



American Heart Association Meals in Minutes

By The American Heart Association

Clarkson Potter, 2000. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: TERRIFIC TASTE -- In Practically No Time! If homemade meals at your house are being replaced by fat-filled takeout or microwaveables in front of the TV, you'll want American Heart Association Meals in Minutes on your cookbook shelf. More than 200 delicious low-fat, low-cholesterol recipes nourish your appetite for good food while respecting your hectic schedule. Whether you're balancing work and family, putting in overtime at the office, or simply wanting to restore the joys of home cooking to your table, here are terrific dishes you can put together without a lot of fuss and bother -- and in twenty minutes or less. With everything from appetizers, snacks, soups, salads, and sandwiches to main courses (including plenty of vegetarian options), vegetables, breads, breakfast dishes, and -- of course -- desserts, the emphasis is on ease of preparation and great taste. You can prepare many of these dishes with ingredients you probably already have on hand, making mealtime even more stress-free. In addition to one-dish and microwaveable recipes, there are four special "Super Saver" recipe types for when you're extra rushed to get dinner on the table....



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