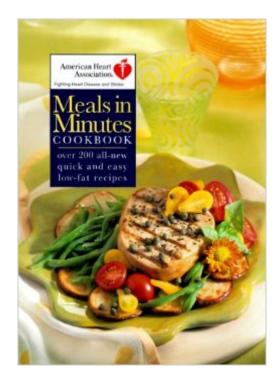
## The book was found

# American Heart Association Meals In Minutes





## Synopsis

If homemade meals at your house are being replaced by fat-filled takeout or microwaveables in front of the TV, you'll want American Heart Association Meals in Minutes on your cookbook shelf. More than 200 delicious low-fat, low-cholesterol recipes nourish your appetite for good food while respecting your hectic schedule. Whether you're balancing work and family, putting in overtime at the office, or simply wanting to restore the joys of home cooking to your table, here are terrific dishes you can put together without a lot of fuss and bother--and in 20 minutes or less.With everything from appetizers, snacks, soups, salads, and sandwiches to main courses (including plenty of vegetarian options), vegetables, breads, breakfast dishes, and of course desserts, the emphasis is on ease of preparation and great taste. You can prepare many of these dishes with ingredients you probably already have on hand, making mealtime even more stress-free. In addition to one-dish and microwaveable recipes, there are four special "super saver" recipe types for when you're extra rushed to get dinner on the table. "New Classics" are basic main dishes that will become your new standbys, ready to dress up or down as you see fit. "Planned-Overs" are recipe "twofers" that use last night's leftovers in a creative new way for tonight's meal. "Shopping Cart" recipes require no more than six common ingredients and get you in and out of the kitchen in no time. "Express-ipes" are the guickest of the guick, taking merely 25 minutes or less for all the preparation and all the cooking. Tempting dishes include: Stacked Mushroom Nachos Mini Cinnamon StackupsPortobello Pizza with Peppery GreensChicken Fajita Pasta with Chipotle Alfredo SauceScallops ProvenA§alBroccoli with Sweet-and-Sour Tangerine SauceChocolate Hazelnut Angel Food Cake with BananasDevil's Food Cake with Caramel DrizzlesNo-Chop StewBlue Cheese Beef and FriesTurkey PotstickersLemongrass Chicken with Snow Peas and Jasmine RiceGreen and Petite Pea Salad with FetaPasta Frittata

### **Book Information**

Series: American Heart Association Spiral-bound: 368 pages Publisher: Clarkson Potter (May 9, 2000) Language: English ISBN-10: 081293332X ISBN-13: 978-0812933321 Product Dimensions: 7.2 x 1.3 x 9.3 inches Shipping Weight: 1.6 pounds Average Customer Review: 4.4 out of 5 stars Â See all reviews (13 customer reviews) Best Sellers Rank: #1,547,711 in Books (See Top 100 in Books) #78 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association #1236 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat #3712 in Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy

#### **Customer Reviews**

My family groaned when I announced we were going to eat healthier. I was a little worried about finding the time to change our lifestyle. This was one of the first books I checked out at the library and I was instantly hooked - had to buy! It is very organised and extremely easy to use. It has a wonderful picture guide that tells you instantly the time, type of ingredients and amount of preparation that is needed. The meals are delicious and fast. We think twice now about buying fast food.

This is an easy to use "bible" on low fat, high nutrient cooking. Geared to people who don't have a lot of time or expertise. I love this book.

Fast and easy! You can make any recipe in this book in less than 30 minutes. Perfect for the first time cook too. You will be happy with the results! Try the first desert recipe. But dont tell the kids it is low in fat!

I bought this book because I have been diagnosed with a cardiac problem. I need to lose weight. I also have a few other health issues so being able to put good food on the table quickly is a must for me. This book gives wonderful recipes for doing just that. I've had the book for 2 weeks and I've used it nearly every day. And even the times I haven't used it, I've used the "good food fast" principles as I cook. As has been mentioned, the recipes don't call for a lot of things I don't already have in my pantry, or for fancy cooking tools I have never owned. It's practical, realistic and tasty. This food does not taste like "healthy" food. It's great. I would have liked more menu suggestions, but other than that, I'd say, if you want to re-vamp the way you eat without jumping on the South Beach (or other "radical" diet) bandwagon, get this book.

I was pleasantly surprised after flipping through this cookbook. It's full of tasty, easy-to-make, low-fat recipes. I will be using this book frequently from now on!

This is my eating right "food porn" bible. Haven't found a recipe in it yet that I haven't enjoyed, and it ties in quite well with Weight Watchers (either core or flex plan.)

This is, overall a great cookbook. The recipes are quick and simple, and everything I've tried has turned out very well. One thing keeps me from giving this a full 5-star rating: by the 20th time I read a recipe calling for "acceptable vegetable oil" I wanted to scream. It's clear that this cookbook is geared to health-concious folks, but it seems to take pleasure in rubbing it in your face. This is not the book to give to a rebellious family member in an effort to improve their eating habits. But if you can get past the occassionally holier than thou tone, the recipes are really worth it.

#### Download to continue reading...

The American Heart Association Low-Salt Cookbook: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) 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 Meals in Minutes Cookbook: Over 200 All-New Quick and Easy Low-Fat Recipes American Heart Association Meals in Minutes Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice Natural Meals In Minutes - High-Fiber, Low-Fat Meatless Storage Meals-in 30 Minutes or Less! American Heart Association Quick & Easy Cookbook: More Than 200 Healthful Recipes You Can Make in Minutes American Heart Association Healthy Family Meals: 150 Recipes Everyone Will Love American Heart Association Grill It, Braise It, Broil It: And 9 Other Easy Techniques for Making Healthy Meals American Heart Association Quick & Easy Meals: More Than 200 Healthy Recipes Plus Time-Saving Tips for Shopping, Planning, and Eating Well American Diabetes Association Complete Guide to Diabetes: The Ultimate Home Reference from the Diabetes Experts (American Diabetes Association Comlete Guide to Diabetes) American Medical Association Complete Medical Encyclopedia (American Medical Association (Ama) Complete Medical Encyclopedia) Publication Manual of the American Psychological Association (Publication Manual of the American Psychological Association (Spiral) 6th (sixth) edition American Heart Association Low-Fat, Low-Cholesterol Cookbook, Second Edition: Heart-Healthy, Easy-to-Make Recipes That Taste Great American Heart Association Go Fresh: A Heart-Healthy Cookbook with Shopping and

Storage Tips American Heart Association The Go Red For Women Cookbook: Cook Your Way to a Heart-Healthy Weight and Good Nutrition American Heart Association Complete Guide to Women's Heart Health: The Go Red for Women Way to Well-Being & Vitality American Heart Association The Go Red For Women Cookbook: Cook Your Way to a Heart-Healthy Weight and Good Nutrition... (Hardback) - Common Low-Carb Mug Meals for One: 40 Healthy and Delicious Mug Recipes to Try in Less than 15 Minutes (Meals for Busy People)

#### <u>Dmca</u>