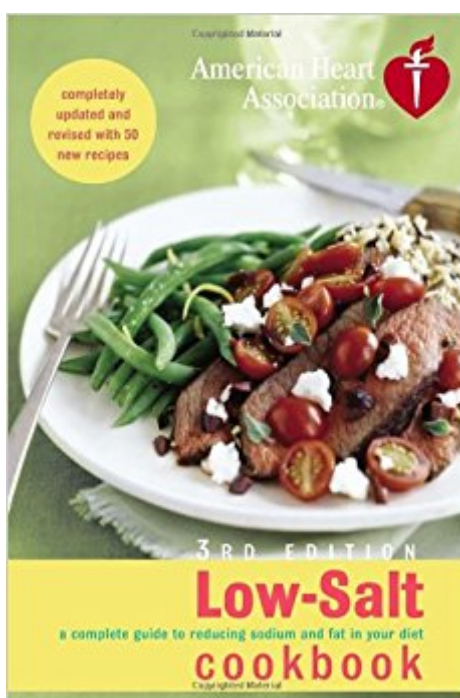


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# American Heart Association Low-Salt Cookbook, 3rd Edition: A Complete Guide To Reducing Sodium And Fat In Your Diet (AHA, American Heart Association Low-Salt Cookbook)



## Synopsis

This revised and expanded third edition of the American Heart Association Low-Salt Cookbook is an indispensable resource for sodium-watchers. The statistics are in—65 million Americans have high blood pressure, and nearly 5 million suffer from congestive heart failure. Whether you have these health problems now or want to avoid having them in the future, keeping your sodium intake low is one of the best ways to help your heart. The human body requires sodium to function properly, but if you are like most other Americans, you consume about ten times more than you need. If that's because you think low-sodium food means low flavor, think again! The American Heart Association shows here that a low-salt diet is not only good for you but delicious, too. Encompassing everything from appetizers and soups to entrées and desserts, the American Heart Association Low-Salt Cookbook, 3rd Edition, is a wonderful collection of more than 200 scrumptious low-sodium recipes—50 of them brand-new to this edition. Whether you're in the mood for a beloved classic dish or an up-to-the-minute future favorite, you'll find just the thing to please your palate—and you'll learn that shaking the salt habit is easier than ever before. The American Heart Association knows that food is one of life's great pleasures and that no one should have to sacrifice tasty meals for a healthful lifestyle. This new edition of one of its classic cookbooks is the perfect guide to making flavorful, satisfying low-sodium food. With the latest dietary information and tips on substituting ingredients, avoiding hidden sodium, and dining out, the American Heart Association Low-Salt Cookbook, 3rd Edition, will help you follow a low-sodium diet—and thoroughly enjoy it. More than 200 low-sodium recipes, including: Appetizers such as Hot and Smoky Chipotle-Garlic Dip; Spinach-Artichoke Hummus Soups such as Onion Soup with Cheesy Pita Crisps; Corn and Green Chile Soup Meats such as Caribbean Jerk Pork; Sirloin with Red Wine and Mushroom Sauce Seafood such as Cajun Snapper; Halibut with Cilantro Pesto Vegetarian Entrées such as Fettuccine Alfredo; Cheese-Topped Stuffed Eggplant Salads such as Balsamic-Marinated Vegetables; Tomato-Artichoke Toss Poultry such as Tarragon Turkey Medallions; Cumin-Lime Chicken Breads and Breakfast Dishes such as Rosemary Rye Bread; Oatmeal-Banana Waffles with Strawberry Sauce Desserts such as Denver Chocolate Pudding Cake; Lemon Cream with Raspberries and Gingersnap Topping Side Dishes such as Scalloped Potatoes; Parmesan-Lemon Spinach The American Heart Association is the nation's most trusted authority on cardiovascular health. Its bestselling library of books includes: • American Heart Association No-Fad Diet • The New American Heart Association Cookbook, 7th Edition • American Heart Association Low-Fat, Low-Cholesterol Cookbook, 3rd Edition • American Heart Association Low-Calorie Cookbook • American Heart Association Quick & Easy Cookbook • American Heart Association

Meals in Minutes Cookbook - American Heart Association One-Dish Meals

## Book Information

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## Customer Reviews

The American Heart Association has affiliates that serve the entire United States. For more information, please visit [americanheart.org](http://americanheart.org) or call 1-800-AHA-USA1 (1-800-242-8721). The American Heart Association is the nation's most trusted authority on cardiovascular health. Its bestselling library of books includes: American Heart Association No-Fad Diet, The New American Heart Association Cookbook, 7th Edition, American Heart Association Low-Fat, Low-Cholesterol Cookbook, 3rd Edition, American Heart Association Low-Calorie Cookbook, American Heart Association Quick & Easy Cookbook, American Heart Association Meals in Minutes Cookbook, American Heart Association One-Dish Meals

Tarragon Turkey Medallions  
A Recipe from American Heart Association Low Salt Cookbook, 3rd Edition  
Preparation of this entrée is very fast paced, so have your side dishes ready before you begin cooking it. Mixed salad greens topped with Cider Vinaigrette and Rice and Vegetable Pilaf make good accompaniments.  
Ingredients: 2 tablespoons fresh lemon juice 2 tablespoons water 1-1/2 teaspoons fresh tarragon leaves or 1/2 teaspoon dried, crumbled 1 medium garlic clove, minced 1/4 teaspoon salt 1/8 teaspoon pepper 1-pound turkey tenderloin, all visible fat discarded Vegetable oil spray 2 teaspoons olive oil  
Serves 4 (3 ounces turkey per

serving) To Prepare: In a small bowl, whisk together the sauce ingredients. Set aside. Cut the turkey crosswise into 1/4-inch slices. Lightly spray a large nonstick skillet with vegetable oil spray. Heat over high heat. Add the oil and swirl to coat the bottom. Cook the turkey slices in a single layer for 2 minutes. Turn the turkey and cook for 3 minutes, or until no longer pink in the center. Transfer the turkey to a serving plate. Pour the sauce mixture into the skillet. Cook for 15 to 20 seconds, or until the mixture reduces to 2 tablespoons, stirring constantly with a flat spatula. To serve, drizzle the sauce over the turkey.

Variation: Tarragon Pork Medallions Substitute a 1-pound pork tenderloin for the turkey; cook as directed above.

Nutrition Information: Turkey Medallions (per serving) Calories 149 Total Fat 3.5 g - Saturated 0.5 g - Polyunsaturated 0.5 g - Monounsaturated 2 g Cholesterol 77 mg Sodium 196 mg Carbohydrates 1 g - Fiber 0 g - Sugars 0 g Protein 27 g Calcium 17 mg Potassium 265 mg Dietary Exchanges: 3 very lean meat

Pork Medallions (per serving) Calories 155 Total Fat 6 g - Saturated 1.5 g - Polyunsaturated 0.5 g - Monounsaturated 3 g Cholesterol 63 mg Sodium 191 mg Carbohydrates 1 g - Fiber 0 g - Sugars 0 g Protein 23 g Calcium 9 mg Potassium 366 mg Dietary Exchanges: 3 lean meat

My mother was recently hospitalized with heart failure, and is now limited to 2000mg/day of sodium. Having eschewed processed foods many years ago - I rarely buy can, box, or bag - I was absolutely stunned by the amount of sodium in nearly everything at the grocery as I was grasping for meal ideas for her (and her traditional Southern salt/pepper taste buds.) I've now made numerous items from this cookbook for her, and she has loved every dish. Try the pork loin with apple dressing, it's worthy for Sunday company. The meat loaf is also incredible.

Additional tips: Invest in many, varied spices and fresh herbs, a good balsamic vinegar, and keep a bowl of fresh lemons on the table. There IS life after salt!

This cookbook is a lifesaver now that I'm on a sodium restricted diet. Great ideas for ways to cut sodium.

The recipes are good. However, I would like to have more illustrations of items.

with high blood pressure this has come in very handy.

Wish there were more pictures. Lots of information on a low sodium diet.

Excellent recipes for low sodium cooking which are clearly written and easy to follow.

This book from the AMA is really a lot of help to learn how to cut the salt. Kmorris-Tw

Surprisingly a combination of science and cookbook! Extremely easy to follow (even the science-y part)! Looking forward to trying the recipes soon. BTW, the illustrations (all hand done) are excellent ... and this is coming from someone whose cookbooks are full of photographs! They are just as good as photographs if not better.

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