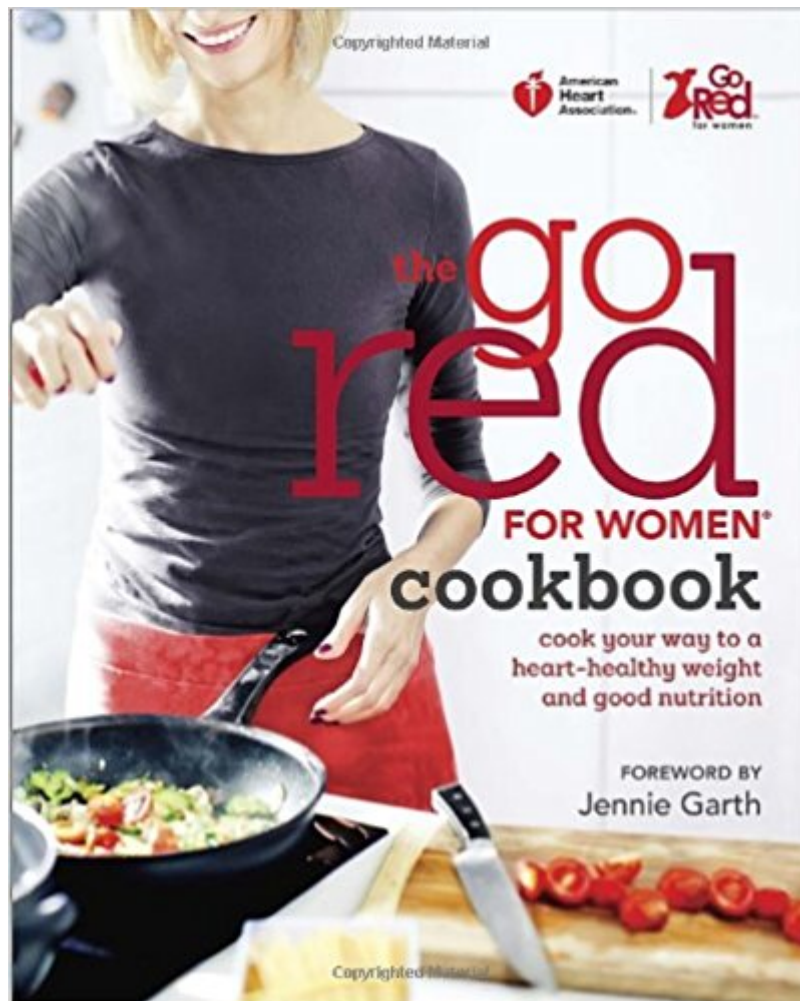


The book was found

American Heart Association The Go Red For Women Cookbook: Cook Your Way To A Heart-Healthy Weight And Good Nutrition



Synopsis

A HEALTH COOKBOOK FOR WOMEN BY WOMEN The American Heart Association's Go Red For Women social initiative has inspired hundreds of thousands of women to eat nutritiously, exercise regularly, and maintain a healthy weight. Now the iconic "red dress" can be your kitchen companion all year long, with 200 recipes to help you take charge of your health. By cooking wholesome meals at home, you can easily and significantly reduce your risk of heart disease, which takes the lives of more women each year than all forms of cancer combined. The Go Red For Women Cookbook helps you stick to your health goals with recipes for guilt-free drinks, appetizers, dinners, and desserts for gatherings with friends and breakfasts on the go, brown-bag lunches, and snacks for the whole family. Recipes include: Vegetable-Shrimp Spring Rolls with Honey-Jalapeno Sauce Chipotle Tomato Soup Spinach Salad with Apples and Caramelized Radishes Kale Salad with Sweet Citrus Dressing Lime-Basil Tilapia Jerk Chicken with Mango-Avocado Salsa Portobello Ragout with Sun-Dried Tomato Polenta Garlicky Greek Salad Pizza Sangria-Style Punch Lemon Mini Cheesecakes Red Velvet Cake Pops A necessary primer on good nutrition, weight control, and smart grocery shopping as well as how to live and enjoy a healthy lifestyle while helping to prevent heart disease, The Go Red For Women Cookbook makes it easy for you to adopt healthy eating habits.

Book Information

Series: American Heart Association

Hardcover: 272 pages

Publisher: Harmony; 1 edition (December 31, 2013)

Language: English

ISBN-10: 0385346212

ISBN-13: 978-0385346214

Product Dimensions: 7.6 x 0.9 x 9.4 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 3.5 out of 5 stars See all reviews (10 customer reviews)

Best Sellers Rank: #275,198 in Books (See Top 100 in Books) #22 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association #116 in Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #332 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat

Customer Reviews

This might be my favorite of the AHA cookbooks. The recipes were healthy and easy to follow, and I've enjoyed everything I've tried so far (Tuscan White Bean and Garlic Spread, although I didn't make the accompanying Pita Wedges; Quinoa and Asian Pear Salad, which I liked so much that I've made it several times since and even brought it to my book club; Portobello Ragout with Sun-Dried Tomato Polenta; Italian Spaghetti Squash, which was so filling that I didn't miss the pasta; Confetti Rice Pilaf; Banana-Nut Bread; and Chocolate and Red Wine Mini Cupcakes, another one I served to my book club). I still have a whole list of recipes I'm looking forward to trying, and I love that all the recipes include full nutritional analysis (I've gotten to the point that I refuse to buy cookbooks that don't provide nutritional information). I wish it had photos for every recipe, but it does include color photos of about 20 of them.

After giving this to my sister, whose husband is a heart patient, I bought one for me too! This book not only has great recipes, it has great ideas for better health. It is a great gift for any one and for yourself. It helps me to remember to eat better and to spread the word about women's health. Everyone should have one. Thanks for putting it together. Maybe there are more, but I only have this one and it is well worth buying and at a very good price.

I enjoy reading cookbooks to stimulate my creativity and to introduce me to new recipe ideas. While Go Red does offer many wonderful, creative recipes, many were too "rich" for my budget. Yet, I can take away lots of ideas for spices and sauces and new recipes like coffee-rubbed salmon with horseradish sauce and more.

This is by far, the best tasting recipes from a cookbook put out by the American Heart Association. The recipes I've tried taste good & I'm on my way to a healthier me.

good recipes, large selection, easy to understand with nice pictures. Good addition to your cookbook collection for anybody that cooks.

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