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PUBLISHERS WEEKLY JUL 16, 2007.

Hughes, author of cookbooks health-  
minded (The 1200-Calory-A-Day Menu

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Cookbook) and otherwise (The New Chili Cuisine) pulls off a challenging trick in her latest, devising more than 100 tasty recipes with only four ingredients that also satisfy the American Diabetes Association's dietary guidelines.

The 4-Ingredient Diabetes Cookbook

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on Apple Books Simple Quick

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Comet. Summary. Buy the 4-Ingredient  
Diabetes Cookbook, 2nd edition, here.

Prep time 5 min; Cook time 35 min;

Servings 4 Servings; Serving size. 1 squash



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cookbook: Books

158040278X, \$16.95 [www.diabetes.org](http://www.diabetes.org)

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very basic introductions for newcomers to cooking and nutrition with easy recipes which rely on 4 common ingredients for success.

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