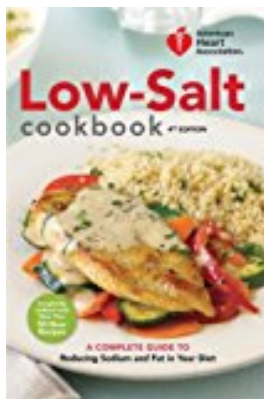


# **[PDF] American Heart Association Low-Salt Cookbook, 4th Edition: A Complete Guide To Reducing Sodium And Fat In Your Diet (AHA, American Heart Association Low-Salt Cookbook)**

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#### **Books Details:**

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## Description:

**About the Author** The AMERICAN HEART ASSOCIATION is the nation's premier authority on heart health. Its bestselling library of cookbooks and guides includes: *American Heart Association No-Fad Diet, 2nd Edition*; *The New American Heart Association Cookbook, 8th Edition*; *American Heart Association Quick & Easy Meals*; *American Heart Association Complete Guide to Women's Heart Health*; *American Heart Association Healthy Family Meals*; *American Heart Association Low-Fat, Low-Cholesterol Cookbook, 4th Edition*; and *American Heart Association Quick & Easy Cookbook*. For more information, please visit [AmericanHeart.org](http://AmericanHeart.org) or call 1-800-AHA-USA1 (1-800-242-8721).

**Excerpt. © Reprinted by permission. All rights reserved.** Corn and Green Chile Soup Serves 4; heaping 3/4 cup per serving

Ready in no time, this chunky and spicy soup requires very little cleanup.

16 ounces frozen whole-kernel corn, thawed  
12 ounces fat-free evaporated milk  
2 ounces chopped green chiles, drained  
1/4 to 1/2 teaspoon ground cumin  
1/4 teaspoon pepper  
1/8 teaspoon cayenne (optional)  
1/2 medium red bell pepper, finely chopped (optional)  
3 medium green onions, finely chopped  
2 teaspoons light tub margarine  
1/4 cup shredded fat-free sharp Cheddar cheese

In a medium saucepan, stir together the corn, milk, green chiles, cumin, pepper, and cayenne. Bring just to a simmer over medium heat, stirring frequently. Remove from the heat.

Stir in the bell pepper, green onions, and margarine. Serve sprinkled with the Cheddar.

**Cook's Tip on Thawing Frozen Vegetables:** To thaw frozen vegetables quickly, put them in a colander and run them under cold water until thawed. Shake off the excess water and drain well.

### Nutrition Analysis (per serving)

Calories	208
Total Fat	2.0 g
Saturated	0.5 g
Trans	0.0 g
Polyunsaturated	0.5 g
Monounsaturated	0.5 g
Cholesterol	5 mg
Sodium	265 mg
Carbohydrates	38 g
Fiber	4 g
Sugars	15 g
Protein	13 g
Calcium	358 mg

Potassium

658 mg

**Dietary Exchanges**

1 1/2 starch

1 fat-free milk

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