



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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Clarice Stephens:

The reason why? Because this The New American Heart Association Cookbook, 8th Edition: Revised and Updated with More Than 150 All-New Recipes is an unordinary book that the inside of the guide waiting for you to snap the item but latter it will zap you with the secret that inside. Reading this book beside it was fantastic author who write the book in such remarkable way makes the content within easier to understand, entertaining method but still convey the meaning fully. So , it is good for you because of not hesitating having this any more or you going to regret it. This phenomenal book will give you a lot of benefits than the

other book have such as help improving your proficiency and your critical thinking technique. So , still want to postpone having that book? If I were you I will go to the publication store hurriedly.

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