



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

*American Heart Association*

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

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 "two-fers" 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 Provençal, 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

*From the Hardcover edition.*

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### **From reader reviews:**

#### **Jonathan Smith:**

The ability that you get from American Heart Association Meals in Minutes Cookbook: Over 200 All-New Quick and Easy Low-Fat Recipes could be the more deep you rooting the information that hide into the words the more you get enthusiastic about reading it. It does not mean that this book is hard to understand but American Heart Association Meals in Minutes Cookbook: Over 200 All-New Quick and Easy Low-Fat Recipes giving you buzz feeling of reading. The author conveys their point in particular way that can be understood by means of anyone who read this because the author of this guide is well-known enough. This kind of book also makes your current vocabulary increase well. Therefore it is easy to understand then can go to you, both in printed or e-book style are available. We suggest you for having this specific American Heart Association Meals in Minutes Cookbook: Over 200 All-New Quick and Easy Low-Fat Recipes instantly.

#### **Donald Spada:**

This book untitled American Heart Association Meals in Minutes Cookbook: Over 200 All-New Quick and Easy Low-Fat Recipes to be one of several books that will best seller in this year, that's because when you read this publication you can get a lot of benefit in it. You will easily to buy that book in the book shop or you can order it via online. The publisher of the book sells the e-book too. It makes you more readily to read this book, as you can read this book in your Smart phone. So there is no reason to your account to past this e-book from your list.

#### **Brenda Villa:**

Spent a free the perfect time to be fun activity to do! A lot of people spent their leisure time with their family, or their particular friends. Usually they undertaking activity like watching television, likely to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Will you something different to fill your own free time/ holiday? Could be reading a book can be option to fill your no cost time/ holiday. The first thing that you will ask may be what kinds of e-book that you should read. If you want to test look for book, may be the book untitled American Heart Association Meals in Minutes Cookbook: Over 200 All-New Quick and Easy Low-Fat Recipes can be excellent book to read. May be it can be best activity to you.

#### **Zandra Woods:**

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