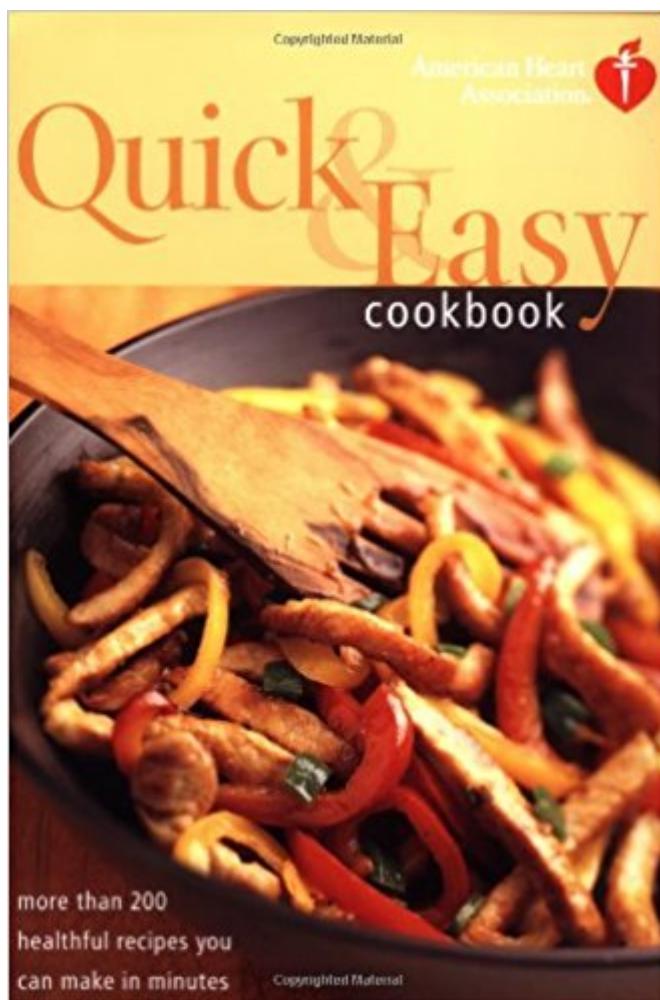


The book was found

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 (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 53 customer reviews

Best Sellers Rank: #498,061 in Books (See Top 100 in Books) #26 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association #189 in Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #1386 in Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

Customer Reviews

First, I received this book in a quickly, but was disappointed that it looked like it saw some soy sauce. As for "nearly new", that is a matter of opinion. I didn't find it as in such a condition. More like "good". Aside from that, the receipes were simple and you don't have to buy extra many new seasonings to make the receipes. It would be a good idea to plan a head, either by days or a week to make sure you have everything so you don't do last minute dashes to the store. I like the book and I would think it was worth your time and money to buy it.

It has a lot of heart healthy recipes. There are some great main dishes. Since my husband had a heart attack we needed more healthy recipes.

There are some great ideas in this cookbook. I am Diabetic as well as a triple bypass patient, done less than a year ago. This leaves me with a lot of new attention to my diet. The recipies I have tried so far have been good! Can't wait to try more of them! And, they are easy. This is my most used book right now!!It was sent to me in less than a week, by . Amazing!Thank you, thank you!

I bought this cookbook because of my husband's heart condition. Mealtime had become so tiresome, cooking and eating the same things. We have loved every recipe, so far. I make suitable substitutions that are more in line with our taste preferences in some things. I especially like that the cookbook has a list of items to buy for your pantry. Surprisingly, I already had most of it, but buying in advance, what I didn't have, has made cooking quick and easy. The recipes are delish! I love this cookbook.

purchased this book due to the fact that my significant other suffered several small heart attacks and thena major heart attack which resulted in triple by-pass surgery. dietary recommendations provided bynutritionist/dietician at the nursing home where s/o received physical thereapy. ninety five pct ofwhat we eat now comes from either this book, or the new american heart assoc. cookbook and handouts fromaforementioned professionals.

This cookbook is absolutely great! I have already recommended it to several of my friends and they want copies. The recipes are all easy and quick! The only suggestion I would have is to try each recipe and then tweek it to your own preferences. Most are not that tasty first time thru, but are easily adapted. Don't hesitate to get this for your library!

This book is alright. Recipes though are not made with what a regular person would have around the house. Helpful though.

Good

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