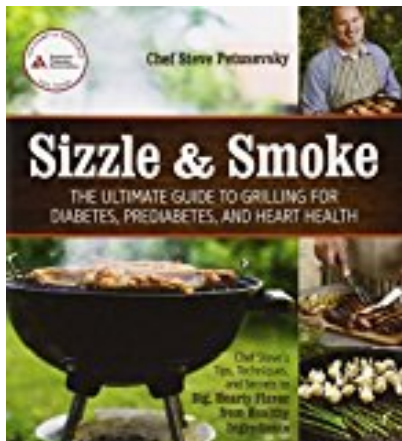


Sizzle and Smoke The Ultimate Guide to Grilling for Diabetes Prediabetes and Heart Health



BOOK DETAILS

- Author : Steven Petusevsky
- Pages : 196 Pages
- Publisher : American Diabetes Association
- Language : English
- ISBN : 1580405304

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BOOK SYNOPSIS

Nothing beats the experience of meats and veggies sizzling over hot coals or a gas-fired grill as the smell of smoke fills the air. Which is why Chef Steve Petusevsky felt he had to write *Sizzle and Smoke*, the first grilling book designed specifically for people with diabetes or prediabetes. This collection of grilling recipes uses lean meats and vegetarian dishes to deliver the smoky, natural flavor only a grill can provide. While many classic grill-top recipes are nutritional train wrecks, grilling also has a dirty little secret — its an inherently low-fat method of cooking. Lamb, beef, poultry, veggie sides, marinades and rubs, and even dessert — its all here. Also included is an extensive section on techniques, methods, and equipment, with photos and illustrated steps. A grilling master class and cookbook in one, *Sizzle and Smoke* is perfect for the backyard BBQ chef looking to cut calories and inches without cutting out the fun and flavor.

SIZZLE AND SMOKE THE ULTIMATE GUIDE TO GRILLING FOR DIABETES PREDIABETES AND HEART HEALTH

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