

## Naturally Healthy Mexican Cooking : Authentic Recipes for Dieters Diabetics & All Food Lovers

My latest book, [\*Naturally Healthy Mexican Cooking : Authentic Recipes for Dieters, Diabetics, & All Food Lovers\*](#), published by the [University of Texas Press](#), has just been released! It is based on the secret to maintaining a diet that leads to weight control, and all the wonderful benefits that go with it, including increased health.

Many, if not most, people, consciously or unconsciously use food as a reward for dealing with stress. Most diets fail because too many so-called diet foods do not supply that reward. The secret to making a diet work is to eat healthful meals that are so delicious you enthusiastically incorporate them into your lifestyle.

As the book makes clear, "The solution is to identify dishes you really enjoy that are low in calories, fat, carbohydrates, and any other personal considerations. They should also be affordable, nutritious, and reasonably easy to prepare. You don't have to crave them with the same passion as your most beloved comfort foods, but they must be good enough so that instead of feeling deprived between splurges, you look forward to each meal and are content with the reward it provides. The recipes in this book are designed to help you do just that. Food should make you happy, you should look forward to each meal, and you should enjoy eating the kinds and amounts of it that allow you to meet your goals."

The 200 recipes (85 of which are vegetarian or easily made vegetarian) were carefully selected from all branches of Mexican cooking: from favorite *antojitos*, such as tacos, enchiladas, quesadillas, and tamales up to and including the kinds of elegant and creative meals, often referred to as *alta cocina Mexicana*, that are served in five-star Mexico City restaurants. Virtually all of them are simple to prepare from readily available ingredients. Most importantly, they are designed so that you will look forward to them and make each meal a healthful fiesta!

