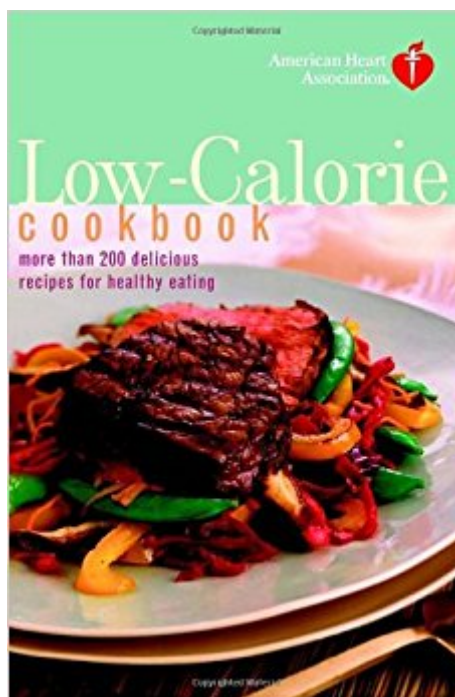




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American Heart Association Low-Calorie Cookbook: More Than 200 Delicious Recipes For Healthy Eating



Synopsis

Losing excess weight is one of the best ways to reduce your risk of heart disease, stroke, diabetes, and a number of other health problems. And while fad diets may come in and go out of fashion, the best and healthiest way to lose weight and keep it off is to eat fewer calories and increase your physical activity. With the American Heart Association Low-Calorie Cookbook, cutting those calories is simpler than you may think—and with such delectable recipes to savor, you won't even feel deprived! You'll find more than 200 fabulous recipes, none with more than 500 calories. These recipes along with user-friendly cooking and shopping tips, health and diet information, and nutrient analyses, will be the keys to your success. Whether you want to maintain your already healthful weight, follow a weight-loss program, or lose weight on your own, the American Heart Association Low-Calorie Cookbook will help you reach your goal—without losing out on the excitement of great-tasting food.

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Customer Reviews

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deprived! You'll find more than 200 fabulous recipes, none with more than 500 calories. These recipes along with user-friendly cooking and shopping tips, health and diet information, and nutrient analyses, will be the keys to your success. Whether you want to maintain your already healthful weight, follow a weight-loss program, or lose weight on your own, the American Heart Association Low-Calorie Cookbook will help you reach your goal?without losing out on the excitement of great-tasting food.

Wassail curried chicken and chutney spread serves 8; 2 tablespoons per serving

Mango chutney and curry powder turn cream cheese into a "company's coming" appetizer and a great snack. Serve small scoops of this creamy chicken spread on cucumber slices, bell pepper squares, or celery sticks, or use it to fill phyllo shells.

Ingredients: 1 cup diced cooked chicken or turkey, white meat only, skin and all visible fat removed (6 to 8 ounces cooked boneless, skinless chicken breasts or 1 small turkey tenderloin, about 8 ounces) 2 ounces fat-free or reduced-fat cream cheese, softened 1/4 cup fat-free or low-fat plain yogurt 3 tablespoons mango chutney 1 teaspoon curry powder 2 tablespoons sliced almonds (optional) 1/4 teaspoon paprika (optional) 1/4 teaspoon curry powder (optional)

In a food processor or blender, process the chicken, cream cheese, yogurt, chutney, and 1 teaspoon curry powder to the desired texture. (If you want the consistency like chicken salad, coarsely chop the chicken with a knife and combine the ingredients in a small bowl.) To serve, put the spread in a small bowl. Sprinkle with almonds, paprika, and 1/4 teaspoon curry powder.

cook's tip on mango chutney Mango chutney is like a sweet, fruit-based jam with a zesty attitude (from a touch of vinegar). Find it near the condiments or Indian foods in your grocery. Serve mango chutney as a dipping sauce for grilled meats, or spread 1/2 cup of it over a block of fat-free cream cheese for an instant appetizer with low-fat crackers and mixed vegetables on the side.

with almonds

Calories	68
Total Fat	1.5 g
Saturated	0.5 g
Polyunsaturated	0.5 g
Monounsaturated	1.0 g
Cholesterol	16 mg
Sodium	55 mg
Carbohydrate	6 g
Fiber	0 g
Protein	7 g

without almonds

Calories	59
Total Fat	1.0 g
Saturated	0.0 g
Polyunsaturated	0.0 g
Monounsaturated	0.5 g
Cholesterol	16 mg
Sodium	55 mg
Carbohydrate	5 g
Fiber	0 g
Protein	7 g

sun-dried tomato dip serves 12; 2 tablespoons per serving

The lineup of sun-dried tomatoes, garlic, and Italian seasoning makes this dip a surefire crowd pleaser. It's especially good with raw celery, carrots, cucumbers, broccoli, and cauliflower.

Ingredients: 1/2 cup boiling water 18 dry-packed sun-dried tomato halves 1 cup low-fat cottage cheese, undrained 1/2 cup fat-free or low-fat plain yogurt 2 tablespoons fat-free, cholesterol-free, or light, reduced-calorie mayonnaise dressing 1 to 2 medium garlic cloves or 1*2 to 1 teaspoon bottled minced garlic 2 medium green onions (green and white parts) 1/2 teaspoon salt-free Italian seasoning,

crumbled 1/2 to 1 teaspoon dried basil, crumbled 1/8 teaspoon pepper 1/8 teaspoon salt In a small bowl, combine the water and tomatoes. Let stand for 10 to 15 minutes, or until softened. Meanwhile, in a food processor or blender, process the cottage cheese, yogurt, mayonnaise, and garlic until smooth. Transfer to a small bowl. Slice the green onions. Add to the cottage cheese mixture. Stir in the Italian seasoning, basil, pepper, and salt. Drain and finely chop the tomatoes. Stir into the cottage cheese mixture. Cover and refrigerate for 2 to 48 hours. Stir before serving.

cook's tip You can use fat-free cottage cheese instead of low fat, but the texture of the dip won't be quite as pleasing.

Calories 37 **Total Fat 0.5 g** **Saturated 0 g** **Polyunsaturated 0 g** **Monounsaturated 0 g** **Cholesterol 1 mg** **Sodium 130 mg** **Carbohydrate 5 g** **Fiber 1 g** **Protein 4 g**

edamame hummus serves 24; 2 tablespoons per serving Hummus is traditionally made with chick-peas, but shelled green soybeans, called edamame (ed-ah-MOM-ee), offer a refreshing alternative. Serve this zesty, mildly sweet hummus as a dip with fresh vegetables or pita bread, or use a larger portion as a side dish.

8 cups water **16 ounces frozen shelled green soybeans, or edamame** **1/2 cup fat-free or low-fat lemon yogurt** **1/3 cup firm reduced-fat tofu, drained if necessary** **1/4 cup diced red onion** **3 strips cooked low-fat turkey bacon or soy bacon** **1 1/2 tablespoons fresh lemon juice** **1 teaspoon hot chili sauce** **1 medium garlic clove, minced, or 1*2 teaspoon bottled minced garlic** **1 small red bell pepper, diced**

Pour the water into a small stockpot; bring to a boil, covered, over high heat. Reduce the heat to medium-high; cook the edamame, uncovered, for 5 minutes. Meanwhile, fill a large bowl with ice water. Remove the edamame with a large slotted spoon or skimmer; plunge the edamame into the ice water to stop the cooking process and preserve the color. Let stand until chilled, about 5 minutes. Drain well. In a food processor or blender, process the yogurt, tofu, onion, bacon, lemon juice, chili sauce, and garlic for 30 seconds; scrape down the sides of the bowl and process for 30 seconds. Add the edamame; process until the mixture is almost smooth, scraping down the sides of the bowl as necessary. Add the red bell pepper; pulse 8 to 12 times, until the desired consistency.

cook's tip on edamame (soybeans) Rich in fiber, vitamins A and C, and protein, edamame is easy to prepare. You can microwave, steam, or boil it; shell it if necessary; and sprinkle lightly with salt. Little kids often like them, too. If your supermarket doesn't carry the frozen variety, check Asian food markets or health food stores. And be sure to look for fresh soybeans in the late spring through early summer.

Calories 43 **Total Fat 1.5 g** **Saturated 0.5 g** **Polyunsaturated 0.5 g** **Monounsaturated 0.5 g** **Cholesterol 2 mg** **Sodium 35 mg** **Carbohydrate 4 g** **Fiber 1 g** **Protein 3 g**

melon kebabs with minted citrus sauce serves 7; 3 fruit skewers and 1 tablespoon sauce per serving Double the flavor of these appetizers with double mint-fresh mint leaves and peppermint extract. A dipping sauce of orange and lime juices provides a pleasing contrast to the sweet melons.

21 fresh mint

leaves (optional) 21 1-inch cubes watermelon, honeydew melon, or cantaloupe, or a combination
 3 tablespoons fresh orange juice 3 tablespoons fresh lime juice 1 1/2 tablespoons sugar 1/4 teaspoon
 peppermint extract Place 1 mint leaf and 1 melon cube on each of 21 toothpicks. In a small serving
 bowl, stir together the remaining ingredients until the sugar has dissolved. Place the bowl of sauce in
 the center of a serving platter. Arrange the skewered fruit around the bowl. To eat, dip the melon
 into the sauce.

tropical kebabs with gingered citrus sauce Substitute cubes of mango and whole
 strawberries for the melon; frozen orange juice concentrate for the fresh orange juice; honey for the
 sugar; and grated gingerroot for the peppermint extract.

melon kebabs
 Calories 29 Total Fat 0 g
 Saturated 0 g Polyunsaturated 0 g Monounsaturated 0 g Cholesterol 0 mg Sodium 3
 mg Carbohydrate 7 g Fiber 0 g Protein 0 g

tropical kebabs
 Calories 47 Total Fat 0 g Saturated 0
 g Polyunsaturated 0 g Monounsaturated 0 g Cholesterol 0 mg Sodium 1 mg Carbohydrate 12 g Fiber 1
 g Protein 1 g

I am extremely pleased with many of the recipes in this cookbook. The cookbook is broken down
 into appetizers, snacks, and beverages, soups, salads, seafood, poultry, meats, vegetarian entrees,
 vegetables and side dishes, breads and breakfast dishes, and my favorite...desserts! Every recipe
 is for 4 servings, but thankfully, the book tells you what is considered 1 serving. 4 servings is FINE
 since most of the meals can be packaged up and eaten for lunch or dinner the next day. I have
 made the beef and broccoli stir-fry, the pineapple meatballs, the shepherd's pie, the apple
 dumplings, the macaroni and cheese with spinach, and the gnocchi with spaghetti sauce. My husband
 and I were AMAZED with how flavorful the gnocchi and the pineapple meatballs were...we absolutely
 loved these meals! The apple dumplings were delicious, but they were a little challenging to
 make...the pie filling kept eeking out the sides when I was trying to fold them into triangles like the
 directions said. The only one I will not make again was the macaroni and cheese with spinach. I
 could barely taste the low-fat cheddar cheese and I felt like I was just eating cooked noodles and
 spinach. I work full time and I'm also a graduate student, so you can imagine that I don't have a lot of
 time to spend in the kitchen. There are recipes in this book that take maybe 15-20 minutes to
 prepare and cook, such as the pineapple meatballs. The gnocchi, obviously, will take longer to make
 and I recommend that some recipes should be attempted on the weekend and made in bulk since
 you can devote more time to them. Nonetheless, I am highly impressed with the recipes I have tried
 in this book! I have used it to keep myself on a 1200 calorie diet and after using it for just a week
 and a half, I've lost 5 lbs! The recipes are "normal"...no weird casseroles or anything here. And the
 desserts aren't just fruit like so many other cookbooks push...apple dumplings were fantastic and

I'm going to make the mint chocolate cupcakes with devil's food cake shortly. I recommend this book for anyone trying to eat healthier while still eating their favorites. This book has a recipe for everyone and the nutritional information is broken down for you per serving, so you'll have no problems tracking your caloric or fat intake. Buy it - you won't regret it!

Though this cookbook does not contain pictures, it contains a lot of great recipes that are quick, easy to follow, and healthy. They have quite a bit of flavor as well, and the portions aren't skimpy (like the weight watchers cookbooks I've found). The recipes are varied and don't call for unusual ingredients - but you'll find that this also isn't your typical American "SAD" fare skinnied down. The recipes are healthy by nature, focusing on healthy ingredients rather than diet-oriented substitutes or trendy low-carb fare. The cookbook also contains a lot of helpful information on healthy eating and what it takes to lose and/or maintain weight from a healthful, long-term perspective. This is a great addition to my cookbook library.

A lot of recipes to choose from. Nutritional information is included so it doesn't matter if you are eating low cal, low carb, low fat or low sodium, the info is there for you to make the choice.

Tasteless, bland.

very good book..... great price..... need more like it, quality paper and stock it was written on as well, will last a long time

This book is good if a person is wanting to have a diet low in meats. Very good for a up and coming vegan.

The recipes that I have tried have all turned out really well. I just wish there were pictures to accompany the recipes.

Good quality. It was an old library book and I expected worse but it was not bad at all. Solid investment, a lot of great recipes!

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Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo
Diet, Lose Weight Fast, Flat Belly)

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