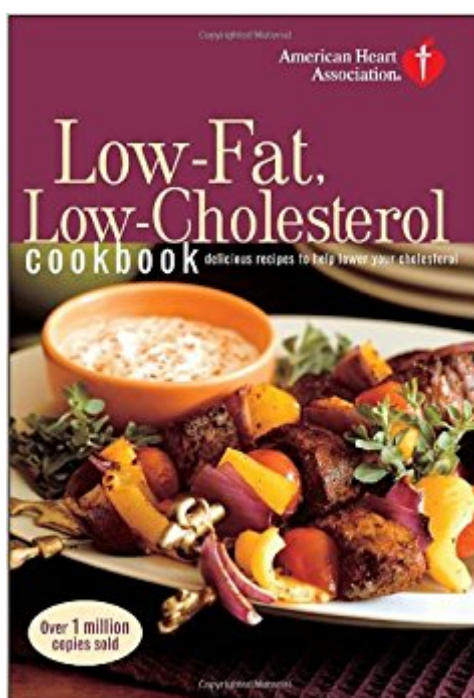


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# American Heart Association Low-Fat, Low-Cholesterol Cookbook, 3rd Edition: Delicious Recipes To Help Lower Your Cholesterol



## Synopsis

The nation's most trusted authority on heart-healthy living presents the third edition of this bestselling cookbook, with updated health information and 50 all-new recipes. Eating well is essential to living well. Choosing nutritious food can be complicated, however, especially in a world of fad diets and conflicting health advice. Now in its latest edition, the American Heart Association Low-Fat, Low-Cholesterol Cookbook helps you sort through the confusion. With more than 200 easy-to-prepare dishes and accompanying nutritional analyses, this useful cookbook is the perfect tool for creating meals that are sensible, healthful, and absolutely delicious. It also explains how cholesterol affects the body, how "good" and "bad" cholesterol differ, and how you can use the latest science and nutritional information to meet your heart-health goals.

Crab Spring Rolls with Peanut Dipping Sauce  
Stuffed Chile Peppers  
Lobster Bisque with Leeks and Shallots  
Warm Mushroom Salad  
Peppery Beef with Blue Cheese Sauce  
Spicy Lentil Curry  
Spinach and Black Bean Enchiladas  
Cardamom-Lemon Muffins  
Mocha Cheesecake

## Book Information

Paperback: 384 pages

Publisher: Clarkson Potter; 3 edition (September 13, 2005)

Language: English

ISBN-10: 1400098297

ISBN-13: 978-1400098293

Product Dimensions: 6.1 x 0.9 x 9.1 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 4.2 out of 5 stars 165 customer reviews

Best Sellers Rank: #1,923,889 in Books (See Top 100 in Books) #94 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association #361 in Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol #571 in Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy

## Customer Reviews

The American Heart Association is the nation's most trusted authority on heart-healthy living and diet. Its bestselling library of cookbooks includes The New American Heart Association Cookbook, Seventh Edition; American Heart Association Low-Calorie Cookbook; American Heart Association One-Dish Meals; and American Heart Association Quick & Easy Cookbook. The

American Heart Association has affiliates that serve the entire United States. For more information, call 1-800-AHA-USA1 (1-800-242-8721) or visit [americanheart.org](http://americanheart.org).

You probably know that a diet low in saturated fat, trans fat, and cholesterol is good for your body, but do you know how delicious it can be? Let the third edition of the American Heart Association Low-Fat, Low-Cholesterol Cookbook show you how to make heart-healthy foods a part of your lifestyle. With tantalizing choices such as Crab Spring Rolls with Peanut Dipping Sauce, Zesty Potato Skins, Chicken and Spinach Enchilada Soup, Peppery Beef with Blue Cheese Sauce, and Chocolate Custard Cake with Raspberries, preparing healthful meals full of flavor and style is a snap. This book is more than just tasty recipes. The American Heart Association, a long-trusted authority on heart health, provides information on how cholesterol affects the body, how diet and exercise affect your cholesterol levels, and how "good" and "bad" cholesterol are different. You'll also learn how to plan meals and dine out healthfully. With this book in hand, you can take charge of your cholesterol and love every bite along the way. Try this recipe for Spinach, Chick-pea, and Olive Pasta to see just how easy it is to eat well and take care of your heart.

**Spinach, Chick-pea, and Olive Pasta** This one-dish meal is an eye-pleasing and satisfying combination of texture and flavor. It's also a great way to enjoy the many benefits of iron- and calcium-rich spinach.

**Serves 4**

**Ingredients**

- 4 ounces dried radiatore or rotini pasta
- 2 cups coarsely chopped fresh spinach (about 2 ounces)
- 15 ounce can no-salt-added chick-peas, rinsed if desired and drained
- 1 cup coarsely chopped bottled roasted red bell peppers, rinsed and drained (about 6 ounces)
- 12 Kalamata olives, drained and chopped
- 2 tablespoons cider vinegar
- 1 tablespoon dried basil, crumbled
- 2 ounces Feta cheese, crumbled (about 1/2 cup)

**To Prepare** Prepare the pasta using the package directions, omitting the salt and oil. Drain in a colander and run under cold water until completely cooled. Drain well. Meanwhile, in a medium bowl, stir together the remaining ingredients except the feta. Add the pasta to the spinach mixture, tossing gently yet thoroughly to coat. Add the feta and toss gently.

Such delicious recipes!!! Every one a winner!!! Balsalmic chicken, Asian chicken, non-fried "fried" chicken all wonderful. I bought this book because I need to limit fats in my diet and this book does not disappoint. But I should have bought it YEARS ago because the recipes are so great. After your married a long time (51 years for us) you can get in a rut and cook the same things in the same way decade after decade. No longer. Every week has a surprise dish in it, something from the cookbook. I love it so much I bought a second copy and gave it as a gift to my best friend..

This is another of a series of cookbooks from The American Heart Association and it's also a winner. My medical 'problem' was diagnosed as high cholesterol and I looked forward to eating 'grass and water chestnuts' ... that is, until I discovered these books which also give you delicious solutions for your 'fat' problems. Page after page of delicious recipes changed my attitude towards how I would be dining. You may have to stock up on some grocery items and spices that might not be on your shelf, but once that's done you're ready to dig in. One of the books has a recipe for cheesecake made with non-fat yogurt, which has a rich enough taste to fool many of my friends. When you decide to face your 'issues' and order these books ... help will definitely be on the way. Bon appetit!

Some great recipes here, with finding out my cholesterol is through the roof it was time to hunker down and see if diet will help correct it. For those, like myself, looking for suggestions to get started this is a handy manual for keeping your meals from getting boring. I recommend this book for anyone that needs to eat for health and want it to taste good.

I have learned a lot from the info in this book, not just the recipes but about cholesterol and how to lower it. It is a life changing program but well worth it. This book has helped me to understand the cholesterol issue and to make better choices every day. My New Year's resolution was to get healthy and this book is helping me to do that.

This is a great cook book. I have tried several recipes and they have all been successful and very tasty. I found this book to have better recipes than "The Low Cholesterol Cookbook & Health Plan " .

### Good Recipes

I'm not wild about the cookbook. I bought it because my husband got a bad report on his cholesterol, and I thought this cookbook would give me a few ideas on low fat/low cholesterol meals. But I found that since we already eat very healthy, many of the recipes I already make were actually lower in fat and cholesterol than the recipes in this book. Disappointing, but I'm going to go ahead and keep it anyway. I may find a couple of recipes that I can use.

If you need to be on a low fat low cholesterol diet, this book is a must have. Besides you cannot go

wrong with a book published by the American Heart Association for learning good recipe for something you are trying to get under control.

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