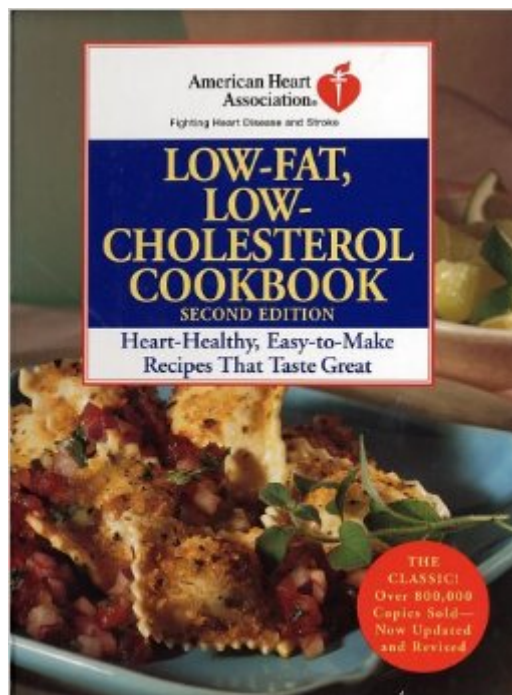


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# American Heart Association Low-Fat, Low-Cholesterol Cookbook, Second Edition: Heart-Healthy, Easy-to-Make Recipes That Taste Great



## 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

Due to a recent heart condition my doctor told me to lose weight. I wanted to go on a low-fat, low-cholesterol, low-sugar and low-sodium diet, but I thought by doing all of that I would never eat good foods again. Boy, was I wrong! I purchased the American Heart Association's Low-Fat, Low-Cholesterol Cookbook and have never tasted better foods. I have not found a recipe that I don't like! Using these recipes and an excellent walking program I have lost almost 50 pounds between February and August 1999. Several of my favorite recipes from this cookbook are: Crispy Oven-Fried Chicken, Chili, Vegetable-Beef Burgers, Spicy Baked Pork Chops and (my favorite) Meat Loaf with Roasted Vegetables (mmmmmmmm). My heart is now as strong as ever and I owe it all to my walking program and recipes from the American Heart Association's Low-Fat, Low Cholesterol Cookbook. One other note, two months after I started using these recipes, my doctor took me off cholesterol medication.

This book has helped enormously in my new regimen of low-fat, low-sodium & low-cholesterol. It uses ingredients that are common in the kitchen - no exotic things you need to shop all over for. Definitely a great idea for someone starting out to learn to cook healthy, and tasty, food for the entire family!

I have had this cookbook for about three months, and I cannot believe how I have come to rely on it. My husband was diagnosed with high blood cholesterol, and I thought, that's the end of all the foods we enjoy! Well, I was so wrong. Determined to re-learn how to cook, I searched and found this cookbook. I couldn't have asked for better "beginner's luck." First of all, the recipes are easy for the most part, absolutely delicious, and this book contains plenty of them - 194 altogether. There are a great variety of dishes also, from Pork with Corn-Cilantro Pesto, to Turkey Stroganoff, to Spinach and Black Bean Enchiladas. Don't worry about sacrificing taste to lose the weight either - the entrees have plenty of flavor and will satisfy even a picky eater! Each recipe has a nutrient analysis, and there are several helpful Cook's Tips to make things easier. Some recipes require extra preparation time, but you'll feel like a gourmet chef in a week or two. There's plenty of quick dishes

too for when you're in a hurry. The recipes are organized by category. There are several pages in the beginning of the book with information on cholesterol, your eating habits and the foods in your diet, and how to customize your diet for your own personal benefit. It's very simple and easy to understand. My husband's cholesterol went from 280 to 180 in two months, by altering his diet alone. He did not need medication or plant sterols. I had been overweight for nearly a decade and lost two dress sizes as I am writing this. I have had people come up to me and asked me what my "secret" is - I told them that I changed my shopping list and bought this cookbook! Trust me, this book is worth every penny, and you'll be wondering why you didn't get one sooner.

After a battle with a higher cholesterol reading than what I am accustomed to, I thought I would get more conscious of what I would be eating. I bought this cookbook recently and tried a couple of the recipes. When my 11 year old sat down and tasted the Asian Chicken and stuffed mushrooms, his first comment after his first bite was "Wow...this is great!" I concurred. This whole meal gave us less than 6 grams of fat and under 100 milligrams of cholesterol. This I can live with!

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 first came across this cookbook when I was browsing for a low-fat cookbook. The title seemed so uninspiring to me - low fat, low cholesterol - how boring was this food going to be? I can't believe that I almost didn't buy it because I was too quick to judge it by its cover. These recipes are really delicious. And interspersed throughout the book are great tips on how to cut the fat out of your cooking (such as rinsing cooked ground beef ). The book is in a nice spiral hardbound and includes the nutritional information for each recipe. I've already recommended it to quite a few people.

As promised, this book is a delicious way to get healthy. These recipes have been very beneficial to my boyfriend and I - he's lost about 10 pounds! I would not recommend this book to an inexperienced cook, because many of the recipes are complicated or time-consuming. This would be a good cookbook for someone who does a lot of entertaining, since many of the recipes serve 6 or more people.

I like this cookbook and have used it a lot ever since my dad had his heart attack. Healthwise, I can't complain at all about the recipes. However, I've found some of them to be a bit bland, and the serving sizes seem small. I usually end up following the recipe exactly once, figuring out what it needs to be better, and cooking it again that way.

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