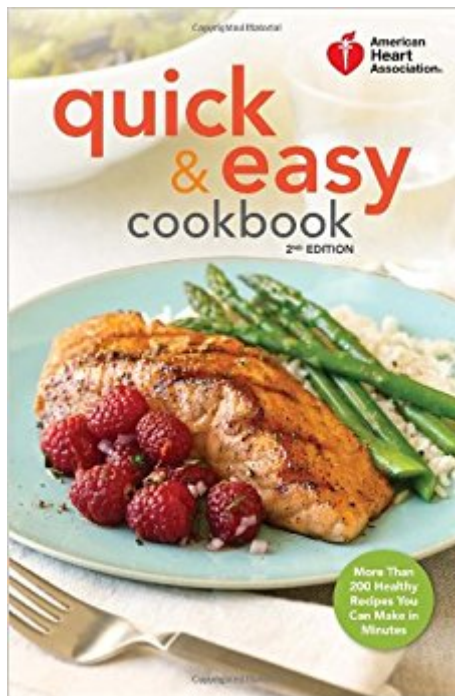


The book was found

# American Heart Association Quick & Easy Cookbook, 2nd Edition: More Than 200 Healthy Recipes You Can Make In Minutes



## Synopsis

Convenience and eating healthfully can go hand in hand, and with the American Heart Association Quick & Easy Cookbook, 2nd Edition, you can spend less time in the kitchen and still achieve great results at the table. This revised and expanded edition of the classic cookbook includes more than 200 speedy dishes, of which 60 are brand new. Prep and cooking times are provided for all recipes, so you'll know how much time you'll need in the kitchen. And rest assured, no dish takes longer than 20 minutes to prepare, and many recipes can be made in 30 minutes from start to finish. In fewer than 10 minutes, you can start your day with Confetti Scrambler or Mandarin Breakfast Parfaits. No one will guess you whipped up dinner in 20 minutes when you serve Chicken with Tarragon Oil, Baked Tilapia with Pineapple Reduction, or Beef Tenderloin on Herbed White Beans. When meals are this simple and good for you, even appetizers, snacks, sides, and desserts can be on the docket. You'll find recipes for Homemade Corn Tortilla Chips, Edamame Salsa, Warm Chicken and Papaya Salad, Citrus Kale with Dried Cranberries, Chocolate-Banana Mini Cupcakes, Grilled Peaches with Almond Liqueur, and much more! Make the most of your time in the kitchen and in the grocery store with helpful tools such as:

- Meal-planning strategies, including a sample dinner plan and a chart template to customize your own meals week-by-week
- Guidelines for maximizing nutritious foods and minimizing nutrient-poor foods
- Shopping strategies, including lists of health-smart staples
- Tips on organizing your kitchen for the greatest efficiency
- Quick-cooking techniques and short prep tricks

With this new edition of one of the American Heart Association's first and most popular cookbooks, you'll have a resource right at your fingertips for making your own quick and easy meals that will offer you fast, healthy food.

## Book Information

Series: American Heart Association

Hardcover: 288 pages

Publisher: Harmony; 2 edition (April 3, 2012)

Language: English

ISBN-10: 0307407616

ISBN-13: 978-0307407610

Product Dimensions: 6.5 x 0.9 x 9.6 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars See all reviews (99 customer reviews)

Best Sellers Rank: #8,803 in Books (See Top 100 in Books) #2 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association #10 in Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #18 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Low Fat

## Customer Reviews

I bought this book for my parents. My dad recently suffered a heart attack and they wanted to reduce/eliminate the salt intake. This cookbook has delicious recipes that are easy and use ingredients that are already in your pantry!

For those on the go AND wanting to eat more healthy. It is also great for those who don't really enjoy cooking!

I especially like the menu-planning ideas at the front of the book. A good starting point, as I plan out my week's menus. Haven't had the book very long, but so far the recipes have been good and quick as advertised.

Make at least 2 meals per week using these recipes and so far everyone has been awesome. Cook on the weekend and reheat during the week - great for busy schedules

Good for relearning how to cook with lower salt, lower fat and healthier vegetable and meat recipes. Would highly recommend it for anyone to start over learning how to cook healthy

This is my new go-to cookbook for most night's dinners. I do add salt to the recipes (it's designed for a low-sodium diet, but none of us have to watch our sodium intake too closely), and the resulting recipes taste great. There's a really great variety of recipes, and although I've used it only for entrees so far, it has side dishes, appetizers, snacks, beverage, and desserts that also sound good. I am actually excited to try them (and I'm not someone who adores cooking). In the few weeks I've had the cookbook, I've made Beef and Vegetable Soup, Chinese-Style Chicken, Coriander-Coated Chicken, Chicken and Rice, Plum Good Chicken, Quick Cassoulet, Chicken Jambalaya, and Summer Succotash. (I just realized I haven't tried any seafood recipes from this book yet, but there are several I want to try.) Most were super tasty; only the Plum Good Chicken was disappointing (a bit too sweet, and noodles were overcooked). The recipes use ingredients I hadn't thought to use

before, like instant brown rice (so convenient), molasses, and fruit to sweeten a beef dish. I sometimes make double batches to share with my parents, and they have been impressed with how good the recipes are. I also have a picky eater, and she has liked most of the recipes. At first I thought the lack of photos was a drawback, but now, I'm actually glad they aren't in there. The book doesn't waste space with them, so there's space for so many really good, healthy recipes. The book is small enough that I often take it with me to the grocery store and flip through it to stock up the fridge or freezer. The meal planning tips are helpful, and I now plan to add vegetarian and egg-based entrees to our dinner repertoire. This cookbook is more creative and has greater variety than most of my many cookbooks. I love it!

I have an earlier version of this cookbook which I enjoy very much. I bought this one as a gift for my father. He is not as happy with it as I am with mine. He thinks many of the recipes have more ingredients than necessary. So he uses it for ideas and then makes a simplified version. He said to give it four stars because it has provided him with inspiration for many meals.

We are always trying to eat "heart healthy" and this book is a help in that direction. My wife refers to this book often.

[Download to continue reading...](#)

American Heart Association Quick & Easy Cookbook, 2nd Edition: More Than 200 Healthy Recipes You Can Make in Minutes American Heart Association Healthy Slow Cooker Cookbook: 200 Low-Fuss, Good-for-You Recipes The I Heart Naptime Cookbook: More Than 100 Easy & Delicious Recipes to Make in Less Than One Hour Quick & Easy Recipes: Over 50 Simple and Delicious Vegan & Vegetarian Rice Cooker Recipes That Anyone Can Make! Recipes for Weight Loss & Overall ... (Rice cooker Recipes - Rice Cooker Cookbook) Microwave Cookbook: 40 Delicious, Healthy and Easy to Make Meal Recipes for Busy People (Quick and Easy Microwave Meal Recipes) I CAN CAN RELISHES, Salsa, Sauces & Chutney!!: How to make relishes, salsa, sauces, and chutney with quick, easy heirloom recipes from around the ... (I CAN CAN Frugal Living Series) (Volume 3) The McDougall Quick and Easy Cookbook: Over 300 Delicious Low-Fat Recipes You Can Prepare in Fifteen Minutes or Less American Heart Association One-Dish Meals: Over 200 All-New, All-in-One Recipes The Ultimate Book of Modern Juicing: More than 200 Fresh Recipes to Cleanse, Cure, and Keep You Healthy Good Cheap Eats Dinner in 30 Minutes or Less: Fresh, Fast, and Flavorful Home-Cooked Meals, with More Than 200 Recipes Trim Healthy Mama Cookbook: Eat Up and Slim Down with More Than 350 Healthy Recipes Rice Cooker Recipes: 50+ Rice

Cooker Recipes - Quick & Easy for a Healthy Way of Life (Slow cooker recipes - rice cooker - recipes) Primal Blueprint Quick and Easy Meals: Delicious, Primal-approved meals you can make in under 30 minutes (Primal Blueprint Series) Stir Fry Cooking: Over 40 Wheat Free, Heart Healthy, Quick & Easy, Low Cholesterol, Whole Foods Stir Fry Recipes, Antioxidants & Phytochemicals: ... & Easy-Low Cholesterol) (Volume 45) Pressure Cooker Cookbook: 370 Quick, Easy, and Healthy Pressure Cooker Recipes for Amazingly Tasty and Nourishing Meals (Pressure Cooker, Electric Pressure Cooker Cookbook) The Best Homemade Kids' Snacks on the Planet: More than 200 Healthy Homemade Snacks You and Your Kids Will Love Instant Pot Cookbook: The Quick And Easy Pressure Cooker Guide For Smart People - Healthy, Easy, And Delicious Instant Pot Recipes The Healthy Hound Cookbook: Over 125 Easy Recipes for Healthy, Homemade Dog Food--Including Grain-Free, Paleo, and Raw Recipes! ANA Grading Standards for United States Coins: American Numismatic Association (Official American Numismatic Association Grading Standards for United States Coins) American Birding Association Field Guide to the Birds of New Jersey (American Birding Association State Field)

[Dmca](#)