



American Heart Association Quick & Easy Cookbook: More Than 200 Healthful Recipes You Can Make in Minutes

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In our hectic era, who has time to spend hours in the kitchen creating tasty, healthful meals? Yet when we try to eat fast, we almost always resort to eating fat (think: fast food). This indispensable cookbook from one of the most trusted names in the health field breaks the fast-fat connection. Nearly every one of its mouthwatering, low-fat, low-cholesterol recipes can be prepared in under 30 minutes. Here is the opportunity for millions of Americans to start living the more healthful lifestyle they know they should.

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