



American Heart Association One-Dish Meals: Over 200 All-New, All-in-One Recipes

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Juggling work, school, family, and home seems to be the norm in today's hurried world. Many of us often grab a quick bite and keep on moving, sidelining healthful eating habits and nutrition. How wonderful it would be to wind down after a long, hard day with a wholesome, home-cooked meal. Now, the American Heart Association, America's most trusted authority on heart-healthy living and diet, presents a brand-new cookbook that can help. *One-Dish Meals* is designed for the millions of health-conscious Americans who are always on the go.

The more than 200 simple and tasty one-dish recipes offer sensible, convenient alternatives to fatty fast food and high-sodium frozen dinners. The American Heart Association once again proves that healthful, satisfying meals needn't mean sacrificing great flavors or precious time. Many of these delicious dinners practically cook themselves. And forget about washing a sinkful of dishes, because almost every recipe here cooks in just one pot—so dinner is easy to make and quick to clean up.

Arranged by category—meat, poultry, seafood, or vegetarian—each recipe includes nutrients essential for heart-healthy living. You'll find everything from weeknight dinners to special-occasion favorites—from stews, meat loaf, and pot roasts to cassoulets, enchiladas, and even a tagine. All you need is one dish and this cookbook, and in no time at all, you'll have a healthful, home-cooked meal.

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