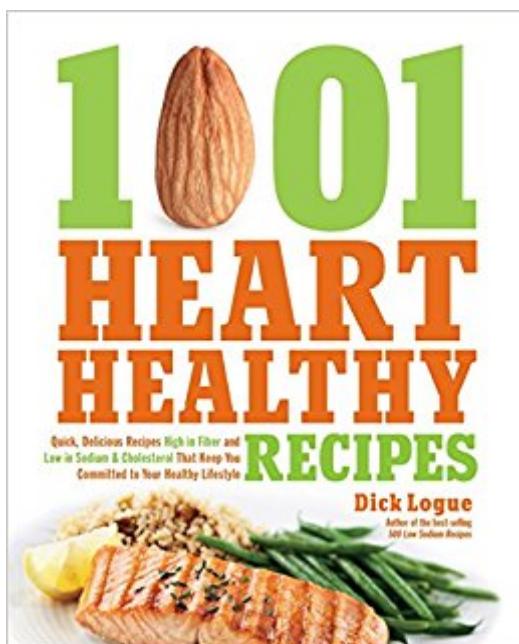


The book was found

# 1,001 Heart Healthy Recipes: Quick, Delicious Recipes High In Fiber And Low In Sodium And Cholesterol That Keep You Committed To Your Healthy Lifestyle



## Synopsis

A low-cholesterol cookbook that offers practically the full spectrum of flavors for the tastebuds! 500 Low-Cholesterol Recipes proves that cutting cholesterol doesn't mean cutting taste or variety or spending hours in the kitchen on complicated recipes. Packed with everything from savory stews to sweet treats, you'll find low-cholesterol versions of all the foods you thought you had to give up, like mouthwatering burgers, fluffy omelets, and creamy desserts. You'll also find a wide array of international cuisines, from Cajun and Mexican to Italian and Asian. Make staying on the low-cholesterol course easy and delicious! with 500 Low-Cholesterol Recipes.

## Book Information

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## Customer Reviews

Dick Logue is the author of several diet-friendly cookbooks and has been following a heart-healthy lifestyle for decades now. After being diagnosed with congestive heart failure more than 20 years ago, Dick threw himself into the process of creating healthy versions of his favorite recipes and writing about it on his website, Low Sodium Cooking. A cook since the age of 12, he grows his own vegetables, bakes his own bread, and cans a variety of foods. He is the author of 500 Low Sodium Recipes, 500 Low-Cholesterol Recipes, 500 High Fiber Recipes, 500 Low Glycemic Index Recipes, 500 Heart-Healthy Slow Cooker Recipes, 500 400-Calorie Recipes, and 500 15-Minute Low Sodium Recipes, among others. He lives in La Plata, MD.

Honey Mustard Cranberry DressingHere's a use for the leftover cranberry sauce that always seems to be the last thing left from Thanksgiving. You can use either the jellied or whole berry

sauce. Ingredients: 1 1/2 tablespoons (22 g) honey mustard  
2/3 cup (185 g) cranberry sauce  
1/4 cup (60 ml) rice wine vinegar  
1/4 cup (60 ml) olive oil  
Directions: In a food processor mix together the mustard, cranberry sauce, and the rice wine vinegar. With the machine running, slowly pour in the oil until the dressing is thickened. Store, covered, in the refrigerator.  
Yield: 12 Servings  
Per serving: 65 calories (62% from fat, 1% from protein, 37% from carbohydrate); 0 g protein; 5 g total fat; 1 g saturated fat; 3 g monounsaturated fat; 1 g polyunsaturated fat; 6 g carbohydrate; 0 g fiber; 6 g sugar; 3 mg phosphorus; 2 mg calcium; 0 mg iron; 26 mg sodium; 10 mg potassium; 8 IU vitamin A; 0 mg ATE vitamin E; 0 mg vitamin C; 0 mg cholesterol; 16 g water

I've tried many recipes in this cookbook. It's great to have all the nutritional information for each recipe- but be careful! Often times, the recipe seems pretty healthy until you see how many people it serves and thus what the actual serving size is (small!) I've had to improvise many of the recipes because I've felt that the written recipes were too bland. Overall, I give it 4 stars even if I do make changes, because it gives me a good springboard to start cooking a bit more healthy.

I can't say enough good things about this book. I use it constantly in my cooking. A lot of wonderful bread recipes are included. That is one of the hardest things to get right in the low sodium world. You really miss getting to make a good sandwich that doesn't fall apart before you can eat it. Now you can.

My husband had quadruple by-pass surgery and has high blood pressure. He is on low-sodium, low fat, low cholesterol diet. It's been hard trying to find recipes that add flavor and ways to season foods so they still taste good. This cookbook has many recipes that will keep him track with his diet and taste delicious, and we keep continuing to find more in this book.

Many many good recipes and organized in a great format. I have found many good recipes that really work. There are many more I intend to try. As a diabetic I need to adapt many of the recipes. Even some do not meet the newest "heart healthy" standards since this is a compilation of two older books. but they can be adapted.

This was exactly as I had hoped it would be. I had borrowed the book from the library and really wanted to own it. The recipes are quite good and while I don't like everything (I'm only human) it allows me to see how to subtly change it to make it my own.

For me, some of the best recipes are the staples. Normal soy sauce has almost 1,000 mg of sodium. The recipe in this cookbook for low sodium soy has only 50+ mg. a few things require a trip to a Whole Foods or other market, but being able to make the foods my family loves, that tastes the same only without the heart troubling ingredients, is worth the trip.

good recipes

Love it

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