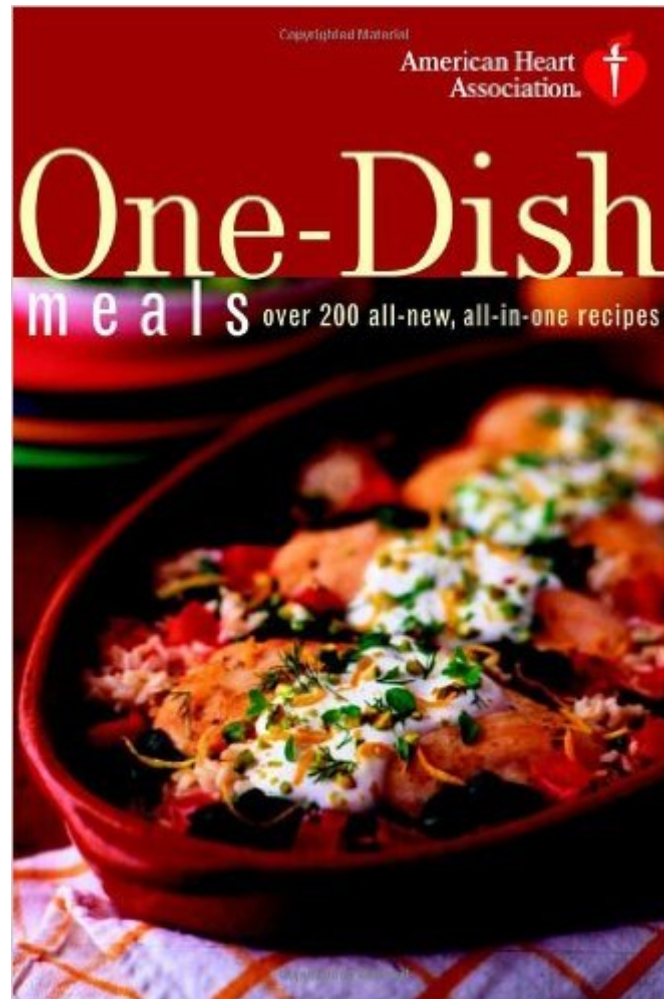


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# American Heart Association One-Dish Meals: Over 200 All-New, All-in-One Recipes



## Synopsis

Juggling work, school, family, and home seems to be the norm in today's hurried world. Many of us often grab a quick bite and keep on moving, sidelining healthful eating habits and nutrition. How wonderful it would be to wind down after a long, hard day with a wholesome, home-cooked meal. Now, the American Heart Association, America's most trusted authority on heart-healthy living and diet, presents a brand-new cookbook that can help. One-Dish Meals is designed for the millions of health-conscious Americans who are always on the go. The more than 200 simple and tasty one-dish recipes offer sensible, convenient alternatives to fatty fast food and high-sodium frozen dinners. The American Heart Association once again proves that healthful, satisfying meals needn't mean sacrificing great flavors or precious time. Many of these delicious dinners practically cook themselves. And forget about washing a sinkful of dishes, because almost every recipe here cooks in just one pot—so dinner is easy to make and quick to clean up. Arranged by category—meat, poultry, seafood, or vegetarian—each recipe includes nutrients essential for heart-healthy living. You'll find everything from weeknight dinners to special-occasion favorites—from stews, meat loaf, and pot roasts to cassoulets, enchiladas, and even a tagine. All you need is one dish and this cookbook, and in no time at all, you'll have a healthful, home-cooked meal.

## Book Information

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## Customer Reviews

My partner and I cook real home cooked meals every night, but we don't always have tons of time to

do it. Plus, since I've been working to lose weight, we've been looking for recipes with reasonable portion sizes, with more vegetables, which are lower in calories. We're only in our 30s and don't have any heart problems, but bought this cookbook for more general health-conscious reasons. We own over a hundred cookbooks, and this is our new favorite. We've had it for about four months now, and cooked a few dozen recipes from it, a number of them multiple times. Most of them have received either excellent or good reviews from both of us. Only a handful haven't worked well, and even those weren't bombs -- we think that they only needed minor tweaking to match our personal tastes better. We're the kind of people who sit down once a week and choose recipes to cook that week before making up the grocery list. We put sticky notes on the top of the page to mark the selected recipes and then move the notes to the side to mark ones we've tried and liked well enough to note for later. Well, this book looks like a \*forest\* of sticky notes. Some weeks, we cook every night from this single cookbook. I love the variety of recipes, the detailed nutritional information, and the fact that most (maybe all?) of them only use one pot (a lot of other "one dish" or "one pot" cookbooks have you make pasta or rice separately). He loves the fact that he doesn't have to keep asking, "Honey, is this one on your diet?" Because everything in this book is fair game -- which is strangely not true of a lot of the other supposedly healthy cookbooks I have, once you look more closely at the recipes.

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