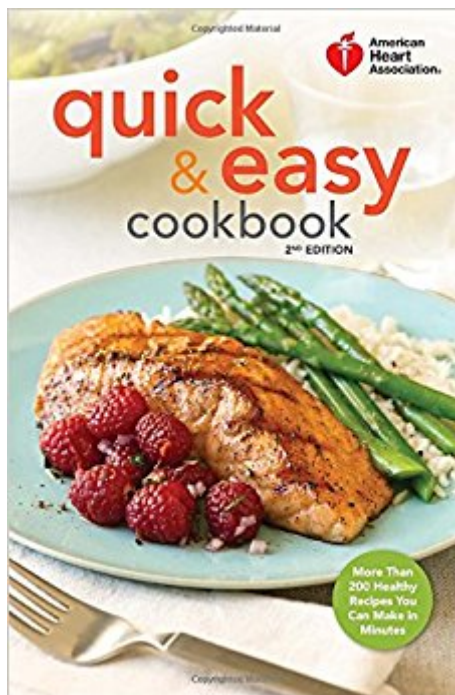


The book was found

American Heart Association Quick & Easy Cookbook, 2nd Edition: More Than 200 Healthy Recipes You Can Make In Minutes



Synopsis

Convenience and eating healthfully can go hand in hand, and with the American Heart Association Quick & Easy Cookbook, 2nd Edition, you can spend less time in the kitchen and still achieve great results at the table. This revised and expanded edition of the classic cookbook includes more than 200 speedy dishes, of which 60 are brand new. Prep and cooking times are provided for all recipes, so you'll know how much time you'll need in the kitchen. And rest assured, no dish takes longer than 20 minutes to prepare, and many recipes can be made in 30 minutes from start to finish. In fewer than 10 minutes, you can start your day with Confetti Scrambler or Mandarin Breakfast Parfaits. No one will guess you whipped up dinner in 20 minutes when you serve Chicken with Tarragon Oil, Baked Tilapia with Pineapple Reduction, or Beef Tenderloin on Herbed White Beans. When meals are this simple and good for you, even appetizers, snacks, sides, and desserts can be on the docket. You'll find recipes for Homemade Corn Tortilla Chips, Edamame Salsa, Warm Chicken and Papaya Salad, Citrus Kale with Dried Cranberries, Chocolate-Banana Mini Cupcakes, Grilled Peaches with Almond Liqueur, and much more! Make the most of your time in the kitchen and in the grocery store with helpful tools such as:

- Meal-planning strategies, including a sample dinner plan and a chart template to customize your own meals week-by-week
- Guidelines for maximizing nutritious foods and minimizing nutrient-poor foods
- Shopping strategies, including lists of health-smart staples
- Tips on organizing your kitchen for the greatest efficiency
- Quick-cooking techniques and short prep tricks

With this new edition of one of the American Heart Association's first and most popular cookbooks, you'll have a resource right at your fingertips for making your own quick and easy meals that will offer you fast, healthy food.

Book Information

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Customer Reviews

The AMERICAN HEART ASSOCIATION is the nation's premier authority on heart health. Its bestselling library of cookbooks and guides includes: American Heart Association Low-Salt Cookbook, 4th Edition; American Heart Association No-Fad Diet, 2nd Edition; The New American Heart Association Cookbook, 8th Edition; American Heart Association Quick and Easy Meals; American Heart Association Complete Guide to Women's Heart Health; and American Heart Association Healthy Family Meals. For more information, please visit AmericanHeart.org or call 1-800-AHA-USA1 (1-800-242-8721).

I think the recipes are good, but there aren't many pictures so it is difficult to see what the finished product is going to look like. It gave me some good ideas to try different things, and quinoa won't be one of them.

This cook book contains several dishes that are heart healthy. It helps coach you not only on how to make these food items, but also on how to make healthier food in general.

Not only are the recipes I have cooked so far tasty, they really are quick and easy to make.

These are quick and easy recipes, love it. And you know that you are getting a healthy meal. worth the buy.

I liked this cookbook because the recipes were made up of foods I already had available and knew what they tasted like. No need to buy stuff we might not like and spend a fortune for.

Great book, especially after having bypass surgery and trying to figure out what to eat.. Buy it now, read it and make wise choices to avoid such surgery.

very informative

Good cook book, gsave melots of ideas

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Cookbook, 8th Edition: Revised and Updated with More Than 150 All-New Recipes Ketogenic Slow Cooker Recipes: 200 keto Slow Cooker (Crock Pot) Recipes, Chef Approved, Delicious Low Carb Slow Cooker Recipes, For Super Fast Weight Loss , Quick and easy Recipes for Healthy Living

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