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

By Steven Petusevsky

American Diabetes Association. Paperback. Book Condition: new. BRAND NEW, Sizzle and Smoke: The Ultimate Guide to Grilling for Diabetes, Prediabetes, and Heart Health, Steven Petusevsky, 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 -- it's an inherently low-fat method of cooking. Lamb, beef, poultry, veggie sides, marinades and rubs, and even dessert -- it's 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.



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