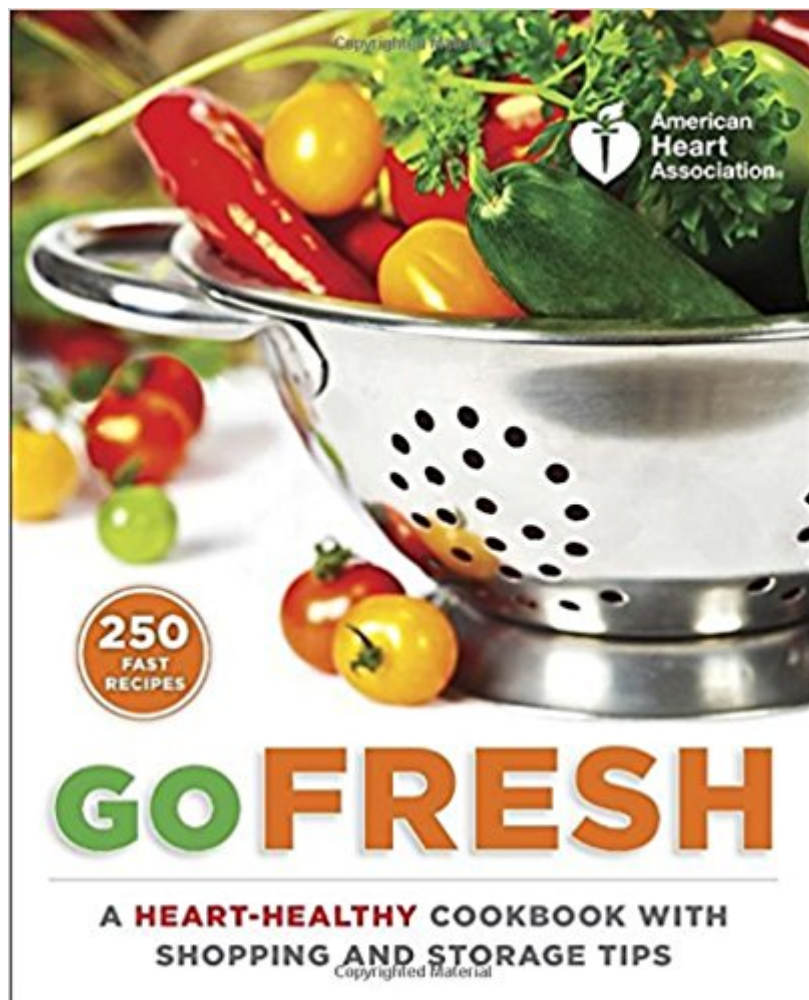




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# American Heart Association Go Fresh: A Heart-Healthy Cookbook With Shopping And Storage Tips



## Synopsis

Achieve a heart-healthy lifestyle by cooking at home with more than 250 recipes that focus on fresh ingredients. 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 favorites—all made from scratch, made healthy, and made fresh—including: 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, you'll also find Healthy Swaps for substituting seasonal fruits and vegetables in delicious new ways, Shop & Store tips for making the most of your trips to the market and what you buy, and Tips, Tricks & Timesavers for reducing prep time and getting meals on the table faster.

## Book Information

Series: American Heart Association

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Average Customer Review: 4.3 out of 5 stars 27 customer reviews

Best Sellers Rank: #520,647 in Books (See Top 100 in Books) #27 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association #193 in Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #492 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables

## Customer Reviews

The mission of the American Heart Association is to build healthier lives, free of cardiovascular diseases and stroke. Its bestselling library of cookbooks includes Grill It, Braise It, Broil It; Healthy Slow Cooker Cookbook; Go Fresh; The Go Red For Women Cookbook; Low-Salt Cookbook, 4th edition; and The New American Heart Association Cookbook, 8th edition. [americanheart.org](http://americanheart.org)

Good cookbook Found it helpful. I recommend this cookbook especially for the new cook and inexperienced person.

as described

just what we needed to help guide us after a heart attack.

Read it at library, had to buy my own copy!

Great

Excellent cookbook...using it over & over again.

Bot very easy to find ingredients

Great product!

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