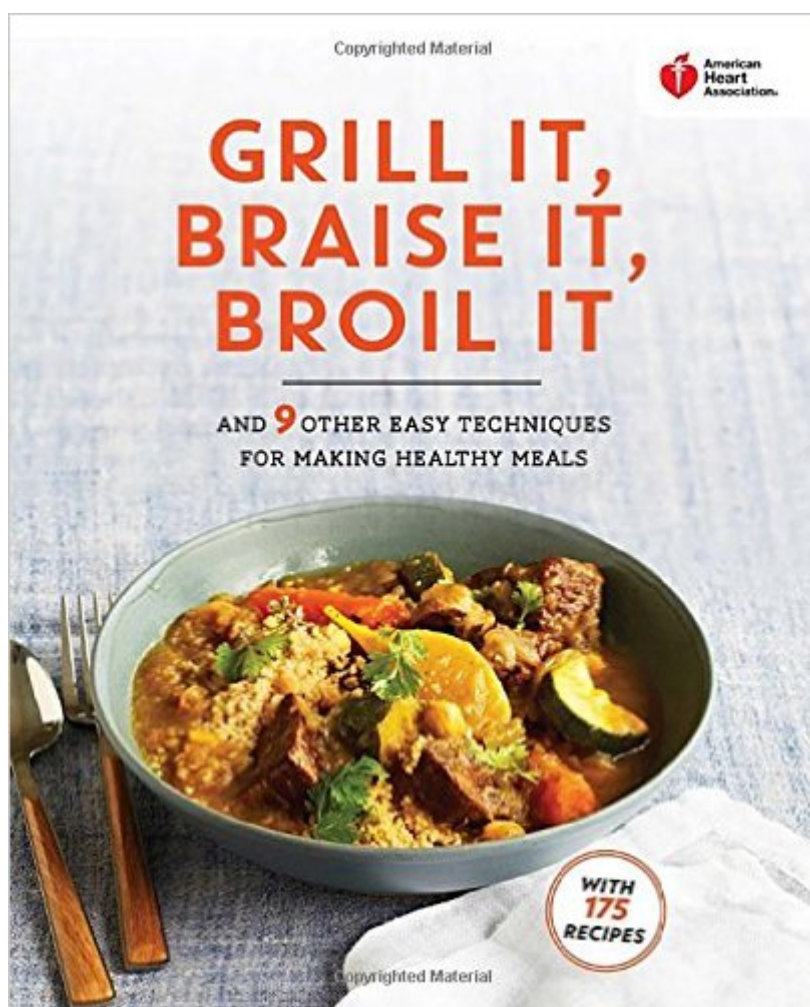


The book was found

American Heart Association Grill It, Braise It, Broil It: And 9 Other Easy Techniques For Making Healthy Meals



Synopsis

Master 12 easy cooking techniques to make 175 heart-healthy recipes for any night, including: slow cooking, grilling, baking, microwaving, blending, stir-frying, steaming, roasting, broiling, poaching, braising, and stewing. Whether you're craving bright, summery flavors or a rich meal for a cozy night . . . Whether you have just minutes to cook or a bit of extra time to add some TLC to your dish . . . Whether you want new ideas for your beloved slow cooker or a chance to try out that wok . . . American Heart Association Grill It, Braise It, Broil It is the cookbook for you! A primer on each technique helps you make the most of your oven, stovetop, and favorite appliances, while the 175 recipes expand your repertoire of go-to meals with tons of delicious variety. Try:

SLOW COOKING: Madeira Flank Steak & Chicken Cacciatore with Pasta
MICROWAVING: Black Bean Chili & Risotto with Edamame
BLENDED: Minted Pea Soup with Yogurt Swirl & Peanut Butter and Banana & Celery Cream
GRILLING: Mediterranean Tuna Kebabs & Honey-Balsamic Brussels Sprouts
STIR-FRYING: Taco Time Pork & Warm Cinnamon-Raisin Apples
BRAISING: Shrimp and Grits with Greens & Pomegranate Pears
STEWING: Meatless Cassoulet & Chicken in Tomato-Wine Sauce
STEAMING: Thai-Style Chicken Potstickers & Peruvian Quinoa Salad
POACHING: Cheesy Open-Face Egg Sandwiches & Cod in Green Curry Broth
BROILING: Sweet and Tangy Scallops & Sirloin Steak with Creamy Horseradish Sauce
ROASTING: Asparagus with Dijon Vinaigrette & Honeyed Strawberries with Almonds
BAKING: Pork Tenderloin Stuffed with Spinach and Sun-Dried Tomatoes & Easy Peach Crisp

Book Information

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Customer Reviews

Title: Grill It, Braise It, Broil It
Produced by the American Heart Association
Photographer: Lucy Schaeffer
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ISBN: 978-0-307-88809-9
Organized by techniques, Grill It, Braise It, Broil It shows you how to cook using 12 different healthy cooking methods. All of them will help you expand your recipe repertoire, states the American Heart Association's latest cookbook. At three hundred pages and four pages, this oversized paperback targets those interested in a dozen different ways to prepare food. After a preface and notes about cooking, shopping, eating and living healthily, there are one hundred and seventy-five recipes, ending with resources and an index. Divided into twelve sections, the book's techniques used are slow cooking, microwaving, blending, grilling, stir-frying, braising, stewing, steaming, poaching, broiling, roasting, and baking. Each section has a list of the recipes at the beginning as well as a short discussion about the method with equipment needed and tips. Each recipe usually starts with a title and blurb about the dish along with serving and volume size. The instructions are in paragraph form on the right side of the page with the ingredients in used order on the left side. Cook's tips and caloric information are set apart in light gray boxes. The recipes cover from one to two pages each with no corresponding pictures of finished products.

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Heart Health: Heart Healthy Cookbook: 30 Quick & Easy, Heart Healthy Greek Recipes For Smart Heart Health (cooking, weight loss, weight maintenance) (cooking, ... weight maintenance, weight watchers Book 1)
The American Heart Association Low-Salt Cookbook: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook)
American Heart Association Low-Salt Cookbook, 4th Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook)
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American Heart Association Quick & Easy Meals: More Than 200 Healthy Recipes Plus Time-Saving Tips for Shopping, Planning, and Eating Well
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Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease
With Heart Disease Prevention Strategies And Heart Disease Diet Advice Freezer Meals BOX SET
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