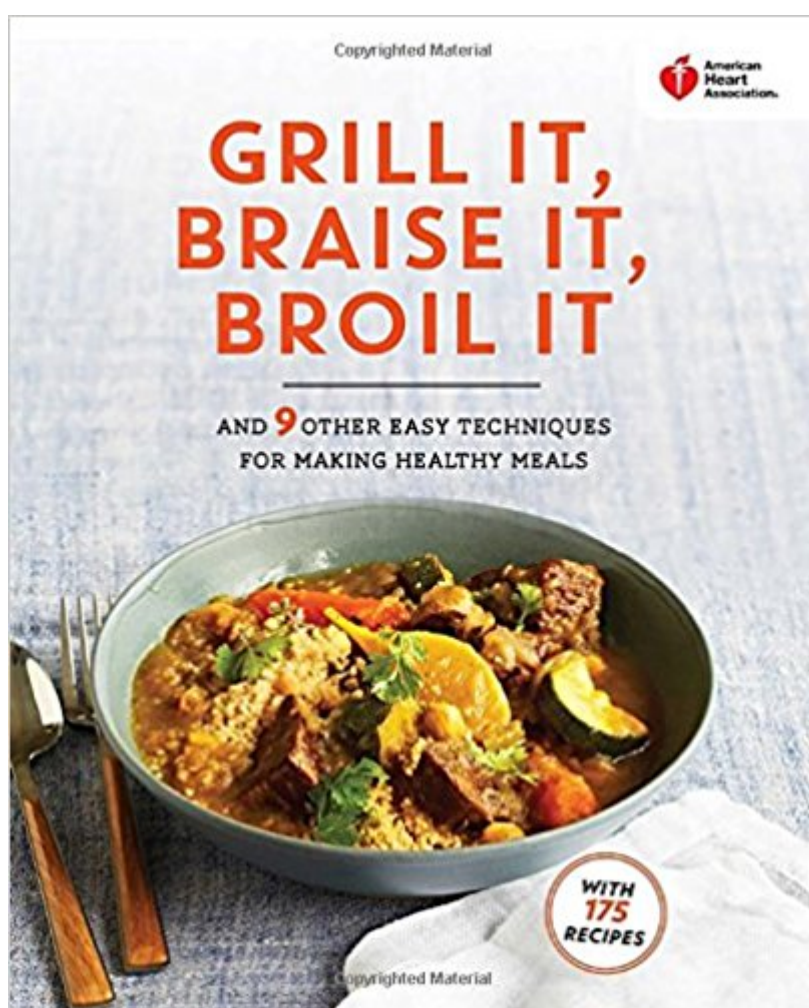


The book was found

American Heart Association Grill It, Braise It, Broil It: And 9 Other Easy Techniques For Making Healthy Meals



Synopsis

Master 12 easy cooking techniques to make 175 heart-healthy recipes for any night, including: slow cooking, grilling, baking, microwaving, blending, stir-frying, steaming, roasting, broiling, poaching, braising, and stewing. Whether you're craving bright, summery flavors or a rich meal for a cozy night; you have just minutes to cook or a bit of extra time to add some TLC to your dish; or you want new ideas for your beloved slow cooker or a chance to try out that wok, the American Heart Association Grill It, Braise It, Broil It is the cookbook for you! A primer on each technique helps you make the most of your oven, stovetop, and favorite appliances, while the 175 recipes expand your repertoire of go-to meals with tons of delicious variety. Try:

Slow Cooking: Madeira Flank Steak, Chicken Cacciatore with Pasta

Microwaving: Black Bean Chili, Risotto with Edamame

Blending: Minted Pea Soup with Yogurt Swirl, Peanut Butter and Banana Ice Cream

Grilling: Mediterranean Tuna Kebabs, Honey-Balsamic Brussels Sprouts

Stir-Frying: Taco Time Pork, Warm Cinnamon-Raisin Apples

Braising: Shrimp and Grits with Greens, Pomegranate Pears

Stewing: Meatless Cassoulet, Chicken in Tomato-Wine Sauce

Steaming: Thai-Style Chicken Potstickers, Peruvian Quinoa Salad

Poaching: Cheesy Open-Face Egg Sandwiches, Cod in Green Curry Broth

Broiling: Sweet and Tangy Scallops, Sirloin Steak with Creamy Horseradish Sauce

Roasting: Asparagus with Dijon Vinaigrette, Honeyed Strawberries with Almonds

Baking: Pork Tenderloin Stuffed with Spinach and Sun-Dried Tomatoes, Easy Peach Crisp

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Food & Wine > Special Diet > Heart Healthy #384 in [Books > Cookbooks, Food & Wine > Outdoor Cooking > Barbecuing & Grilling](#)

Customer Reviews

The mission of the American Heart Association is to build healthier lives, free of cardiovascular diseases and stroke. Its bestselling library of cookbooks includes Healthy Slow Cooker Cookbook; Go Fresh; The Go Red For Women Cookbook; Low-Salt Cookbook, 4th Edition; Eat Less Salt; and The New American Heart Association Cookbook, 8th Edition. americanheart.org

Very helpful with new low sodium recipes.

Just as expected! Good info and good recipes anyone can use and enjoy well with in reason for all!!

I enjoyed reading it. Great addition to my cookbook library

Would have liked pictures. Good recipes

Not my type of recipes but I did find some I would try.

Haven't tried any of the recipes yet. Most look Yummy!

great book really well done

Great product!

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