



American Heart Association Healthy Family Meals: 150 Recipes Everyone Will Love

American Heart Association

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Are you stressed out over how to feed your family a nutritious meal at the end of a long, busy day without turning to convenience foods or the drive-through? Now, the nation's most trusted authority on heart-healthy living presents a cookbook bursting with nourishing, flavorful recipes to please the palates of family members of *all* ages. Since the main dish is usually the starting point of meal planning, more than half the recipes in this book are for entrées.

Here's how they're organized:

- Everyday Dinners
- Busy Nights
- Plan-Aheads
- Cook Once, Eat Twice

To help you incorporate additional vegetables, fruits, and grains into your family's diet, we've included Make It a Meal, a special feature that suggests accompaniments—salads and soups, vegetable and grain side dishes, and even desserts—for many of the main dishes.

From the Hardcover edition.

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