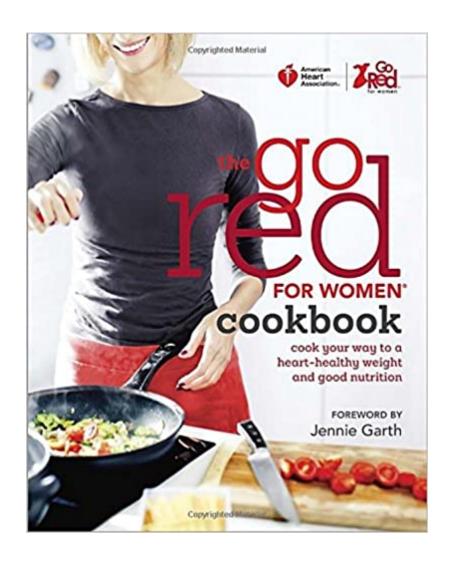


The book was found

American Heart Association The Go Red For Women Cookbook: Cook Your Way To A Heart-Healthy Weight And Good Nutrition





Synopsis

A HEALTH COOKBOOK FOR WOMEN BY WOMENThe American Heart Association \tilde{A} ¢ \hat{a} $\neg \hat{a}$,¢s Go Red For Women social initiative has inspired hundreds of thousands of women to eat nutritiously, exercise regularly, and maintain a healthy weight. Now the iconic "red dress" can be your kitchen companion all year long, with 200 recipes to help you take charge of your health. \tilde{A} \hat{A} By cooking wholesome meals at home, you can easily and significantly reduce your risk of heart disease, which takes the lives of more women each year than all forms of cancer combined. The Go Red For Women Cookbook helps you stick to your health goals with recipes for guilt-free drinks, appetizers, dinners, and desserts for gatherings with friends and breakfasts on the go, brown-bag lunches, and snacks for the whole family. Recipes include: \tilde{A} \tilde

Soupà ÂÃÂÃÂÃÃÂ ÂÃ ÂSpinach Salad with Apples and Caramelized

Radishesà ÂÃ ÂÃ ÂÃ ÂÃ ÂÃ Á Kale Salad with Sweet Citrus

Dressingà à Lime-Basil Tilapiaà à A Chicken with Mango-Avocado Salsaà Â Ã Â Â Â Â Â Â Â Â Â Â A Â A A Carlicky Greek Salad

Book Information

Series: American Heart Association

Hardcover: 272 pages

Publisher: Harmony; 1 edition (December 31, 2013)

Language: English

ISBN-10: 0385346212

ISBN-13: 978-0385346214

Product Dimensions: 7.6 x 0.9 x 9.4 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 3.2 out of 5 stars 11 customer reviews

Best Sellers Rank: #995,977 in Books (See Top 100 in Books) #59 in A A Books > Health, Fitness

& Dieting > Diets & Weight Loss > American Heart Association #328 inà Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #831 inà Â Books > Cookbooks, Food & Wine > Special Diet > Low Fat

Customer Reviews

The mission of the AMERICAN HEART ASSOCIATION is to build healthier lives, free of cardiovascular diseases and stroke. Its bestselling library of cookbooks and guides includes Eat Less Salt; Low-Salt Cookbook, 4th Edition; Healthy Slow Cooker Cookbook; and The New American Heart Association Cookbook, 8th Edition.

Chocolate and Red Wine Mini Cupcakes Rich red wine gives these small indulgences big flavor and deep, dark color that hides a mystery ingredient: beets! The ruby-red roots add sweetness and moisture while tinting the frosting a pretty pink. Butter-flavor cooking spray 3â•â 4 cup white whole-wheat flour 1â•â 4 cup unsweetened Dutch-process cocoa powder 1â•â 4 cup firmly packed dark brown sugar 1â•â 2 teaspoon baking soda 1â•â 4 teaspoon baking powder $1\tilde{A}\phi\hat{A}$ 2 teaspoon ground cinnamon $1\tilde{A}\phi\hat{A}$ 2 cup low-fat buttermilk $1\tilde{A}\phi\hat{A}$ 2 cup pur $\tilde{A}f\hat{A}$ \oplus ed canned no-salt-added beets, with liquid reserved 1â•â 4 cup red wine, such as merlot (regular or nonalcoholic) 1 tablespoon canola or corn oil 1 large egg Frosting: 1â•â 4 cup fat-free tub cream cheese 1â•â 4 cup fat-free plain Greek yogurt 2 tablespoons plus 1 teaspoon confectionersââ ¬â,,¢ sugar, sifted 1â•â 2 teaspoon reserved beet juice 1â•â 2 teaspoon cornstarchà 1. Preheat the oven to 350à ºF. Lightly spray a 24-cup mini muffin pan with cooking spray.2. In a large bowl, stir together the flour, cocoa powder, brown sugar, baking soda, baking powder, and cinnamon until well blended.3. In a medium bowl, using an electric mixer on medium speed, beat together the buttermilk, beets, wine, oil, and egg. Stir the buttermilk mixture into the flour mixture until the batter is just moistened but no flour is visible. Don $\tilde{A}\phi\hat{a} - \hat{a},\phi$ t overmix; the batter should be lumpy. Spoon 1 tablespoon of batter into each muffin cup.4. Bake for 12 to 15 minutes, or until a wooden toothpick inserted into the center of a cupcake comes out clean. Transfer the pan to a cooling rack. Let cool for 10 minutes. Remove the cupcakes from the pan. Transfer to the rack. Let cool completely, about 20 minutes.5. Meanwhile, in a small bowl, using an electric mixer on medium speed, beat together the frosting ingredients for 1 minute, or just until smooth $(don\tilde{A}\phi\hat{a} - \hat{a}_{,,}\phi t)$ overbeat or the frosting will be too thin). Cover and refrigerate for at least 30 minutes. Spread on the cooled cupcakes. Per serving: Calories 92 Total fat 2.0 g à Â Ã Â Saturated fat 0.5 g à Trans fat 0.0 g à Polyunsaturated fat 0.5 g à Â Â Â Monounsaturated

fat 1.0 g Cholesterol 17 mg Sodium 125 mg Carbohydrates 14 g à Fiber 1 g à Â Â Â Sugars 8 g Protein 4 g Dietary Exchanges: 1/2 other carbohydrate, 1/2 fat

To many items to buy to use!

This is by far, the best tasting recipes from a cookbook put out by the American Heart Association. The recipes I've tried taste good & I'm on my way to a healthier me.

Good cookbook for heart=healthy recipes

good recipes, large selection, easy to understand with nice pictures. Good addition to your cookbook collection for anybody that cooks.

After giving this to my sister, whose husband is a heart patient, I bought one for me too! This book not only has great recipes, it has great ideas for better health. It is a great gift for any one and for yourself. It helps me to remember to eat better and to spread the word about women's health. Everyone should have one. Thanks for putting it together. Maybe there are more, but I only have this one and it is well worth buying and at a very good price.

Meals are a little bland but have an over abundance of ingredients.

Wasn't a good cook book for low salt recipe

Just OK the recipes are a bit repeated from other books I have ... just OK... I think it is not bad not great.

Download to continue reading...

American Heart Association The Go Red For Women Cookbook: Cook Your Way to a Heart-Healthy Weight and Good Nutrition Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook-Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) 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) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) American Heart Association Healthy Slow Cooker Cookbook: 200 Low-Fuss, Good-for-You Recipes Weight Loss Plan For Women: Weight Maintenance Diet, Gluten Free Diet, Wheat Free Diet, Heart Healthy Diet, Whole Foods Diet, Antioxidants & ... - weight loss meal plans) (Volume 73) Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Wor) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight Fast, Eat thin) Instant Pot Cookbook: Top 550 Amazingly Tasty & Healthy Instant Pot Recipes for Your Healthy Family. (With Nutrition Facts) Including Delicious Weight Loss Recipes. American Heart Association Go Fresh: A Heart-Healthy Cookbook with Shopping and Storage Tips American Heart Association Low-Fat, Low-Cholesterol Cookbook, Second Edition: Heart-Healthy, Easy-to-Make Recipes That Taste Great Weight Watchers New Complete Cookbook, Fifth Edition: Over 500 Delicious Recipes for the Healthy Cook's Kitchen (Weight Watchers Cooking) Paleo Diet: 55 Budget-Friendly Recipes to Lose Weight. A Low Carb Cookbook for Beginners. (Paleo recipes, Paleo Cookbook for Weight Loss, Paleo Diet, Paleo Cookbook) (weight loss book) American Medical Association Guide to Preventing and Treating Heart Disease: Essential Information You and Your Family Need to Know about Having a Healthy Heart Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) American Heart Association Healthy Fats, Low-Cholesterol Cookbook: Delicious Recipes to Help Reduce Bad Fats and Lower Your Cholesterol 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