



The New American Heart Association Cookbook, 8th Edition: Revised and Updated with More Than 150 All-New Recipes

American Heart Association

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In print for more than thirty-five years and with three million copies sold, *The New American Heart Association Cookbook* remains the ultimate resource on achieving a healthy diet. With 612 mouthwatering recipes and the latest heart-health information, this newly revised and updated edition is more valuable than ever.

There's just no denying that nutritious, wholesome eating combined with an active lifestyle helps prevent heart disease and increases vitality. The American Heart Association knows that maintaining good heart health throughout your life is possible, and this cookbook shows you how to get started right in your own kitchen.

The New American Heart Association Cookbook, 8th Edition, includes not only 600-plus everyday recipes for the whole family but also the most current dietary, exercise, and lifestyle recommendations. This latest edition features more than 150 brand-new recipes, all of which meet the American Heart Association's good-health and high-flavor standards. With globally inspired tastes, trendy ingredients, and popular time-saving cooking methods, here are just some of the new recipes this edition has to offer:

- Curried Pumpkin Soup
- Spinach Salad with Roasted Beets and
- Pomegranate Vinaigrette
- Ginger-Infused Watermelon and Mixed Berries
- Slow-Cooker Cioppino
- Salmon Cakes with Creole Aioli
- Chicken Gyros with Tzatziki Sauce
- Couscous Paella
- Slow-Cooker Chile Verde Pork Chops
- Black Bean Polenta with Avocado Salsa
- Cumin and Ginger Lentils on Quinoa
- Edamame with Walnuts
- Sweet Potato Bread
- Pistachio-Cardamom Meringues
- Delicate Lemon Ricotta Cheesecake with
- Blackberries

In this revised edition of *The New American Heart Association Cookbook*, you'll find updated information on trans fats and sodium, all-new nutritional analyses, and important good health tips. Also included are grocery-shopping strategies, healthy cooking methods, more than a dozen new menu plans for special occasions and holidays, a recipe index of Planned-Overs and Plan-Aheads for easy reference, and more.

With so many recipes and so much information packed between its pages, *The New American Heart Association Cookbook* will be the cookbook you return to again and again.

From the Hardcover edition.

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James Harris:

The feeling that you get from The New American Heart Association Cookbook, 8th Edition: Revised and Updated with More Than 150 All-New Recipes could be the more deep you searching the information that hide inside the words the more you get enthusiastic about reading it. It doesn't mean that this book is hard to understand but The New American Heart Association Cookbook, 8th Edition: Revised and Updated with More Than 150 All-New Recipes giving you enjoyment feeling of reading. The copy writer conveys their point in selected way that can be understood by anyone who read the idea because the author of this book is well-known enough. This book also makes your vocabulary increase well. It is therefore easy to understand then can go together with you, both in printed or e-book style are available. We recommend you for having this The New American Heart Association Cookbook, 8th Edition: Revised and Updated with More Than 150 All-New Recipes instantly.

Cynthia Caron:

This The New American Heart Association Cookbook, 8th Edition: Revised and Updated with More Than 150 All-New Recipes is great e-book for you because the content which is full of information for you who all always deal with world and have to make decision every minute. This particular book reveal it data accurately using great plan word or we can claim no rambling sentences included. So if you are read the idea hurriedly you can have whole facts in it. Doesn't mean it only provides straight forward sentences but challenging core information with beautiful delivering sentences. Having The New American Heart Association Cookbook, 8th Edition: Revised and Updated with More Than 150 All-New Recipes in your hand like getting the world in your arm, data in it is not ridiculous 1. We can say that no publication that offer you world with ten or fifteen moment right but this reserve already do that. So , this can be good reading book. Hey Mr. and Mrs. stressful do you still doubt in which?

Emily Boyd:

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