

**1,001 Heart Healthy Recipes: Quick,  
Delicious Recipes High In Fiber And Low  
In Sodium And Cholesterol That Keep You  
Committed To Your Healthy Lifestyle  
By Dick Logue**



These quick, heart-healthy recipes have just 5 grams or less of saturated fat per Quick and Easy Recipes for a Healthy Heart ; More From Meals & Cooking. Newsletter; <http://www.delish.com/cooking/nutrition/g1524/quick-heart-healthy/>

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create heart-smart meals that are filling and fast. These meat-based main dishes use fresh ingredients and healthy fats to create heart Heart-Healthy Recipes.

<http://www.cookinglight.com/eating-smart/nutrition-101/heart-healthy-entrees>

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[http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Heart-Healthy-Recipes\\_UCM\\_465114\\_RecipeLanding.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Heart-Healthy-Recipes_UCM_465114_RecipeLanding.jsp)

healthy recipes from health rub in with your of making a dessert for your family that smells delicious and very high source of a

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Try one of these delicious and healthy recipes that make one serving. Make a perfectly portioned meal with these healthy breakfast recipes, dinner recipes, snack

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