

# CONTENTS

FOREWORD.....	v
INTRODUCTION.....	vii

## Part I: The 40 Heart Healthy Foods

Nutrient Spotlights .....	2	Peppers, Bell .....	44
Apples.....	7	Peppers, Chile.....	46
Asparagus .....	9	Potatoes, Sweet.....	48
Avocados.....	10	Quinoa.....	49
Bananas .....	11	Salmon.....	51
Beans .....	13	Sea Vegetables .....	53
Berries.....	14	Seeds.....	54
Bran .....	16	Soy Products .....	55
Carrots.....	18	Spinach.....	58
Chocolate, Dark .....	19	Squash, Winter .....	59
Cruciferous Vegetables.....	21	Tea .....	61
Flaxseed and Flaxseed Oil .....	23	Tomatoes.....	63
Garlic .....	24	Tropical Fruits .....	66
Grapes and Cherries .....	26	Whole Grains.....	67
Greens, Dark Leafy .....	27	Wine, Red .....	70
Herbs and Spices.....	28	Yogurt .....	72
Kiwifruit .....	30		
Lemons and Limes.....	32		
Lentils.....	33		
Mushrooms, Shiitake .....	34		
Nuts .....	36		
Oats .....	38		
Olives and Olive Oil .....	39		
Onions, Scallions, and Shallots.....	41		
Oranges .....	42		



## **Part II: 175 Family-Pleasing, Heart-Protecting Recipes**

Chapter 1: Good Mornings .....	76
Chapter 2: Super Soups .....	95
Chapter 3: A Salad a Day .....	105
Chapter 4: Fruit and Vegetables at Every Meal.....	131
Chapter 5: The Great Grains.....	145
Chapter 6: Bean Cuisine and Meatless Mains .....	156
Chapter 7: Pasta and Noodles Galore.....	170
Chapter 8: Selections from the Sea .....	186
Chapter 9: Please 'Em with Poultry.....	201
Chapter 10: Accent with Meat.....	219
Chapter 11: Snack to Your Heart's Content .....	232
Chapter 12: Just for Dessert .....	242
Chapter 13: Dressings, Salsas, Sauces, and Spreads.....	258
Chapter 14: Party Hearty .....	267
INDEX .....	283
CONVERSION CHART.....	302

