



American Heart Association The Go Red For Women Cookbook: Cook Your Way to a Heart-Healthy Weight and Good Nutrition

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A HEALTH COOKBOOK FOR WOMEN BY WOMEN

The American Heart Association's Go Red For Women social initiative has inspired hundreds of thousands of women to eat nutritiously, exercise regularly, and maintain a healthy weight. Now the iconic "red dress" can be your kitchen companion all year long, with **200 recipes to help you take charge of your health.**

By cooking wholesome meals at home, you can easily and significantly reduce your risk of heart disease, which takes the lives of more women each year than all forms of cancer combined. *The Go Red For Women Cookbook* helps you stick to your health goals with recipes for **guilt-free drinks, appetizers, dinners, and desserts** for gatherings with friends and **breakfasts on the go, brown-bag lunches,** and **snacks** for the whole family. Recipes include:

- Vegetable-Shrimp Spring Rolls with Honey-Jalapeño Sauce
- Chipotle Tomato Soup
- Spinach Salad with Apples and Caramelized Radishes
- Kale Salad with Sweet Citrus Dressing
- Lime-Basil Tilapia
- Jerk Chicken with Mango-Avocado Salsa
- Portobello Ragout with Sun-Dried Tomato Polenta
- Garlicky Greek Salad Pizza
- Sangría-Style Punch
- Lemon Mini Cheesecakes
- Red Velvet Cake Pops

A necessary primer on good nutrition, weight control, and smart grocery shopping as well as how to live and enjoy a healthy lifestyle while helping to prevent heart disease, *The Go Red For Women Cookbook* makes it easy for you to adopt healthy eating habits.

From the Hardcover edition.

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