



# American Heart Association Go Fresh: A Heart-Healthy Cookbook with Shopping and Storage Tips

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American Heart Association

**The more you cook at home, with a focus on fresh ingredients, the easier it is to achieve a heart-healthy lifestyle.**

Making meals with fresh ingredients is not only healthy and flavorful but also fast and easy with *Go Fresh*. The American Heart Association offers more than 250 recipes in this cookbook, inspiring you to bring nutritious and wholesome ingredients into your kitchen. Enjoy full-flavored favorites—all made from scratch, made healthy, and made fresh—including:

- Cauliflower-Carrot Soup
- Blueberry-Walnut Chicken Salad
- Blackened Fish with Crisp Kale and Creamy Lemon Sauce
- Rosemary-Peach Chicken Kebabs with Orange Glaze
- Tomato-Basil Pork Tenderloin
- Butternut Squash Pasta
- Dark Cherry and Apple Crumble

In the book, you'll also find **Healthy Swaps** for substituting seasonal fruits and vegetables in delicious new ways, **Shop & Store** tips for making the most of your trips to the market and what you buy, and **Tips, Tricks & Timesavers** for reducing prep time and getting meals on the table faster.

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