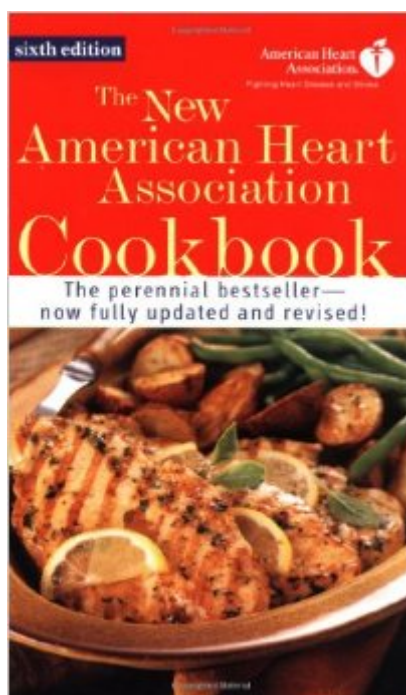


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# The New American Heart Association Cookbook



## Synopsis

“THE RECIPES WILL CONVINCE EVEN SKEPTICS THAT LOW-FAT FOODS CAN TASTE FANTASTIC. . . . Only you have the power to change your diet, reduce the amount of fat it contains and eat healthfully. . . . Get started without sacrificing taste, convenience, and pleasure.” —Daily News (New York)

Jam-packed with 150 new recipes “dishes that reflect the way Americans cook and eat today” —The New American Heart Association Cookbook is a revolution in healthful cooking. The fabulous recipes inside prove you can eat deliciously for a healthier heart and a trimmer waistline. To name just a few there are Roasted-Pepper Hummus, Picante Shrimp with Broccoli and Snow Peas, Chipotle Chicken Wraps, Asparagus with Garlic and Parmesan Bread Crumbs, and Angel Food Truffle Torte with Fruit Sauce. This incredible revision also includes: Cook’s tips that speed up cooking, explain techniques or ingredients, or add a special finishing touch Suggestions on how to shop for, store, and cook food healthfully “and tips on decoding food labels and manufacturers’ claims A complete nutritional analysis for each recipe, including saturated fat, cholesterol, sodium, calories, fiber, and more

Discover the never-bland world of heart-healthy eating with The New American Heart Association Cookbook.

## Book Information

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## Customer Reviews

Last February 1999 I was hospitalized for several weeks with a heart problem. After I was discharged I knew I had to do something about my weight. I purchased the New American Heart Association Cookbook and changed my eating habits. Using the recipes from this cookbook, along

with an excellent walking program, I have lost almost 50 pounds between the end of February 1999 and August 1999. There are way too many good recipes for me to list, but several of my favorites are: Chicken Fajitas (I use the low-fat tortilla wrappers that you can find in any store), Crispy Baked Chicken, Asian Grilled Chicken and Vegetarian Chili. The best recommendation I can make for this book is to tell you that my doctor now tells me that I have a very healthy heart and I sincerely believe that I owe it to my walking program and the excellent recipes from The New American Heart Association Cookbook.

My wife and I ordered this cookbook as soon as I was released from the hospital. I had had a heart attack at age 58, and healthier eating--low-fat, low-cholesterol, low-sodium, smaller portions--was on the menu. It has now been more than six weeks, and we have eaten about 90 percent of our meals from this book. People ask me, "what do you miss most?" and I have nothing to say. The recipes have yielded such tasty meals that I truly never think about the fact that I'm not getting the salt or fat I was so used to. I recommend this book to anyone who needs or wants to eat healthy food. My wife did not have a heart attack, but she has chosen to eat exactly what I eat (and is losing weight, as I am, because of it) and is enjoying the food every bit as much as I am. Get this cookbook as soon as you can.

This book contains many delicious recipes that are simple to make. Moreover, there is a wonderful selection of appetizers, soups, salads, entrees, vegetable dishes, breads and desserts. A bountiful array of fruits and vegetables are featured in each recipe category. As a clinical nutritionist, I have high regard for a cookbook that presents easy to prepare, heart healthy recipes that use many different foods thereby allowing people to enjoy a wide variety of foods in their diet. I encourage readers to explore a most impressive compilation of healthy and tasty recipes. This cookbook will effectively promote adherence to contemporary dietary recommendations and, thus, help lower the incidence of coronary disease. A wonderful virtue of the many recipes is enjoyable eating and, at the same time, heart health!

When a heart important to my heart was told by his doctor that he has high blood pressure, my own went up. All priorities suddenly shift, and you realize there is nothing but nothing more important than the good health of those that you love. I immediately went on a hunt for a cookbook that would satisfy the palate but also keep us heart-healthy. I quickly came across this cookbook. What better sense than looking to an association that deals specifically with the health of the heart? Yes, but....

what about taste? A good diet is only as good as the tingle of the tastebud; it won't do you any good at all if you don't eat what's good for you. I've made meals from most all of the sections in this cookbook. Fish, poultry, vegetables, even dipped into the desserts. We have both been pleased with the tasteful results. Low on salt and fat, but high on flavor. Good sense paired with good food - that works! From chicken with broccoli and mushrooms in a creamy sauce, to zucchini stuffed with spicy vegetables, to a rice pudding that was all comfort food, we did not miss what was missing: that nasty stuff that clogs arteries and hammers the heart and adds the slops to the waistline. My only negative is purely an esthetic one... I love to see a photo of what I am about to prepare for the first time. No photos here. But that's a small matter and not enough to keep me from going back to this cookbook again and again. Best of all? My sweetheart is a healthy heart. Blood pressure is right where it belongs. Bon appetit!

This is the best book for I have used when trying to cook for a healthy heart. There are thousands of recipes to choose from, easy to elaborate. The entrees are well seasoned, and the instructions are very easy to follow. I had the old version, and this one is 100% better. I recommend it to anyone who is trying to eat healthier.

This cookbook is several inches thick and does not have pictures. Please don't let that discourage you. If you're serious about healthy, heart-friendly cooking, this is the cookbook you need. I'm an experienced cook and have tons of cookbooks, but I'm turning more and more to this "all-in-one" cookbook that I can trust to have a healthy recipe for just about anything I have a taste for that day/week. You will SO appreciate that they give heart-healthy recipes for "basics" (gravies, sauces, basic breads, basic salads, etc.). This morning I whipped up a quick bowl of tuna salad to have for my lunch today. It's the best tuna salad I've ever made (and the healthiest), made with light mayo/nonfat yogurt, chopped tomatoes and green onions, cilantro, and lemon zest. There are hundreds of interesting entree recipes, mostly using ingredients you'll already have on your shelves. When "special" ingredients are called for, the book often gives a more common substitution - but do yourself a huge favor and stock your pantry with as many special ingredients as you can and keep your fridge stocked with lots of fresh produce. I've found that the key to success in lowfat cooking is to be prepared to jazz up recipes with spices and various bottled items without having to run to the grocery store. Also, keep citrus on hand - lemons and limes are called for in many heart-friendly recipes and completely transform some foods (like the lemon zest in the tuna salad). Some of the recipe introductions also tell you how you can use the leftovers in another recipe - Sweet-Spice

Glazed Chicken can become Island Chicken Salad with Mint later in the week. For a busy Mom who doesn't want to always serve the same old boring meals to my family, those suggestions are helpful. It saves time hunting thru cookbooks and simplifies my grocery shopping. If you're serious about cooking more healthfully, you'll be happy you got this book!

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