



Aha Meals in Minutes (Paperback)

By American Heart Associatio

Random House USA Inc, United States, 2002. Paperback. Book Condition: New. Reprint. 229 x 155 mm. Language: English . Brand New Book. If homemade meals at your house are being replaced by fat-filled takeout or microwaveables in front of the TV, you ll want American Heart Association Meals in Minutes on your cookbook shelf. More than 200 delicious low-fat, low-cholesterol recipes nourish your appetite for good food while respecting your hectic schedule. Whether you re balancing work and family, putting in overtime at the office, or simply wanting to restore the joys of home cooking to your table, here are terrific dishes you can put together without a lot of fuss and bother--and in 20 minutes or less. With everything from appetizers, snacks, soups, salads, and sandwiches to main courses (including plenty of vegetarian options), vegetables, breads, breakfast dishes, and of course desserts, the emphasis is on ease of preparation and great taste. You can prepare many of these dishes with ingredients you probably already have on hand, making mealtime even more stress-free. In addition to one-dish and microwaveable recipes, there are four special super saver recipe types for when you re extra rushed to get dinner on the table....



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