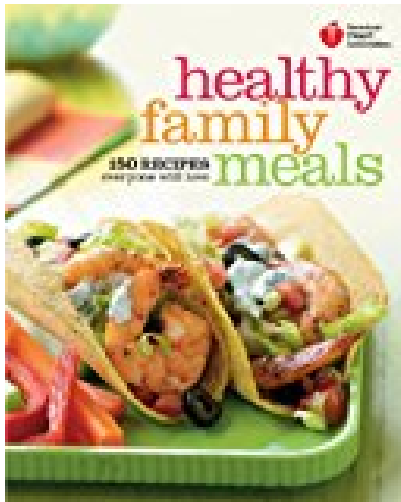


# American Heart Association Healthy Family Meals 150 Recipes Everyone Will Love

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## BOOK DETAILS

- Author : American Heart Association
- Pages : 256 Pages
- Publisher : Harmony
- Language : English
- ISBN : 0307720624

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## **BOOK 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.

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