



Quick and Easy Chicken: Diabetes-Friendly Recipes Everyone Will Love

By Linda Gassenheimer

American Diabetes Association. Paperback. Book Condition: new. BRAND NEW, Quick and Easy Chicken: Diabetes-Friendly Recipes Everyone Will Love, Linda Gassenheimer, Chicken is easy to cook, incredibly versatile, and a wonderful choice for health-conscious home chefs. It's no surprise, then, that it's also the most popular food item in the United States by a wide margin. In fact, on the American Diabetes Association website, the number one searched word by online visitors is, you guessed it, chicken. To keep up with the popular appetite for all things poultry, the ADA has teamed up with best-selling author Linda Gassenheimer to cook up Quick and Easy Chicken, an affordable, easy-to-follow collection of chicken recipes designed for people with diabetes or prediabetes. With more than five dozen recipes based on flavors and traditions from around the world, this handy little volume is stuffed with quick, easy, flavorful recipes everyone will love. Highlights include Fresh Herbed Chicken with Red Potatoes and Green Beans; Gorgonzola Chicken Scaloppini with Fresh Linguine and Sweet Pimento; Chicken Satay with Thai Peanut Sauce and Broccoli Rice; Sangria Braised Pulled Chicken Sliders with Quick Slaw; and Moroccan-Spiced Chicken with Spinach and Lentils.



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