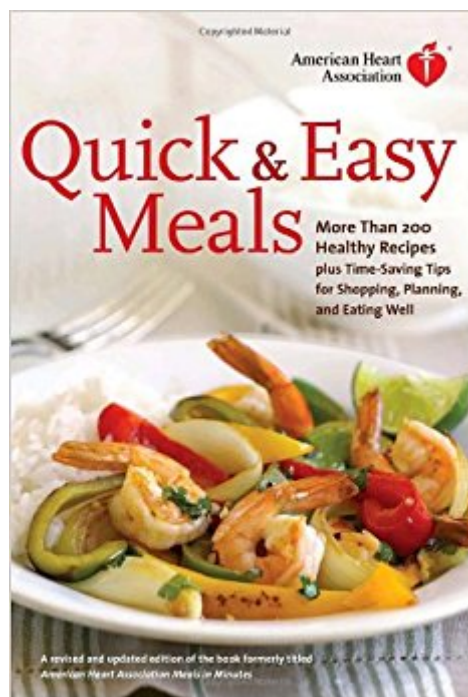


The book was found

# American Heart Association Quick & Easy Meals: More Than 200 Healthy Recipes Plus Time-Saving Tips For Shopping, Planning, And Eating Well



## Synopsis

If you're like most other busy Americans, you'd love to prepare more healthy meals for your family but find it hard to make the time. The good news is that with a little planning and the clock-conscious recipes in American Heart Association Quick & Easy Meals, you can cook a nutritious dinner for your family faster than you can pick up take-out, buy a packaged meal at the grocery store, or get food delivered. You'll also conserve money and greatly trim the amount of calories, saturated and trans fat, sodium, and cholesterol in your meals. This collection of more than 200 recipes will help you put a delicious and healthy meal on the table tonight and every night in just minutes. Many recipes, including more than 60 entrées, are ready in 25 minutes or less from start to finish, and American Heart Association Quick & Easy Meals also contains a wide variety of flavors and cuisines that appeal to today's eclectic tastes. In this cookbook, you'll find 50 new recipes, including:

- Edamame, Salmon, and Pasta Salad
- Chicken Biryani
- Chinese-Style Chicken Soup with Fresh Ginger
- Oven-Fried Zucchini with Salsa Dip
- Middle Eastern Spiced Beef
- Cranberry-Topped Meat Loaf
- Crustless Mushroom and Spinach Pie
- Vegetable, Bean, and Barley Stew
- Chutney Salmon
- Double Decker Pumpkin Cupcakes

To manage mealtimes and meet your lifestyle needs, you can choose from dozens of entrée recipes that fall into one of the following categories:

- No Shopping Required
- Planned-Overs
- All-in-One
- Express

American Heart Association Quick & Easy Meals also provides ideas for organizing your kitchen, shopping strategies to help you with meal planning, heart-smart cooking techniques, and time-saving tips from cooking experts. In addition, you'll find information on heart health, including the American Heart Association dietary and lifestyle recommendations and nutritional analyses for every recipe. This classic cookbook will give you the satisfaction of knowing that the foods you prepare are as good for your heart as they are quick to make and tasty to eat.

## Book Information

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## Customer Reviews

Sample Recipe: Chicken Creole on the Run Serves 4; 1 cup per serving Preparation time: 10 minutes Cooking time: 25 to 26 minutes Standing time: 15 minutes (optional) Enjoy this soup-stew as is or, for a one-dish meal, ladle it over brown rice. Pass the hot-pepper sauce, please! 1 teaspoon olive oil and 2 teaspoons olive oil (extra-virgin preferred), divided use 12 ounces boneless, skinless chicken breasts, all visible fat discarded, cut into bite-size pieces 1 14.5-ounce can no-salt-added stewed tomatoes, undrained 1 cup fat-free, low-sodium chicken broth 1 cup diced green bell pepper 1 cup frozen cut okra, thawed 2 medium dried bay leaves 1 teaspoon sugar 1 teaspoon Worcestershire sauce (lowest sodium available) 1/2 teaspoon dried thyme, crumbled 1/4 teaspoon Louisiana hot-pepper sauce or red hot-pepper sauce 1/4 cup snipped fresh parsley 1/2 teaspoon salt In a large nonstick skillet, heat 1 teaspoon oil over medium-high heat, swirling to coat the bottom. Cook the chicken for 2 to 3 minutes, or until barely pink in the center, stirring frequently. Transfer to a plate. In the same skillet, stir together the tomatoes with liquid, broth, bell pepper, okra, bay leaves, sugar, Worcestershire sauce, thyme, and hot-pepper sauce. Bring to a boil over medium-high heat, about 2 minutes. Reduce the heat and simmer, covered, for 20 minutes, or until the okra is tender and the mixture has thickened slightly, breaking up any large pieces of tomato near the end of cooking. Remove from the heat. Discard the bay leaves. Stir in the parsley, salt, remaining 2 teaspoons oil, and chicken with any accumulated juices. If time allows, cover and let stand for about 15 minutes so the flavors blend more thoroughly. Nutrition Information (Per serving): calories 176 total fat 4.5 g saturated fat 1.0 g trans fat 0.0 g polyunsaturated fat 0.5 g monounsaturated fat 2.5 g cholesterol 49 mg carbohydrates 11 g fiber 3 g sugars 7 g protein 22 g

Dietary exchanges: 2 vegetable 2 1/2 lean meat

AMERICAN HEART ASSOCIATION is the nation's premier authority on heart health. Its bestselling library of cookbooks and heart-health books includes: American Heart Association Healthy Family Meals American Heart Association Low-Fat, Low-Cholesterol Cookbook, 4th edition American Heart Association Low-Salt Cookbook, 3rd edition The New American Heart Association Cookbook, 7th edition American Heart Association One-Dish Meals American Heart Association Quick & Easy Cookbook American Heart Association Complete Guide to Women's Heart Health American Heart Association No-Fad Diet For more information, please visit [americanheart.org](http://americanheart.org) or call 1-800-USA1 (1-800-242-8721).

I love my cookbook from the American Heart Association. The meals were quick and easy and most I found about 30 meals I prefer to make. I would order other books from them.

This is exactly what I was looking for. Would recommend this book to anyone who is looking to eat HeartSmart. The recipes are quick and easy and good!!!

We were changing our eating habits at the time and this cook book fits our life style. I work late and don't have hours to prepare meals.

These recipes in this cookbook are simple and fast, and almost everyone that I have tried we really liked. The pumpkin soup is delicious.

GREAT!! really think this is an awesome product. I would highly recommend it to anyone and everyone! Reasonably priced too!

Love it! Trying to eat healthier.

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