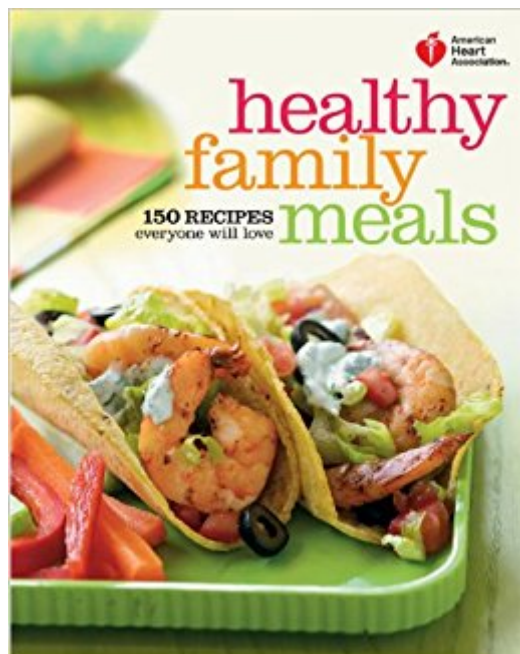




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# American Heart Association Healthy Family Meals: 150 Recipes Everyone Will Love



## 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.

## Book Information

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## Customer Reviews

The AMERICAN HEART ASSOCIATION is the nation's premier authority on heart health. Its bestselling library of cookbooks and guides includes American Heart Association Low-Fat, Low-Cholesterol Cookbook, Fourth Edition; The New American Heart Association Cookbook, Seventh Edition; American Heart Association No-Fad Diet; American Heart Association Low-Salt Cookbook, Third Edition; American Heart Association Meals in Minutes Cookbook; American Heart Association Low-Calorie Cookbook; and American Heart Association Quick & Easy Cookbook. From

the Hardcover edition.

Shrimp Tacos Serves 4; 2 tacos per serving Start to Finish: 25 minutes Tasty seafood tacos are all the rage, and since you can buy peeled and deveined shrimp either fresh or frozen, these are super-easy to prepare.

1/2 cup fat-free sour cream  
2 tablespoons snipped fresh cilantro  
1 teaspoon canola or corn oil  
3 to 4 ounces peeled raw shrimp, rinsed and patted dry  
1/2 teaspoon chili powder  
1/2 teaspoon ground cumin  
2 medium garlic cloves, minced  
8 6-inch corn tortillas  
2 cups shredded lettuce, such as romaine or iceberg  
1 small tomato, diced  
2 tablespoons sliced black olives

In a small bowl, stir together the sour cream and cilantro. Cover and refrigerate until ready to use. In a large nonstick skillet, heat the oil over medium-high heat, swirling to coat the bottom. Add the shrimp to the pan. Sprinkle the chili powder and cumin on the shrimp. Sprinkle with the garlic. Cook for 3 to 4 minutes if using large shrimp, or 2 to 3 minutes if using small, or until the shrimp are pink on the outside, stirring occasionally. Remove from the heat. Using the package directions, warm the tortillas. Put the tortillas on a flat surface. Sprinkle with the lettuce, tomato, and olives. Spoon the sour cream mixture on each. Top with the shrimp. Fold 2 opposite sides of the tortilla toward the center. If you prefer a dramatic presentation instead, place 2 unfolded tacos side by side on a dinner plate. Fold each in half. Push a 6-inch wooden skewer through both tacos near the tops to hold them together. Repeat with the remaining tacos. Your family will be able to remove the skewers easily before eating the tacos.

**Nutrition Analysis (per serving)**  
Calories 206  
Total Fat 3.5 g  
Saturated Fat 0.5 g  
Trans Fat 0.0 g  
Polyunsaturated Fat 1.0 g  
Monounsaturated Fat 1.5 g  
Cholesterol 173 mg  
Sodium 308 mg  
Carbohydrates 21 g  
Fiber 2 g  
Sugars 4 g  
Protein 22 g  
Dietary Exchanges 1 1/2 starch  
3 very lean meat

From the Hardcover edition.

I purchased this in addition to other AHA cookbooks so that I could expand my selection of healthy meals with less forethought. This is a great book for family cooking. It is divided into sections for quick meals, longer prep meals, cooking once for two meals, cooking with kids, etc. Then most sections are divided by fish/poultry/beef/vegetables. My kids have loved most of the meals I have selected so far. It is also fairly simple to expand the recipes for larger families (we have 6). I have always been pleased with AHA cookbooks and this is no exception.

I love this book! It really works for all of my family. The meals taste great. All nutritional info is printed. There are numerous pictures. All of the recipes I've tried have sodium content that meet my low sodium diet restrictions and still taste good to my kids and husband. The shrimp tacos on the

front cover were a big hit with my husband.(I did use Mexican crema instead of sour cream). I made the Ginger Beef Stir Fry and the whole family liked it except one child picked out the red bell pepper and another one would not eat the water chest nuts but overall it was a really good meal. I like that the book has a variety of foods and uses common ingredients. Another nice feature is the "make it a meal" box on the page with an entree that gives suggested sides and desert to go with the entree. This book was just what I wanted.

I had this book out from the library for a month, trying it out before buying it. It is full of delicious, nutritious, and easy recipes. I love that it uses fresh ingredients, nothing worse than a cookbook that calls for pre-packaged ingredients. The recipes are not super complicated, meaning you can get dinner on the table in a reasonable amount of time.

Love this cookbook! One thing I noticed after making a couple of recipes is that there is very little salt in all of the recipes (makes sense since it is from the American Heart Association) but the recipes turned out a little bit bland. I have adjusted though so I will add a little bit of salt to a recipe if it turned out too bland. We don't have any heart issues in our family so we don't have to be so careful with our salt. Beautiful pictures of the recipes too!

purchased a used copy. the previous owner dog eared pages. But I loved the ones so it was all good. Just my type of recipes. clean food using fresh stuff. easy to used with pictures to help. love it. After my husbands heart attack I need help coming up with new recipes for our family that we would all like. this is a good place to start. He love everything I have fixed. I work so wanted something easy and fast with real food not gourmet stuff that would take too long to do. perfect.

My husband and I have loved cooking out of this cookbook so far. The things we like about them are:\* The recipes are relatively healthy.\* Most ingredients are easy to find or things we already have around the house.\* The recipes appeal to a mainstream American audience. Healthy versions of chilis, pasta dishes, casseroles, etc.\* Many of the recipes are quick so we can make them during the week.As someone who works full-time and is pregnant, relatively healthy, easy, and mainstream are what I need right now. I feel this cookbook delivers!

I have over fifty cookbooks, so don't buy them often now. I first checked this one out at the library, but it had so many recipes my family enjoyed that I had to buy it.

Recipes are easy. Print is large enough to read for those who are sight challenged. Not a lot of work in preparing recipes.

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