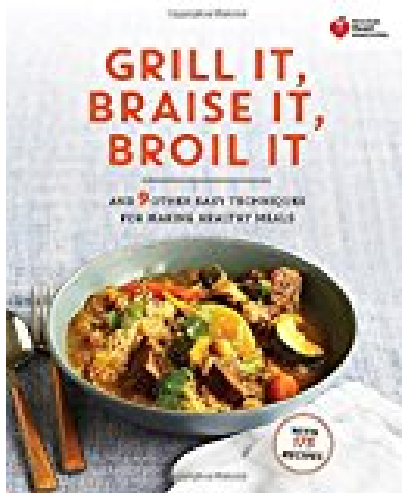


# American Heart Association Grill It Braise It Broil It And 9 Other Easy Techniques for Making Healthy Meals

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## BOOK DETAILS

- Author : American Heart Association
- Pages : 304 Pages
- Publisher : Harmony
- Language : English
- ISBN : 0307888096

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## BOOK SYNOPSIS

"Knowing how to cook healthfully--without sacrificing flavor--is an important step towards improving heart health, weight, and overall well-being. For the first time, American Heart Association offers a primer on 12 easy-to-master heart-healthy cooking techniques (baking, broiling, braising, poaching, grilling, roasting, microwaving, blending, slow cooking, and stewing, to name a few). Once you know these techniques, you'll be able to customize the 175 recipes in this book for an endless supply of delicious meals. Learn the basics and then start experimenting!"--

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