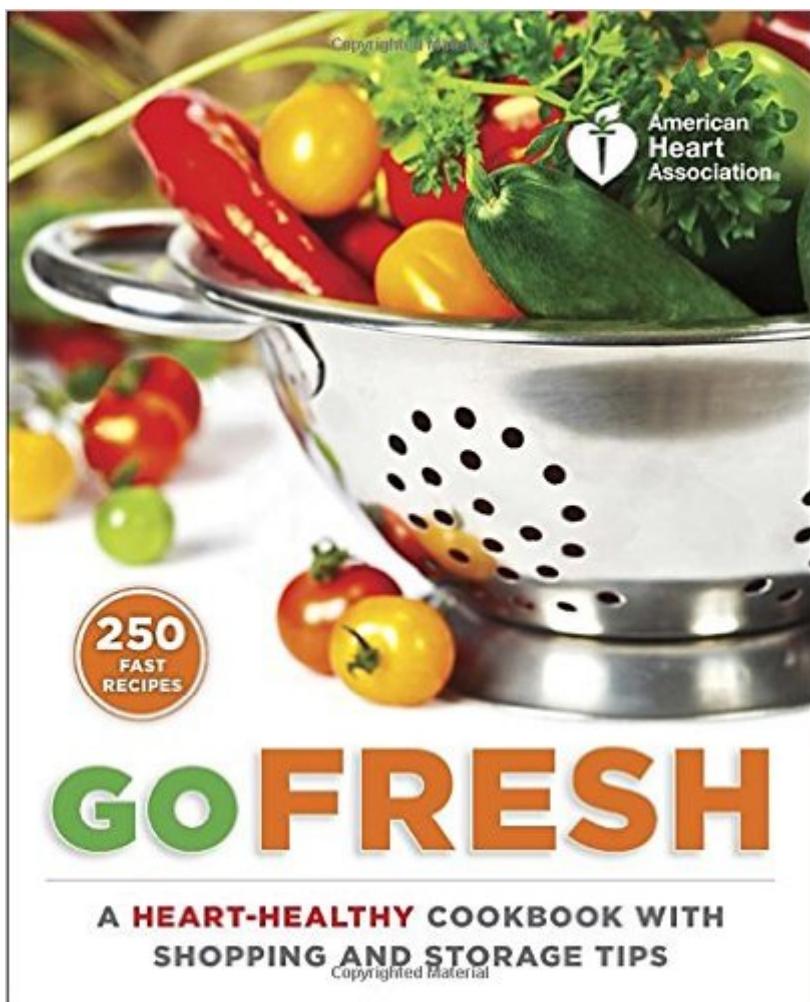


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# American Heart Association Go Fresh: A Heart-Healthy Cookbook With Shopping And Storage Tips



## Synopsis

The more you cook at home, with a focus on fresh ingredients, the easier it is to achieve a heart-healthy lifestyle. 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

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## Customer Reviews

I've reviewed a lot of books, but this was my first cookbook. I have tried a few recipes (very good) and have gone through the entire book. I consider myself a very healthy eater, so I thought this would be a good book for me to review. This is put out by the "American Heart Association," and while I don't agree with all their advice or ingredients used in some of their recipes, but I can easily substitute those items, so even with that I am very glad this book is out. This book will help the

average American to eat much healthier than they do now. I believe if all people ate based on this cookbook we would be a healthier America. The cookbook starts with its first section of: "Fresh, Fast, and Healthy" with some really good tips. On page 18 I especially like their "Good Nutrition in a Nutshell" that alone would change the majority of Americans' eating habits. The second section is "Recipes" starting on page 22 to page 299 (250 in all). The recipes are broken down into sections as follows: Recipes, soups, salads and salad dressings, seafood, poultry, meats, vegetarian entrees, vegetables and side dishes, sauces and condiments, breads and breakfasts, and desserts. Also, in the recipes it is easy to follow and clearly gives all ingredients needed, servings, prep time, and cooking time. It also breaks down calories, fat, cholesterol, sodium, carbohydrates, fiber, sugars, and protein per serving. Then, they have a really neat feature for each recipe called the "dietary exchanges." This tells you by number how many starches, vegetables, fruits, fat-free milk, fats, lean meats, other carbohydrates are in each meal so you can keep track and make sure your meals are balanced.

**GO FRESH** About the Book The more you cook at home, with a focus on fresh ingredients, the easier it is to achieve a heart-healthy lifestyle. 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.

**My Review** This was a very what they say nowadays à œuser friendly • cook book ¢ almost ALL the needed ingredients for the recipes are in most kitchens. They do not require off the wall or hard to get ingredients which is very good for a cookbook in my opinion. I love the pictures that are placed in the middle of the book ¢ only wish they had a few more ¢ I am a picture person when it comes to cook books ¢ Other than that, my husband and sister will really enjoy using this book for cooking more healthy foods and using different herbs ¢ I am not a cook but they both enjoy it so they will be the ones using it..

I am usually on the look-out for cookbooks that feature healthy and tasty meals (isn't everyone?). I am a bit of a picky eater- a carry-over from childhood when my mom boiled the flavor out of most of our vegetables. I am from a large family (2nd child of 6 kids), so the food budget had to go a long way which included frozen vegetables. I loved the summer because the vegetables were fresh and we ate lots of them. It's a challenge to make new dishes and find affordable ingredients. I was very happy to find many recipes with fresh ingredients at affordable prices in The American Heart Association's "Go Fresh: A Heart-Healthy Cookbook with Shopping and Storage Tips" The front of the book is devoted to storage tips- how to make those fresh farmers' markets ingredients last longer than a day or two. Not everything goes into the refrigerator. For example- tomatoes should be left out to ripen. Refrigeration only hastens their spoilage. I like the tips for storing herbs. The book recommends treating them like fresh cut flowers- by putting them in a jar with fresh water and replenishing it every few days until the herbs are used up. My husband and I tried a few of the recipes recently. We prepared "Shallot and Sage Chicken Breasts" (pg, 145). We had most of the ingredients already and we were very happy to use fresh herbs straight from our garden. The prep time was minimal - chopping the shallots and herbs. The chicken was juicy and flavorful. We will probably use that same combination of herbs when we prepare chicken or turkey thighs. My husband tried his hands at "Asian Green Beans" pg. 227. The soy sauce mixture with sesame seed was delicious. The book also suggests trying the same sauce with asparagus.

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