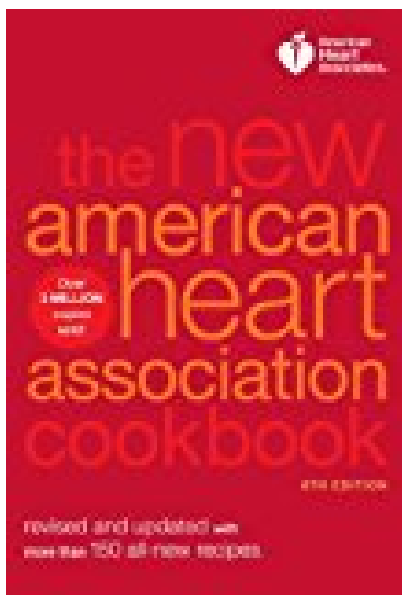


The New American Heart Association Cookbook 8th Edition Revised and Updated with More Than 150 All-New Recipes



BOOK DETAILS

- Author : American Heart Association
- Pages : 720 Pages
- Publisher : Harmony
- Language : English
- ISBN : 0307587576



BOOK SYNOPSIS

In print for more than thirty-five years and with three million copies sold, The New American Heart Association Cookbook remains the ultimate resource on achieving a healthy diet. With 612 mouthwatering recipes and the latest heart-health information, this newly revised and updated edition is more valuable than ever. There's just no denying that nutritious, wholesome eating combined with an active lifestyle helps prevent heart disease and increases vitality. The American Heart Association knows that maintaining good heart health throughout your life is possible, and this cookbook shows you how to get started right in your own kitchen. The New American Heart Association Cookbook, 8th Edition, includes not only 600-plus everyday recipes for the whole family but also the most current dietary, exercise, and lifestyle recommendations. This latest edition features more than 150 brand-new recipes, all of which meet the American Heart Association's good-health and high-flavor standards. With globally inspired tastes, trendy ingredients, and popular time-saving cooking methods, here are just some of the new recipes this edition has to offer: • Curried Pumpkin Soup • Spinach Salad with Roasted Beets and • Pomegranate Vinaigrette • Ginger-Infused Watermelon and Mixed Berries • Slow-Cooker Cioppino • Salmon Cakes with Creole Aioli • Chicken Gyros with Tzatziki Sauce • Couscous Paella • Slow-Cooker Chile Verde Pork Chops • Black Bean Polenta with Avocado Salsa • Cumin and Ginger Lentils on Quinoa • Edamame with Walnuts • Sweet Potato Bread • Pistachio-Cardamom Meringues • Delicate Lemon Ricotta Cheesecake with • Blackberries In this revised edition of The New American Heart Association Cookbook, you'll find updated information on trans fats and sodium, all-new nutritional analyses, and important good health tips. Also included are grocery-shopping strategies, healthy cooking methods, more than a dozen new menu plans for special occasions and holidays, a recipe index of Planned-Overs and Plan-Aheads for easy reference, and more. With so many recipes and so much information packed between its pages, The New American Heart Association Cookbook will be the cookbook you return to again and again. From the Hardcover edition.

THE NEW AMERICAN HEART ASSOCIATION COOKBOOK 8TH EDITION REVISED AND UPDATED WITH MORE THAN 150 ALL-NEW RECIPES - Are you looking for Ebook The New American Heart Association Cookbook 8th Edition Revised And Updated With More Than 150 All-New Recipes? You will be glad to know that right now The New American Heart Association Cookbook 8th Edition Revised And Updated With More Than 150 All-New Recipes is available on our online library. With our online resources, you can find Applied Numerical Methods With Matlab Solution Manual 3rd Edition or just about any type of ebooks, for any type of product.

Best of all, they are entirely free to find, use and download, so there is no cost or stress at all. The New American Heart Association Cookbook 8th Edition Revised And Updated With More Than 150 All-New Recipes may not make exciting reading, but Applied Numerical Methods With Matlab Solution Manual 3rd Edition is packed with valuable instructions, information and warnings. We also have many ebooks and user guide is also related with The New American Heart Association Cookbook 8th Edition Revised And Updated With More Than 150 All-New Recipes and many other ebooks.

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