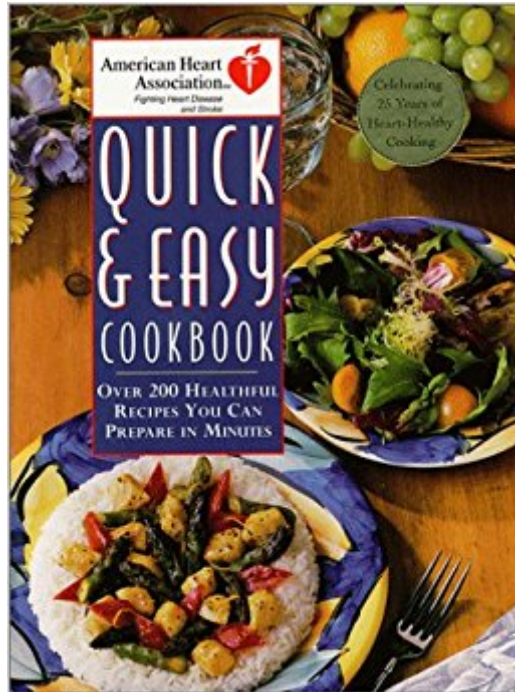


The book was found

# American Heart Association Quick And Easy Cookbook



## Synopsis

Our lives are more hurried and harried than ever. Who has time to spend hours in the kitchen whipping up tasty yet healthy meals? When we try to eat fast, we almost always eat fat. It's tempting to visit the nearest fast-food restaurant or pop a fat-filled frozen entree into the microwave. With the AHA Quick and Easy Cookbook, working adults and hungry kids, singles pulling long hours at the office -- or anyone who wants to rediscover the joys of home cooking without a lot of fuss and bother -- can savor the pleasures of healthy meals that are as delicious as they are simple to prepare. With everything from appetizers, soups, salads, and main courses to breads, breakfast treats, and desserts, the AHA Quick and Easy Cookbook has over two hundred options for truly appetizing meals that can be pulled together in under thirty minutes without sacrificing good taste or nutrition. Tempting dishes include stuffed French toast, mushroom quesadillas, pesto "fried" chicken, cornbread-coated pork chops, veal scaloppine in shiitake cream sauce, southwest shepherd's pie, peppery parmesan pan rolls, easy apple-cinnamon crisp, and confetti cupcakes with chocolate glaze. Menu suggestions, a shopping list for the prepared cook's pantry, a glossary of cooking terms, and helpful hints will make AHA Quick and Easy Cookbook the most well-thumbed and well-loved cookbook on your bookshelf.

## Book Information

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## Customer Reviews

After my husband suffered a heart attack 4 months ago, I became very interested in finding tasty

ways to cooked good food for us. I immediately went online and found this book and ordered it. I was hoping to at least find a recipe or two I could use. I was amazed at how many recipes sounded good and tasted even better. I did not have to look any farther for any other cookbook. I now have at least 10 or 12 meals that I can prepare and feel very satisfied. The greatest part of all is that all of the recipes are very quick and easy. They can usually all be prepared after I get home from work and we are now eating better than we have every eaten. My husband and I only wish that it didn't take a heart attack for us to find this recipe book. I highly recommend this recipe book for anyone who are looking for good and tasty food that just happens to be good for you.

I went to my doctor recently, and found out that I have a cholesterol level of 236. I am 26 years old, and heart disease runs in my family, so this didn't surprise me (although I can't say I was pleased). I went looking for some resources on heart healthy recipes (I love to cook, because I love to eat!). I bought this book to try, and I am so happy I did! I have tried some of the recipes, and I haven't been disappointed yet. Surprisingly, the taste is amazing! My favorite so far is the Roasted Asparagus & Mushrooms - yummy! So many times you find things that are healthy are not necessarily good-tasting, and that is NOT the case with this book. In fact, I liked it so much, I bought the 25th Anniversary Edition AHA cookbook. Happy

The recipes in this book are fast and taste great! Usually low fat cooking is very time consuming but the recipes in this book are much quicker. I recommend this for anyone watching their diet but still craves great tasting food!

I received this book about 2 weeks ago and love it! The recipes are easy, healthy, tasty and quick. Many recipes do not contain too many items which is great. I've already made and enjoyed the tabbouleh, Hawaiian chicken, pork tenderloin with mushrooms, meatless tamale pie, rosemary lamb chops, and poultry pot pies. I look forward to trying more recipes. I recommend this book to anyone that likes to cook tasty and healthy foods.

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