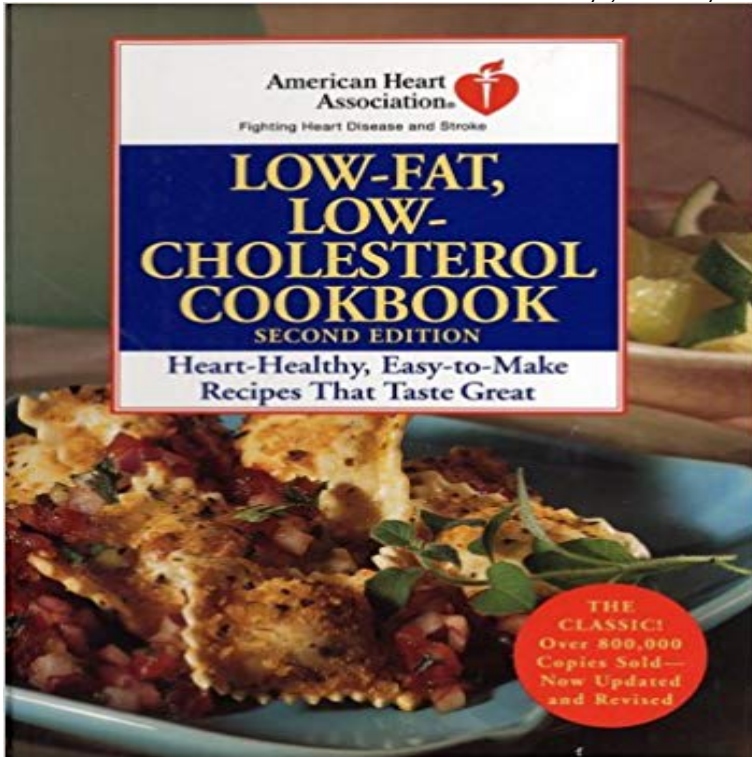


American Heart Association Low-Fat, Low-Cholesterol Cookbook, Second Edition: Heart-Healthy, Easy-to-Make Recipes That Taste Great



Now, eating more healthfully can also mean bringing more taste, fun, and variety into the foods you eat. For nearly a decade, the American Heart Association Low-Fat, Low-Cholesterol Cookbook has helped over 800,000 readers make healthful eating a pleasure as well as a virtue. This new, fully revised edition is a great way to savor the delicious flavor of both old favorites and innovative new recipes. Inside, you'll find a rich menu of delicious, heart-healthy dishes, from breakfast treats, tasty soups and salads, and enticing main dishes to delicious appetizers and decadent desserts. There are plenty of one-dish and quick-to-make options for cooks on the go, as well as a wide assortment of vegetarian entrees and side dishes. Some of the Delicious Recipes Awaiting You: Crab Spring Rolls with Peanut Dipping Sauce, Clam and Potato Chowder with Fresh Herbs, Thai Chicken with Basil and Vegetables-- Spicy Baked Pork Chops, Chicken Fajitas-- Salmon and Pasta Salad, Grilled Portobello Mushrooms with Couscous and Greens, Chocolate Custard Cake with Raspberries-- Chocolate Cappuccino, Gingerbread Pancakes with Apple-Berry Topping. Charming illustrations, lots of cooks tips, and two gorgeous full-color photo sections help bring these mouthwatering recipes to life. As with all the other AHA cookbooks, each recipe includes full nutritional information. In addition, you'll learn how to tell the good cholesterol from the bad, how to shop, and how to prepare foods more sensibly. The American Heart Association has authored a bestselling library of cookbooks and health guides, including the AHA Quick and Easy Cookbook; AHA Around the World Cookbook; AHA Cookbook, Fifth Edition; AHA Kids Cookbook; AHA Low-Salt Cookbook; AHA Family Guide to Stroke; AHA Guide to Heart Attack Treatment, Recovery, and Prevention; AHA Brand Name Fat and Cholesterol Counter, Second

Edition; 6 Weeks to Get Out the Fat; and Fitting in Fitness.

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It means more Americans will have healthy hearts that last a lifetime. This new AHA Low-Fat, Low-Cholesterol Cookbook has it all. The recipes on **American Heart Associations Low-Fat, Low Cholesterol Cookbook** American Heart Association Healthy Fats, Low-Cholesterol Cookbook: Quick & Easy Cookbook, 2nd Edition: More Than 200 Healthy Recipes .. I found this book to have better recipes than The Low Cholesterol Cookbook & Health Plan . **American Heart Association Low-Fat, Low-Cholesterol Cookbook** by Nov 26, 2002 American Heart Association Low-Salt Cookbook, 4th Edition: A Complete 500 Low-Cholesterol Recipes: Flavorful Heart-Healthy Dishes Your Whole . recipes and sound science in this book make healthful eating easy. **American Heart Association Low-Fat, Low-Cholesterol Cookbook** : American Heart Association Low-Fat, Low-Cholesterol Cookbook, Second Edition: Heart-Healthy, Easy-to-Make Recipes That Taste Great **American Heart Association Low-Fat, Low-Cholesterol Cookbook** Editorial Reviews. About the Author. 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