



Taste of Home Comfort Food Diet Cookbook: Diabetic Edition

Taste of Home Editors

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Based on the success of the Comfort Food Diet Cookbook, Taste of Home is pleased to bring you this brand-new diabetic edition featuring a mouthwatering collection of 100 hearty comfort foods all prepared with a light spin—so nothing is on the “forbidden foods” list.

It doesn't matter who in your household is on a special diet, because these dishes are sure to satisfy your entire family! That's right! You can indulge in all your favorites...bubbly casseroles, cheesy pizzas, steamy soups, fun finger foods and snacks, classic sides, oven-fresh breads, even luscious desserts...while keeping dietary goals in check.

Each recipe comes complete with Nutrition Facts and Diabetic Exchanges as well as simple instructions and a full-color photo. Best of all, every dish has been tested by the Taste of Home Test Kitchen and approved by a registered dietitian as suitable for diabetics, so no matter what you choose to make, you can trust it will turn out perfect.

A healthy diet for diabetics and non-diabetics alike is all about balance and making smart choices. So if you're looking for a deliciously easy way to prepare and enjoy classic, home-style fare that doesn't skimp on flavor or fulfillment, turn to the Comfort Food Diet Cookbook: Diabetic Edition to satisfy your deepest comfort food craving!

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