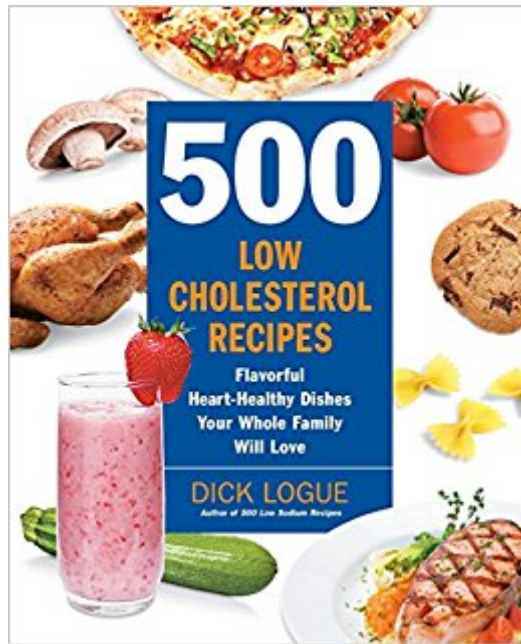


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# 500 Low-Cholesterol Recipes: Flavorful Heart-Healthy Dishes Your Whole Family Will Love



## Synopsis

A low-cholesterol cookbook that offers practically the full spectrum of flavors for the tastebuds! 500 Low-Cholesterol Recipes proves that cutting cholesterol doesn't mean cutting taste or variety or spending hours in the kitchen on complicated recipes. Packed with everything from savory stews to sweet treats, you'll find low-cholesterol versions of all the foods you thought you had to give up, like mouthwatering burgers, fluffy omelets, and creamy desserts. You'll also find a wide array of international cuisines, from Cajun and Mexican to Italian and Asian. Make staying on the low-cholesterol course easy and delicious! with 500 Low-Cholesterol Recipes.

## Book Information

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Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (50 customer reviews)

Best Sellers Rank: #32,889 in Books (See Top 100 in Books) #14 in [Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol](#) #26 in [Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy](#) #81 in [Books > Cookbooks, Food & Wine > Special Diet > Low Fat](#)

## Customer Reviews

This is a HUGE book. There are recipes for all occasions really. Best part is that they are easy recipes, not too many ingredients and those ingredients are not 'exotic' type ingredients, ones we have in our kitchen all the time mostly. The book covers breakfast lunch dinner really and of course dessert .... I love this book. Thanks Dick Logue.

I purchased a couple low cholesterol books and this is the one I use the most. They are easy to understand and I know what many of the ingredients are. There are common meals, some that I already make but needed alternates to lower the fat. So far they are easy to make and none that take more time then before. Spicy Fries is one of our favorites already!

A GREAT addition to your cookbook library. Couldn't be more pleased. This book has a terrific

selection of recipes that you'd never believe you can eat on a heart-healthy diet. My husband thought he'd never be able to eat anything but lettuce for the rest of his life - but this cookbook has showed both of us there are a lot of foods that can be eaten and not just chicken/turkey!

I love cooking and am used to eating and cooking reasonable tasty healthy meals. I bought this book for my husband who has high cholesterol with high expectations... As soon as I received the book I decided to plan meals for the week and I was really disappointed. For one, the nutritionist recommends he eats 5 serves of veggies a day. Dick's recipes, including vegetarian recipes and stir fry's include veggies sparingly (it's obvious zucchini is one of his favourites!). The other thing that struck me was the reliance on canned food; canned tuna, canned beans, canned tomatoes, even canned soup. I may be a traditionalist but I believe in real cooking and not just mixing a few pantry ingredients and sticking them in an oven. Having said that, if you don't cook at all, or have no clue how to eat healthy, this is not a bad place to start.

We were looking for a book that could help us cook healthier meals that the kids might enjoy too. This book is a hit. We've used about 4 or 5 recipes out of the book. The best one so far was the Yakisoba (kind of) noodles with angel hair pasta, veggies, and chicken, with sesame oil and low sodium soy. The kids love it and ask for it constantly.

I have worked in Wellness for over 20 years and am always looking for healthy recipes. This book has some great, easy to prepare and -- most importantly -- excellent tasting recipes. I have about a million cookbooks, but this is the first one I go to. Mr. Logue has really done his cooking research. I truly believe he and his family have taste-tested every one, just as he says. Great purchase! I hope Mr. Logue will write a Low Cholesterol Recipes II.

Finally!!! A Cholesterol book that any one can use. You don't have to go out and shop at oddball stores, most of this stuff is on hand. If you want to make something unique out of the book, you don't have to go spend a fortune, just go to your local market. Love it and recommend

MY husband went for test and everything came back so bad we needed to do something fast to get his Cholesterol levels down. We borrowed this book from our friend and started making our entrees from this book. They all tasted great so really worked out cause my husband is picky when it comes to healthy eating "he won't do it" but I made these recipes without him knowing they were from this

book and we found a few he & I really loved. I liked this book so much when I gave it back, I went to and bought a copy for myself!

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