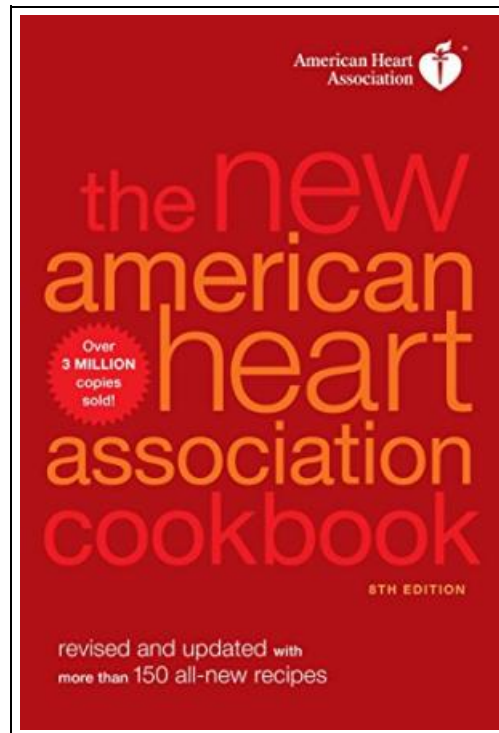


The New American Heart Association Cookbook, 8Th Edition (Paperback)



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Reviews

This is the greatest book i have got read through till now. I could possibly comprehended almost everything out of this published e book. Your daily life span will probably be enhance the instant you total looking at this book.
(Bernadette Baumbach)

THE NEW AMERICAN HEART ASSOCIATION COOKBOOK, 8TH EDITION (PAPERBACK)



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Random House USA Inc, United States, 2012. Paperback. Condition: New. 8th Revised edition. Language: English . Brand New Book. 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...



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