 3 minutes or until crisp and golden brown, turning once halfway through. 5. Meanwhile, in a medium nonstick skillet combine chicken, black beans, and broth. Cook, covered, over medium-high heat until heated through (165° F), stirring occasionally. 6. Place tortillas on four plates. Top each tortilla with 1 cup of the shredded romaine, one-fourth of the chicken-black bean mixture, about 1¼ cup of the Pico de Gallo, 2 tablespoons of the chipotle crema, and 1 tablespoon of the cheese. Pico De Gallo: In a bowl stir together 1 cup chopped tomatoes; 2 tablespoons chopped red onion; 2 tablespoons snipped fresh cilantro; 1 tablespoon minced fresh jalapeño chile pepper; 1 tablespoon lime juice; 2 cloves garlic, minced; and 1¼ teaspoon salt. Chef's Secret: The chicken, chipotle crema, and Pico de Gallo can each be prepared, placed in airtight containers, and stored in the refrigerator up to 3 days. Nutrition Information Per Serving: 402 cal., 11 g total fat (3 g sat. fat), 82 mg chol., 492 mg sodium, 41 g carb. (8 g fiber, 13 g sugars), 36 g pro.

Ingredients 2 teaspoons finely shredded lime peel 1¼ cup lime juice 2 tablespoons agave nectar 6 cloves garlic, minced 2 teaspoons chili powder 1 1½ pounds bone-in chicken breast halves, skinned 1¼ teaspoon black pepper 1¼ teaspoon salt 1¼ cup plain fat-free yogurt 1¼ cup light mayonnaise or salad dressing 2 canned chipotle chile peppers in adobo sauce, minced (about 1 tablespoon) 1 tablespoon lime juice 1 teaspoon agave nectar 4 corn tortillas Nonstick cooking spray 1 cup no-salt-added canned black beans, rinsed and drained 1¼ cup reduced-sodium chicken broth 4 cups shredded romaine lettuce 1 recipe Pico de Gallo 1¼ cup shredded reduced-fat Mexican-style four-cheese blend (1 ounce)

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