

[PDF] American Heart Association Low-Salt Cookbook, 3rd Edition: A Complete Guide To Reducing Sodium And Fat In Your Diet

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Description:

About the Author The American Heart Association has affiliates that serve the entire United States. For more information, please visit americanheart.org or call 1-800-AHA-USA1 (1-800-242-8721).

The American Heart Association is the nation's most trusted authority on cardiovascular health. Its

bestselling library of books includes:

- *American Heart Association No-Fad Diet*
- *The New American Heart Association Cookbook, 7th Edition*
- *American Heart Association Low-Fat, Low-Cholesterol Cookbook, 3rd Edition*
- *American Heart Association Low-Calorie Cookbook*
- *American Heart Association Quick & Easy Cookbook*
- *American Heart Association Meals in Minutes Cookbook*
- *American Heart Association One-Dish Meals*

From the Hardcover edition.

Excerpt. © Reprinted by permission. All rights reserved. Tarragon Turkey Medallions

A Recipe from *American Heart Association Low Salt Cookbook, 3rd Edition*

Preparation of this entrée is very fast paced, so have your side dishes ready before you begin cooking it. Mixed salad greens topped with Cider Vinaigrette and Rice and Vegetable Pilaf make good accompaniments.

Ingredients:

- 2 tablespoons fresh lemon juice
- 2 tablespoons water
- 1-1/2 teaspoons fresh tarragon leaves or 1/2 teaspoon dried, crumbled
- 1 medium garlic clove, minced
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1-pound turkey tenderloin, all visible fat discarded
- Vegetable oil spray
- 2 teaspoons olive oil

Serves 4

(3 ounces turkey per serving)

To Prepare:

In a small bowl, whisk together the sauce ingredients. Set aside.

Cut the turkey crosswise into 1/4-inch slices.

Lightly spray a large nonstick skillet with vegetable oil spray. Heat over high heat. Add the oil and swirl to coat the bottom. Cook the turkey slices in a single layer for 2 minutes. Turn the turkey and cook for 3 minutes, or until no longer pink in the center. Transfer the turkey to a serving plate.

Pour the sauce mixture into the skillet. Cook for 15 to 20 seconds, or until the mixture reduces to 2 tablespoons, stirring constantly with a flat spatula.

To serve, drizzle the sauce over the turkey.

Variation:

Tarragon Pork Medallions

Substitute a 1-pound pork tenderloin for the turkey; cook as directed above.

Nutrition Information:

Turkey Medallions

(per serving)

Calories 149

Total Fat 3.5 g

-Saturated 0.5 g

-Polyunsaturated 0.5 g

-Monounsaturated 2 g

Cholesterol 77 mg

Sodium 196 mg
Carbohydrates 1 g
-Fiber 0 g
-Sugars 0 g
Protein 27 g
Calcium 17 mg
Potassium 265 mg

Dietary Exchanges:

3 very lean meat

Pork Medallions

(per serving)

Calories 155

Total Fat 6 g

-Saturated 1.5 g

-Polyunsaturated 0.5 g

-Monounsaturated 3 g

Cholesterol 63 mg

Sodium 191 mg

Carbohydrates 1 g

-Fiber 0 g

-Sugars 0 g

Protein 23 g

Calcium 9 mg

Potassium 366 mg

Dietary Exchanges:

3 lean meat

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