



The New American Heart Association Cookbook, 8th Edition

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.

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Charles Grove:

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Milton Jones:

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Gina Dana:

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Victor Dinh:

People live in this new time of lifestyle always try to and must have the time or they will get great deal of stress from both daily life and work. So , whenever we ask do people have free time, we will say absolutely sure. People is human not just a robot. Then we inquire again, what kind of activity do you have when the spare time coming to an individual of course your answer may unlimited right. Then ever try this one, reading guides. It can be your alternative throughout spending your spare time, the particular book you have read is actually The New American Heart Association Cookbook, 8th Edition.

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