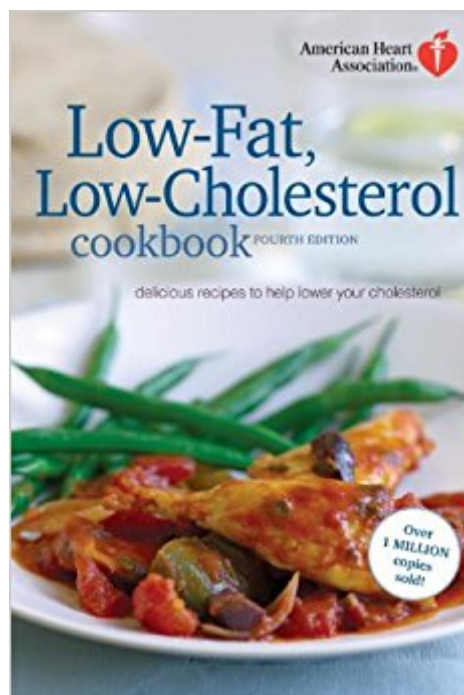




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# American Heart Association Low-Fat, Low-Cholesterol Cookbook, 4th Edition: Delicious Recipes To Help Lower Your Cholesterol



## Synopsis

Eat wisely, eat well. The nation's most trusted authority on heart-healthy living presents the fourth edition of this classic cookbook, with the most up-to-date information on heart health and nutrition—including the effects of saturated and trans fats and cholesterol—and 50 exciting new recipes. American Heart Association Low-Fat, Low-Cholesterol Cookbook offers more than 200 delicious, easy-to-prepare dishes, including:

- Fresh Basil and Kalamata Hummus
- Elegant Beef Tenderloin
- Tilapia Tacos with Fresh Salsa
- Garlic Chicken Fillets in Balsamic Vinegar
- Peppery Beef with Blue Cheese Sauce
- Thai Coconut Curry with Vegetables
- Sweet Potatoes in Creamy Cinnamon Sauce
- Pumpkin-Pie Coffeecake
- Streusel-Topped Blueberry Bars
- Key Lime Tart with Tropical Fruit

The perfect companion for today's healthy cook, this indispensable cookbook will help you put delicious food on the table and make the best choices for your heart's health.

## Book Information

Series: American Heart Association

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## Customer Reviews

The American Heart Association is the nation's premier authority on heart health. Its bestselling library of cookbooks and guides includes:

- The New American Heart Association Cookbook
- American Heart Association No-Fad Diet
- American Heart Association Low-Salt Cookbook
- American Heart Association Low-Calorie Cookbook
- American Heart Association Quick &

Easy Cookbook For more information, please visit [americanheart.org](http://americanheart.org) or call 1-800-AHA-USA1 (1-800-242-8721).

Slow-Cooker Tuscan Chicken Serves 8 Effortless meals like this one are perfect for serving either guests or family members.

• 2 pounds boneless, skinless chicken breasts

• 1 teaspoon dried basil, crumbled

• 1 teaspoon dried oregano, crumbled

• 1 14.5-ounce can no-salt-added diced tomatoes, undrained

• 1 9-ounce package frozen artichoke hearts, thawed

• 1 cup fat-free, low-sodium chicken broth

• 1 2.25-ounce can sliced black olives, drained

• 1/2 teaspoon salt

• 1/4 teaspoon pepper

• 1/4 teaspoon crushed red pepper flakes (optional)

Discard all visible fat from the chicken. Sprinkle both sides with the basil and oregano. Put the chicken in a 3 1/2 to 4-quart slow cooker. Stir in the remaining ingredients. Cook, covered, on high for 3 to 4 hours or on low for 7 to 8 hours.

Such delicious recipes!!! Every one a winner!!! Balsamic chicken, Asian chicken, non-fried "fried" chicken all wonderful. I bought this book because I need to limit fats in my diet and this book does not disappoint. But I should have bought it YEARS ago because the recipes are so great. After your married a long time (51 years for us) you can get in a rut and cook the same things in the same way decade after decade. No longer. Every week has a surprise dish in it, something from the cookbook. I love it so much I bought a second copy and gave it as a gift to my best friend..

This is another of a series of cookbooks from The American Heart Association and it's also a winner. My medical 'problem' was diagnosed as high cholesterol and I looked forward to eating 'grass and water chestnuts' ... that is, until I discovered these books which also give you delicious solutions for your 'fat' problems. Page after page of delicious recipes changed my attitude towards how I would be dining. You may have to stock up on some grocery items and spices that might not be on your shelf, but once that's done you're ready to dig in. One of the books has a recipe for cheesecake made with non-fat yogurt, which has a rich enough taste to fool many of my friends. When you decide to face your 'issues' and order these books ... help will definitely be on the way. Bon appetit!

Some great recipes here, with finding out my cholesterol is through the roof it was time to hunker down and see if diet will help correct it. For those, like myself, looking for suggestions to get started this is a handy manual for keeping your meals from getting boring. I recommend this book for anyone that needs to eat for health and want it to taste good.

I have learned a lot from the info in this book, not just the recipes but about cholesterol and how to lower it. It is a life changing program but well worth it. This book has helped me to understand the cholesterol issue and to make better choices every day. My New Year's resolution was to get healthy and this book is helping me to do that.

This is a great cook book. I have tried several recipes and they have all been successful and very tasty. I found this book to have better recipes than "The Low Cholesterol Cookbook & Health Plan " .

### Good Recipes

I'm not wild about the cookbook. I bought it because my husband got a bad report on his cholesterol, and I thought this cookbook would give me a few ideas on low fat/low cholesterol meals. But I found that since we already eat very healthy, many of the recipes I already make were actually lower in fat and cholesterol than the recipes in this book. Disappointing, but I'm going to go ahead and keep it anyway. I may find a couple of recipes that I can use.

If you need to be on a low fat low cholesterol diet, this book is a must have. Besides you cannot go wrong with a book published by the American Heart Association for learning good recipe for something you are trying to get under control.

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