



The American Diabetes Association Vegetarian Cookbook: Satisfying, Bold, and Flavorful Recipes from the Garden

Steven Petusevsky

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Motivated by his recent diagnosis of prediabetes, chef Steven Petusevsky has created a cookbook aimed at those who are new to vegetarianism and who want to lose weight and get their diabetes under control. The easy-to-follow *American Diabetes Association Vegetarian Cookbook* acts as a personal guide to a healthier lifestyle, from selecting flavorful seasonal vegetables and building a pantry to preparing the most delicious and satisfying vegetarian dishes inspired by global cuisine. New vegetarian cooks will soon be pros at preparing such delightful dishes as Pan-Seared Spicy Asparagus with Shiitake Mushrooms and Authentic Greek Salad. An array of four-ingredient dishes are perfect for cooks with a busy schedule. With over 150 delicious, healthy, and amazing recipes, readers will soon find that a vegetarian meal can be satisfying, healthy, and diabetes-friendly.

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