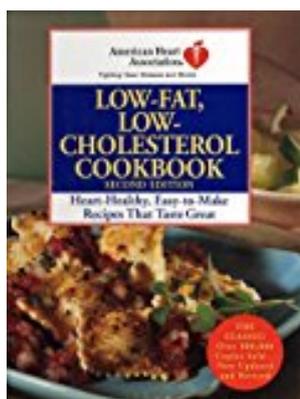


# [PDF] American Heart Association Low-Fat, Low-Cholesterol Cookbook, Second Edition: Heart-Healthy, Easy-to-Make Recipes That Taste Great

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#### Books Details:

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Author: American Heart Association  
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## Description:

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!

**From the Inside Flap** 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.

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