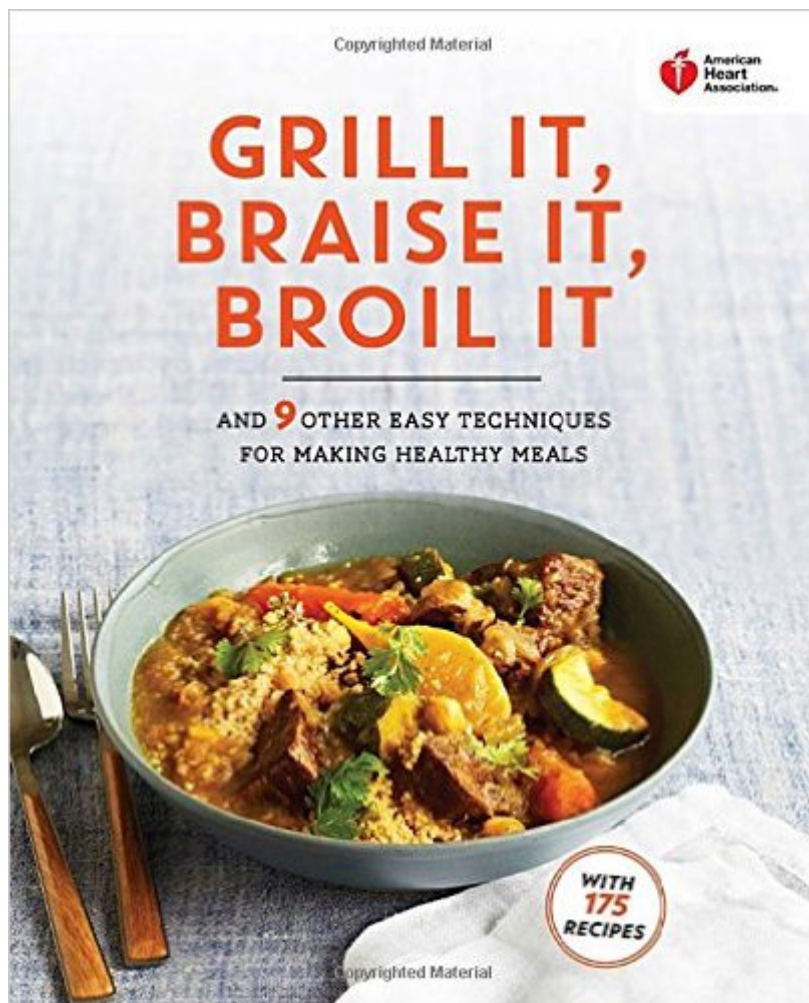


The book was found

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 & Ice 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

Series: American Heart Association

Paperback: 304 pages

Publisher: Harmony (June 2, 2015)

Language: English

ISBN-10: 0307888096

ISBN-13: 978-0307888099

Product Dimensions: 9.1 x 0.7 x 9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars • See all reviews (22 customer reviews)

Best Sellers Rank: #807,137 in Books (See Top 100 in Books) #43 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association #277 in Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #551 in Books > Cookbooks, Food & Wine > Outdoor

Customer Reviews

Title: Grill It, Braise It, Broil It
Produced by the American Heart Association
Photographer: Lucy Schaeffer
Publisher: Clarkson Potter
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.

[Download to continue reading...](#)

American Heart Association Grill It, Braise It, Broil It: And 9 Other Easy Techniques for Making Healthy Meals
The Cuisinart Griddler Cookbook: Simply Delicious Indoor Grill Meals in 15 Min (Full Color) (Indoor Grill Recipes) (Volume 1)
Soap Making: 365 Days of Soap Making (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, Soap Making Recipes, Soap Making Supplies): Soap Making Recipes for 365 Days
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)
American Heart Association Low-Salt Cookbook, 3rd Edition: A Complete Guide to Reducing Sodium and Fat in Your Diet (AHA, American Heart Association Low-Salt Cookbook)
American Heart Association Quick & Easy Meals: More Than 200 Healthy Recipes Plus Time-Saving Tips for Shopping, Planning, and Eating Well
Heart Disease: Heart

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
3 IN 1: 25 Simple And Money-Saving Recipes + 20 Healthy Crockpot Freezer Meals + 16 Delicious
And Healthy Freezer Meals With No Meat: ... cookbook for two, dump dinners cookbook) American
Heart Association Low-Fat, Low-Cholesterol Cookbook, Second Edition: Heart-Healthy,
Easy-to-Make Recipes That Taste Great Low Carb Freezer Meals: 30 Healthy Meals to Choose and
Prepare in One Day for the Whole Week to Save Your Time and Money (Microwave Cookbook &
Quick and Easy Meals) Mason Jar Meals: Quick, Easy & Healthy Mason Jar Meal Recipes For Busy
People: Cooking For One with Meals In A Jar (mason jar, mason jar recipes, mason ... jar recipes,
jar meals, mason jar salads) American Heart Association Healthy Family Meals: 150 Recipes
Everyone Will Love American Heart Association Meals in Minutes Cookbook: Over 200 All-New
Quick and Easy Low-Fat Recipes American Heart Association Go Fresh: A Heart-Healthy
Cookbook with Shopping and Storage Tips American Heart Association The Go Red For Women
Cookbook: Cook Your Way to a Heart-Healthy Weight and Good Nutrition American Heart
Association The Go Red For Women Cookbook: Cook Your Way to a Heart-Healthy Weight and
Good Nutrition... (Hardback) - Common Low-Carb Freezer Meals Box Set (6 in 1): Healthy Meals to
Choose and Prepare in One Day for the Whole Week (Low Carb & Microwave Meals) Slow Cooker:
Low Carb: 142 Low Carb, Healthy, Delicious, Easy Recipes: Cooking and Recipes for Weight Loss -
3rd Edition (Low Carbohydrate, Easy Meals, ... Meals, Low Carb Cookbook, Weightloss)

[Dmca](#)