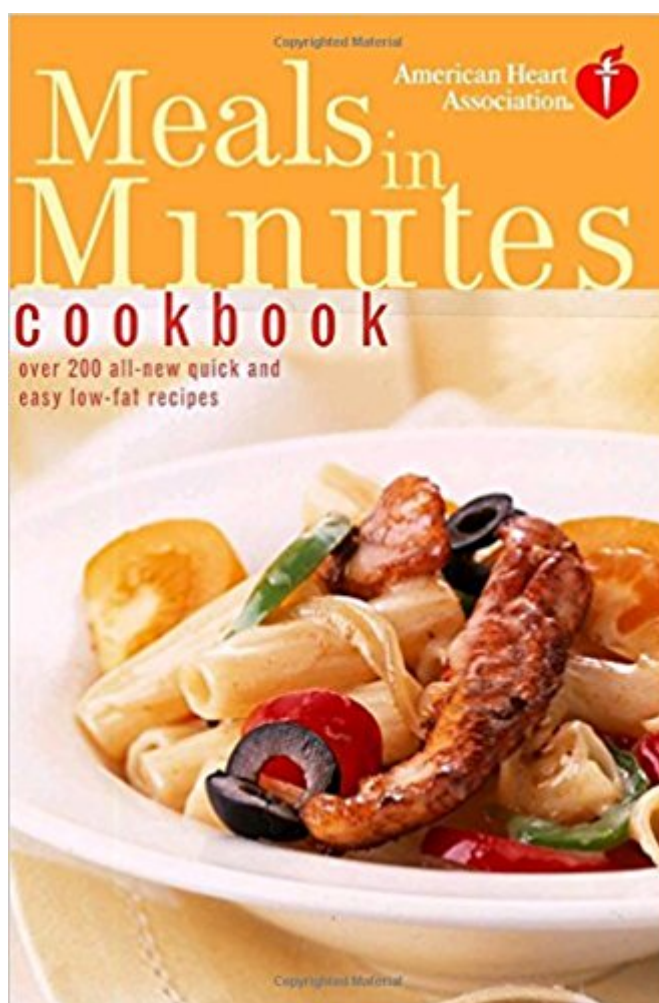


The book was found

American Heart Association Meals In Minutes Cookbook: Over 200 All-New Quick And Easy Low-Fat Recipes



Synopsis

If homemade meals at your house are being replaced by fat-filled takeout or microwaveables in front of the TV, you'll want American Heart Association Meals in Minutes on your cookbook shelf. More than 200 delicious low-fat, low-cholesterol recipes nourish your appetite for good food while respecting your hectic schedule. Whether you're balancing work and family, putting in overtime at the office, or simply wanting to restore the joys of home cooking to your table, here are terrific dishes you can put together without a lot of fuss and bother--and in 20 minutes or less. With everything from appetizers, snacks, soups, salads, and sandwiches to main courses (including plenty of vegetarian options), vegetables, breads, breakfast dishes, and of course desserts, the emphasis is on ease of preparation and great taste. You can prepare many of these dishes with ingredients you probably already have on hand, making mealtime even more stress-free. In addition to one-dish and microwaveable recipes, there are four special "super saver" recipe types for when you're extra rushed to get dinner on the table. "New Classics" are basic main dishes that will become your new standbys, ready to dress up or down as you see fit. "Planned-Overs" are recipe "twofers" that use last night's leftovers in a creative new way for tonight's meal. "Shopping Cart" recipes require no more than six common ingredients and get you in and out of the kitchen in no time. "Express-ipes" are the quickest of the quick, taking merely 25 minutes or less for all the preparation and all the cooking. Tempting dishes include: Stacked Mushroom Nachos, Mini Cinnamon Stackups, Portobello Pizza with Peppery Greens, Chicken Fajita Pasta with Chipotle Alfredo Sauce, Scallops Provençale, Broccoli with Sweet-and-Sour Tangerine Sauce, Chocolate Hazelnut Angel Food Cake with Bananas, Devil's Food Cake with Caramel Drizzles, No-Chop Stew, Blue Cheese Beef and Fries, Turkey Potstickers, Lemongrass Chicken with Snow Peas and Jasmine Rice, Green and Petite Pea Salad with Feta, Pasta Frittata. From the Hardcover edition.

Book Information

Series: American Heart Association

Paperback: 368 pages

Publisher: Harmony; Reprint edition (November 5, 2002)

Language: English

ISBN-10: 0609809776

ISBN-13: 978-0609809778

Product Dimensions: 6.1 x 0.7 x 9.3 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 34 customer reviews

Best Sellers Rank: #387,354 in Books (See Top 100 in Books) #21 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association #160 in Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #392 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat

Customer Reviews

If homemade meals at your house are being replaced by fat-filled takeout or microwaveables in front of the TV, you'll want American Heart Association Meals in Minutes on your cookbook shelf. More than 200 delicious low-fat, low-cholesterol recipes nourish your appetite for good food while respecting your hectic schedule. Whether you're balancing work and family, putting in overtime at the office, or simply wanting to restore the joys of home cooking to your table, here are terrific dishes you can put together without a lot of fuss and bother--and in 20 minutes or less. With everything from appetizers, snacks, soups, salads, and sandwiches to main courses (including plenty of vegetarian options), vegetables, breads, breakfast dishes, and of course desserts, the emphasis is on ease of preparation and great taste. You can prepare many of these dishes with ingredients you probably already have on hand, making mealtime even more stress-free. In addition to one-dish and microwaveable recipes, there are four special "super saver" recipe types for when you're extra rushed to get dinner on the table. "New Classics" are basic main dishes that will become your new standbys, ready to dress up or down as you see fit. "Planned-Overs" are recipe "twofers" that use last night's leftovers in a creative new way for tonight's meal. "Shopping Cart" recipes require no more than six common ingredients and get you in and out of the kitchen in no time. "Express-ipes" are the quickest of the quick, taking merely 25 minutes or less for all the preparation and all the cooking. Tempting dishes include: Stacked Mushroom Nachos, Mini Cinnamon Stackups, Portobello Pizza with Peppery Greens, Chicken Fajita Pasta with Chipotle Alfredo Sauce, Scallops Provençal, Broccoli with Sweet-and-Sour Tangerine Sauce, Chocolate Hazelnut Angel Food Cake with Bananas, Devil's Food Cake with Caramel Drizzles, No-Chop Stew, Blue Cheese Beef and Fries, Turkey Potstickers, Lemongrass Chicken with Snow Peas and Jasmine Rice, Green and Petite Pea Salad with Feta, Pasta Frittata. "From the Hardcover edition.

The American Heart Association is the nation's premier authority on heart health. Its best-selling library of cookbooks and guides includes The New American Heart Association Cookbook, 25th Anniversary Edition; American Heart Association Low-Fat, Low-Cholesterol Cookbook, Second

Edition; American Heart Association Quick & Easy Cookbook; American Heart Association Kids' Cookbook; and American Heart Association Around the World Cookbook. The organization is headquartered in Dallas, Texas, and has affiliates that serve the entire United States. From the Hardcover edition.

The book came in a timely manner. It was in very good condition. Most of the things in it were in some of my other cookbooks, but it did give me some insight on heart healthy meals. I don't know how much I will be using it, but it is good to have around if I run into problems. The reason I purchased the book is because my husband had a heart attack and was told to go on a heart healthy diet and didn't give me any resources to go by.

Cookbook is more like reading a textbook than a cookbook. It's all black & white print on regular book paper, no pictures. It's based on old food pyramid of getting the most servings (4-6) of grains, and protein, fat/oil is the fewest at the top. I'd send it back but I waited too long.

Very helpful for making health food in a short amount of time

I also have the Low Cholesterol/Low Fat cookbook, which I like, but the recipes tend to be a little complicated and take a while to prepare and cook. This book still has low cholesterol and low fat recipes, but they are much easier to make. It also contains many more recipes than the other cookbook, including a lot of pasta dishes, which I thought were lacking in the other book.

My Mother just recently recovered from a heart attack and a quadruple bypass. She is also diabetic so this book is a great way to help her heart and sugar levels:) Definitely Recommended!

Perfect

I purchased this hoping that since it was written by American Heart Association, that it would not only have healthy meals in minutes, but that the meals would also have low sodium. Some recipes do, but not really what the purpose of this book is for, more for low fat. Still has tasty recipes though & is a keeper.

Here is another excellent cookbook from the American Heart Association. It makes cooking "smart"

so easy. If I would have cooked like this all along maybe we would have stayed healthier longer.....

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

American Heart Association Meals in Minutes Cookbook: Over 200 All-New Quick and Easy Low-Fat Recipes Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) 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) 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) Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Low Carb: In 20 Minutes - Over 60 Easy One Skillet Recipes in 20 Minutes Or Less (Low Carb Cookbook, Low Carb Diet Cookbook, Low Carb Cookbooks) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean ... Recipes, Asian Recipes, Asian Cookbook 1) Easy European Cookbook Box Set: Easy English Cookbook, Easy Greek Cookbook, Easy French Cookbook, Easy Irish Cookbook, Easy German Cookbook, Easy Portuguese ... Portuguese Recipes, Irish Recipes 1) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) American Heart Association Low-Fat, Low-Cholesterol Cookbook, Second Edition: Heart-Healthy, Easy-to-Make Recipes That Taste Great Easy Low Fat & Low Cholesterol Mediterranean Diet Recipe Cookbook 100+ Heart Healthy Recipes & Meals Plan: Healthy Cooking & Eating Book with Low Salt, ... Nutrition & Dieting Recipes Collection) American Heart Association One-Dish Meals: Over 200 All-New, All-in-One Recipes Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb

cookbook, low carb recipes) Type 2 Diabetes Cookbook : QUICK and EASY - 60 Diabetic-Friendly Low Carb, Low Sugar, Low Fat, High Protein Chicken, Beef, Pork, Lamb and Vegetarian Recipes that are done in 45 minutes or less Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1) Make Ahead Meals: Delicious, Healthy, Low Carb Make Ahead Freezer Meals Recipes For The Busy Individual (Frugal Cooking, Meals For One, Cooking For One, ... Recipes, Easy Meals, Slow Cooker Cookbook)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)