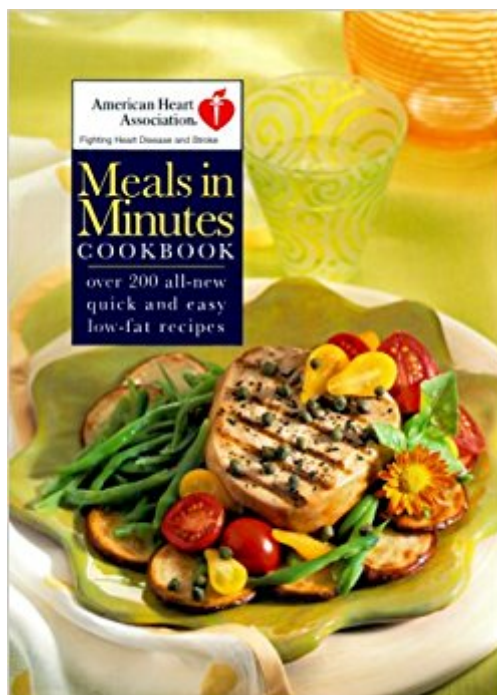


The book was found

# American Heart Association Meals In Minutes



## Synopsis

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 Stackups, Portobello Pizza with Peppery Greens, Chicken Fajita Pasta with Chipotle Alfredo Sauce, Scallops Provençale, Broccoli with Sweet-and-Sour Tangerine Sauce, Chocolate Hazelnut Angel Food Cake with Bananas, Devil's 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.

## Book Information

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## Customer Reviews

My family groaned when I announced we were going to eat healthier. I was a little worried about finding the time to change our lifestyle. This was one of the first books I checked out at the library and I was instantly hooked - had to buy! It is very organised and extremely easy to use. It has a wonderful picture guide that tells you instantly the time, type of ingredients and amount of preparation that is needed. The meals are delicious and fast. We think twice now about buying fast food.

This is an easy to use "bible" on low fat, high nutrient cooking. Geared to people who don't have a lot of time or expertise. I love this book.

Fast and easy! You can make any recipe in this book in less than 30 minutes. Perfect for the first time cook too. You will be happy with the results! Try the first desert recipe. But dont tell the kids it is low in fat!

I bought this book because I have been diagnosed with a cardiac problem. I need to lose weight. I also have a few other health issues so being able to put good food on the table quickly is a must for me. This book gives wonderful recipes for doing just that. I've had the book for 2 weeks and I've used it nearly every day. And even the times I haven't used it, I've used the "good food fast" principles as I cook. As has been mentioned, the recipes don't call for a lot of things I don't already have in my pantry, or for fancy cooking tools I have never owned. It's practical, realistic and tasty. This food does not taste like "healthy" food. It's great. I would have liked more menu suggestions, but other than that, I'd say, if you want to re-vamp the way you eat without jumping on the South Beach (or other "radical" diet) bandwagon, get this book.

I was pleasantly surprised after flipping through this cookbook. It's full of tasty, easy-to-make, low-fat recipes. I will be using this book frequently from now on!

This is my eating right "food porn" bible. Haven't found a recipe in it yet that I haven't enjoyed, and it ties in quite well with Weight Watchers (either core or flex plan.)

This is, overall a great cookbook. The recipes are quick and simple, and everything I've tried has turned out very well. One thing keeps me from giving this a full 5-star rating: by the 20th time I read a recipe calling for "acceptable vegetable oil" I wanted to scream. It's clear that this cookbook is geared to health-conscious folks, but it seems to take pleasure in rubbing it in your face. This is not the book to give to a rebellious family member in an effort to improve their eating habits. But if you can get past the occasionally holier than thou tone, the recipes are really worth it.

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