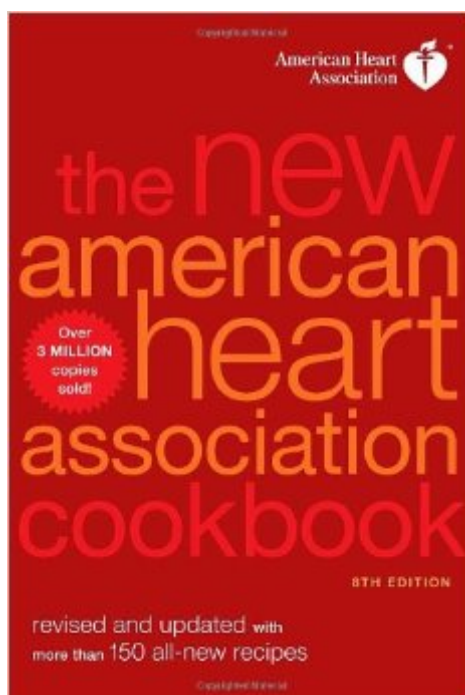


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# The New American Heart Association Cookbook, 8th Edition



## Synopsis

In print for more than thirty-five years and with three million copies sold, The New American Heart Association Cookbook remains the ultimate resource on achieving a healthy diet. With 612 mouthwatering recipes and the latest heart-health information, this newly revised and updated edition is more valuable than ever. There's just no denying that nutritious, wholesome eating combined with an active lifestyle helps prevent heart disease and increases vitality. The American Heart Association knows that maintaining good heart health throughout your life is possible, and this cookbook shows you how to get started right in your own kitchen. The New American Heart Association Cookbook, 8th Edition, includes not only 600-plus everyday recipes for the whole family but also the most current dietary, exercise, and lifestyle recommendations. This latest edition features more than 150 brand-new recipes, all of which meet the American Heart Association's good-health and high-flavor standards. With globally inspired tastes, trendy ingredients, and popular time-saving cooking methods, here are just some of the new recipes this edition has to offer: Curried Pumpkin Soup, Spinach Salad with Roasted Beets and Pomegranate Vinaigrette, Ginger-Infused Watermelon and Mixed Berries, Slow-Cooker Cioppino, Salmon Cakes with Creole Añoli, Chicken Gyros with Tzatziki Sauce, Couscous Paella, Slow-Cooker Chile Verde Pork Chops, Black Bean Polenta with Avocado Salsa, Cumin and Ginger Lentils on Quinoa, Edamame with Walnuts, Sweet Potato Bread, Pistachio-Cardamom Meringues, and Delicate Lemon Ricotta Cheesecake with Blackberries. In this revised edition of The New American Heart Association Cookbook, you'll find updated information on trans fats and sodium, all-new nutritional analyses, and important good health tips. Also included are grocery-shopping strategies, healthy cooking methods, more than a dozen new menu plans for special occasions and holidays, a recipe index of Planned-Overs and Plan-Aheads for easy reference, and more. With so many recipes and so much information packed between its pages, The New American Heart Association Cookbook will be the cookbook you return to again and again.

## Book Information

Series: American Heart Association

Hardcover: 720 pages

Publisher: Harmony; 8 Rev Upd edition (September 14, 2010)

Language: English

ISBN-10: 0307407578

ISBN-13: 978-0307407573

Product Dimensions: 6.5 x 1.9 x 9.5 inches

Shipping Weight: 2.8 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars See all reviews (234 customer reviews)

Best Sellers Rank: #60,320 in Books (See Top 100 in Books) #7 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association #39 in Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #78 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat

## Customer Reviews

Last February 1999 I was hospitalized for several weeks with a heart problem. After I was discharged I knew I had to do something about my weight. I purchased the New American Heart Association Cookbook and changed my eating habits. Using the recipes from this cookbook, along with an excellent walking program, I have lost almost 50 pounds between the end of February 1999 and August 1999. There are way too many good recipes for me to list, but several of my favorites are: Chicken Fajitas (I use the low-fat tortilla wrappers that you can find in any store), Crispy Baked Chicken, Asian Grilled Chicken and Vegetarian Chili. The best recommendation I can make for this book is to tell you that my doctor now tells me that I have a very healthy heart and I sincerely believe that I owe it to my walking program and the excellent recipes from The New American Heart Association Cookbook.

My wife and I ordered this cookbook as soon as I was released from the hospital. I had had a heart attack at age 58, and healthier eating--low-fat, low-cholesterol, low-sodium, smaller portions--was on the menu. It has now been more than six weeks, and we have eaten about 90 percent of our meals from this book. People ask me, "what do you miss most?" and I have nothing to say. The recipes have yielded such tasty meals that I truly never think about the fact that I'm not getting the salt or fat I was so used to. I recommend this book to anyone who needs or wants to eat healthy food. My wife did not have a heart attack, but she has chosen to eat exactly what I eat (and is losing weight, as I am, because of it) and is enjoying the food every bit as much as I am. Get this cookbook as soon as you can.

This book contains many delicious recipes that are simple to make. Moreover, there is a wonderful selection of appetizers, soups, salads, entrees, vegetable dishes, breads and desserts. A bountiful array of fruits and vegetables are featured in each recipe category. As a clinical nutritionist, I have

high regard for a cookbook that presents easy to prepare, heart healthy recipes that use many different foods thereby allowing people to enjoy a wide variety of foods in their diet. I encourage readers to explore a most impressive compilation of healthy and tasty recipes. This cookbook will effectively promote adherence to contemporary dietary recommendations and, thus, help lower the incidence of coronary disease. A wonderful virtue of the many recipes is enjoyable eating and, at the same time, heart health!

When a heart important to my heart was told by his doctor that he has high blood pressure, my own went up. All priorities suddenly shift, and you realize there is nothing but nothing more important than the good health of those that you love. I immediately went on a hunt for a cookbook that would satisfy the palate but also keep us heart-healthy. I quickly came across this cookbook. What better sense than looking to an association that deals specifically with the health of the heart? Yes, but.... what about taste? A good diet is only as good as the tingle of the tastebud; it won't do you any good at all if you don't eat what's good for you. I've made meals from most all of the sections in this cookbook. Fish, poultry, vegetables, even dipped into the desserts. We have both been pleased with the tasteful results. Low on salt and fat, but high on flavor. Good sense paired with good food - that works! From chicken with broccoli and mushrooms in a creamy sauce, to zucchini stuffed with spicy vegetables, to a rice pudding that was all comfort food, we did not miss what was missing: that nasty stuff that clogs arteries and hammers the heart and adds the slops to the waistline. My only negative is purely an esthetic one... I love to see a photo of what I am about to prepare for the first time. No photos here. But that's a small matter and not enough to keep me from going back to this cookbook again and again. Best of all? My sweetheart is a healthy heart. Blood pressure is right where it belongs. Bon appetit!

This is the best book for I have used when trying to cook for a healthy heart. There are thousands of recipes to chose from, easy to elaborate. The entrees are well seasoned, and the instructions are very easy to follow. I had the old version, and this one is 100% better. I recommend it to anyone who is trying to eat healthier.

This cookbook is several inches thick and does not have pictures. Please don't let that discourage you. If you're serious about healthy, heart-friendly cooking, this is the cookbook you need. I'm an experienced cook and have tons of cookbooks, but I'm turning more and more to this "all-in-one" cookbook that I can trust to have a healthy recipe for just about anything I have a taste for that

day/week. You will SO appreciate that they give heart-healthy recipes for "basics" (gravies, sauces, basic breads, basic salads, etc.). This morning I whipped up a quick bowl of tuna salad to have for my lunch today. It's the best tuna salad I've ever made (and the healthiest), made with light mayo/nonfat yogurt, chopped tomatoes and green onions, cilantro, and lemon zest. There are hundreds of interesting entree recipes, mostly using ingredients you'll already have on your shelves. When "special" ingredients are called for, the book often gives a more common substitution - but do yourself a huge favor and stock your pantry with as many special ingredients as you can and keep your fridge stocked with lots of fresh produce. I've found that the key to success in lowfat cooking is to be prepared to jazz up recipes with spices and various bottled items without having to run to the grocery store. Also, keep citrus on hand - lemons and limes are called for in many heart-friendly recipes and completely transform some foods (like the lemon zest in the tuna salad). Some of the recipe introductions also tell you how you can use the leftovers in another recipe - Sweet-Spice Glazed Chicken can become Island Chicken Salad with Mint later in the week. For a busy Mom who doesn't want to always serve the same old boring meals to my family, those suggestions are helpful. It saves time hunting thru cookbooks and simplifies my grocery shopping. If you're serious about cooking more healthfully, you'll be happy you got this book!

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