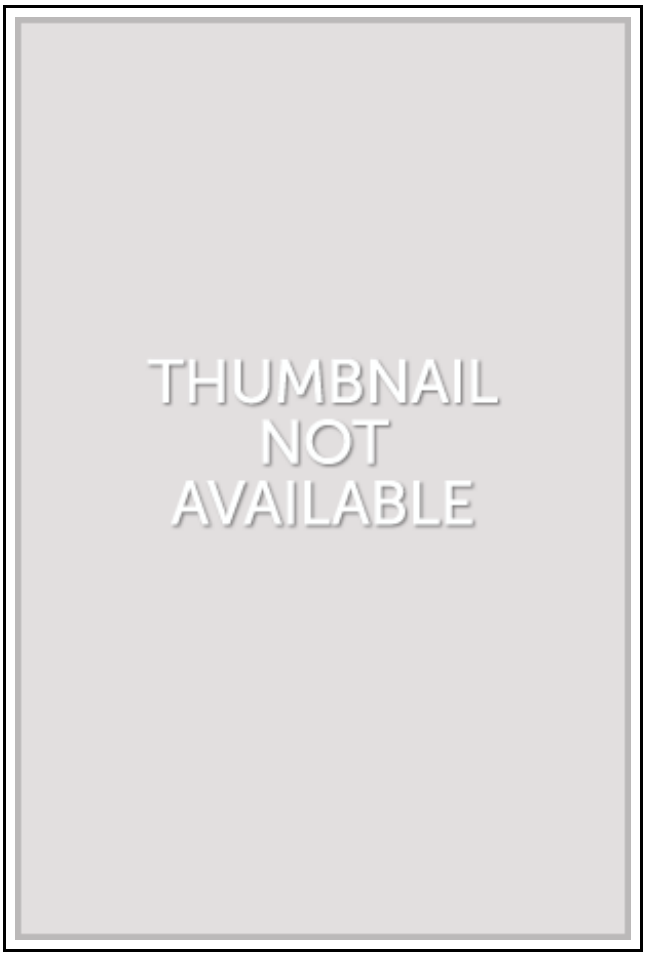
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Black Dog Leventhal Publishers Inc, United States, 2013. Paperback. Book Condition: New. 244 x 221 mm. Language: English . Brand New Book. For the millions of Americans living with heart disease, The Healthy Heart Cookbook provides hundreds of delicious and healthy recipes for all the family favorites, from hamburgers to pancakes!In The Healthy Heart Cookbook, Joe Piscatella, a heart patient himself, who has turned his life and health around by following a healthy diet, 700 of the BEST recipes from Joseph C. Piscatella s five cookbooks (which have more than 2,000,000 copies in print and are used by more than 5,500 hospitals). The 700 recipes-which range from Taco Pizza to Grilled Teriyaki Salmon to marinated flank steak and Chocolate Pudding-are quick-to-fix and delicious. Based on guidelines from the American Heart Association, each recipe includes nutritional breakdowns, and the 1000-plus-entry fat-gram counter for common foods makes healthy substitutions a breeze. Perfect for the whole family!.

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