



One Pot Meals for People with Diabetes

Ruth Glick, Nancy Baggett

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Revised and better than ever, One Pot Meals for People with Diabetes is your solution to delicious meals in a snap. Nothing is easier than 'one-pot' cooking - prepare your ingredients, combine, and let them cook! And with recipes that cover everything from pasta to casseroles to hearty sandwiches, you've got options for any appetite. Recipes include: Italian Chicken with Peppers and Onions; Fresh Salmon Chowder; Stick-to-the-Ribs Beef Stew; Shepherd's Pie; and Easy Beef and Black Bean Chili.

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