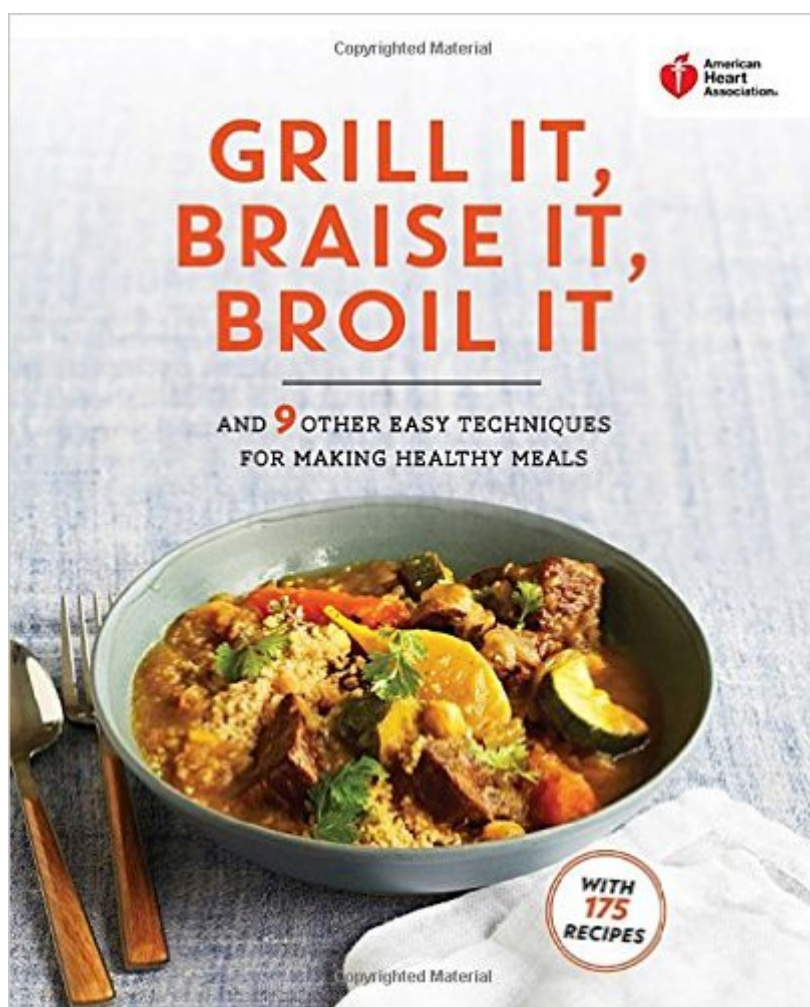


The book was found

# American Heart Association Grill It, Braise It, Broil It: And 9 Other Easy Techniques For Making Healthy Meals



## Synopsis

Master 12 easy cooking techniques to make 175 heart-healthy recipes for any night, including: slow cooking, grilling, baking, microwaving, blending, stir-frying, steaming, roasting, broiling, poaching, braising, and stewing. Whether you're craving bright, summery flavors or a rich meal for a cozy night . . . Whether you have just minutes to cook or a bit of extra time to add some TLC to your dish . . . Whether you want new ideas for your beloved slow cooker or a chance to try out that wok . . . American Heart Association Grill It, Braise It, Broil It is the cookbook for you! A primer on each technique helps you make the most of your oven, stovetop, and favorite appliances, while the 175 recipes expand your repertoire of go-to meals with tons of delicious variety. Try:

**SLOW COOKING:** Madeira Flank Steak & Chicken Cacciatore with Pasta  
**MICROWAVING:** Black Bean Chili & Risotto with Edamame  
**BLENDED:** Minted Pea Soup with Yogurt Swirl & Peanut Butter and Banana & Celery Cream  
**GRILLING:** Mediterranean Tuna Kebabs & Honey-Balsamic Brussels Sprouts  
**STIR-FRYING:** Taco Time Pork & Warm Cinnamon-Raisin Apples  
**BRAISING:** Shrimp and Grits with Greens & Pomegranate Pears  
**STEWING:** Meatless Cassoulet & Chicken in Tomato-Wine Sauce  
**STEAMING:** Thai-Style Chicken Potstickers & Peruvian Quinoa Salad  
**POACHING:** Cheesy Open-Face Egg Sandwiches & Cod in Green Curry Broth  
**BROILING:** Sweet and Tangy Scallops & Sirloin Steak with Creamy Horseradish Sauce  
**ROASTING:** Asparagus with Dijon Vinaigrette & Honeyed Strawberries with Almonds  
**BAKING:** Pork Tenderloin Stuffed with Spinach and Sun-Dried Tomatoes & Easy Peach Crisp

## Book Information

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## Customer Reviews

Title: Grill It, Braise It, Broil It  
Produced by the American Heart Association  
Photographer: Lucy Schaeffer  
Publisher: Clarkson Potter  
ISBN: 978-0-307-88809-9  
Organized by techniques, Grill It, Braise It, Broil It shows you how to cook using 12 different healthy cooking methods. All of them will help you expand your recipe repertoire, states the American Heart Association's latest cookbook. At three hundred pages and four pages, this oversized paperback targets those interested in a dozen different ways to prepare food. After a preface and notes about cooking, shopping, eating and living healthily, there are one hundred and seventy-five recipes, ending with resources and an index. Divided into twelve sections, the book's techniques used are slow cooking, microwaving, blending, grilling, stir-frying, braising, stewing, steaming, poaching, broiling, roasting, and baking. Each section has a list of the recipes at the beginning as well as a short discussion about the method with equipment needed and tips. Each recipe usually starts with a title and blurb about the dish along with serving and volume size. The instructions are in paragraph form on the right side of the page with the ingredients in used order on the left side. Cook's tips and caloric information are set apart in light gray boxes. The recipes cover from one to two pages each with no corresponding pictures of finished products.

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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)  
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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)  
American Heart Association Quick & Easy Meals: More Than 200 Healthy Recipes Plus Time-Saving Tips for Shopping, Planning, and Eating Well  
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