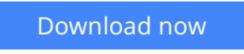


American Heart Association Meals in Minutes

The American Heart Association



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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. "New Classics" are basic main dishes that will become your new standbys, ready to dress up or down as you see fit. "Planned-Overs" are recipe "twofers" that use last night's leftovers in a creative new way for tonight's meal. "Shopping Cart" recipes require no more than six common ingredients and get you in and out of the kitchen in no time. "Express-ipes" are the quickest of the quick, taking merely 25 minutes or less for all the preparation and all the cooking.

Tempting dishes include:Stacked Mushroom NachosMini Cinnamon StackupsPortobello Pizza with Peppery GreensChicken Fajita Pasta with Chipotle Alfredo SauceScallops ProvençalBroccoli with Sweet-and-Sour Tangerine SauceChocolate Hazelnut Angel Food Cake with BananasDevil's Food Cake with Caramel DrizzlesNo-Chop StewBlue Cheese Beef and FriesTurkey PotstickersLemongrass Chicken with Snow Peas and Jasmine RiceGreen and Petite Pea Salad with FetaPasta Frittata

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Carl Fox:

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