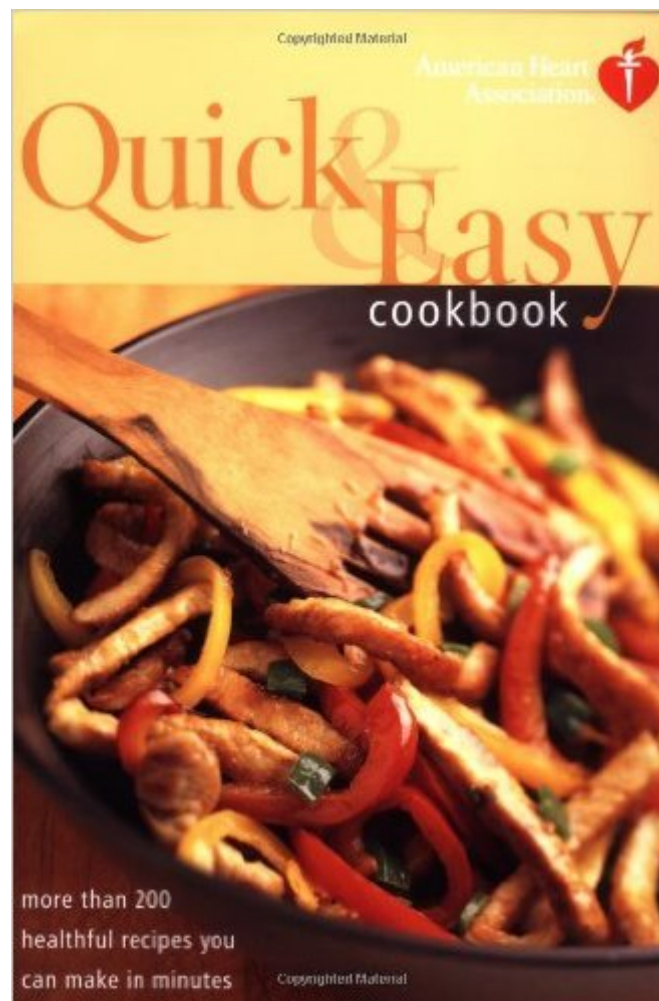


The book was found

American Heart Association Quick & Easy Cookbook: More Than 200 Healthful Recipes You Can Make In Minutes



Synopsis

In our hectic era, who has time to spend hours in the kitchen creating tasty, healthful meals? Yet when we try to eat fast, we almost always resort to eating fat (think: fast food). This indispensable cookbook from one of the most trusted names in the health field breaks the fast-fat connection. Nearly every one of its mouthwatering, low-fat, low-cholesterol recipes can be prepared in under 30 minutes. Here is the opportunity for millions of Americans to start living the more healthful lifestyle they know they should.

Book Information

Series: American Heart Association

Paperback: 288 pages

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Product Dimensions: 6.1 x 0.6 x 9.2 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.2 out of 5 starsÂ Â See all reviewsÂ (52 customer reviews)

Best Sellers Rank: #374,430 in Books (See Top 100 in Books) #26 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association #149 inÂ Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #1231 inÂ Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

Customer Reviews

I have to give it 4 stars because it doesn't have any pictures. I am basically a picture person - I like to see what the end result should look like. I have tried other low fat cook books before and have been a little disappointed with them all. I found only a few recipes that I ended up liking and still occasionally use. I have tried 5 recipes from this book so far, and so far they have been very good. The recipes have plenty of seasoning in them so they don't taste bland. And some of the recipes are common sense ones that use the old rule of substitution ie - instead of oil use apple sauce, instead of sour cream use fat free yogurt etc. In any case this book is definitely a good buy at a good price. I would definitely recommend it.

My young husband had a heart attack and with a new baby we have plenty of motivation to eat

heart healthy. Someone bought this book for us and we cook from it every night. The recipes are easy, with few, easily found ingredients and tasty too. We are buying them for all of our family for Christmas - last year we sent them steaks!

These recipes are great and healthful. The lack of pictures is a negative. It would be nice to see how the finished dish is supposed to look. In addition, the nutritional breakdown is nice, but the book does not tell you what constitutes a serving size so that makes knowing the number of calories/fat/carbs useless.

This cookbook is worth every penny. My husband's recent heart problems has forced him to a lo-cal, lo-cholesterol and lo-fat diet for the first time in his 60 years. We have enjoyed each recipe and, as the chief cook, I find them easy to put together. Living in a small town, ingredients can be very hard to find. This is not the case with "Quick and Easy". It lives up to its name.

I have decided to change my lifestyle and eating habits for a healthier mind and body. The recipes in this book are not your average diet recipes - they are delicious and easy and I've already lost 7 lbs in 3 weeks. I'm thrilled!

This cookbook has the fastest, easiest recipes I've seen in a long time. I haven't found anything that isn't good in it, and the ingredient lists aren't so long to make the recipes intimidating.

Quick and Easy, All of the recipes in this book are that! They are also realistic, normal recipes that people eat. Nutrition Info on each recipe is also helpful for those that are watching their weight too! Try the Cheesy Oven Fried Chicken!

I'm a new mom, working full time, who barely knew how to cook a few plain items. I got this cookbook from my Dad for Christmas, and it is amazing! Not only are the recipes simple and wonderful, but I even have time to make dinner while the baby plays in his bouncy seat! From Chili to Pesto "fried" chicken, to Cornmuffinwiches, both my husband and I LOVE this book! I even made my first bread from scratch and it only took maybe 15 minutes. It also seems to be compatible with the South Beach Diet, which I've been on for three weeks (down 10 lbs!)

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