



American Heart Association Around the World Cookbook:: Healthy Recipes with International Flavor

American Heart Association

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Bringing together heart-healthy, delicious recipes with international flair, the **American Heart Association Around the World Cookbook** takes you on a guided tour of the best dishes of many of the world's cuisines. By adapting the best-loved dishes from Italy, France, Asia, Greece, the Caribbean, Germany, the Middle East, and more, the AHA lets you savor the delicious flavor of old favorites and innovative, exotic dishes without all the fat, cholesterol, sodium, and calories that can sabotage your health. Charming illustrations, lots of cook's tips, and two glorious, full-color photo sections will help you bring these wonderful recipes to life. Special sections on planning and shopping for meals, dining out, cooking healthfully, and putting together menus will help you get the most out of your global culinary tour.

Whether you're looking for breakfast alternatives, tasty soups and salads, hearty entrees, special holiday appetizers, or decadent desserts, you'll find a wide variety of tasty options sure to delight.

With this latest offering from the bestselling AHA cookbook library, you can enjoy palate-pleasing fettuccine Alfredo, guilt-free mushroom strudel, delightful cannoli cream, and delectable honey-rum mango sauce: proof that good taste and good health can go together.



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From reader reviews:

William Walker:

Typically the book American Heart Association Around the World Cookbook:: Healthy Recipes with International Flavor has a lot of knowledge on it. So when you make sure to read this book you can get a lot of gain. The book was published by the very famous author. This articles author makes some research ahead of write this book. This book very easy to read you can obtain the point easily after reading this book.

Alice Scales:

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Mary Otter:

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