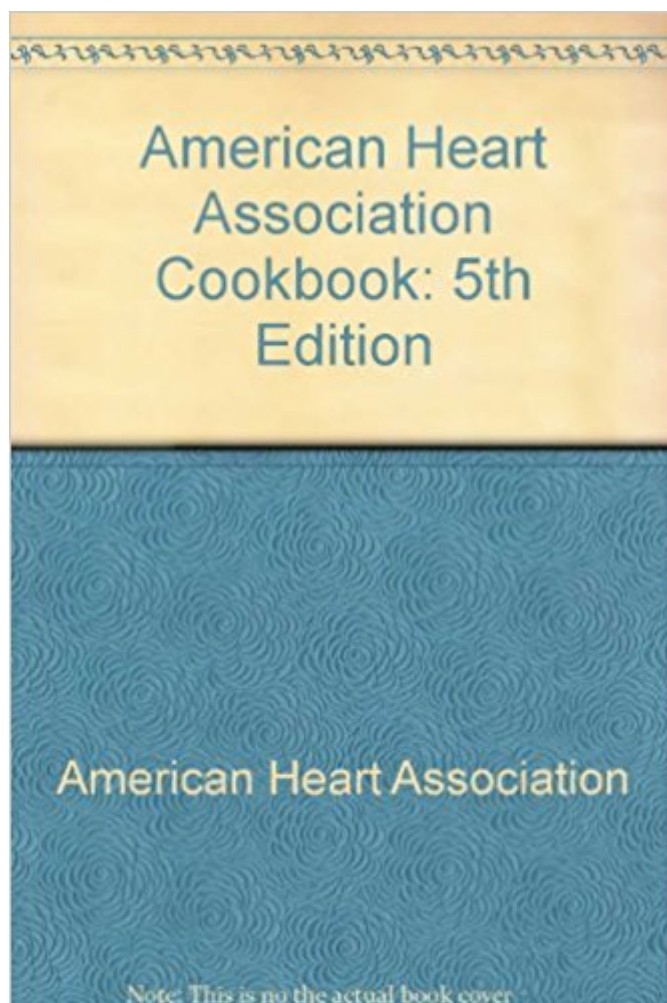


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# American Heart Association Cookbook: 5th Edition



## 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 healthy 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

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## Customer Reviews

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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a bit musty, and a bit outdated.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 is 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 flimsier 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 CHEFS Class ... 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!

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