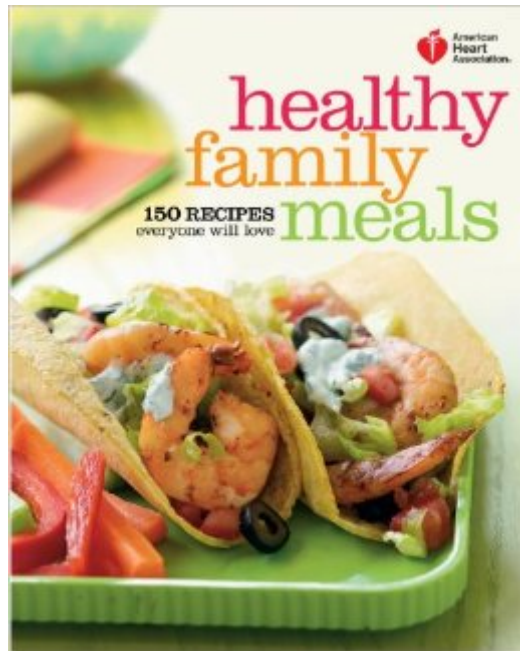


The book was found

American Heart Association Healthy Family Meals: 150 Recipes Everyone Will Love



Synopsis

Are you stressed out over how to feed your family a nutritious meal at the end of a long, busy day without turning to convenience foods or the drive-through? Now, the nation's most trusted authority on heart-healthy living presents a cookbook bursting with nourishing, flavorful recipes to please the palates of family members of all ages. Since the main dish is usually the starting point of meal planning, more than half the recipes in this book are for entrées. Here's how they're organized: • Everyday Dinners • Busy Nights • Plan-Aheads • Cook Once, Eat Twice To help you incorporate additional vegetables, fruits, and grains into your family's diet, we've included Make It a Meal, a special feature that suggests accompaniments "salads and soups, vegetable and grain side dishes, and even desserts" for many of the main dishes. From the Hardcover edition.

Book Information

Series: American Heart Association

Paperback: 256 pages

Publisher: Harmony; 1 edition (July 26, 2011)

Language: English

ISBN-10: 0307720624

ISBN-13: 978-0307720627

Product Dimensions: 8 x 0.7 x 10 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars • See all reviews (38 customer reviews)

Best Sellers Rank: #103,165 in Books (See Top 100 in Books) #10 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association #56 in Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #28567 in Books > Reference

Customer Reviews

This is such a wonderful cookbook! I originally found it at the library, thinking to pick up some cooking tips and a few recipes. Now, after combing through it many times, there's so much in it that I like I have to add it to my cooking library! The oven-baked sweet potato fries is a sure winner--best recipe for it I've ever found. My husband asked me to make more just for him because they vanished so quickly at dinner! What this book lacks in volume it makes up for in quality. It may have only 150 recipes, but just about everyone of them is tasty, healthy, a little adventurous, and widely appealing. It is everything I would wish for in every cookbook I pick up. There is more

traditional fare that has pared down on fat, there are fusion-type dishes, healthier spins on more newly popular recipes (like the Shrimp Tacos on the cover). The sides section has many easy, quick, and appealing recipes. There are smoothie recipes, some very tasty looking salad recipes that I believe will appeal to salad-creating newbies. On many recipes they suggest sides to serve with the main dishes that are *drum roll please* NOT TIME-CONSUMING!!! Many cookbooks assume you have limitless hours to cook, and after spending time prepping for a main course suggest an additionally time-sucking side dish, which is not great if you have young children, like me. The cook book suggestions are quick, and healthfully round out the meal. Even if it does suggest a side dish in the book, it is usually very quick. The pictures are gorgeous and really got me revved up to make these meals! The ONLY reason I gave it four stars is for a personal reason: I have to cook around my family's food sensitivities and there are things like fat-free sour cream and plain nonfat yogurt that are used quite often that I can't use.

[Download to continue reading...](#)

American Heart Association Healthy Family Meals: 150 Recipes Everyone Will Love Mason Jar Meals: Quick, Easy & Healthy Mason Jar Meal Recipes For Busy People: Cooking For One with Meals In A Jar (mason jar, mason jar recipes, mason ... jar recipes, jar meals, mason jar salads) The American Heart Association Low-Salt Cookbook: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) American Heart Association Low-Salt Cookbook, 4th Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) American Heart Association Low-Salt Cookbook, 3rd Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) Heart Health: Heart Healthy Cookbook: 30 Quick & Easy, Heart Healthy Greek Recipes For Smart Heart Health (cooking, weight loss, weight maintenance) (cooking, ... weight maintenance, weight watchers Book 1) Freezer Meals BOX SET 3 IN 1: 25 Simple And Money-Saving Recipes + 20 Healthy Crockpot Freezer Meals + 16 Delicious And Healthy Freezer Meals With No Meat: ... cookbook for two, dump dinners cookbook) Crock Pot: 2,000 Crock Pot Recipes Cookbook (Crock Pot Recipes, Slow Cooker Recipes, Dump Meals Recipes, Dump Dinner Recipes, Freezer Meals Recipes, Crock Pot Recipes Free) Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice American Heart Association Quick & Easy Meals: More Than 200 Healthy Recipes Plus Time-Saving Tips for Shopping, Planning, and Eating Well American Bar Association Family Legal Guide (third edition): Everything your family needs to know about the law and real estate, consumer protection, ...

Association Complete Personal Legal Guide) American Heart Association Low-Fat, Low-Cholesterol Cookbook, Second Edition: Heart-Healthy, Easy-to-Make Recipes That Taste Great CROCK POT: Over 1825 Crock Pot Dump Meals and Dump Dinner Recipes (Crock Pot, Dump Meals, Dump Dinners, Freezer Meals, Crock Pot Cookbook, Crock Pot Recipes, Crock Pot Chicken Recipes) American Heart Association Grill It, Braise It, Broil It: And 9 Other Easy Techniques for Making Healthy Meals The New American Heart Association Cookbook, 8th Edition: Revised and Updated with More Than 150 All-New Recipes American Heart Association Go Fresh: A Heart-Healthy Cookbook with Shopping and Storage Tips American Heart Association The Go Red For Women Cookbook: Cook Your Way to a Heart-Healthy Weight and Good Nutrition American Heart Association The Go Red For Women Cookbook: Cook Your Way to a Heart-Healthy Weight and Good Nutrition... (Hardback) - Common Breakfast Meals Made Simple Cookbooks: 100 Sensation Breakfast Recipes - Healthy food (Breakfast, Meals Made Simple, Breakfast cookbooks, Breakfast recipes, Breakfast ... : 100 Sensation Breakfast Recipes) American Heart Association Meals in Minutes Cookbook: Over 200 All-New Quick and Easy Low-Fat Recipes

[Dmca](#)