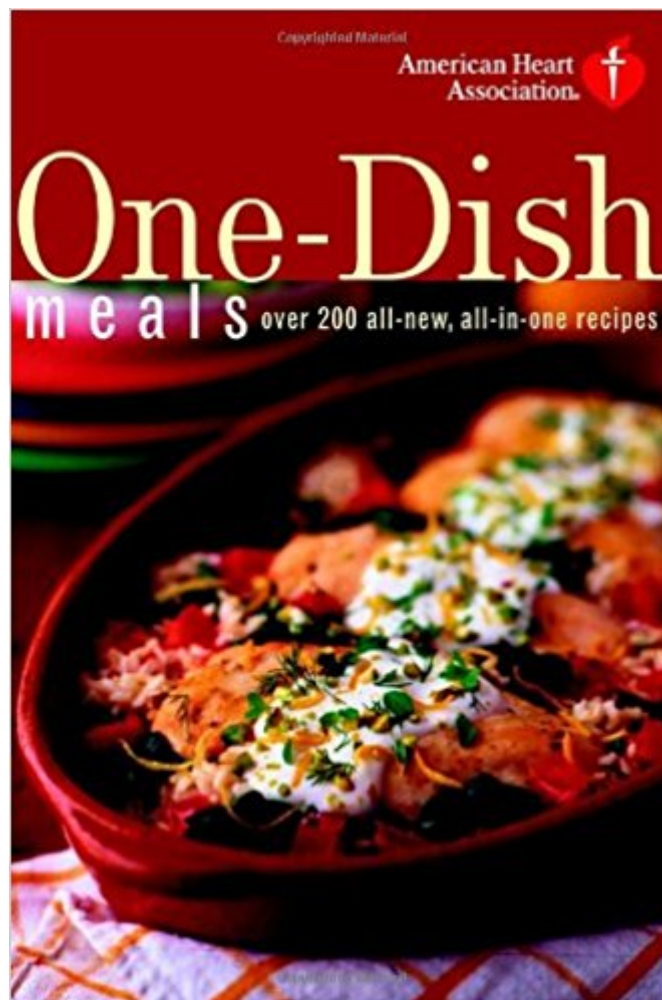




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American Heart Association One-Dish Meals: Over 200 All-New, All-in-One Recipes



Synopsis

Juggling work, school, family, and home seems to be the norm in today's hurried world. Many of us often grab a quick bite and keep on moving, sidelining healthful eating habits and nutrition. How wonderful it would be to wind down after a long, hard day with a wholesome, home-cooked meal. Now, the American Heart Association, America's most trusted authority on heart-healthy living and diet, presents a brand-new cookbook that can help. One-Dish Meals is designed for the millions of health-conscious Americans who are always on the go. The more than 200 simple and tasty one-dish recipes offer sensible, convenient alternatives to fatty fast food and high-sodium frozen dinners. The American Heart Association once again proves that healthful, satisfying meals needn't mean sacrificing great flavors or precious time. Many of these delicious dinners practically cook themselves. And forget about washing a sinkful of dishes, because almost every recipe here cooks in just one pot—so dinner is easy to make and quick to clean up. Arranged by category—meat, poultry, seafood, or vegetarian—each recipe includes nutrients essential for heart-healthy living. You'll find everything from weeknight dinners to special-occasion favorites—from stews, meat loaf, and pot roasts to cassoulets, enchiladas, and even a tagine. All you need is one dish and this cookbook, and in no time at all, you'll have a healthful, home-cooked meal.

Book Information

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Customer Reviews

The subject of this volume—easy, healthful cooking—may not be original, but the recipes within prove

to be surprisingly so. Recipes are divided into four chapters: Seafood, Poultry, Meats and Vegetarian. Luckily, the recipes are more exciting than the mundane section monikers. Salmon and Snow Peas with Ginger-Lime Rice, Chicken and Mushroom Cacciatore with Gnocchi, Spicy Spaghetti and Meatballs and Butternut Squash Risotto with Pistachios are among the tempting entries. Each recipe is accompanied by nutritional analysis (calories, fat, cholesterol, sodium, carbohydrates, fiber, sugar, and protein), but friendly commentary keeps this volume from feeling too clinical. Food is clearly the focus of the book, but appendices on Eating for a Healthy Heart, Meal Planning, Shopping and Risk Factors for Heart Disease make this a useful volume for anyone who has to watch their diet and health carefully. (NovCopyright 2003 Reed Business Information, Inc.

Juggling work, school, family, and home seems to be the norm in today's hurried world. Many of us often grab a quick bite and keep on moving, sidelining healthful eating habits and nutrition. How wonderful it would be to wind down after a long, hard day with a wholesome, home-cooked meal. Now, the American Heart Association, America's most trusted authority on heart-healthy living and diet, presents a brand-new cookbook that can help. One-Dish Meals is designed for the millions of health-conscious Americans who are always on the go. The more than 200 simple and tasty one-dish recipes offer sensible, convenient alternatives to fatty fast food and high-sodium frozen dinners. The American Heart Association once again proves that healthful, satisfying meals needn't mean sacrificing great flavors or precious time. Many of these delicious dinners practically cook themselves. And forget about washing a sinkful of dishes, because almost every recipe here cooks in just one pot, so dinner is easy to make and quick to clean up. Arranged by category—meat, poultry, seafood, or vegetarian—each recipe includes nutrients essential for heart-healthy living. You'll find everything from weeknight dinners to special-occasion favorites—from stews, meat loaf, and pot roasts to cassoulets, enchiladas, and even a tagine. All you need is one dish and this cookbook, and in no time at all, you'll have a healthful, home-cooked meal.

I LOVE to cook and have always done a lot of Tex-Mex, Mediterranean, Indian, Asian, etc. Thing is, now I'm caring for my elderly parents and my dad was placed on a 2g sodium diet *gah!* so I needed to make a little adjustment. I cook from One Dish Meals almost every day and make up my weekly shopping list from it. The recipes are so fast and easy, and even though I only have 2g of sodium to play around with daily, there's nothing bland about it! My dad used to have a salt shaker practically glued to his hand so I thought the adjustment to low sodium was going to be difficult on

that dementia patient. NO problem at all. The recipes include so many flavors from around the world and although there are some recipes that aren't appealing enough to me to cook (as in any cookbook) I find that there is enough variety of flavors to use the book every night of the week and have been doing so for about 6-8 months now. It usually takes me from 30 to 45 minutes from start to serving a dinner. I love it!

I am a terrible cook (no experience even though I'm older) and anything that I make from the AHA is delicious. You wouldn't necessarily expect this but anything that I have made from any of their cookbooks is a huge hit. Highly recommend this!

I first tried this book when I borrowed it from my mom. I then bought my own because I loved it so much. I've shared the recipes with friends and then, most recently, bought the book for a friend. I've loved 95% of the recipes I've tried. I've tried almost all of the vegetarian recipes. I cook at least one recipe a week from this book. Definitely worth the cost!

We have made several dishes from this and have loved each one. It is health and tasty at the same time. I will definitely share some meals with friends who are vegetarians also.

Wonderful

I use this cookbook all the time. Recipes are easy, savory and delicious! You won't even think about that they are healthy too - they are sinfully good!

Was really helpful for my husband and me to change to a more healthier way to eat.

Easy to make. Ingredients are easy to find. None of the recipes are overly complicated. I've tried maybe 60 percent of the recipes and almost every single one comes out good.

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