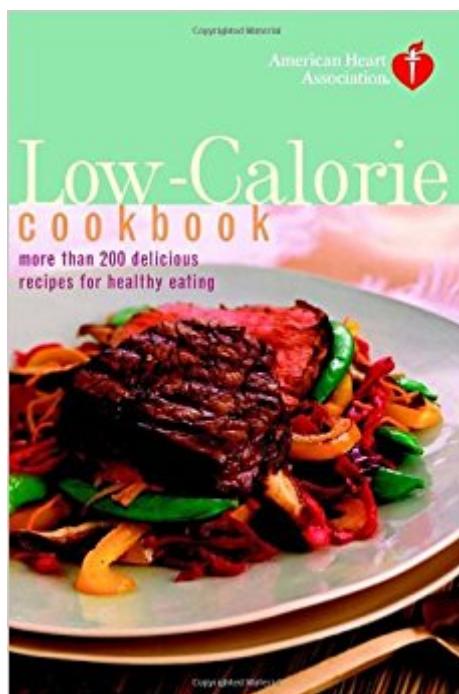


The book was found

American Heart Association Low-Calorie Cookbook: More Than 200 Delicious Recipes For Healthy Eating



Synopsis

Losing excess weight is one of the best ways to reduce your risk of heart disease, stroke, diabetes, and a number of other health problems. And while fad diets may come in and go out of fashion, the best and healthiest way to lose weight and keep it off is to eat fewer calories and increase your physical activity. With the American Heart Association Low-Calorie Cookbook, cutting those calories is simpler than you may think—and with such delectable recipes to savor, you won't even feel deprived! You'll find more than 200 fabulous recipes, none with more than 500 calories. These recipes along with user-friendly cooking and shopping tips, health and diet information, and nutrient analyses, will be the keys to your success. Whether you want to maintain your already healthful weight, follow a weight-loss program, or lose weight on your own, the American Heart Association Low-Calorie Cookbook will help you reach your goal—and without losing out on the excitement of great-tasting food.

Book Information

Series: American Heart Association

Hardcover: 352 pages

Publisher: Harmony; 1st edition (April 8, 2003)

Language: English

ISBN-10: 0812928547

ISBN-13: 978-0812928549

Product Dimensions: 6.3 x 1.1 x 9.5 inches

Shipping Weight: 1.6 pounds

Average Customer Review: 4.2 out of 5 stars 14 customer reviews

Best Sellers Rank: #797,861 in Books (See Top 100 in Books) #48 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association #278 in Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #683 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat

Customer Reviews

Losing excess weight is one of the best ways to reduce your risk of heart disease, stroke, diabetes, and a number of other health problems. And while fad diets may come in and go out of fashion, the best and healthiest way to lose weight and keep it off is to eat fewer calories and increase your physical activity. With the American Heart Association Low-Calorie Cookbook, cutting those calories is simpler than you may think?and with such delectable recipes to savor, you won't even feel

deprived! You'll find more than 200 fabulous recipes, none with more than 500 calories. These recipes along with user-friendly cooking and shopping tips, health and diet information, and nutrient analyses, will be the keys to your success. Whether you want to maintain your already healthful weight, follow a weight-loss program, or lose weight on your own, the American Heart Association Low-Calorie Cookbook will help you reach your goal?without losing out on the excitement of great-tasting food.

Wassail curried chicken and chutney spread serves 8; 2 tablespoons per serving

Mango chutney and curry powder turn cream cheese into a "company's coming" appetizer and a great snack. Serve small scoops of this creamy chicken spread on cucumber slices, bell pepper squares, or celery sticks, or use it to fill phyllo shells.

1 cup diced cooked chicken or turkey, white meat only, skin and all visible fat removed (6 to 8 ounces cooked boneless, skinless chicken breasts or 1 small turkey tenderloin, about 8 ounces)

2 ounces fat-free or reduced-fat cream cheese, softened

1/4 cup fat-free or low-fat plain yogurt

3 tablespoons mango chutney

1 teaspoon curry powder

2 tablespoons sliced almonds (optional)

1/4 teaspoon paprika (optional)

1/4 teaspoon curry powder (optional)

In a food processor or blender, process the chicken, cream cheese, yogurt, chutney, and 1 teaspoon curry powder to the desired texture. (If you want the consistency like chicken salad, coarsely chop the chicken with a knife and combine the ingredients in a small bowl.) To serve, put the spread in a small bowl. Sprinkle with almonds, paprika, and 1/4 teaspoon curry powder.

cook's tip on mango chutney

Mango chutney is like a sweet, fruit-based jam with a zesty attitude (from a touch of vinegar). Find it near the condiments or Indian foods in your grocery. Serve mango chutney as a dipping sauce for grilled meats, or spread 1/2 cup of it over a block of fat-free cream cheese for an instant appetizer with low-fat crackers and mixed vegetables on the side.

with almonds

Calories 68

Total Fat 1.5 g

Saturated 0.5 g

Polyunsaturated 0.5 g

Monounsaturated 1.0 g

Cholesterol 16 mg

Sodium 55 mg

Carbohydrate 6 g

Fiber 0 g

Protein 7 g

without almonds

Calories 59

Total Fat 1.0 g

Saturated 0.0 g

Polyunsaturated 0.0 g

Monounsaturated 0.5 g

Cholesterol 16 mg

Sodium 55 mg

Carbohydrate 5 g

Fiber 0 g

Protein 7 g

sun-dried tomato dip

serves 12; 2 tablespoons per serving

The lineup of sun-dried tomatoes, garlic, and Italian seasoning makes this dip a surefire crowd pleaser. It's especially good with raw celery, carrots, cucumbers, broccoli, and cauliflower.

1/2 cup boiling water

18 dry-packed sun-dried tomato halves

1 cup low-fat cottage cheese, undrained

1/2 cup fat-free or low-fat plain yogurt

2 tablespoons fat-free, cholesterol-free, or light, reduced-calorie mayonnaise dressing

1 to 2 medium garlic cloves or 1*2 to 1 teaspoon bottled minced garlic

2 medium green onions (green and white parts)

1/2 teaspoon salt-free Italian seasoning,

crumbled 1/2 to 1 teaspoon dried basil, crumbled 1/8 teaspoon pepper 1/8 teaspoon salt In a small bowl, combine the water and tomatoes. Let stand for 10 to 15 minutes, or until softened. Meanwhile, in a food processor or blender, process the cottage cheese, yogurt, mayonnaise, and garlic until smooth. Transfer to a small bowl. Slice the green onions. Add to the cottage cheese mixture. Stir in the Italian seasoning, basil, pepper, and salt. Drain and finely chop the tomatoes. Stir into the cottage cheese mixture. Cover and refrigerate for 2 to 48 hours. Stir before serving. **cook's tip** You can use fat-free cottage cheese instead of low fat, but the texture of the dip won't be quite as pleasing. **Calories** 37 **Total Fat** 0.5 g **Saturated** 0 g **Polyunsaturated** 0 g **Monounsaturated** 0 g **Cholesterol** 1 mg **Sodium** 130 mg **Carbohydrate** 5 g **Fiber** 1 g **Protein** 4 g **edamame hummus** **serves** 24; 2 tablespoons per serving **Hummus** is traditionally made with chick-peas, but shelled green soybeans, called edamame (ed-ah-MOM-ee), offer a refreshing alternative. Serve this zesty, mildly sweet hummus as a dip with fresh vegetables or pita bread, or use a larger portion as a side dish. **8 cups water** **16 ounces frozen shelled green soybeans**, or **edamame** **1/2 cup fat-free or low-fat lemon yogurt** **1/3 cup firm reduced-fat tofu**, drained if necessary **1/4 cup diced red onion** **3 strips cooked low-fat turkey bacon or soy bacon** **1 1/2 tablespoons fresh lemon juice** **1 teaspoon hot chili sauce** **1 medium garlic clove**, minced, or **1*2 teaspoon bottled minced garlic** **1 small red bell pepper**, diced **Pour** the water into a small stockpot; bring to a boil, covered, over high heat. Reduce the heat to medium-high; cook the edamame, uncovered, for 5 minutes. Meanwhile, fill a large bowl with ice water. Remove the edamame with a large slotted spoon or skimmer; plunge the edamame into the ice water to stop the cooking process and preserve the color. Let stand until chilled, about 5 minutes. Drain well. In a food processor or blender, process the yogurt, tofu, onion, bacon, lemon juice, chili sauce, and garlic for 30 seconds; scrape down the sides of the bowl and process for 30 seconds. Add the edamame; process until the mixture is almost smooth, scraping down the sides of the bowl as necessary. Add the red bell pepper; pulse 8 to 12 times, until the desired consistency. **cook's tip** on edamame (soybeans) Rich in fiber, vitamins A and C, and protein, edamame is easy to prepare. You can microwave, steam, or boil it; shell it if necessary; and sprinkle lightly with salt. Little kids often like them, too. If your supermarket doesn't carry the frozen variety, check Asian food markets or health food stores. And be sure to look for fresh soybeans in the late spring through early summer. **Calories** 43 **Total Fat** 1.5 g **Saturated** 0.5 g **Polyunsaturated** 0.5 g **Monounsaturated** 0.5 g **Cholesterol** 2 mg **Sodium** 35 mg **Carbohydrate** 4 g **Fiber** 1 g **Protein** 3 g **melon kebabs with minted citrus sauce** **serves** 7; 3 fruit skewers and 1 tablespoon sauce per serving **Double** the flavor of these appetizers with double mint-fresh mint leaves and peppermint extract. A dipping sauce of orange and lime juices provides a pleasing contrast to the sweet melons. **21 fresh mint**

leaves (optional)21 1-inch cubes watermelon, honeydew melon, or cantaloupe, or a combination3 tablespoons fresh orange juice3 tablespoons fresh lime juice1 1/2 tablespoons sugar1/4 teaspoon peppermint extractPlace 1 mint leaf and 1 melon cube on each of 21 toothpicks.In a small serving bowl, stir together the remaining ingredients until the sugar has dissolved.Place the bowl of sauce in the center of a serving platter. Arrange the skewered fruit around the bowl. To eat, dip the melon into the sauce.tropical kebabs with gingered citrus sauceSubstitute cubes of mango and whole strawberries for the melon; frozen orange juice concentrate for the fresh orange juice; honey for the sugar; and grated gingerroot for the peppermint extract.melon kebabsCalories 29Total Fat 0 g
Saturated 0 g Polyunsaturated 0 g Monounsaturated 0 g Cholesterol 0 mg Sodium 3 mg Carbohydrate 7 g Fiber 0 g Protein 0 g tropical kebabsCalories 47Total Fat 0 g Saturated 0 g Polyunsaturated 0 g Monounsaturated 0 g Cholesterol 0 mg Sodium 1 mg Carbohydrate 12 g Fiber 1 g Protein 1 g

I am extremely pleased with many of the recipes in this cookbook. The cookbook is broken down into appetizers, snacks, and beverages, soups, salads, seafood, poultry, meats, vegetarian entrees, vegetables and side dishes, breads and breakfast dishes, and my favorite...desserts! Every recipe is for 4 servings, but thankfully, the book tells you what is considered 1 serving. 4 servings is FINE since most of the meals can be packaged up and eaten for lunch or dinner the next day.I have made the beef and broccoli stir-fry, the pineapple meatballs, the shepherd's pie, the apple dumplings, the macaroni and cheese with spinach, and the gnocci with spaghetti sauce. My husband and I were AMAZED with how flavorful the gnocci and the pineapple meatballs were...we absolutely loved these meals! The apple dumplings were delicious, but they were a little challenging to make...the pie filling kept eeking out the sides when I was trying to fold them into triangles like the directions said. The only one I will not make again was the macaroni and cheese with spinach. I could barely taste the low-fat cheddar cheese and I felt like I was just eating cooked noodles and spinach.I work full time and I'm also a graduate student, so you can imagine that I don't have a lot of time to spend in the kitchen. There are recipes in this book that take maybe 15-20 minutes to prepare and cook, such as the pineapple meatballs. The gnocci, obviously, will take longer to make and I recommend that some recipes should be attempted on the weekend and made in bulk since you can devote more time to them.Nonetheless, I am highly impressed with the recipes I have tried in this book! I have used it to keep myself on a 1200 calorie diet and after using it for just a week and a half, I've lost 5 lbs! The recipes are "normal"...no weird casseroles or anything here. And the desserts aren't just fruit like so many other cookbooks push...apple dumplings were fantastic and

I'm going to make the mint chocolate cupcakes with devil's food cake shortly. I recommend this book for anyone trying to eat healthier while still eating their favorites. This book has a recipe for everyone and the nutritional information is broken down for you per serving, so you'll have no problems tracking your caloric or fat intake. Buy it - you won't regret it!

Though this cookbook does not contain pictures, it contains a lot of great recipes that are quick, easy to follow, and healthy. They have quite a bit of flavor as well, and the portions aren't skimpy (like the weight watchers cookbooks I've found). The recipes are varied and don't call for unusual ingredients - but you'll find that this also isn't your typical American "SAD" fare skinned down. The recipes are healthy by nature, focusing on healthy ingredients rather than diet-oriented substitutes or trendy low-carb fare. The cookbook also contains a lot of helpful information on healthy eating and what it takes to lose and/or maintain weight from a healthful, long-term perspective. This is a great addition to my cookbook library.

A lot of recipes to choose from. Nutritional information is included so it doesn't matter if you are eating low cal, low carb, low fat or low sodium, the info is there for you to make the choice.

Tasteless, bland.

very good book..... great price..... need more like it, quality paper and stock it was written on as well, will last a long time

This book is good if a person is wanting to have a diet low in meats. Very good for a up and coming vegan.

The recipes that I have tried have all turned out really well. I just wish there were pictures to accompany the recipes.

Good quality. It was an old library book and I expected worse but it was not bad at all. Solid investment, a lot of great recipes!

[Download to continue reading...](#)

Negative Calorie Diet:Calorie Zero to Size Zero!: (Negative Calorie,Negative Calorie Diet,The Negative Calorie Diet,Negative Calorie Foods,Negative Calorie ... in a week,the negative calorie diet

book) American Heart Association Low-Calorie Cookbook: More Than 200 Delicious Recipes for Healthy Eating Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1) Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Low Carb: Low Calorie Cookbook: 50 High Protein Recipes Under 500 Calories for Weight Loss, Muscle Building, Healthy Eating & To Increase Energy (Low Carb ... Low Carb Cookbook, Low Carb Diet Book 1) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weight loss, Eat Clean Diet Book Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) American Heart Association Low-Salt Cookbook, 3rd Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) The American Heart Association Low-Salt Cookbook: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Easy Low Fat & Low Cholesterol Mediterranean Diet Recipe Cookbook 100+ Heart Healthy Recipes & Meals Plan: Healthy Cooking & Eating Book with Low Salt, ... Nutrition & Dieting Recipes Collection) American Heart Association Quick & Easy Meals: More Than 200 Healthy Recipes Plus Time-Saving Tips for Shopping, Planning, and Eating Well Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Air Fryer Cookbook: The World's No. 1 Low Fat Fryer, The Ultimate Healthy Delicious Recipes Cookbook (clean eating, healthy cookbook, air fryer recipes cookbook,) Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb

Cookbook) American Heart Association Quick & Easy Cookbook, 2nd Edition: More Than 200 Healthy Recipes You Can Make in Minutes Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)