



American Heart Association Low-Fat, Low-Cholesterol Cookbook, 3rd Edition: Delicious Recipes to Help Lower Your Cholesterol

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The nation's most trusted authority on heart-healthy living presents the third edition of this bestselling cookbook, with updated health information and 50 all-new recipes.

Eating well is essential to living well. Choosing nutritious food can be complicated, however, especially in a world of fad diets and conflicting health advice. Now in its latest edition, the *American Heart Association Low-Fat, Low-Cholesterol Cookbook* helps you sort through the confusion. With more than 200 easy-to-prepare dishes and accompanying nutritional analyses, this useful cookbook is the perfect tool for creating meals that are sensible, healthful, and absolutely delicious. It also explains how cholesterol affects the body, how "good" and "bad" cholesterol differ, and how you can use the latest science and nutritional information to meet your heart-health goals.

- Crab Spring Rolls with Peanut Dipping Sauce
- Stuffed Chile Peppers
- Lobster Bisque with Leeks and Shallots
- Warm Mushroom Salad
- Peppery Beef with Blue Cheese Sauce
- Spicy Lentil Curry
- Spinach and Black Bean Enchiladas
- Cardamom-Lemon Muffins
- Mocha Cheesecake

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