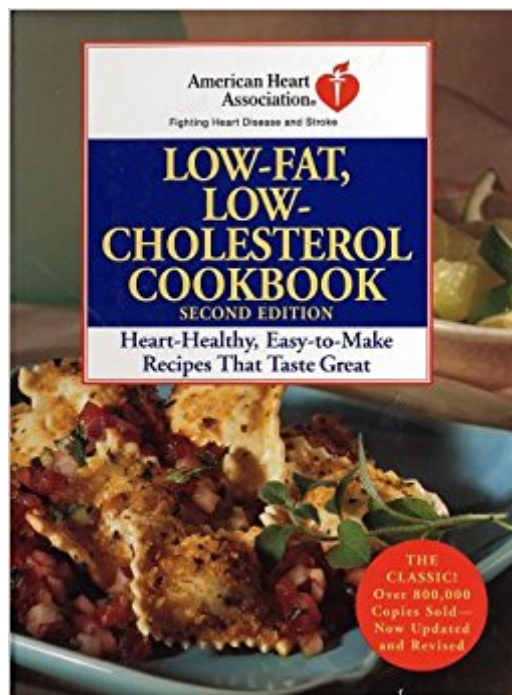


The book was found

American Heart Association Low-Fat, Low-Cholesterol Cookbook, Second Edition: Heart-Healthy, Easy-to-Make Recipes That Taste Great



Synopsis

Now, eating more healthfully can also mean bringing more taste, fun, and variety into the foods you eat. For nearly a decade, the American Heart Association Low-Fat, Low-Cholesterol Cookbook has helped over 800,000 readers make healthful eating a pleasure as well as a virtue. This new, fully revised edition is a great way to savor the delicious flavor of both old favorites and innovative new recipes. Inside, you'll find a rich menu of delicious, heart-healthy dishes, from breakfast treats, tasty soups and salads, and enticing main dishes to delicious appetizers and decadent desserts. There are plenty of one-dish and quick-to-make options for cooks on the go, as well as a wide assortment of vegetarian entrees and side dishes. Some of the Delicious Recipes Awaiting You: Crab Spring Rolls with Peanut Dipping Sauce Clam and Potato Chowder with Fresh Herbs Thai Chicken with Basil and Vegetables-- Spicy Baked Pork Chops Chicken Fajitas-- Salmon and Pasta Salad Grilled Portobello Mushrooms with Couscous and Greens Chocolate Custard Cake with Raspberries-- Chocolate Cappuccino Gingerbread Pancakes with Apple-Berry Topping Charming illustrations, lots of cooks tips, and two gorgeous full-color photo sections help bring these mouthwatering recipes to life. As with all the other AHA cookbooks, each recipe includes full nutritional information. In addition, you'll learn how to tell the "good" cholesterol from the "bad," how to shop, and how to prepare foods more sensibly. The American Heart Association has authored a bestselling library of cookbooks and health guides, including the AHA Quick and Easy Cookbook; AHA Around the World Cookbook; AHA Cookbook, Fifth Edition; AHA Kids' Cookbook; AHA Low-Salt Cookbook; AHA Family Guide to Stroke; AHA Guide to Heart Attack Treatment, Recovery, and Prevention; AHA Brand Name Fat and Cholesterol Counter, Second Edition; 6 Weeks to Get Out the Fat; and Fitting in Fitness.

Book Information

Series: American Heart Association

Spiral-bound: 400 pages

Publisher: Clarkson Potter; 2nd edition (December 29, 1997)

Language: English

ISBN-10: 0812926846

ISBN-13: 978-0812926842

Product Dimensions: 7.3 x 1.4 x 9.7 inches

Shipping Weight: 1.7 pounds

Average Customer Review: 3.9 out of 5 stars 56 customer reviews

Best Sellers Rank: #979,137 in Books (See Top 100 in Books) #56 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association](#) #173 in [Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol](#) #810 in [Books > Cookbooks, Food & Wine > Special Diet > Low Fat](#)

Customer Reviews

If you're interested in being kind to your heart without short-changing your taste buds, here's the skinny from folks who ought to know: the American Heart Association. In the second edition of Low-Fat, Low-Cholesterol Cookbook, these popular heart-healthy, easy-to-make recipes have been updated and revised to provide even tastier and more varied meals for you and your family. Imagine digging into Clam Chowder, Chocolate Custard Cake, or Crab Spring Rolls with Peanut Dipping Sauce without that frisson of guilt that usually accompanies such indulgences. From the first recipe in the book (Nectarine-Plum Chutney) to the last (Baked Apples), you'll find plenty of good food that's good for you and easy to make. In addition to the recipes (many illustrated with color photos), there are also sections containing information about how to make healthy changes in your diet and plenty of tips on cooking for a healthy heart. To your health!

Now, eating more healthfully can also mean bringing more taste, fun, and variety into the foods you eat. For nearly a decade, the American Heart Association Low-Fat, Low-Cholesterol Cookbook has helped over 800,000 readers make healthful eating a pleasure as well as a virtue. This new, fully revised edition is a great way to savor the delicious flavor of both old favorites and innovative new recipes. Inside, you'll find a rich menu of delicious, heart-healthy dishes, from breakfast treats, tasty soups and salads, and enticing main dishes to delicious appetizers and decadent desserts. There are plenty of one-dish and quick-to-make options for cooks on the go, as well as a wide assortment of vegetarian entrees and side dishes. Some of the Delicious Recipes Awaiting You: Crab Spring Rolls with Peanut Dipping Sauce, Clam and Potato Chowder with Fresh Herbs, Thai Chicken with Basil and Vegetables-- Spicy Baked Pork Chops, Chicken Fajitas-- Salmon and Pasta Salad, Grilled Portobello Mushrooms with Couscous and Greens, Chocolate Custard Cake with Raspberries-- Chocolate Cappuccino, Gingerbread Pancakes with Apple-Berry Topping. Charming illustrations, lots of cooks tips, and two gorgeous full-color photo sections help bring these mouthwatering recipes to life. As with all the other AHA cookbooks, each recipe includes full nutritional information. In addition, you'll learn how to tell the "good" cholesterol from the "bad," how to shop, and how to prepare foods more sensibly. The American Heart Association has authored a bestselling library of

cookbooks and health guides, including the AHA Quick and Easy Cookbook; AHA Around the World Cookbook; AHA Cookbook, Fifth Edition; AHA Kids' Cookbook; AHA Low-Salt Cookbook; AHA Family Guide to Stroke; AHA Guide to Heart Attack Treatment, Recovery, and Prevention; AHA Brand Name Fat and Cholesterol Counter, Second Edition; 6 Weeks to Get Out the Fat; and Fitting in Fitness.

My husband was just diagnosed with high cholesterol and we have both started on a low-fat and low-cholesterol diet. This cookbook has great recipes and everything so far has been delicious! Try the fajitas!! Or what about a Round Roast with brown gravy....delicious. We have not been disappointed with the portions or with the flavor.

I should have known that due to the year this cookbook was published, the recommendations are outdated, such as: Margarine is no longer a healthy substitute for butter. The recipes are quite typical for foods that were popular at the time. We will most likely use it as a loose guideline to prepare low-cholesterol meals.

If you need to be on a low fat low cholesterol diet, this book is a must have. Besides you cannot go wrong with a book published by the American Heart Association for learning good recipe for something you are trying to get under control.

Another in the excellent series of healthy recipe books from the AHA. If you have an issue with fat or cholesterol in your diet, believe me, this recipe book (and the others in the series) will once again help you look forward to dining again. There are so many great recipes, it's hard to pick which is best but I would highly recommend the Cheesecake ... that's right, Cheesecake ;;; made with non-fat yogurt. To die for. You might have to beef up you spice rack with some new items but it's worth it.

I should have known that due to the year this cookbook was published, the recommendations are outdated, such as: Margarine is no longer a healthy substitute for butter. The recipes are quite typical for foods that were popular at the time. We will most likely use it as a loose guideline to prepare low-cholesterol meals.

When I purchased this item I had no idea it would be in the great shape it was in. It was even spiral

bound as to read receipes from as you made the dish. And the book itself? JUST WHAT THE DOCTOR ORDERED. I cannot take cholesterol medications for some reason, but I have already made over 20 of the great dishes in this book, and even my HUSBAND is eating them. Wonderful, useful, helpful book, and a great seller and price to boot. Who could ask for anything more?

Not what I expected. It is mostly dishes that contain red meat which doesn't make sense to me. It really is about portion control not the recipe itself.

The recipes that I have tried have been tasty and easy to make. My husband recently had a heart attack and is diabetic so finding recipes that fit the bill have been somewhat difficult. He has been overwhelmed and has thought that he wouldn't be able to have good tasting healthy meals. This book has helped with that. I have only tried one chocolate cookie recipe that I would not make again and that could be because I had substituted all Splenda for the sugar. Those were pretty flavorless and had a funny texture.

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

American Heart Association Low-Fat, Low-Cholesterol Cookbook, Second Edition: Heart-Healthy, Easy-to-Make Recipes That Taste Great Cholesterol: The Ultimate Cholesterol Solution: Lower Your Cholesterol Naturally In Less Than 4 Weeks (Cholesterol Diet, Cholesterol Recipes, Cholesterol Down, Meals Plan) American Heart Association Low-Fat, Low-Cholesterol Cookbook, 4th edition: Delicious Recipes to Help Lower Your Cholesterol American Heart Association Low-Fat, Low-Cholesterol Cookbook, 3rd Edition: Delicious Recipes to Help Lower Your Cholesterol American Heart Association Low-Fat, Low-Cholesterol Cookbook, 3rd Edition: Delicious Recipes to Help Lower Your Cholesterol (Random House Large Print Nonfiction) The American Heart Association Low-Fat, Low-Cholesterol Cookbook: Delicious Recipes to Help Lower Your Cholesterol Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Easy Low Fat & Low Cholesterol Mediterranean Diet Recipe Cookbook 100+ Heart Healthy Recipes & Meals Plan: Healthy Cooking & Eating Book with Low Salt, ... Nutrition & Dieting Recipes Collection) Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) 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) American Heart Association Healthy Fats, Low-Cholesterol Cookbook:

Delicious Recipes to Help Reduce Bad Fats and Lower Your Cholesterol 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) 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) 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) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) American Heart Association Low-Fat, Low-Cholesterol Cookbook Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) DASH Diet: The DASH Diet for Beginners: Quick and Easy Steps to Lose Weight in 14 Days with DASH Diet (Low Fat, Low Blood Pressure, Prevent Diabetes, Low Cholesterol, Fat Loss, Weight Loss Diets)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)