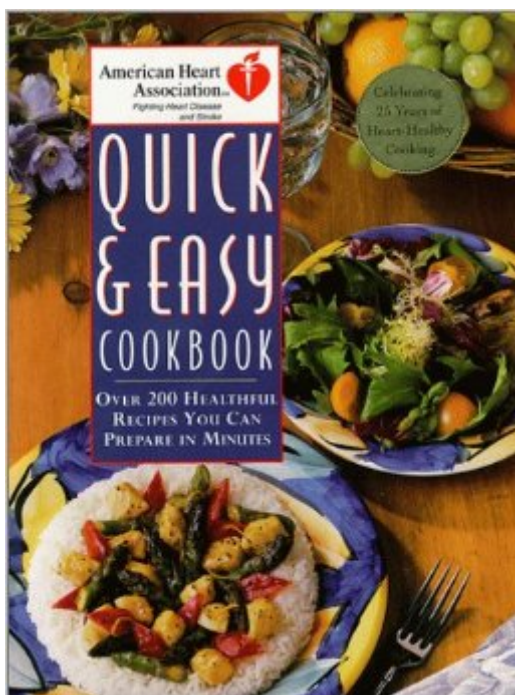


The book was found

# 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

Series: American Heart Association

Spiral-bound: 288 pages

Publisher: Clarkson Potter (March 21, 1995)

Language: English

ISBN-10: 0812922514

ISBN-13: 978-0812922516

Product Dimensions: 7.2 x 1.4 x 9.6 inches

Shipping Weight: 1.6 pounds

Average Customer Review: 3.6 out of 5 stars See all reviews (8 customer reviews)

Best Sellers Rank: #2,056,668 in Books (See Top 100 in Books) #104 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association #1513 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat #4565 in Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

## 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.

[Download to continue reading...](#)

The American Heart Association Low-Salt Cookbook: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) American Heart Association Low-Salt Cookbook, 4th Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) American Heart Association Low-Salt Cookbook, 3rd Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA,

American Heart Association Low-Salt Cookbook) Heart Health: Heart Healthy Cookbook: 30 Quick & Easy, Heart Healthy Greek Recipes For Smart Heart Health (cooking, weight loss, weight maintenance) (cooking, ... weight maintenance, weight watchers Book 1) Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice American Heart Association Meals in Minutes Cookbook: Over 200 All-New Quick and Easy Low-Fat Recipes American Heart Association Quick and Easy Cookbook American Heart Association Low-Fat, Low-Cholesterol Cookbook, Second Edition: Heart-Healthy, Easy-to-Make Recipes That Taste Great American Heart Association Quick & Easy Cookbook: More Than 200 Healthful Recipes You Can Make in Minutes American Heart Association Go Fresh: A Heart-Healthy Cookbook with Shopping and Storage Tips American Heart Association The Go Red For Women Cookbook: Cook Your Way to a Heart-Healthy Weight and Good Nutrition American Heart Association The Go Red For Women Cookbook: Cook Your Way to a Heart-Healthy Weight and Good Nutrition... (Hardback) - Common American Heart Association Quick & Easy Meals: More Than 200 Healthy Recipes Plus Time-Saving Tips for Shopping, Planning, and Eating Well Dump Dinners: 365 Days of Quick And Easy Dump Dinners Recipes Cookbook For Busy People (Dump Cakes and Dump Dinners, Dump Dinners Cookbook, Quick Easy Meals) American Diabetes Association Complete Guide to Diabetes: The Ultimate Home Reference from the Diabetes Experts (American Diabetes Association Complete Guide to Diabetes) American Medical Association Complete Medical Encyclopedia (American Medical Association (Ama) Complete Medical Encyclopedia) Publication Manual of the American Psychological Association (Publication Manual of the American Psychological Association (Spiral) 6th (sixth) edition American Heart Association Complete Guide to Women's Heart Health: The Go Red for Women Way to Well-Being & Vitality The Microwave Gourmet Cookbook!: Quick and Easy Microwave Cooking Recipes that will Blow your Mind! (Fast, Quick, and Easy Cooking Recipes and Cooking Tips! Book 1) Quick & Easy Recipes: Super Bowl Party Recipes: 35 Easy and Delicious Super Bowl Recipes, Appetizers, Dips, and More! (Quick and Easy Cooking Series)

[Dmca](#)