



# Asian Flavors Diabetes Cookbook: Simple, Fresh Meals Perfect for Every Day

By Corinne Trang

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## Asian Flavors Diabetes Cookbook: Simple, Fresh Meals Perfect for Every Day By Corinne Trang

The *Asian Flavors Diabetes Cookbook* is the first book that takes the naturally healthy recipes and meals of Asian cuisine and crafts them specifically for people with diabetes. Authored by Corinne Trang, who was dubbed by *The Washington Post* "the Julia Child of Asian cuisine," this unique collection of recipes will be attractive to anyone with diabetes looking for a fresh approach to diabetes-friendly cooking.

With more than 110 recipes, this compilation of simple comfort foods from all over Asia will include classics such as wontons and fresh spring rolls, and more contemporary recipes like garden tomatoes and mixed greens salad tossed in an Asian-inspired dressing blending soy sauce, sesame oil, and wasabi. The recipes are nutritionally sound, with plenty of fresh vegetables and complex flavors using readily available ingredients, and they rely on healthy cooking techniques such as steaming, stir-frying, braising, and grilling.

Filled with a wide variety of vegetables, whole grains, and protein-based dishes, readers will discover countless new flavors to enjoy with their family. With meals inspired by Chinese, Japanese, Korean, and Southeast Asian food cultures, the *Asian Flavors Diabetes Cookbook* will become a "go-to" book for Asian-inspired diabetes-friendly meals.

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### **Editorial Review**

#### **About the Author**

Dubbed the "Julia Child of Asian Cuisine" by *The Washington Post*, Corinne Trang is an award-winning author who has written for such distinguished publications as *Food & Wine*, *Health*, *Cooking Light*, *Fine Cooking*, and *Saveur*, where she held the positions of test kitchen director and producing editor from 1996 to 1998.

Recognized as a leading authority on Asian food culture and history, her first cookbook, *Authentic Vietnamese Cooking: Food from a Family Table* won Best Asian Cuisine Book in the World and Best Book on Asian Cuisine in English at France's Salon International du Livre Gourmand (The 2000 World Cookbook Fair). It was also awarded Best of the Best of 1999 by *Food & Wine* magazine. Since then she's published a half dozen highly regarded books on Asian food, culture, and cooking. Born in France's Loire Valley of a French mother and a Cambodian-Chinese father, Trang was raised in Phnom Penh, Paris, and New York. She has traveled extensively and studied culture and cuisine throughout the United States, Europe, and Asia. Bolstered by her multi-ethnic background, her deepest commitment is to exploring the relationship between culture and food, a passion she shares with her private clients as a wellness coach, incorporating Asian food philosophies, healthy eating habits, yoga, and meditation.

Trang is a frequent radio and television guest and has appeared on numerous shows including NBC's "Today Show," Bloomberg's "Executive Dining," Lifetime's "New Attitudes," Discovery Channel's "Home Matters," CBS's "Martha Stewart Living," CBS's "The Early Morning Show: Chef on a Shoestring," Food Network's "Cooking Live" and "Sara's Secrets" with Sara Moulton, Fox News, ABC News' "CT Style," PBS's "Simply Ming" with Ming Tsai, and Business Talk Radio's "America's Dining & Travel Guide" as Chief East Coast Correspondent.

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##### **Archie Beard:**

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**Lisa Westra:**

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