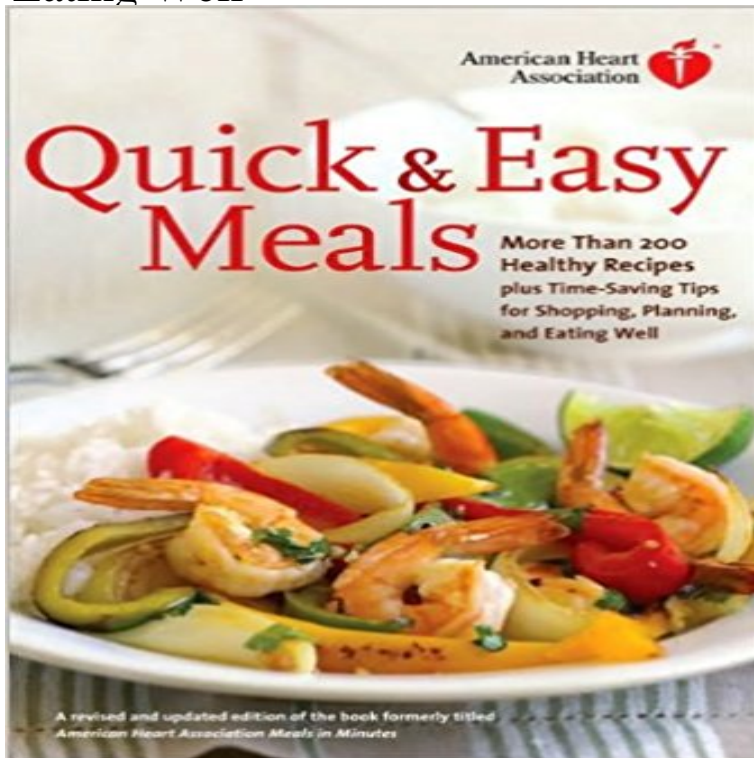


American Heart Association Quick & Easy Meals: More Than 200 Healthy Recipes Plus Time-Saving Tips for Shopping, Planning, and Eating Well



If you're like most other busy Americans, you'd love to prepare more healthy meals for your family but find it hard to make the time. The good news is that with a little planning and the clock-conscious recipes in American Heart Association Quick & Easy Meals, you can cook a nutritious dinner for your family faster than you can pick up take-out, buy a packaged meal at the grocery store, or get food delivered. You'll also conserve money and greatly trim the amount of calories, saturated and trans fat, sodium, and cholesterol in your meals. This collection of more than 200 recipes will help you put a delicious and healthy meal on the table tonight and every night in just minutes. Many recipes, including more than 60 entrees, are ready in 25 minutes or less from start to finish, and American Heart Association Quick & Easy Meals also contains a wide variety of flavors and cuisines that appeal to today's eclectic tastes. In this cookbook, you'll find 50 new recipes, including: Edamame, Salmon, and Pasta Salad; Chicken Biryani; Chinese-Style Chicken Soup with Fresh Ginger; Oven-Fried Zucchini with Salsa Dip; Middle Eastern Spiced Beef; Cranberry-Topped Meat Loaf; Crustless Mushroom and Spinach Pie; Vegetable, Bean, and Barley Stew; Chutney Salmon; Double Decker Pumpkin Cupcakes. To manage mealtimes and meet your lifestyle needs, you can choose from dozens of entree recipes that fall into one of the following categories: No Shopping Required, Planned-Overs, All-in-One, Express. American Heart Association Quick & Easy Meals also provides ideas for organizing your kitchen, shopping strategies to help you with meal planning, heart-smart cooking techniques, and time-saving tips from cooking experts. In addition, you'll find information on heart health, including the American Heart Association dietary and lifestyle recommendations and nutritional analyses for every recipe. This

classic cookbook will give you the satisfaction of knowing that the foods you prepare are as good for your heart as they are quick to make and tasty to eat.

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