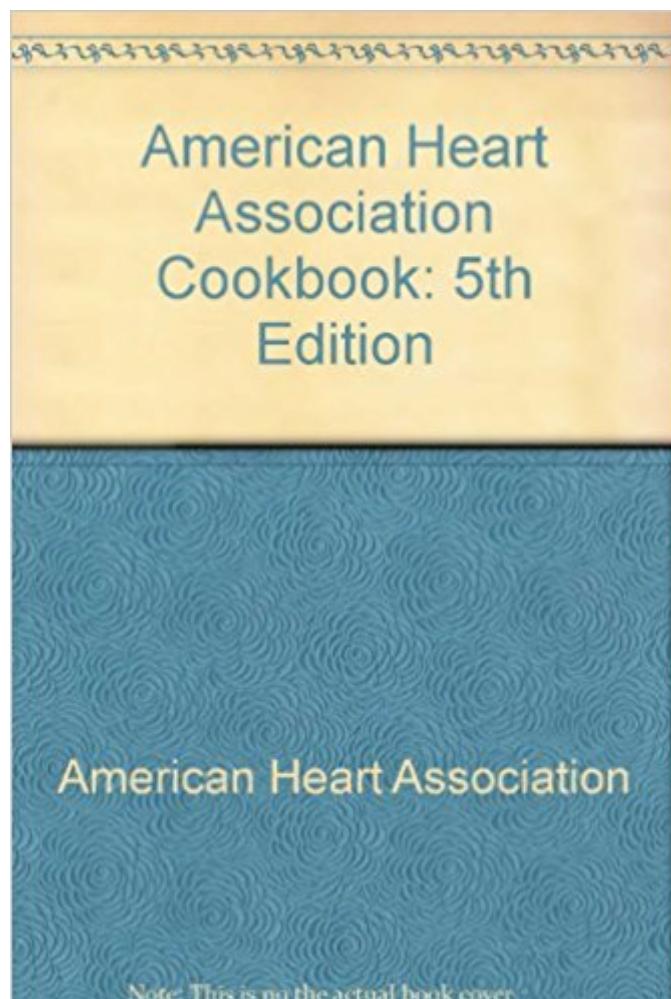


The book was found

American Heart Association Cookbook: 5th Edition



Synopsis

American Heart Association is the nation's most trusted authority on heart-healthy living and diet, and now the American Heart Association Cookbook, 5th Edition (Abridged), will set a new standard in healthful and delicious eating. With more than 340 recipes, including hundreds of new dishes, this fully revised and updated edition proves that you don't have to eat a boring or spartan diet to eat deliciously and well. Dishes such as Chicken Jambalaya, Arborio Salad with Artichokes, and Lime Chiffon Pie will bring a touch of sophistication to your table. Or take a world tour of such ethnic delicacies as Greek Pasta Salad, Easy Lamb Curry, or Cuban Black Beans. You can also choose from dozens of new vegetarian entrees. And with the AHA's suggestions, you'll be able to adapt treasured family recipes and turn them into new heart-healthy classics. Every recipe has been kitchen-tested and includes a complete nutritional breakdown of total fat, saturated fat, cholesterol, sodium, calories, and more.

Book Information

Hardcover

Publisher: Random House Value Publishing (June 22, 1999)

Language: English

ISBN-10: 0517455714

ISBN-13: 978-0517455715

Package Dimensions: 9.1 x 6.6 x 1.1 inches

Shipping Weight: 2.4 pounds

Average Customer Review: 4.4 out of 5 stars 9 customer reviews

Best Sellers Rank: #1,358,439 in Books (See Top 100 in Books) #77 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association

Customer Reviews

American Heart Association is the nation's most trusted authority on heart-healthy living and diet, and now the American Heart Association Cookbook, 5th Edition (Abridged), will set a new standard in healthful and delicious eating. With more than 340 recipes, including hundreds of new dishes, this fully revised and updated edition proves that you don't have to eat a boring or spartan diet to eat deliciously and well. Dishes such as Chicken Jambalaya, Arborio Salad with Artichokes, and Lime Chiffon Pie will bring a touch of sophistication to your table. Or take a world tour of such ethnic delicacies as Greek Pasta Salad, Easy Lamb Curry, or Cuban Black Beans. You can also choose from dozens of new vegetarian entrees. And with the AHA's suggestions, you'll be able to adapt

treasured family recipes and turn them into new heart-healthy classics. Every recipe has been kitchen-tested and includes a complete nutritional breakdown of total fat, saturated fat, cholesterol, sodium, calories, and more.

a bit musty, and a bit outdated. i.e. it lists fried hamburgers as a healthy food! :)

I have bought later editions and given them away. This one is still my favorite. I particularly use the baking section. Love the Light Boston Brown bread which is easy to make and also the carrot cake which doesn't have so much oil. Both are made with whole wheat flour. The whole wheat french bread is good also. The paper it is printed on has held up very well over the years unlike the flimzier newer editions.

Ordered this a while ago, I use it a lot.

My 7 year old son loves this book. He gets a kick out of making food by himself and I enjoy the fact that he is reading...

Very helpful information for heart healthy conscious people, there are suggestions on what to shop for, how to read labels and recipes

I use this cookbook as one of my resources for creating menus for kids at a childcare facility. They have really enjoyed these recipes and I feel comfortable making them because they are healthy and tasty.

This book was selected as the textbook for our GREAT CHEFsClass ... a cooking class for k-5 students. All the recipes in the book have been 'kid tested', and the illustrations and instructions make it easy to follow for kids of all ages. There are several categories of foods, such as soups, salads, breads and desserts. You know the recipes are healthy because the book is presented by the American Heart Association. In addition to the great recipes, there are several sections of this cookbook devoted to all aspects of cooking ... a glossary of cooking terms, shopping tips, how to plan menus, nutrition and tips on setting the table. This hardbound book makes a wonderful addition to any kitchen, and would be an excellent start for that GREAT CHEF in your family.

Have not found a recipe we did not like yet. After 4 months using this cookbook and other Heart Association recommendations, husband lost 25 pounds, I lost 10, and neither of us feels as if we are dieting at all! The meals are satisfying, the ingredients are ordinary things that real people buy, and most recipes are fast and moderately easy!

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

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) American Heart Association Cookbook: 5th Edition American Heart Association Low-Fat, Low-Cholesterol Cookbook, Second Edition: Heart-Healthy, Easy-to-Make Recipes That Taste Great 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) 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 The Homeowners Association Manual (Homeowners Association Manual)(5th Edition) American Bar Association Guide to Wills and Estates, Fourth Edition: An Interactive Guide to Preparing Your Wills, Estates, Trusts, and Taxes (American Bar Association Guide to Wills & Estates) American Psychiatric Association Practice Guideline for the Treatment of Patients with Eating Disorders (2314) (American Psychiatric Association Practice Guidelines) American Diabetes Association Complete Guide to Diabetes: The Ultimate Home Reference from the Diabetes Experts (American Diabetes Association Comlete Guide to Diabetes) American Medical Association Complete Medical Encyclopedia (American Medical Association (Ama) Complete Medical Encyclopedia) The Medical Library Association Guide to Finding Out About Heart Disease: Best Print and Electronic Resources (Medical Library Association Guides) Mug Recipes Cookbook : 50 Most Delicious of Mug Recipes (Mug Recipes, Mug Recipes Cookbook, Mug Cookbook, Mug Cakes, Mug Cakes Cookbook, Mug Meals, Mug Cookbook) (Easy Recipes 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) Advanced Cardiac Life Support 1997-99, New Chapters on Stroke and Acute Myocardial Infarction. American Heart Association, Fighting Heart Disease and Stroke. Emergency Cardiovascular Care Programs. American Medical Association Guide to Preventing and Treating Heart Disease: Essential Information You and Your Family Need to Know about Having a

Healthy Heart American Heart Association Low-Salt Cookbook, 4th Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet American Heart Association Quick & Easy Cookbook, 2nd Edition: More Than 200 Healthy Recipes You Can Make in Minutes The New American Heart Association Cookbook, 9th Edition: Revised and Updated with More Than 100 All-New Recipes

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)