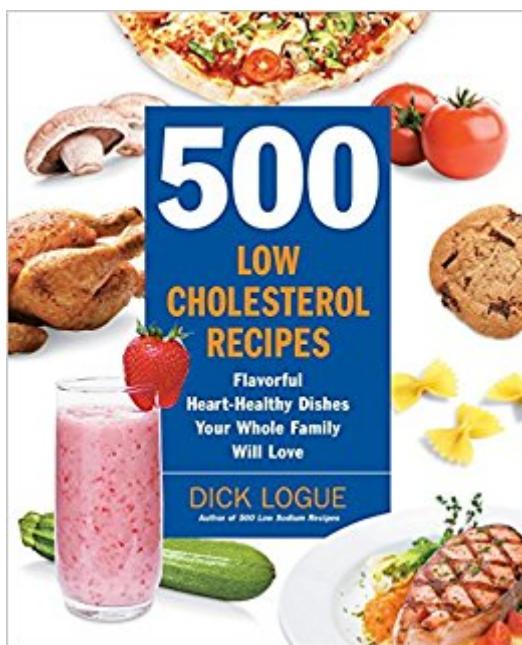


The book was found

# 500 Low-Cholesterol Recipes: Flavorful Heart-Healthy Dishes Your Whole Family Will Love



## Synopsis

A low-cholesterol cookbook that offers practically the full spectrum of flavors for the tastebuds! 500 Low-Cholesterol Recipes proves that cutting cholesterol doesn't mean cutting taste or variety—nor spending hours in the kitchen on complicated recipes. Packed with everything from savory stews to sweet treats, you'll find low-cholesterol versions of all the foods you thought you had to give up, like mouthwatering burgers, fluffy omelets, and creamy desserts. You'll also find a wide array of international cuisines, from Cajun and Mexican to Italian and Asian. Make staying on the low-cholesterol course easy—and delicious!—with 500 Low-Cholesterol Recipes.

## Book Information

Paperback: 512 pages

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Average Customer Review: 4.3 out of 5 stars 61 customer reviews

Best Sellers Rank: #32,912 in Books (See Top 100 in Books) #17 in Books > Cookbooks, Food & Wine > Special Diet > Low Cholesterol #32 in Books > Cookbooks, Food & Wine > Special Diet > Heart Healthy #62 in Books > Cookbooks, Food & Wine > Special Diet > Low Fat

## Customer Reviews

Dick Logue is the author of several diet-friendly cookbooks and has been following a heart-healthy lifestyle for decades now. After being diagnosed with congestive heart failure more than 20 years ago, Dick threw himself into the process of creating healthy versions of his favorite recipes and writing about it on his website, Low Sodium Cooking. A cook since the age of 12, he grows his own vegetables, bakes his own bread, and cans a variety of foods. He is the author of 500 Low Sodium Recipes, 500 Low-Cholesterol Recipes, 500 High Fiber Recipes, 500 Low Glycemic Index Recipes, 500 Heart-Healthy Slow Cooker Recipes, 500 400-Calorie Recipes, and 500 15-Minute Low Sodium Recipes, among others. He lives in La Plata, MD.

Have cooked 6 of the recipes and all but one was fantastic!!! I also have to watch the carbohydrates for my husband and this helps.

Good

In facing the challenge of cooking for my husband who has heart disease I find this book to be invaluable. I refer to it daily. The recipes are easy and healthy.

A GREAT addition to your cookbook library. Couldn't be more pleased. This book has a terrific selection of recipes that you'd never believe you can eat on a heart-healthy diet. My husband thought he'd never be able to eat anything but lettuce for the rest of his life - but this cookbook has showed both of us there are a lot of foods that can be eaten and not just chicken/turkey!

Easy and simple.

We were looking for a book that could help us cook healthier meals that the kids might enjoy too. This book is a hit. We've used about 4 or 5 recipes out of the book. The best one so far was the Yakisoba (kind of) noodles with angel hair pasta, veggies, and chicken, with sesame oil and low sodium soy. The kids love it and ask for it constantly.

Every recipe I have made so far has been wonderful. Most important my husband likes them.

Tons of great recipes, easy to flip through and get delicious, healthy meal ideas!

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Cholesterol: The Ultimate Cholesterol Solution: Lower Your Cholesterol Naturally In Less Than 4 Weeks (Cholesterol Diet, Cholesterol Recipes, Cholesterol Down, Meals Plan) Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole

Foods Diet) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Easy Low Fat & Low Cholesterol Mediterranean Diet Recipe Cookbook 100+ Heart Healthy Recipes & Meals Plan: Healthy Cooking & Eating Book with Low Salt, ... Nutrition & Dieting Recipes Collection) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Whole Food: The 30 Day Whole Food Challenge → Whole Foods Diet → Whole Foods Cookbook → Whole Foods Recipes (Whole Foods - Clean Eating) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Low Carb: Low Calorie Cookbook: 50 High Protein Recipes Under 500 Calories for Weight Loss, Muscle Building, Healthy Eating & To Increase Energy (Low Carb ... Low Carb Cookbook, Low Carb Diet Book 1) The American Heart Association Low-Fat, Low-Cholesterol Cookbook: Delicious Recipes to Help Lower Your Cholesterol American Heart Association Low-Fat, Low-Cholesterol Cookbook, 4th edition: Delicious Recipes to Help Lower Your Cholesterol American Heart Association Low-Fat, Low-Cholesterol Cookbook, 3rd Edition: Delicious Recipes to Help Lower Your Cholesterol American Heart Association Low-Fat, Low-Cholesterol Cookbook, 3rd Edition: Delicious Recipes to Help Lower Your Cholesterol (Random House Large Print Nonfiction) American Heart Association Healthy Fats, Low-Cholesterol Cookbook: Delicious Recipes to Help Reduce Bad Fats and Lower Your Cholesterol Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) 500 Low-Carb Recipes: 500 Recipes, from Snacks to Dessert, That the Whole Family Will Love

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