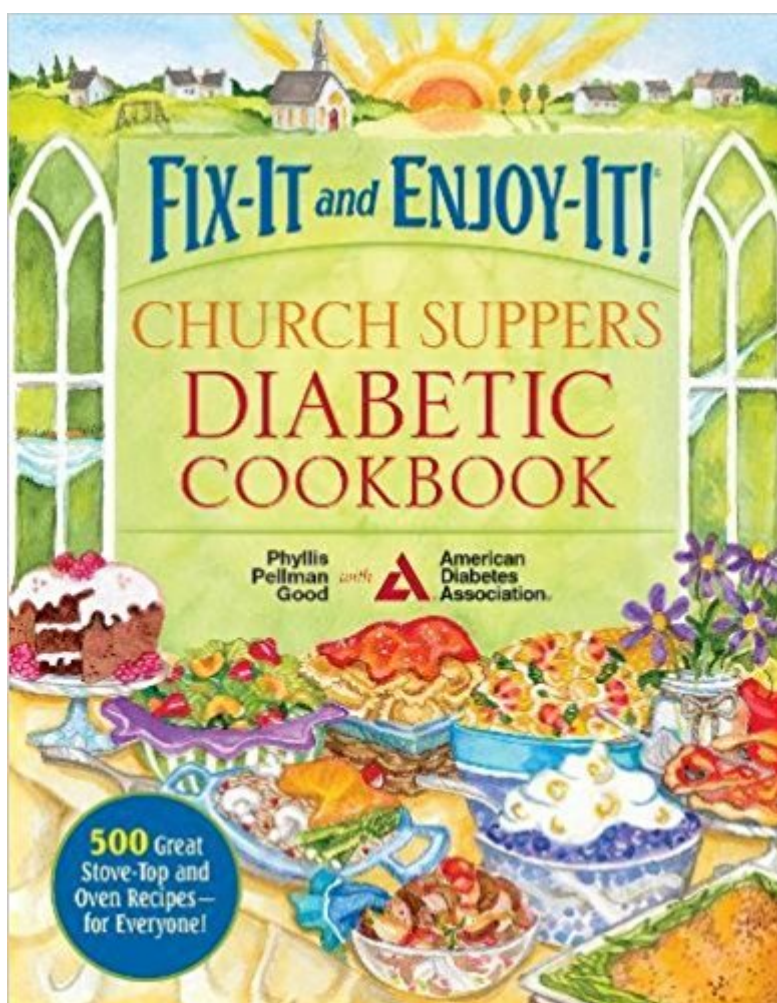


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# Fix-It And Enjoy-It! Church Suppers Diabetic Cookbook: 500 Great Stove-Top And Oven Recipes-- For Everyone!



## Synopsis

What's someone with diabetes to do at a church supper or potluck? Stand back and watch? Not necessary at all if you cook with the Fix-It and Enjoy-It! Church Suppers Diabetic Cookbook. This brand new collection from New York Times bestselling cookbook author, Phyllis Pellman Good, will turn these events into pure pleasure for ANY ONE who wants to eat nutritionally—and enjoy every bite! The American Diabetes Association has once again worked with Good to select the recipes. And the ADA has supplied the Exchange List Values and Basic Nutritional Values for each recipe. All the recipes are favorites of home cooks and their families from across the country. Comfort food is no longer off-limits for those who must pay careful attention to what they eat. And get this; if you don't have diabetes, you can eat this food, knowing that the recipes have been modified to reduce fats and carbohydrates, while keeping their matchless flavor. This Cookbook is for EVERYONE who wants to be mindful of what they eat! Don't overlook the visual portion control guides. Notice that these recipes cover all parts of the meal. No deprivation here! Step right up to the table and help yourself to Pork Tenderloin with Teriyaki Apricot Sauce, Baked Barbecued Burgers, Garden Lasagna, Black Bean Pumpkin Soup, Raspberry Punch, Banana Chocolate Chip Muffins, and 600 more irresistible dishes! Now you can take your place in line at the next church supper or potluck when the recipes come from this delectable collection. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

## Book Information

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## Customer Reviews

Phyllis Pellman Good is a New York Times bestselling author whose books have sold more than 11 million copies. Good is the author of the nationally acclaimed Fix-It and Forget-It slow-cooker cookbooks, several of which have appeared on the New York Times bestseller list, as well as the bestseller lists of USA Today, Publishers Weekly, and Book Sense. The series includes eight titles. The most recent are Fix-It and Forget-It Pink Cookbook, to benefit the Avon Foundation and Fix-It and Forget-It Diabetic Cookbook, Revised and Updated, with the American Diabetes Association. Good is also the author of the Fix-It and Enjoy-It series, a series to the phenomenally successful Fix-It and Forget-It Cookbooks. Phyllis Pellman Good is Executive Editor at Good Books. (Good Books has published hundreds of titles by more than 135 authors.) She received her B.A. and M.A. in English from New York University. She and her husband, Merle, are the parents of two young-adult daughters. For a complete listing of books by Phyllis Pellman Good, as well as excerpts and reviews, visit [www.Fix-ItandForget-It.com](http://www.Fix-ItandForget-It.com) or [www.GoodBooks.com](http://www.GoodBooks.com).

Some great recipes for everyone not just diabetics. Have used several already and found them fantastic for family gatherings as well as other get together. Simple and delicious. A good book to have on hand as a resource for those special people in your life.

I have enjoyed the recipes and looking for new things to cook

Being diabetic is new to me and these recipes help me see that I can eat good things and still watch carbohydrate intake. Recipes are very easy and delicious so anyone can enjoy them.

very pleased

Great diabetic cookbook. Good price.

Just what I needed

Great book more and more people are becoming diabetics, so it great to food they can eat at church get togethers

Love this cookbook for go to recipes that are family friendly.

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