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American Heart Association Quick & Easy Cookbook, 2nd Edition: More Than 200 Healthy Recipes You Can Make in Minutes

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Convenience and eating healthfully *can* go hand in hand, and with the *American Heart Association Quick & Easy Cookbook, 2nd Edition*, you can spend less time in the kitchen and still achieve great results at the table.

This revised and expanded edition of the classic cookbook includes more than 200 speedy dishes, of which 60 are brand new. Prep and cooking times are provided for all recipes, so you'll know how much time you'll need in the kitchen. And rest assured, no dish takes longer than 20 minutes to prepare, and many recipes can be made in 30 minutes from start to finish.

In fewer than 10 minutes, you can start your day with Confetti Scrambler or Mandarin Breakfast Parfaits. No one will guess you whipped up dinner in 20 minutes when you serve Chicken with Tarragon Oil, Baked Tilapia with Pineapple Reduction, or Beef Tenderloin on Herbed White Beans. When meals are this simple and good for you, even appetizers, snacks, sides, and desserts can be on the docket. You'll find recipes for Homemade Corn Tortilla Chips, Edamame Salsa, Warm Chicken and Papaya Salad, Citrus Kale with Dried Cranberries, Chocolate-Banana Mini Cupcakes, Grilled Peaches with Almond Liqueur, and much more!

Make the most of your time in the kitchen and in the grocery store with helpful tools such as:

· Meal-planning strategies, including a sample dinner plan and a chart template to customize your own meals week-by-week
· Guidelines for maximizing nutritious foods and minimizing nutrient-poor foods
· Shopping strategies, including lists of health-smart staples
· Tips on organizing your kitchen for the greatest efficiency
· Quick-cooking techniques and short prep tricks

With this new edition of one of the American Heart Association's first and most popular cookbooks, you'll have a resource right at your fingertips for making your own quick and easy meals that will offer you fast, healthy food.

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From reader reviews:

Pat Billings:

Have you spare time to get a day? What do you do when you have more or little spare time? Yep, you can choose the suitable activity to get spend your time. Any person spent their own spare time to take a walk, shopping, or went to often the Mall. How about open or maybe read a book allowed American Heart Association Quick & Easy Cookbook, 2nd Edition: More Than 200 Healthy Recipes You Can Make in Minutes? Maybe it is to become best activity for you. You realize beside you can spend your time along with your favorite's book, you can cleverer than before. Do you agree with its opinion or you have additional opinion?

Troy Jones:

Reading can called brain hangout, why? Because if you find yourself reading a book especially book entitled American Heart Association Quick & Easy Cookbook, 2nd Edition: More Than 200 Healthy Recipes You Can Make in Minutes the mind will drift away trough every dimension, wandering in most aspect that maybe not known for but surely can become your mind friends. Imaging every word written in a publication then become one form conclusion and explanation that maybe you never get ahead of. The American Heart Association Quick & Easy Cookbook, 2nd Edition: More Than 200 Healthy Recipes You Can Make in Minutes giving you another experience more than blown away your head but also giving you useful details for your better life on this era. So now let us teach you the relaxing pattern is your body and mind will likely be pleased when you are finished reading it, like winning a sport. Do you want to try this extraordinary investing spare time activity?

Glenn Wallin:

Are you kind of hectic person, only have 10 or perhaps 15 minute in your day to upgrading your mind expertise or thinking skill perhaps analytical thinking? Then you are experiencing problem with the book than can satisfy your short time to read it because all this time you only find book that need more time to be read. American Heart Association Quick & Easy Cookbook, 2nd Edition: More Than 200 Healthy Recipes You Can Make in Minutes can be your answer as it can be read by an individual who have those short time problems.

Barbara Mobley:

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