



Deleites de la Cocina Mexicana: Healthy Mexican American Cooking

María Luisa Urdaneta, Daryl F. Kanter

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Mexican food, Tex-Mex, Southwestern cuisine—call it what you will, the foods that originated in Mexico have become everyone's favorites. Yet as we dig into nachos and enchiladas, many people worry about the fats and calories that traditional Mexican food contains.

Deleites de la Cocina Mexicana proves that Mexican cooking can be both delicious *and* healthy. In this bilingual cookbook, Maria Luisa Urdaneta and Daryl F. Kanter provide over 200 recipes for some of the most popular Mexican dishes—guacamole, frijoles, Spanish rice, chiles rellenos, chile con carne, chalupas, tacos, enchiladas, fajitas, menudo, tamales, and flan—to name only a few. Without sacrificing a bit of flavor, the authors have modified the recipes to increase complex carbohydrates and total dietary fiber, while decreasing saturated and total fats. These modifications make the recipes suitable for people with diabetes—and all those who want to reduce the fats and calories in their diet. Each recipe also includes a nutritional analysis of calories, fats, sodium, etc., and American Diabetic Association exchange rates.

Because diabetes is a growing problem in the Mexican-American community, *Deleites de la Cocina Mexicana* is vital for all those who need to manage their diet without giving up the foods they love. Let it be your one-stop guide to cooking and eating guilt-free Mexican food.

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A lot of people always spent their very own free time to vacation or even go to the outside with them household or their friend. Do you know? Many a lot of people spent they free time just watching TV, or even playing video games all day long. If you need to try to find a new activity that is look different you can read a book. It is really fun in your case. If you enjoy the book that you read you can spent all day every day to reading a guide. The book Deleites de la Cocina Mexicana: Healthy Mexican American Cooking it is rather good to read. There are a lot of folks that recommended this book. These folks were enjoying reading this book. In the event you did not have enough space to create this book you can buy often the e-book. You can m0ore easily to read this book from the smart phone. The price is not very costly but this book offers high quality.

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