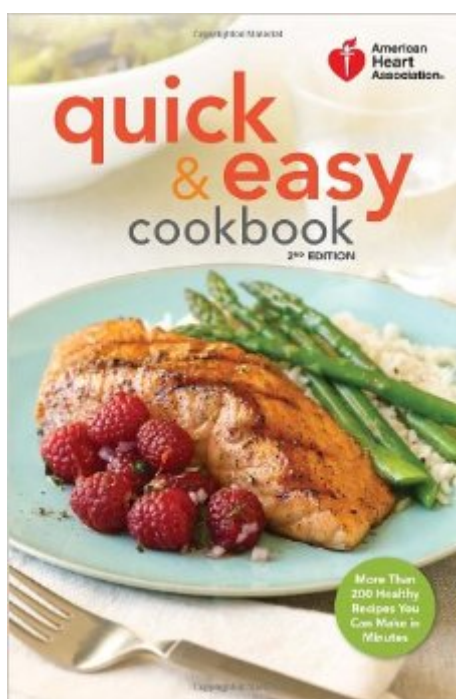


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# American Heart Association Quick & Easy Cookbook, 2nd Edition: More Than 200 Healthy Recipes You Can Make In Minutes



## Synopsis

Convenience and eating healthfully can go hand in hand, and with the American Heart Association Quick & Easy Cookbook, 2nd Edition, you can spend less time in the kitchen and still achieve great results at the table. This revised and expanded edition of the classic cookbook includes more than 200 speedy dishes, of which 60 are brand new. Prep and cooking times are provided for all recipes, so you'll know how much time you'll need in the kitchen. And rest assured, no dish takes longer than 20 minutes to prepare, and many recipes can be made in 30 minutes from start to finish. In fewer than 10 minutes, you can start your day with Confetti Scrambler or Mandarin Breakfast Parfaits. No one will guess you whipped up dinner in 20 minutes when you serve Chicken with Tarragon Oil, Baked Tilapia with Pineapple Reduction, or Beef Tenderloin on Herbed White Beans. When meals are this simple and good for you, even appetizers, snacks, sides, and desserts can be on the docket. You'll find recipes for Homemade Corn Tortilla Chips, Edamame Salsa, Warm Chicken and Papaya Salad, Citrus Kale with Dried Cranberries, Chocolate-Banana Mini Cupcakes, Grilled Peaches with Almond Liqueur, and much more! Make the most of your time in the kitchen and in the grocery store with helpful tools such as:

- Meal-planning strategies, including a sample dinner plan and a chart template to customize your own meals week-by-week
- Guidelines for maximizing nutritious foods and minimizing nutrient-poor foods
- Shopping strategies, including lists of health-smart staples
- Tips on organizing your kitchen for the greatest efficiency
- Quick-cooking techniques and short prep tricks

With this new edition of one of the American Heart Association's first and most popular cookbooks, you'll have a resource right at your fingertips for making your own quick and easy meals that will offer you fast, healthy food.

## Book Information

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## Customer Reviews

I bought this book for my parents. My dad recently suffered a heart attack and they wanted to reduce/eliminate the salt intake. This cookbook has delicious recipes that are easy and use ingredients that are already in your pantry!

For those on the go AND wanting to eat more healthy. It is also great for those who don't really enjoy cooking!

I especially like the menu-planning ideas at the front of the book. A good starting point, as I plan out my week's menus. Haven't had the book very long, but so far the recipes have been good and quick as advertised.

Make at least 2 meals per week using these recipes and so far everyone has been awesome. Cook on the weekend and reheat during the week - great for busy schedules

Good for relearning how to cook with lower salt, lower fat and healthier vegetable and meat recipes. Would highly recommend it for anyone to start over learning how to cook healthy

This is my new go-to cookbook for most night's dinners. I do add salt to the recipes (it's designed for a low-sodium diet, but none of us have to watch our sodium intake too closely), and the resulting recipes taste great. There's a really great variety of recipes, and although I've used it only for entrees so far, it has side dishes, appetizers, snacks, beverage, and desserts that also sound good. I am actually excited to try them (and I'm not someone who adores cooking). In the few weeks I've had the cookbook, I've made Beef and Vegetable Soup, Chinese-Style Chicken, Coriander-Coated Chicken, Chicken and Rice, Plum Good Chicken, Quick Cassoulet, Chicken Jambalaya, and Summer Succotash. (I just realized I haven't tried any seafood recipes from this book yet, but there are several I want to try.) Most were super tasty; only the Plum Good Chicken was disappointing (a bit too sweet, and noodles were overcooked). The recipes use ingredients I hadn't thought to use

before, like instant brown rice (so convenient), molasses, and fruit to sweeten a beef dish. I sometimes make double batches to share with my parents, and they have been impressed with how good the recipes are. I also have a picky eater, and she has liked most of the recipes. At first I thought the lack of photos was a drawback, but now, I'm actually glad they aren't in there. The book doesn't waste space with them, so there's space for so many really good, healthy recipes. The book is small enough that I often take it with me to the grocery store and flip through it to stock up the fridge or freezer. The meal planning tips are helpful, and I now plan to add vegetarian and egg-based entrees to our dinner repertoire. This cookbook is more creative and has greater variety than most of my many cookbooks. I love it!

I have an earlier version of this cookbook which I enjoy very much. I bought this one as a gift for my father. He is not as happy with it as I am with mine. He thinks many of the recipes have more ingredients than necessary. So he uses it for ideas and then makes a simplified version. He said to give it four stars because it has provided him with inspiration for many meals.

We are always trying to eat "heart healthy" and this book is a help in that direction. My wife refers to this book often.

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