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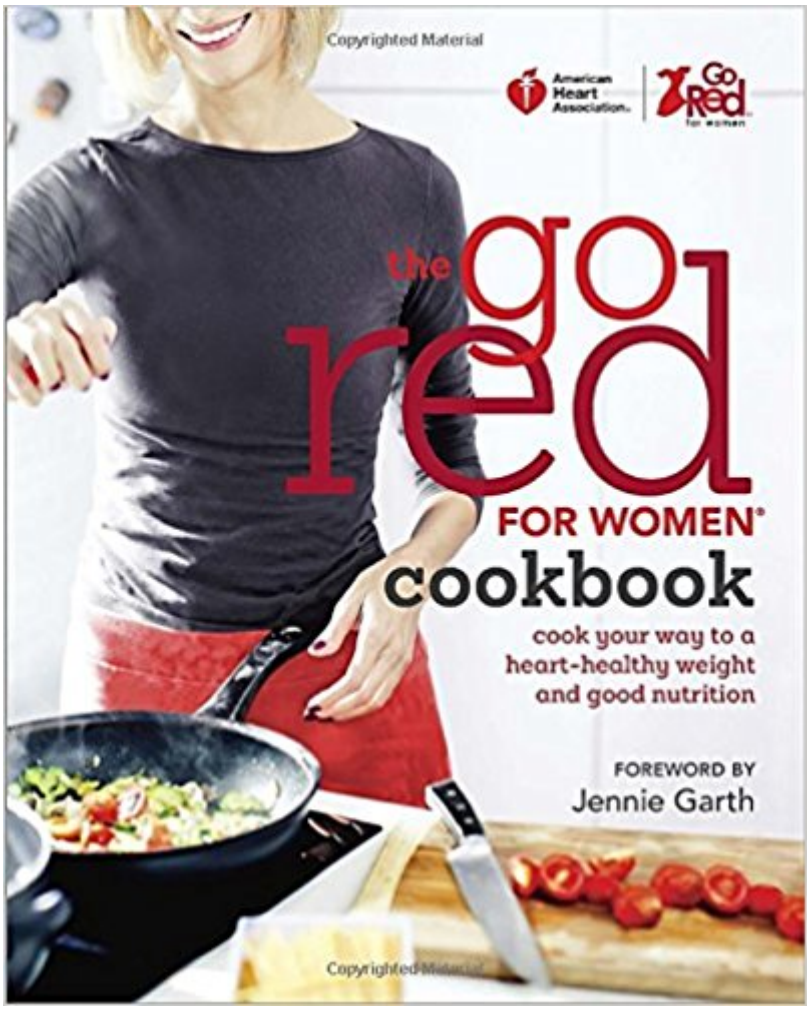
American Heart Association The Go Red For Women Cookbook: Cook Your Way To A Heart-Healthy Weight And Good Nutrition



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Synopsis

A HEALTH COOKBOOK FOR WOMEN BY WOMENThe American Heart AssociationÃ¢â ¬â„¢s Go Red For Women social initiative has inspired hundreds of thousands of women to eat nutritiously, exercise regularly, and maintain a healthy weight. Now the iconic "red dress" can be your kitchen companion all year long, with 200 recipes to help you take charge of your health.Ã Â By cooking wholesome meals at home, you can easily and significantly reduce your risk of heart disease, which takes the lives of more women each year than all forms of cancer combined. The Go Red For Women Cookbook helps you stick to your health goals with recipes for guilt-free drinks, appetizers, dinners, and desserts for gatherings with friends and breakfasts on the go, brown-bag lunches, and snacks for the whole family. Recipes include:Ã Â Ã Â Ã Â Ã Â Vegetable-Shrimp Spring Rolls with Honey-JalapeÃƒÂ o SauceÃ Â Ã Â Ã Â Ã Â Ã Â Chipotle Tomato SoupÃ Â Ã Â Ã Â Ã Â Ã Â Spinach Salad with Apples and Caramelized RadishesÃ Â Ã Â Ã Â Ã Â Ã Â Kale Salad with Sweet Citrus DressingÃ Â Ã Â Ã Â Ã Â Ã Â Lime-Basil TilapiaÃ Â Ã Â Ã Â Ã Â Ã Â Ã Â Jerk Chicken with Mango-Avocado SalsaÃ Â Ã Â Ã Â Ã Â Ã Â Portobello Ragout with Sun-Dried Tomato PolentaÃ Â Ã Â Ã Â Ã Â Ã Â Garlicky Greek Salad PizzaÃ Â Ã Â Ã Â Ã Â Ã Â Ã Â SangrÃƒÂ- a-Style PunchÃ Â Ã Â Ã Â Ã Â Ã Â Ã Â Lemon Mini CheesecakesÃ Â Ã Â Ã Â Ã Â Ã Â Ã Â Red Velvet Cake Pops A necessary primer on good nutrition, weight control, and smart grocery shopping as well as how to live and enjoy a healthy lifestyle while helping to prevent heart disease, The Go Red For Women Cookbook makes it easy for you to adopt healthy eating habits.

Book Information

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Customer Reviews

The mission of the AMERICAN HEART ASSOCIATION is to build healthier lives, free of cardiovascular diseases and stroke. Its bestselling library of cookbooks and guides includes Eat Less Salt; Low-Salt Cookbook, 4th Edition; Healthy Slow Cooker Cookbook; and The New American Heart Association Cookbook, 8th Edition.

Chocolate and Red Wine Mini Cupcakes Rich red wine gives these small indulgences big flavor and deep, dark color that hides a mystery ingredient: beets! The ruby-red roots add sweetness and moisture while tinting the frosting a pretty pink.Butter-flavor cooking spray 3Ã¢Â•â 4 cup white whole-wheat flour 1Ã¢Â•â 4 cup unsweetened Dutch-process cocoa powder 1Ã¢Â•â 4 cup firmly packed dark brown sugar 1Ã¢Â•â 2 teaspoon baking soda 1Ã¢Â•â 4 teaspoon baking powder 1Ã¢Â•â 2 teaspoon ground cinnamon 1Ã¢Â•â 2 cup low-fat buttermilk 1Ã¢Â•â 2 cup purÃƒÂ©ed canned no-salt-added beets, with liquid reserved 1Ã¢Â•â 4 cup red wine, such as merlot (regular or nonalcoholic) 1 tablespoon canola or corn oil 1 large egg Frosting: 1Ã¢Â•â 4 cup fat-free tub cream cheese 1Ã¢Â•â 4 cup fat-free plain Greek yogurt 2 tablespoons plus 1 teaspoon confectionersÃ¢â ¬â„¢ sugar, sifted 1Ã¢Â•â 2 teaspoon reserved beet juice 1Ã¢Â•â 2 teaspoon cornstarchÃ Â 1. Preheat the oven to 350Ã ÂºF. Lightly spray a 24-cup mini muffin pan with cooking spray.2. In a large bowl, stir together the flour, cocoa powder, brown sugar, baking soda, baking powder, and cinnamon until well blended.3. In a medium bowl, using an electric mixer on medium speed, beat together the buttermilk, beets, wine, oil, and egg. Stir the buttermilk mixture into the flour mixture until the batter is just moistened but no flour is visible. DonÃ¢â ¬â„¢t overmix; the batter should be lumpy. Spoon 1 tablespoon of batter into each muffin cup.4. Bake for 12 to 15 minutes, or until a wooden toothpick inserted into the center of a cupcake comes out clean. Transfer the pan to a cooling rack. Let cool for 10 minutes. Remove the cupcakes from the pan. Transfer to the rack. Let cool completely, about 20 minutes.5. Meanwhile, in a small bowl, using an electric mixer on medium speed, beat together the frosting ingredients for 1 minute, or just until smooth (donÃ¢â ¬â„¢t overbeat or the frosting will be too thin). Cover and refrigerate for at least 30 minutes. Spread on the cooled cupcakes.Per serving:Calories 92 Total fat 2.0 g Ã Â Ã Â Saturated fat 0.5 g Ã Â Ã Â Trans fat 0.0 g Ã Â Ã Â Polyunsaturated fat 0.5 g Ã Â Ã Â Monounsaturated

fat 1.0 g Cholesterol 17 mg Sodium 125 mg Carbohydrates 14 g Ã Â Ã Â Fiber 1 g Ã Â Ã Â Sugars 8 g Protein 4 g Dietary Exchanges: 1/2 other carbohydrate, 1/2 fat

To many items to buy to use!

This is by far, the best tasting recipes from a cookbook put out by the American Heart Association. The recipes I've tried taste good & I'm on my way to a healthier me.

Good cookbook for heart=healthy recipes

good recipes, large selection, easy to understand with nice pictures. Good addition to your cookbook collection for anybody that cooks.

After giving this to my sister, whose husband is a heart patient, I bought one for me too! This book not only has great recipes, it has great ideas for better health. It is a great gift for any one and for yourself. It helps me to remember to eat better and to spread the word about women's health. Everyone should have one. Thanks for putting it together. Maybe there are more, but I only have this one and it is well worth buying and at a very good price.

Meals are a little bland but have an over abundance of ingredients.

Wasn't a good cook book for low salt recipe

Just OK the recipes are a bit repeated from other books I have ... just OK... I think it is not bad not great.

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