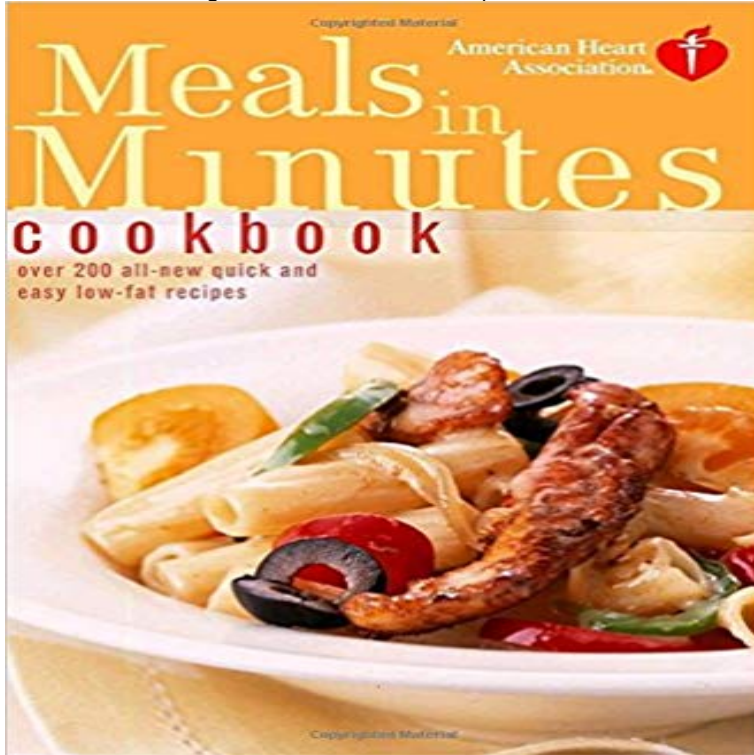


American Heart Association Meals in Minutes Cookbook: Over 200 All-New Quick and Easy Low-Fat Recipes



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 quickest of the quick, taking merely 25 minutes or less for all the preparation and all the cooking. Tempting dishes include: Stacked Mushroom Nachos, Mini Cinnamon Stacks, Portobello Pizza with Peppery Greens, Chicken Fajita Pasta with Chipotle Alfredo Sauce, Scallops Provencal, Broccoli with Sweet-and-Sour Tangerine Sauce, Chocolate Hazelnut Angel Food Cake with Bananas, Devils Food Cake with Caramel Drizzles, No-Chop Stew, Blue

Cheese Beef and Fries
Turkey Potstickers
Lemongrass Chicken with Snow Peas and Jasmine Rice
Green and Petite Pea Salad with Feta
Pasta Frittata
From the Hardcover edition.

American Heart Association Quick & Easy Cookbook: More Than 200 Healthful Recipes You Can Make in Minutes [American Heart Association] In our hectic era, who has time to spend hours in the kitchen creating tasty, healthful meals? See all 2 images . Cookbook for Two: 125 Perfectly Portioned Low Sodium, Low Fat Recipes. American Heart Association Healthy Slow Cooker Cookbook: 200 Low-Fuss, Good-for-You Recipes. American Heart Association Quick & Easy Cookbook, 2nd Edition: More Than 200 Healthy Recipes You Can Make in Minutes. The New American Heart Association Cookbook, 9th Edition: Revised and Updated. Meals in Minutes Cookbook. American Heart Association Low-Calorie Cookbook. American Heart Association Quick & Easy Cookbook, 2nd Edition: More Than 200 Healthy Recipes You Can Make in Minutes. American Heart Association Meals in Minutes Cookbook: Over 200 All-New Quick and Easy Recipes. Slow Cooker Cookbook: 200 Low-Fuss, Good-for-You Recipes. Paperback. Each recipe is accompanied by nutritional analysis (calories, fat, cholesterol, sodium, fiber, etc.). American Heart Association Meals in Minutes Cookbook: Over 200 All-New Quick and Easy Low-Fat Recipes. *** Details can be found by clicking on the image. Making meals with fresh ingredients is not only healthy and flavorful but also convenient. The American Heart Association offers more than 250 recipes in this cookbook. See all 2 images. American Heart Association Healthy Slow Cooker Cookbook: 200 Low-Fuss, Good-for-You Recipes. American Heart Association Quick & Easy Cookbook, 2nd Edition: More Than 200 Healthy Recipes You Can Make in Minutes. Buy American Heart Association Meals in Minutes Cookbook: Over 200 All-New Quick and Easy Low-Fat Recipes. Spi by American Heart Association (ISBN: 978-0-7624-3111-0). Price, review and buy American Heart Association Meals in Minutes Cookbook: Over 200 All-New Quick and Easy Low-Fat Recipes at best price and offers from Amazon. See all 2 images. Read the absorbing new psychological suspense thriller from acclaimed New York Times best-selling author, Lisa Klein. American Heart Association Quick & Easy Cookbook, 2nd Edition: More Than 200 Healthy Recipes You Can Make in Minutes. More Than 200 Healthy Recipes You Can Make in Minutes. American Heart Association Low-Fat, Low-Cholesterol Cookbook on your Kindle in under a minute. American Heart Association Quick & Easy Cookbook: More Than 200 Healthful Recipes You Can Make in Minutes. Healthy Cookbook for Two: 125 Perfectly Portioned Low Sodium, Low Fat Recipes. American Heart Association Meals in Minutes Cookbook: Over 200 All-New Quick and Easy Recipes. 500 15-Minute Low Sodium Recipes: Fast and Flavorful Low-Salt Recipes that. + American Heart Association Quick & Easy Cookbook, 2nd Edition: More Than 200 Healthy Recipes You Can Make in Minutes. Low Sodium Slow Cooker Cookbook: Over 100 Heart Healthy Recipes that Prep in 15 Minutes. American Heart Association Low-Fat, Low-Cholesterol Cookbook, 4th Edition: More Than 200 Delicious Low-Fat, Low-Cholesterol Recipes Nourish Your Heart. American Heart Association Meals in Minutes Cookbook: Over 200 All-New Quick and Easy Recipes. American Heart Association Quick & Easy Cookbook, 2nd Edition: More Than 200 Healthy Recipes You Can Make in Minutes. American Heart Association Meals in Minutes Cookbook: Over 200 All-New Quick and Easy Low-Fat Recipes \$11.56. By now, you've heard of (and maybe tried) them all: the low-carb diet, the Mediterranean diet, the DASH diet. American Heart Association Quick & Easy Cookbook, 2nd Edition: More Than 200 Healthy Recipes

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