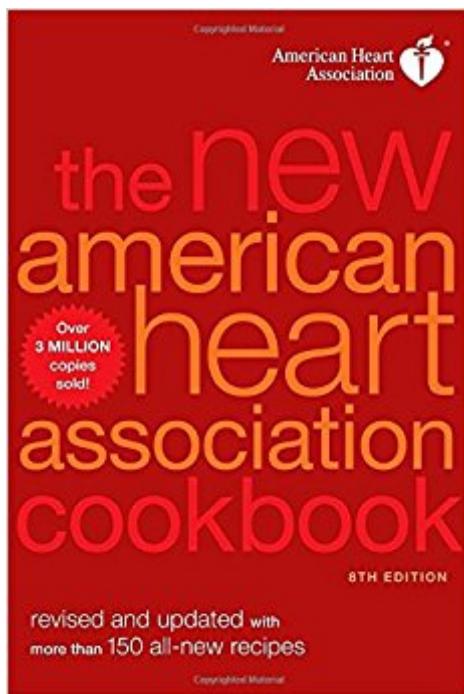


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# The New American Heart Association Cookbook, 8th Edition



## Synopsis

In print for more than thirty-five years and with three million copies sold, The New American Heart Association Cookbook remains the ultimate resource on achieving a healthy diet. With 612 mouthwatering recipes and the latest heart-health information, this newly revised and updated edition is more valuable than ever. There's just no denying that nutritious, wholesome eating combined with an active lifestyle helps prevent heart disease and increases vitality. The American Heart Association knows that maintaining good heart health throughout your life is possible, and this cookbook shows you how to get started right in your own kitchen. The New American Heart Association Cookbook, 8th Edition, includes not only 600-plus everyday recipes for the whole family but also the most current dietary, exercise, and lifestyle recommendations. This latest edition features more than 150 brand-new recipes, all of which meet the American Heart Association's good-health and high-flavor standards. With globally inspired tastes, trendy ingredients, and popular time-saving cooking methods, here are just some of the new recipes this edition has to offer: Curried Pumpkin Soup, Spinach Salad with Roasted Beets and Pomegranate Vinaigrette, Ginger-Infused Watermelon and Mixed Berries, Slow-Cooker Cioppino, Salmon Cakes with Creole Aioli, Chicken Gyros with Tzatziki Sauce, Couscous Paella, Slow-Cooker Chile Verde Pork Chops, Black Bean Polenta with Avocado Salsa, Cumin and Ginger Lentils on Quinoa, Edamame with Walnuts, Sweet Potato Bread, Pistachio-Cardamom Meringues, Delicate Lemon Ricotta Cheesecake with Blackberries. In this revised edition of The New American Heart Association Cookbook, you'll find updated information on trans fats and sodium, all-new nutritional analyses, and important good health tips. Also included are grocery-shopping strategies, healthy cooking methods, more than a dozen new menu plans for special occasions and holidays, a recipe index of Planned-Overs and Plan-Aheads for easy reference, and more. With so many recipes and so much information packed between its pages, The New American Heart Association Cookbook will be the cookbook you return to again and again.

## Book Information

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## Customer Reviews

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

turkey lasagnaServes 9Here's the solution for what to take to potluck dinners. Cooking spray8 ounces dried whole-grain lasagna noodles1 pound lean ground skinless turkey breast8 ounces button mushrooms, sliced 1/4 cup chopped onion3 medium garlic cloves, minced3 cups no-salt-added tomato sauce2 teaspoons dried basil, crumbled 1/2 teaspoon dried oregano, crumbledPepper to taste16 ounces fat-free cottage cheese1 10-ounce package frozen chopped spinach, thawed and squeezed dryDash of nutmeg2 cups shredded or grated low-fat mozzarella cheesePreheat the oven to 375° F. Lightly spray a 13 x 9 x 2-inch glass baking dish with cooking spray. Prepare the noodles using the package directions, omitting the salt. Meanwhile, in a large nonstick skillet over medium-high heat, stir together the turkey, mushrooms, onion, and garlic. Cook for 8 to 10 minutes, or until the turkey is no longer pink, stirring occasionally to turn and break up the turkey. Reduce the heat to low. Cook, covered, for 3 to 4 minutes, or until the mushrooms have released their liquid. Increase the heat to high. Cook, uncovered, for 2 to 3 minutes, or until the liquid evaporates. Stir in the tomato sauce, basil,

oregano, and pepper. Reduce the heat to low. Cook for 5 to 6 minutes, or until heated through. In a large bowl, stir together the cottage cheese, spinach, and nutmeg. In the baking dish, layer one-third of the cooked noodles, one-half of the cottage cheese mixture, one-third of the turkey mixture, and one-third of the mozzarella. Repeat the layers. Finish in order with the remaining noodles, turkey, and mozzarella. Bake, covered, for 35 to 40 minutes, or until the casserole is heated through and the mozzarella is melted.

PER SERVING

Calories	283
Total Fat	3.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	1.0 g
Cholesterol	42 mg
Sodium	413 mg
Carbohydrates	33 g
Fiber	6 g
Sugars	9 g
Protein	30 g
Dietary Exchanges	1 starch, 2 vegetable, 3 very lean meat

My wife and I ordered this cookbook as soon as I was released from the hospital. I had had a heart attack at age 58, and healthier eating--low-fat, low-cholesterol, low-sodium, smaller portions--was on the menu. It has now been more than six weeks, and we have eaten about 90 percent of our meals from this book. People ask me, "what do you miss most?" and I have nothing to say. The recipes have yielded such tasty meals that I truly never think about the fact that I'm not getting the salt or fat I was so used to. I recommend this book to anyone who needs or wants to eat healthy food. My wife did not have a heart attack, but she has chosen to eat exactly what I eat (and is losing weight, as I am, because of it) and is enjoying the food every bit as much as I am. Get this cookbook as soon as you can.

I have enjoyed cooking for decades and was recently diagnosed with premature heart disease. I was not coming from a position of ignorance and had moderated my diet for weight loss, so that it was largely healthy already: whole grains, brown rice, restricted fruit, encouraged fresh vegetables, no added sugar and salt, moderate amounts of lean protein and so on. I missed the variety of the recipes that I'd previously used, however, and didn't want to get stuck in a rut that would threaten my ability to sustain this new approach. That's when I bought this book, hoping for varied healthy recipe ideas. I was not impressed with this book's assumption that use of canned and processed ingredients is healthier than natural, fresh ones, just because they contain less fat. There are many more elements to a healthy heart than simply fat and cholesterol levels and a book of recipes that thinks a can of soup is a great idea as a binding agent is simply not as healthy as it could be. Canned and processed goods are sodium rich and crammed with preservatives that we just don't need. Meanwhile, 'Low fat dairy' is the single biggest dietary con in recent years: any product claiming to be low-fat has invariably boosted the taste level by adding sugar. Just because you

lower the fat, does not make it good for the heart.Upon reading the nutritional content listed for a single serving of some of the recipes, I was dismayed to see that while they do indeed have a low fat content, they are AWASH with sugar. One chicken recipe listed a staggering 32g of sugar per serving. This is utter ridiculousness. Anybody who wants to keep or promote a healthy heart or who wishes to limit the effects of existing disease is simply not going to achieve that with a book that apparently doesn't understand that fat is not the only evil. It is well known that a diet high in sugar also has negative consequences for the development of heart disease.Curried pumpkin soup? Sounds delicious! WHY put maple syrup in it? No sugar is necessary, not in ANY form, in order for this dish to be tasty. What on earth are you even trying to accomplish when you put the name of the American Heart Association on the cover and sell it as a healthy cookbook, when it manifestly isn't?When I purchase a book for heart healthy recipes that is linked to this organisation, I do not expect to have to go through all of them with a fine-toothed comb in order to find the 1 in 10 recipes that are genuinely healthy or that do not require significant alteration before they are of any use to me at all.Deeply disappointed.

This is a good place to start on the quest to prepare heart healthy meals. There are a wide variety of recipes to keep things from getting boring, and detailed nutritional information is listed for each one. Some of the recipes go a little heavy on the carbohydrates (rice, etc), but those are easily adjusted by switching out the offending ingredient for something else like spinach, other veggies, etc. I only mention this because our cardiologist emphasized low carbohydrate in general, not just the white flour/sugar type--other physicians' recommendations might not include that particular caveat.

This cookbook looks fabulous! My sister is using it and mentioned several good recipes. My husband recently had a heart attack. He is recovering nicely, but I am trying to learn a new way of cooking. The only drawback (and it isn't really a bad point) is that it is so huge that I am a little overwhelmed!

This cookbook is several inches thick and does not have pictures. Please don't let that discourage you. If you're serious about healthy, heart-friendly cooking, this is the cookbook you need. I'm an experienced cook and have tons of cookbooks, but I'm turning more and more to this "all-in-one" cookbook that I can trust to have a healthy recipe for just about anything I have a taste for that day/week. You will SO appreciate that they give heart-healthy recipes for "basics" (gravies, sauces, basic breads, basic salads, etc.). This morning I whipped up a quick bowl of tuna salad to have for

my lunch today. It's the best tuna salad I've ever made (and the healthiest), made with light mayo/nonfat yogurt, chopped tomatoes and green onions, cilantro, and lemon zest. There are hundreds of interesting entree recipes, mostly using ingredients you'll already have on your shelves. When "special" ingredients are called for, the book often gives a more common substitution - but do yourself a huge favor and stock your pantry with as many special ingredients as you can and keep your fridge stocked with lots of fresh produce. I've found that the key to success in lowfat cooking is to be prepared to jazz up recipes with spices and various bottled items without having to run to the grocery store. Also, keep citrus on hand - lemons and limes are called for in many heart-friendly recipes and completely transform some foods (like the lemon zest in the tuna salad). Some of the recipe introductions also tell you how you can use the leftovers in another recipe - Sweet-Spice Glazed Chicken can become Island Chicken Salad with Mint later in the week. For a busy Mom who doesn't want to always serve the same old boring meals to my family, those suggestions are helpful. It saves time hunting thru cookbooks and simplifies my grocery shopping. If you're serious about cooking more healthfully, you'll be happy you got this book!

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