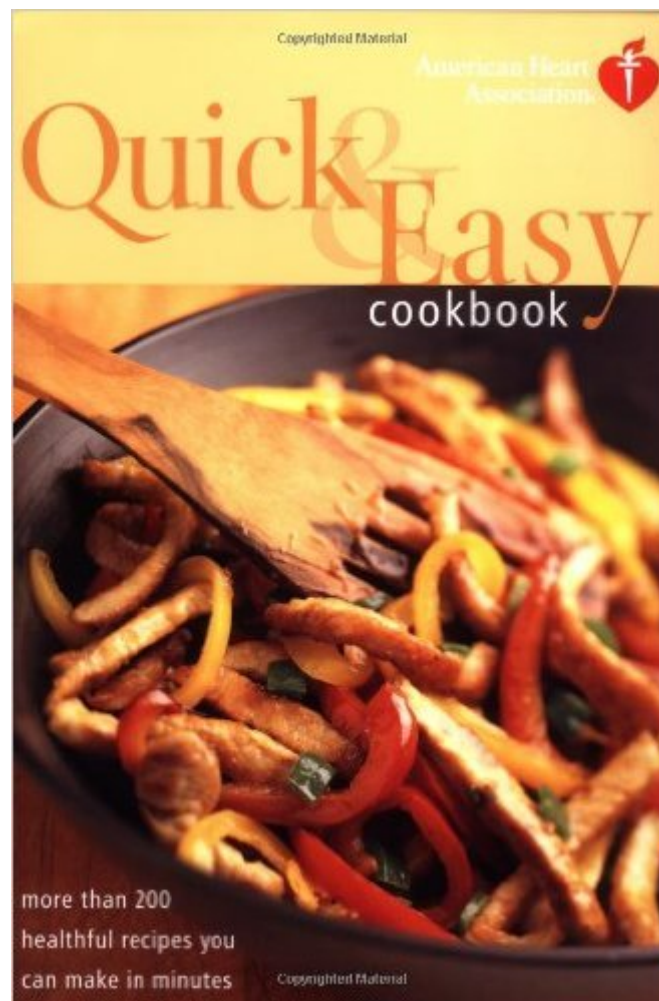


The book was found

# American Heart Association Quick & Easy Cookbook: More Than 200 Healthful Recipes You Can Make In Minutes



## Synopsis

In our hectic era, who has time to spend hours in the kitchen creating tasty, healthful meals? Yet when we try to eat fast, we almost always resort to eating fat (think: fast food). This indispensable cookbook from one of the most trusted names in the health field breaks the fast-fat connection. Nearly every one of its mouthwatering, low-fat, low-cholesterol recipes can be prepared in under 30 minutes. Here is the opportunity for millions of Americans to start living the more healthful lifestyle they know they should.

## Book Information

Series: American Heart Association

Paperback: 288 pages

Publisher: Clarkson Potter (November 13, 2001)

Language: English

ISBN-10: 0609808621

ISBN-13: 978-0609808627

Product Dimensions: 6.1 x 0.6 x 9.2 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.2 out of 5 starsÂ Â See all reviewsÂ (52 customer reviews)

Best Sellers Rank: #374,430 in Books (See Top 100 in Books) #26 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association #149 inÂ Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #1231 inÂ Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

## Customer Reviews

I have to give it 4 stars because it doesn't have any pictures. I am basically a picture person - I like to see what the end result should look like. I have tried other low fat cook books before and have been a little disappointed with them all. I found only a few recipes that I ended up liking and still occasionally use. I have tried 5 recipes from this book so far, and so far they have been very good. The recipes have plenty of seasoning in them so they don't taste bland. And some of the recipes are common sense ones that use the old rule of substitution ie - instead of oil use apple sauce, instead of sour cream use fat free yogurt etc. In any case this book is definitely a good buy at a good price. I would definitely recommend it.

My young husband had a heart attack and with a new baby we have plenty of motivation to eat

heart healthy. Someone bought this book for us and we cook from it every night. The recipes are easy, with few, easily found ingredients and tasty too. We are buying them for all of our family for Christmas - last year we sent them steaks!

These recipes are great and healthful. The lack of pictures is a negative. It would be nice to see how the finished dish is supposed to look. In addition, the nutritional breakdown is nice, but the book does not tell you what constitutes a serving size so that makes knowing the number of calories/fat/carbs useless.

This cookbook is worth every penny. My husband's recent heart problems has forced him to a lo-cal, lo-cholesterol and lo-fat diet for the first time in his 60 years. We have enjoyed each recipe and, as the chief cook, I find them easy to put together. Living in a small town, ingredients can be very hard to find. This is not the case with "Quick and Easy". It lives up to its name.

I have decided to change my lifestyle and eating habits for a healthier mind and body. The recipes in this book are not your average diet recipes - they are delicious and easy and I've already lost 7 lbs in 3 weeks. I'm thrilled!

This cookbook has the fastest, easiest recipes I've seen in a long time. I haven't found anything that isn't good in it, and the ingredient lists aren't so long to make the recipes intimidating.

Quick and Easy, All of the recipes in this book are that! They are also realistic, normal recipes that people eat. Nutrition Info on each recipe is also helpful for those that are watching their weight too! Try the Cheesy Oven Fried Chicken!

I'm a new mom, working full time, who barely knew how to cook a few plain items. I got this cookbook from my Dad for Christmas, and it is amazing! Not only are the recipes simple and wonderful, but I even have time to make dinner while the baby plays in his bouncy seat! From Chili to Pesto "fried" chicken, to Cornmuffinwiches, both my husband and I LOVE this book! I even made my first bread from scratch and it only took maybe 15 minutes. It also seems to be compatible with the South Beach Diet, which I've been on for three weeks (down 10 lbs!)

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

American Heart Association Quick & Easy Cookbook: More Than 200 Healthful Recipes You Can

Make in Minutes American Heart Association Meals in Minutes Cookbook: Over 200 All-New Quick and Easy Low-Fat Recipes American Heart Association Quick & Easy Meals: More Than 200 Healthy Recipes Plus Time-Saving Tips for Shopping, Planning, and Eating Well American Heart Association Low-Calorie Cookbook: More than 200 Delicious Recipes for Healthy Eating Rice Cooker Recipes: The Ultimate Rice Cooker Cookbook: The Best Quick And Easy Rice Cooker Recipes You Can Make At Home Tonight (Rice Cooker Cookbook, ... Recipes, Rice Cookbook, Rice Recipes) Dump Meals Box Set (11 in 1): Healthy and Easy-to-Make Recipes to Make in Less than 30 Minutes (Quick and Easy Microwave Meal Recipes) 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) American Heart Association Low-Salt Cookbook, 4th Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) 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 Low-Fat, Low-Cholesterol Cookbook, Second Edition: Heart-Healthy, Easy-to-Make Recipes That Taste Great Heart Health: Heart Healthy Cookbook: 30 Quick & Easy, Heart Healthy Greek Recipes For Smart Heart Health (cooking, weight loss, weight maintenance) (cooking, ... weight maintenance, weight watchers Book 1) Easy Chicken Recipes Cookbook: Top 50 Mouth-Watering, Easy to Make Recipes Including Grilled Chicken Recipes, Baked Chicken Recipes, Chicken Soup Recipes, Chicken Thigh Recipes, and Many More! The New American Heart Association Cookbook, 8th Edition: Revised and Updated with More Than 150 All-New Recipes Simply Salads: More than 100 Creative Recipes You Can Make in Minutes from Prepackaged Greens Hungry Girl: 200 Under 200: 200 Recipes Under 200 Calories Quick & Easy Recipes: Super Bowl Party Recipes: 35 Easy and Delicious Super Bowl Recipes, Appetizers, Dips, and More! (Quick and Easy Cooking Series) Blender Recipes: 27 Blender Recipes You Can Make with High Speed Blenders - Juicing For Weight Loss & Vitality (Blender Recipes You Can Make With Your ... Star & Other High Speed Blenders & Juicers) Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice Iluminaci3n / Lighting: 200 trucos en decoraci3n / 200 Tricks in Decoration (200 Trucos / 200 Tricks) (Spanish Edition) New England Waterfalls: A Guide to More Than 400 Cascades and Waterfalls (Second Edition) (New England Waterfalls: A Guide to More Than 200 Cascades & Waterfalls)