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## American Heart Association Low-Salt Cookbook, 4th Edition A Complete Guide to Reducing Sodium and Fat in Your Diet

By American Heart Association

Clarkson Potter. Paperback. Book Condition: New. Paperback. 352 pages. Dimensions: 9.1in. x 5.9in. x 1.2in. 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 entres 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...

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