



Fresh and Healthy: 100 Fabulous Heart Healthy Recipes

Sally James

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The winner of the prestigious 2001 IACP cookbook award in the Health and Special Diet category, **FRESH & HEALTHY** is for people whose enjoyment of good food ranks as high as their commitment to a healthy diet. The staff of Australia's renowned Victor Chang Cardiac Research Institute teamed up with Sally James to develop this book as a companion to its best-selling *Simply Healthy*. **FRESH & HEALTHY** presents over 125 recipes to help you improve your eating habits while preparing foods that make dining an exercise in pleasure, not deprivation. Not a smidgen of flavor is sacrificed with heart-healthy dishes like Prawn, Macadamia, and Cilantro Ravioli; Asparagus and Pine Nut Tarts; or Balsamic-Marinated Chicken with Lemon Couscous. With its array of cookies, cakes, and confections, the dessert menu is equally innovative and satisfying. Join Sally James and the Chang Institute in their fight against heart disease—eating healthfully has never been a more rewarding lifestyle choice.

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