



# The New American Heart Association Cookbook, 8th Edition

By American Heart Association

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## The New American Heart Association Cookbook, 8th Edition By American Heart Association

In print for more than thirty-five years and with three million copies sold, *The New American Heart Association Cookbook* remains *the* ultimate resource on achieving a healthy diet. With 612 mouthwatering recipes and the latest heart-health information, this newly revised and updated edition is more valuable than ever.

There's just no denying that nutritious, wholesome eating combined with an active lifestyle helps prevent heart disease and increases vitality. The American Heart Association knows that maintaining good heart health throughout your life is possible, and this cookbook shows you how to get started right in your own kitchen.

*The New American Heart Association Cookbook, 8th Edition*, includes not only 600-plus everyday recipes for the whole family but also the most current dietary, exercise, and lifestyle recommendations. This latest edition features more than 150 brand-new recipes, all of which meet the American Heart Association's good-health and high-flavor standards. With globally inspired tastes, trendy ingredients, and popular time-saving cooking methods, here are just some of the new recipes this edition has to offer:

- Curried Pumpkin Soup
- Spinach Salad with Roasted Beets and
- Pomegranate Vinaigrette
- Ginger-Infused Watermelon and Mixed Berries
- Slow-Cooker Cioppino
- Salmon Cakes with Creole Aioli
- Chicken Gyros with Tzatziki Sauce
- Couscous Paella
- Slow-Cooker Chile Verde Pork Chops
- Black Bean Polenta with Avocado Salsa
- Cumin and Ginger Lentils on Quinoa
- Edamame with Walnuts
- Sweet Potato Bread

- Pistachio-Cardamom Meringues
- Delicate Lemon Ricotta Cheesecake with
- Blackberries

In this revised edition of *The New American Heart Association Cookbook*, you'll find updated information on trans fats and sodium, all-new nutritional analyses, and important good health tips. Also included are grocery-shopping strategies, healthy cooking methods, more than a dozen new menu plans for special occasions and holidays, a recipe index of Planned-Overs and Plan-Aheads for easy reference, and more.

With so many recipes and so much information packed between its pages, *The New American Heart Association Cookbook* will be the cookbook you return to again and again.



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### **Bibliography**

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## **Editorial Review**

### About the Author

The American Heart Association is the nation's premier authority on heart health. Its bestselling library of cookbooks and heart-health information books includes: *American Heart Association Quick & Easy Meals*; *American Heart Association Healthy Family Meals*; *American Heart Association Complete Guide to Women's Heart Health*; *American Heart Association Low-Fat, Low-Cholesterol Cookbook, 4th Edition*; *American Heart Association Low-Salt Cookbook, 3rd Edition*; *American Heart Association No-Fad Diet*.

Please visit [americanheart.org](http://americanheart.org) for more information, or call 1-800-AHA-USA1 (1-800-242-8721).

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### **turkey lasagna**

Serves 9

Here's the solution for what to take to potluck dinners.

#### Cooking spray

8 ounces dried whole-grain lasagna noodles

1 pound lean ground skinless turkey breast

8 ounces button mushrooms, sliced

½ cup chopped onion

3 medium garlic cloves, minced

3 cups no-salt-added tomato sauce

2 teaspoons dried basil, crumbled

½ teaspoon dried oregano, crumbled

Pepper to taste

16 ounces fat-free cottage cheese

1 10-ounce package frozen chopped spinach, thawed and squeezed dry

Dash of nutmeg

2 cups shredded or grated low-fat mozzarella cheese

Preheat the oven to 375°F. Lightly spray a 13 x 9 x 2-inch glass baking dish with cooking spray.

Prepare the noodles using the package directions, omitting the salt.

Meanwhile, in a large nonstick skillet over medium-high heat, stir together the turkey, mushrooms, onion, and garlic. Cook for 8 to 10 minutes, or until the turkey is no longer pink, stirring occasionally to turn and break up the turkey. Reduce the heat to low. Cook, covered, for 3 to 4 minutes, or until the mushrooms have released their liquid. Increase the heat to high. Cook, uncovered, for 2 to 3 minutes, or until the liquid evaporates.

Stir in the tomato sauce, basil, oregano, and pepper.

Reduce the heat to low. Cook for 5 to 6 minutes, or until heated through.

In a large bowl, stir together the cottage cheese, spinach, and nutmeg.

In the baking dish, layer one-third of the cooked noodles, one-half of the cottage cheese mixture, one-third of the turkey mixture, and one-third of the mozzarella.

Repeat the layers. Finish in order with the remaining noodles, turkey, and mozzarella.

Bake, covered, for 35 to 40 minutes, or until the casserole is heated through and the mozzarella is melted.

#### **PER SERVING**

**Calories 283**

**Total Fat 3.5 g**

**Saturated Fat 1.0 g**

**Trans Fat 0.0 g**

**Polyunsaturated Fat 0.5 g**

**Monounsaturated Fat 1.0 g**

**Cholesterol 42 mg**

**Sodium 413 mg**

**Carbohydrates 33 g**

**Fiber 6 g**

**Sugars 9 g**

**Protein 30 g**

**Dietary Exchanges**

**1 ½ starch, 2 vegetable,**

**3 ½ very lean meat**

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