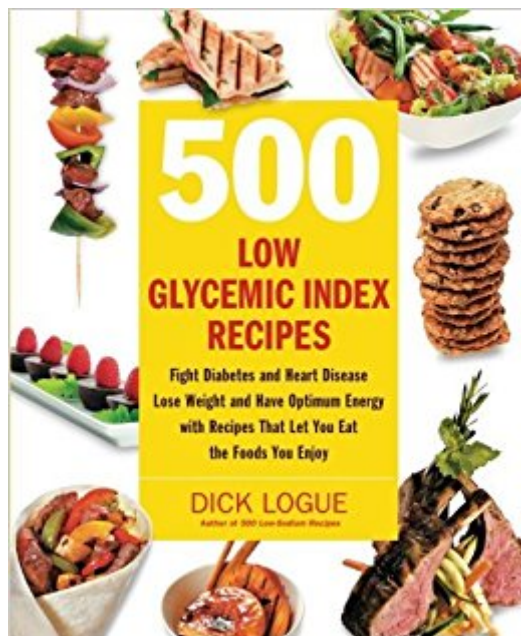




The book was found

500 Low Glycemic Index Recipes: Fight Diabetes And Heart Disease, Lose Weight And Have Optimum Energy With Recipes That Let You Eat The Foods You Enjoy



Synopsis

500 Low-Glycemic-Index Recipes provides quick and easy low-GI dishes for snacks, main dishes, even desserts! Readers learn how simple food swaps such as sweet potatoes for white potatoes, using whole wheat rather than white pasta and berries rather than bananas can lower the GI index of a dish or meal for healthier eating as well as weight loss. Low-GI versions of traditionally high GI foods such as breads, pastas, desserts and casseroles are included. Forget low-carb, low-fat, low-calorie diets. This is a healthy eating plan that can be used for life to lose weight, feel energized, and be healthy.

Book Information

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Customer Reviews

"500 Low Glycemic Index Recipes" has a ton of creative recipes that are low in salt and sugar. In fact if you want to add salt you have to figure out how much to add yourself to taste. Some recipes call for a reduced-sodium soy sauce and this recipe is in the front of the cookbook. For the recipes I made I just used a reduced-sodium soy sauce from the store. The recipe my husband and I liked the most was the "Oriental-Style Flank Steak." Now flank steak is fairly expensive so I was a bit tentative about trying a new recipe. The recipe called for green onions, sesame seeds, barbecue sauce, garlic and soy sauce. I left out the ginger. This flank steak then marinates for a few days for optimum flavor. I must say it was excellent and my husband even wanted to eat it again the next day so he had leftovers. The second recipe I tried was the "Chicken Wontons." I adapted the recipe quite a bit and left out the carrots, celery, sherry, ginger and soy sauce. Instead I added one

teaspoon of seasoning salt and mixed in chopped yellow onion. The cooking time ended up being more like 20 minutes instead of 10 but they turned out fine. They were easy enough to make but I'd advise you buy a 14-ounce package of wonton wrappers since this recipe makes about 30 instead of 25. Some of the other recipes that look good include: Scotch Eggs, Bean Dip, Hawaiian Fish Fillets, Curried Beef, Marinated Vegetable Salad, Manicotti, Lite Lemon Cheesecake, Grilled Pineapple Kabobs. There are not a lot of dessert recipes and many do call for sugar substitutes like Splenda. The only thing I have to complain about is that the text size for the index is really tiny and hard to read. Otherwise this is a great book.

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