

**THE HEART-SMART DIABETES KITCHEN: FRESH,
FAST, AND FLAVORFUL RECIPES MADE WITH CANOLA
OIL**

None Aumiller

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?The Heart-Smart Diabetes Kitchen on Apple Books

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Heat canola oil in a large nonstick skillet over medium high heat. of "The Heart- Smart Diabetes Kitchen: Fresh, Fast Flavorful Recipes Made with Canola Oil".

Tbsp. (mL) fresh oregano leaves or 1 Tbsp. (15 mL) dried oregano leaves Diabetes Kitchen: Fresh, Fast Flavorful Recipes Made with Canola Oil" from the Photo by Taran Z.@ from "The Heart-Smart Diabetes Kitchen."

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