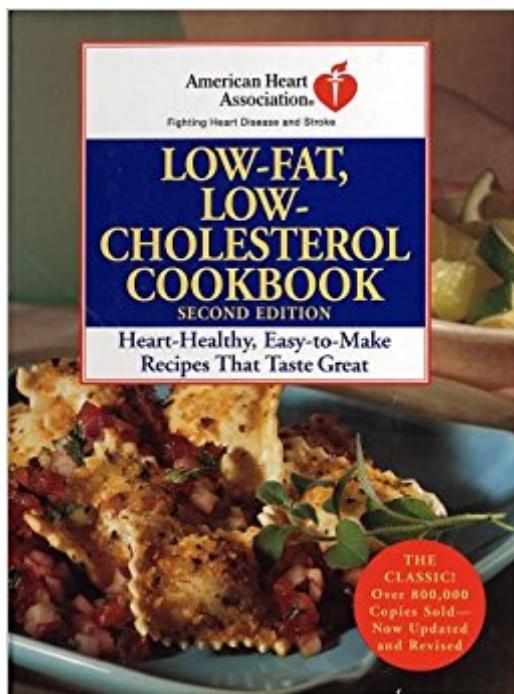


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# American Heart Association Low-Fat, Low-Cholesterol Cookbook, Second Edition: Heart-Healthy, Easy-to-Make Recipes That Taste Great



## 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

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## 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....delicous. 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 recipes 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.

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