



American Heart Association Quick and Easy Cookbook

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Our lives are more hurried and harried than ever. Who has time to spend hours in the kitchen whipping up tasty yet healthy meals? When we try to eat fast, we almost always eat fat. It's tempting to visit the nearest fast-food restaurant or pop a fat-filled frozen entree into the microwave. With the **AHA Quick and Easy Cookbook**, working adults and hungry kids, singles pulling long hours at the office -- or anyone who wants to rediscover the joys of home cooking without a lot of fuss and bother -- can savor the pleasures of healthy meals that are as delicious as they are simple to prepare.

With everything from appetizers, soups, salads, and main courses to breads, breakfast treats, and desserts, the **AHA Quick and Easy Cookbook** has over two hundred options for truly appetizing meals that can be pulled together in under thirty minutes without sacrificing good taste or nutrition.

Tempting dishes include stuffed French toast, mushroom quesadillas, pesto "fried" chicken, cornbread-coated pork chops, veal scaloppine in shiitake cream sauce, southwest shepherd's pie, peppery parmesan pan rolls, easy apple-cinnamon crisp, and confetti cupcakes with chocolate glaze.

Menu suggestions, a shopping list for the prepared cook's pantry, a glossary of cooking terms, and helpful hints will make **AHA Quick and Easy Cookbook** the most well-thumbed and well-loved cookbook on your bookshelf.

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