

# Medi Diet Resources



- [Glycemic Index](#)
- [Magic Sauce](#)
- Salad Dressings--see Moosewood Inn below
- Sheet Pan Dinners
  - [Roasted Vegetable Bowl](#)
  - [Curried Sweet Potatos and Chickpeas](#)
  - [LOTS more sheet pan dinners](#)
- [Moosewood Inn Cookbook](#)
  - [Online recipes](#)
- [Eating Bird Food-website](#)
- [Minimalist Baker-website](#)

