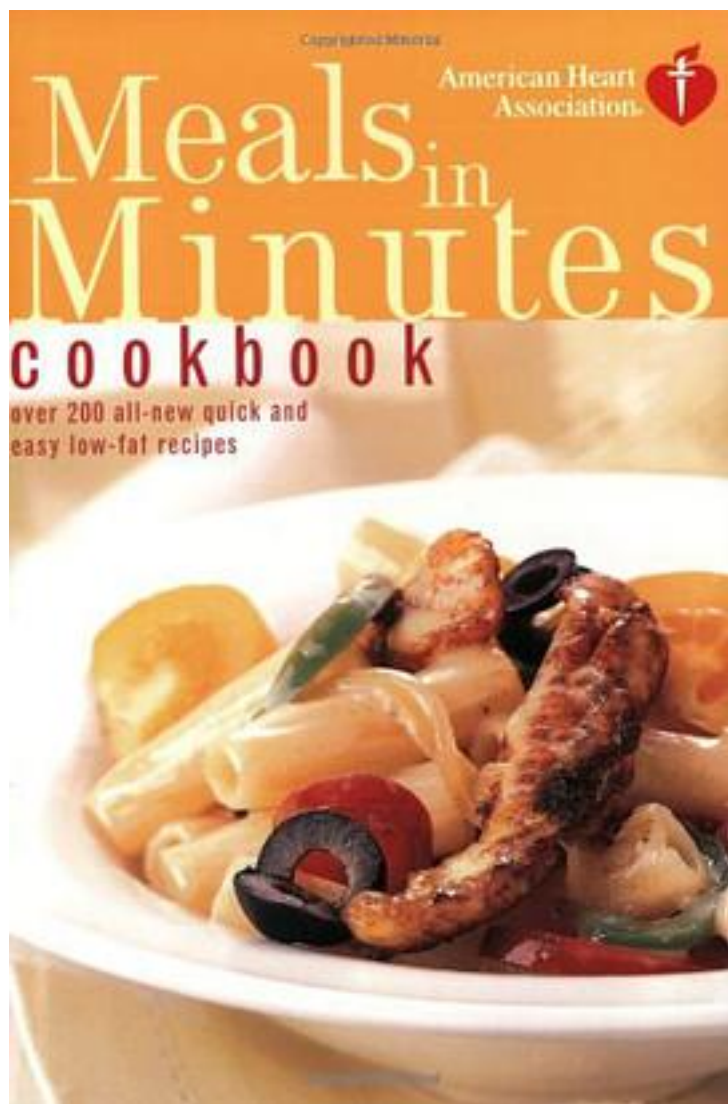


American Heart Association Meals in Minutes Cookbook



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On those hectic weekdays, it's tough to get healthy meals on the table in a hurry, so many of us instead rely on high-fat takeout or fast food. But any of the 200 easy, low-fat, low-cholesterol recipes in this book can be prepared with minimal preparation time. Including recipes for main courses, vegetables, breads, breakfast dishes, desserts, and more, this book also features advice on how to organize your kitchen, plan meals, and shop to save time when life gets frantic. For the person who needs meals that are the quickest of the quick and the easiest of the easy, there are even special categories of icon-coded recipes to fill the bill.

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