

COOKBOOK CORNER

Cookbooks For People With Diabetes

(NAPSA)—Many of the estimated 17 million people with diabetes in the U.S. have found keeping good health on the menu doesn't have to mean keeping good food off your plate. What's the secret ingredient in their healthy and delicious diets? It could be a cookbook.

Today a variety of cookbooks are available to people with diabetes. For instance, the American Diabetes Association's *Month of Meals Quick & Easy Menus for People with Diabetes* series is a best selling line of cookbooks with a number of mouth watering recipes. A recent addition to the series: *Soul Food Selections*, gives readers ways to take their favorite soul-food dishes and make them healthier—without sacrificing taste.

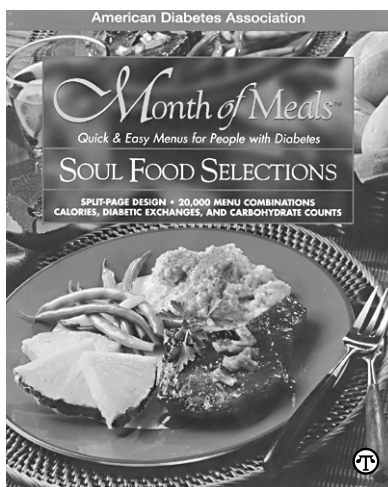
Recipes include: Spicy Shrimp Bites, Country Fried Steak, Candied Sweet Potatoes, Soulful Chili, Cabbage Rolls and this recipe for "Daddy's Pork Chops":

Daddy's Pork Chops

Yield: 6 servings/Serving size:
1 chop

Ingredients

- 6 4-oz. lean, boneless pork chops (or use bone-in chop to yield 4 oz. meat)**
- 1 medium onion, chopped**
- $\frac{3}{4}$ cup catsup**
- 1 cup water**
- 2 Tbsp. Worcestershire sauce**
- 2 Tbsp. apple cider vinegar**
- 2 Tbsp. brown sugar**
- $1\frac{1}{4}$ tsp. paprika**
- $1\frac{1}{4}$ tsp. chili powder**



Delicious and Nutritious—A number of cookbooks are available that offer people with diabetes healthful and tasty recipes.

Method

1. Heat the oven to 325 degrees. Place chops in baking dish and cover with onions.

2. Mix remaining ingredients in a small bowl and pour over chops. Bake, covered, for 90 minutes. Uncover and bake 15 more minutes.

Each book in the series offers 28 days worth of quick and tasty breakfast, lunch and dinner selections. Recipes are given using a split page design that lets people mix and match over 20,000 daily menu combinations. There's a table at the back of each book with the carbohydrate, calorie, fat and sodium counts for each meal and snack listed.

People can order the cookbook at <http://store.diabetes.org> or by calling 1-800-232-6733.