



The Diabetes Fast-Fix Slow-Cooker Cookbook: Fresh Twists on Family Favorites

Nancy S. Hughes

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Slow-cooker meals have recently soared in popularity, and it's easy to see why. They are healthy, economical, and simple. However, many slow-cooker recipes rely on old methods that lead to "stewed" results. Nancy S. Hughes improves these recipes by adding fresh ingredients at precise moments to create flavors that pop. Hughes shows how to rejuvenate chili by adding raw onions, peppers, tomatoes, lime, and sour cream at the right point, resulting in flavor, crunch, color, and freshness! With small twists to beloved recipes, anyone can create hassle-free dishes that instantly become classics. And these recipes are not only fresh and fabulous, but healthy too. They meet the American Diabetes Association's nutrition guidelines, designed to help diabetics manage their blood glucose levels. Each recipe also has nutrition information and diabetic exchanges for easy meal planning. This gorgeous book filled with tips, tricks, and techniques is a go-to favorite for any cook with diabetes.

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