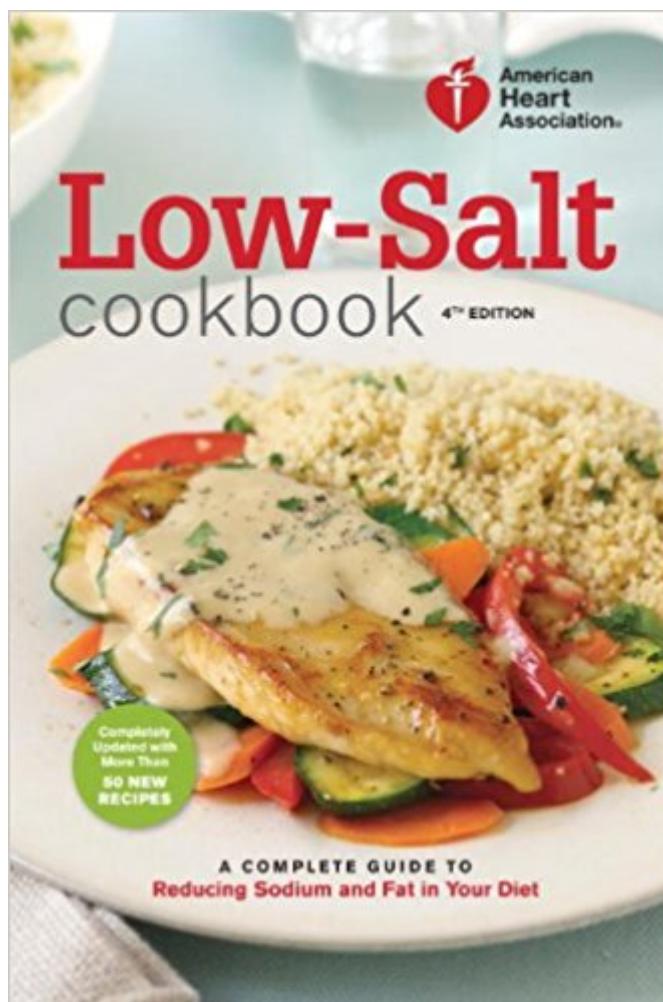


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# American Heart Association Low-Salt Cookbook, 4th Edition: A Complete Guide To Reducing Sodium And Fat In Your Diet



## Synopsis

Whether you have heart-health problems now or want to avoid having them in the future, keeping your sodium intake low is one of the best ways to help your heart. In this revised and expanded fourth edition of the American Heart Association Low-Salt Cookbook, the association shows that a low-sodium diet can be not only good for your health but also full of flavor. Including everything from appetizers and soups to entrées and desserts, American Heart Association Low-Salt Cookbook, 4th Edition, offers more than 200 delicious low-sodium recipes—more than 50 of them brand-new to this edition. Whether you are in the mood for a beloved classic or a new favorite, you will find just the dish to please your palate. Looking for a less salty snack? Try Baked Veggie Chips served with Hot and Smoky Chipotle-Garlic Dip. Craving something hearty and full of flavor? Slow-Cooker Moroccan Chicken with Orange Couscous is an ideal low-sodium fix-it-and-forget-it meal. For a Sunday-night family dinner, try Three-Cheese Lasagna with Swiss Chard. And for your sweet tooth? Whip up Peach and Blueberry Cobbler or Rice Pudding with Caramelized Bananas for a special treat. With this book in hand, you'll be armed with nutrition numbers for every recipe and the latest American Heart Association dietary information, as well as the how-tos for avoiding hidden sodium, shopping smart, and using healthy cooking techniques. You'll also find useful resources such as a sodium tracker, a no-sodium seasoning guide, a list of common high-sodium foods, ingredient substitutions, and serving suggestions for each of the food groups. From the Hardcover edition.

## Book Information

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## Customer Reviews

The AMERICAN HEART ASSOCIATION is the nation's premier authority on heart health. Its bestselling library of cookbooks and guides includes: American Heart Association No-Fad Diet, 2nd Edition; The New American Heart Association Cookbook, 8th Edition; American Heart Association Quick & Easy Meals; American Heart Association Complete Guide to Women's Heart Health; American Heart Association Healthy Family Meals; American Heart Association Low-Fat, Low-Cholesterol Cookbook, 4th Edition; and American Heart Association Quick & Easy Cookbook. For more information, please visit [AmericanHeart.org](http://AmericanHeart.org) or call 1-800-AHA-USA1 (1-800-242-8721). From the Hardcover edition.

Corn and Green Chile Soup Serves 4; heaping 3/4 cup per serving

Ready in no time, this chunky and spicy soup requires very little cleanup.

16 ounces frozen whole-kernel corn, thawed

12 ounces fat-free evaporated milk

2 ounces chopped green chiles, drained 1/4 to 1/2 teaspoon ground cumin

1/4 teaspoon pepper

1/8 teaspoon cayenne (optional)

1/2 medium red bell pepper, finely chopped (optional)

3 medium green onions, finely chopped

2 teaspoons light tub margarine

1/4 cup shredded fat-free sharp Cheddar cheese

In a medium saucepan, stir together the corn, milk, green chiles, cumin, pepper, and cayenne. Bring just to a simmer over medium heat, stirring frequently. Remove from the heat.

Stir in the bell pepper, green onions, and margarine. Serve sprinkled with the Cheddar.

**Cook's Tip on Thawing Frozen Vegetables:** To thaw frozen vegetables quickly, put them in a colander and run them under cold water until thawed. Shake off the excess water and drain well.

**Nutrition Analysis (per serving)**

Calories 208 Total

Fat 2.0 g

Saturated 0.5 g

Trans 0.0 g

Polyunsaturated 0.5 g

Monounsaturated 0.5 g

Cholesterol 5 mg

Sodium 265 mg

Carbohydrates 38 g

Fiber 4 g

Sugars 15 g

Protein 13 g

Calcium 358 mg

Potassium 658 mg

Dietary Exchanges 1 1/2 starch 1 fat-free milk

From the Hardcover edition.

My mother was recently hospitalized with heart failure, and is now limited to 2000mg/day of sodium. Having eschewed processed foods many years ago - I rarely buy can, box, or bag - I was absolutely stunned by the amount of sodium in nearly everything at the grocery as I was grasping for meal ideas for her (and her traditional Southern salt/pepper taste buds.) I've now made numerous items from this cookbook for her, and she has loved every dish. Try the pork loin with apple dressing, it's worthy for Sunday company. The meat loaf is also incredible. Additional tips: Invest in many, varied spices and fresh herbs, a good balsamic vinegar, and keep a bowl of fresh lemons on the table. There IS life after salt!

This cookbook is a lifesaver now that I'm on a sodium restricted diet. Great ideas for ways to cut sodium.

The recipes are good. However, I would like to have more illustrations of items.

with high blood pressure this has come in very handy.

Wish there were more pictures. Lots of information on a low sodium diet.

Excellent recipes for low sodium cooking which are clearly written and easy to follow.

This book from the AMA is really a lot of help to learn how to cut the salt. Kmoris-Tw

Surprisingly a combination of science and cookbook! Extremely easy to follow (even the science-y part)! Looking forward to trying the recipes soon. BTW, the illustrations (all hand done) are excellent ... and this is coming from someone whose cookbooks are full of photographs! They are just as good as photographs if not better.

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Action Plan for Finding and Reducing the Sodium Hidden in Your Diet Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) The Easy Low Sodium Diet Plan and Cookbook: Quick-Fix and Slow Cooker Meals to Start (and Stick to) a Low Salt Diet Dash Diet for Beginners: 200 No Salt/Low Sodium Recipes For Being Heart Healthy Living Vol. 1: Dash Diet for Beginners: Dash Diet Love Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook)

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