

[PDF] The New American Heart Association Cookbook

American Heart Association - pdf download free book

Books Details:

Title: The New American Heart Associ

Author: American Heart Association

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Description:

This 25th-anniversary edition of the classic, bestselling cookbook contains 600 heart-healthy recipes, 150 of them brand-new. The book has been updated to reflect the use of nonfat and low-fat ingredients that didn't exist just a few years ago. Recipes include appetizers, snacks, beverages, soups, salads, entrées (seafood, poultry, meat, vegetarian), vegetables, side dishes, sauces, breads, breakfasts, and, of course, desserts. Many are healthier versions of old favorites--such as Eggplant Parmesan, Chicken à la King, Sweet and Sour Pork, Spaghetti with Meat Sauce, Devil's Food Cake, and Chocolate Chip Cookies--with some new entries that reflect modern eating trends, like Portobello Mushroom Wrap with Yogurt Curry Sauce, Pad Thai, Curried Quinoa Salad with Cranberries and Almonds, and Artichoke and Chick-Pea Pilaf. Whether you want a quick meal, a

nutritious dinner the whole family will enjoy, or a festive entrée to impress guests, this book has an array of choices.

Most recipes reflect AHA guidelines: no more than 30 percent total fat, 8 to 10 percent saturated fat, less than 300 milligrams of cholesterol per day; plenty of vegetables and grains; and moderate sugar and sodium. Some recipes are higher in fat, but you balance those with lower-fat recipes on other days of the week. Nutritional information includes calories, protein, carbohydrates, cholesterol, fat (total, saturated, polyunsaturated, monounsaturated), fiber, and sodium. --*Joan Price*

From Publishers Weekly The AHA contends that healthful eating is possible "without sacrificing taste, enjoyment or convenience." The introduction discusses the role of diet in cardiovascular health, diet-related risk factors (high cholesterol, high sodium) and clearly explains AHA guidelines, including the Healthy Heart Pyramid. More than 600 easy-to-make recipes are accompanied by nutritional analyses, shopping equivalents (2 limes equals approximately 3 tablespoons of lime juice) and cook's tips (characteristics of a ripe melon, for example). Appealing to American palates and pantries, the relatively basic recipes balance such zesty, healthful preparations as Grilled Tuna with Pineapple-Nectarine Salsa with flavorful ethnic dishes (Grilled Lemongrass Flank Steak and Meatless Moussaka) and salubrious versions of Americana standards (Beef Stroganoff and Philadelphia-Style Cheese Steak Wrap). Margarine, fat-free milk, reduced-fat cheeses and low-sodium broths replace butter and cream, and herbs and spices prevail as the primary flavor enhancers. Tips, including rinsing canned items (capers, clams, beans, etc.) to reduce sodium intake or rinsing ground beef under hot water after browning to get rid of excess fat, take readers to new levels of dietary vigilance. With its eclectic collection of useful recipes, the AHA demonstrates inventive approaches to eating and cooking, empowering readers to achieve a healthy diet. Copyright 1998 Reed Business Information, Inc.

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