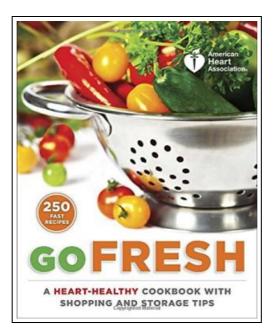
American Heart Association Go Fresh: A Heart-Healthy Cookbook with Shopping and Storage Tips



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Reviews

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Clarkson Potter. Paperback. Condition: New. 320 pages. Dimensions: 9.1in. x 7.3in. x 0.8in.The more you cook at home, with a focus on fresh ingredients, the easier it is to achieve a heart-healthy lifestyle. Making meals with fresh ingredients is not only healthy and flavorful but also fast and easy with Go Fresh. The American Heart Association offers more than 250 recipes in this cookbook, inspiring you to bring nutritious and wholesome ingredients into your kitchen. Enjoy full-flavored favoritesall made from scratch, made healthy, and made freshincluding: Cauliflower-Carrot Soup Blueberry-Walnut Chicken Salad Blackened Fish with Crisp Kale and Creamy Lemon Sauce Rosemary-Peach Chicken Kebabs with Orange Glaze Tomato-Basil Pork Tenderloin Butternut Squash Pasta Dark Cherry and Apple Crumble In the book, youll also find Healthy Swaps for substituting seasonal fruits and vegetables in delicious new ways, Shop and Store tips for making the most of your trips to the market and what you buy, and Tips, Tricks and Timesavers for reducing prep time and getting meals on the table faster. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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