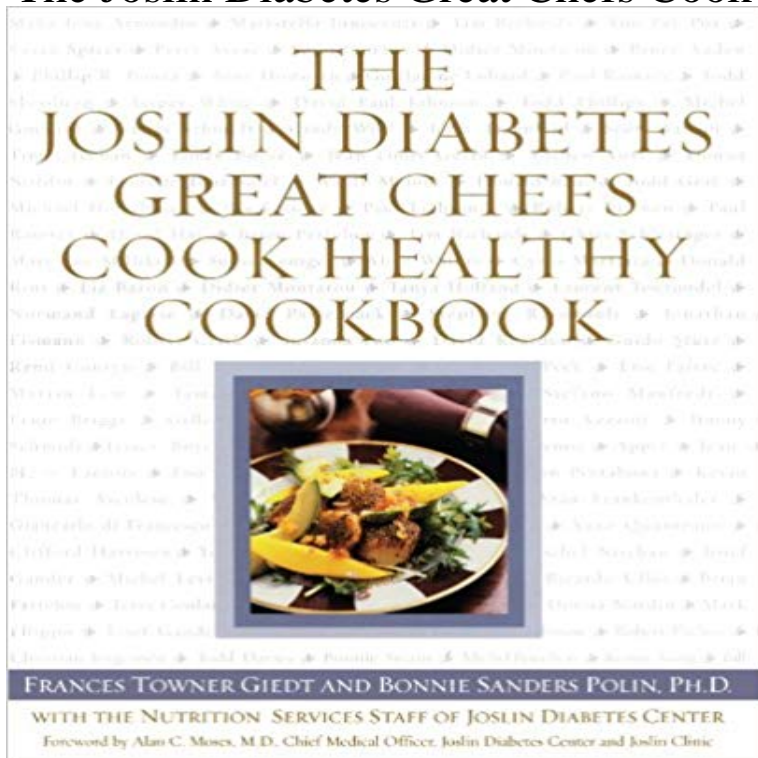


# The Joslin Diabetes Great Chefs Cook Healthy Cookbook



Five-Star Food for People with Diabetes

Living with diabetes doesn't mean you can't enjoy five-star food. With *The Joslin Diabetes Great Chefs Cook Healthy Cookbook*, you can savor sophisticated, restaurant-quality cuisine at home while maintaining your blood glucose levels and healthy lifestyle. Award-winning authors Frances Towner Giedt and Bonnie Sanders Polin, Ph.D., and 114 superstar chefs from around the world, in conjunction with the world-famous Joslin Diabetes Center, have come together to produce a cookbook of extraordinary food for special occasions, specifically for people with diabetes. Here are more than 135 delicious recipes from acclaimed restaurants, each with a nutritional analysis that includes a list of carbohydrates, calories, and Joslin Choices provided by Joslin's Nutrition Services Staff. This book will help you plan for an elegant dinner party or an intimate dinner for two, with sumptuous recipes that include David Paul Johnson's Spicy Lobster Gazpacho with Avocado Creme Fraiche from David Paul's Lahaina Grill, Lahaina, Maui, Hawaii; Asparagus and Gingered Grapefruit Salad from Ris Lacoste of 1789, Washington, D.C.; Broiled Halibut with Spring Mixed Beans and Spicy Thai Lemongrass Broth from Susanna Foo of Susanna Foo, in Philadelphia; Grilled Duck Breast with Sauteed Peaches and Tuscan Bread Salad from Don Pintabona of Tribeca Grill, New York City; Banana Pot Stickers with Mango Lime Sorbet and Roasted Pineapple from Michael Herschman of Mojo Cafe, in Cleveland, Ohio; and Light Apple and Lime Souffle from Michel Guerard of Les Pres d'Eugenie, in Eugenie-les-Bains, France. Eight pages of gorgeous color photographs will convince you to get into the kitchen and start cooking. Whether you're living with diabetes or just love fine restaurant food, *The Joslin Diabetes Great Chefs Cook Healthy Cookbook* will become a

favorite in your culinary arsenal.

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