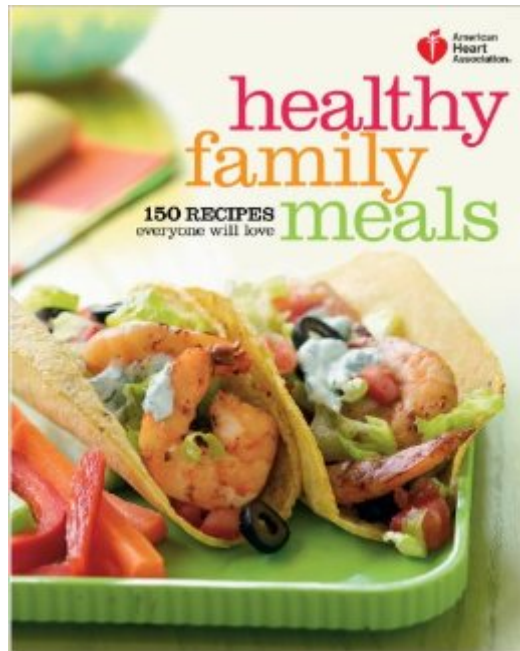


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# American Heart Association Healthy Family Meals: 150 Recipes Everyone Will Love



## Synopsis

Are you stressed out over how to feed your family a nutritious meal at the end of a long, busy day without turning to convenience foods or the drive-through? Now, the nation's most trusted authority on heart-healthy living presents a cookbook bursting with nourishing, flavorful recipes to please the palates of family members of all ages. Since the main dish is usually the starting point of meal planning, more than half the recipes in this book are for entrées. Here's how they're organized: • Everyday Dinners • Busy Nights • Plan-Aheads • Cook Once, Eat Twice To help you incorporate additional vegetables, fruits, and grains into your family's diet, we've included Make It a Meal, a special feature that suggests accompaniments "salads and soups, vegetable and grain side dishes, and even desserts" for many of the main dishes. From the Hardcover edition.

## Book Information

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Average Customer Review: 4.4 out of 5 stars • See all reviews • (38 customer reviews)

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## Customer Reviews

This is such a wonderful cookbook! I originally found it at the library, thinking to pick up some cooking tips and a few recipes. Now, after combing through it many times, there's so much in it that I like I have to add it to my cooking library! The oven-baked sweet potato fries is a sure winner--best recipe for it I've ever found. My husband asked me to make more just for him because they vanished so quickly at dinner! What this book lacks in volume it makes up for in quality. It may have only 150 recipes, but just about everyone of them is tasty, healthy, a little adventurous, and widely appealing. It is everything I would wish for in every cookbook I pick up. There is more

traditional fare that has pared down on fat, there are fusion-type dishes, healthier spins on more newly popular recipes (like the Shrimp Tacos on the cover). The sides section has many easy, quick, and appealing recipes. There are smoothie recipes, some very tasty looking salad recipes that I believe will appeal to salad-creating newbies. On many recipes they suggest sides to serve with the main dishes that are \*drum roll please\* NOT TIME-CONSUMING!!! Many cookbooks assume you have limitless hours to cook, and after spending time prepping for a main course suggest an additionally time-sucking side dish, which is not great if you have young children, like me. The cook book suggestions are quick, and healthfully round out the meal. Even if it does suggest a side dish in the book, it is usually very quick. The pictures are gorgeous and really got me revved up to make these meals! The ONLY reason I gave it four stars is for a personal reason: I have to cook around my family's food sensitivities and there are things like fat-free sour cream and plain nonfat yogurt that are used quite often that I can't use.

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