



Recipe From The Heart

Dick Logue



Recipe From The Heart:

Recipes from the Heart Melanie A. Smith, 2018-09-17 The Safeguarded Heart Series may be romantic suspense fiction but the author's love for food as showcased throughout the books is very real More specifically Italian food In this companion guide you'll learn a bit about Smith's family and history that brought about her love for cooking and Italian cuisine as well as the recipes featured in the books and more With both authentic and Americanized Italian dishes as well as a few other favorites Smith moves to providing inspiration in the kitchen Mangiamo let's eat **Recipes for the Heart** Andi

Whitefield, 2020-08-25 Evelyn Wallace is a spirited and energetic elderly woman She is full of fire for the Lord and lives to share the good news about Jesus with others She happens to be the neighbor of twelve year old Lily and her family They are brought together because Evelyn is in need of someone to help her around the house Lily's Momma gladly volunteers her for the job Lily begrudgingly starts her new job with Evelyn She soon realizes that Evelyn is a sweet lady and a really good cook During their times together Evelyn shares several food recipes with Lily She also gives Lily some recipes for the heart These recipes for the heart become cherished treasures that Lily shares with the reader Funny and heartwarming this book tells of a young girl who encounters a woman full of life and love for others Through the years they have many adventures together that Lily will never forget *The American Heart Association Cookbook* Ruthe Eshleman, American Heart Association, 1986

A cookbook that emphasizes low cholesterol recipes and those that promote weight control [The Prevent and Reverse Heart Disease Cookbook](#) Ann Crile Esselstyn, Jane Esselstyn, 2014-09-02 The long awaited cookbook companion to the revolutionary New York Times bestseller Prevent and Reverse Heart Disease I hope you'll treat yourself to one of these recipes and just open that door I guarantee you won't close it Samuel L Jackson Hundreds of thousands of readers have been inspired to turn their lives around by Dr Caldwell B Esselstyn's Jr's bestseller Prevent and Reverse Heart Disease The plant based nutrition plan Dr Esselstyn advocates based on his twenty year nutritional study the most comprehensive of its kind is proven to stop and reverse even advanced coronary disease and is built on the message the Esselstyn family has lived by for years Your health is truly in your own hands and what you eat matters Mother daughter team Ann and Jane Esselstyn have decades of experience developing delicious healthful recipes for both their family and Dr Esselstyn's many grateful patients Now they combine their expertise to offer you the cookbook companion to Dr Esselstyn's groundbreaking book with more than 125 easy and mouthwatering recipes brimming with nourishment for your heart and your overall health From their quick and easy meals like Fast Pasta and Greens and delicious Sloppy Joes to their indulgent desserts like their signature Kale Cake and Minty Frozen Chocolate Balls these recipes will empower you to reclaim your health and discover the pleasures of eating plant based [1001 Heart Healthy Recipes](#) Dick Logue, 2012-11-01 1 001 Heart Healthy Recipes makes it easier than ever before for you to avoid expensive and unsafe processed foods and instead prepare and enjoy dishes that will help you maintain healthy cholesterol levels and lower your risk for heart disease You'll discover simple to follow recipes

for everything from snacks and salads to hearty meat dishes vegetarian fare and satisfying soups and stews And if you think eating healthy means you ll have to give up the foods you love think again Inside you ll find healthy makeovers for your favorite comfort foods takeout meals and desserts making it easy to maintain your heart healthy diet and achieve your most ambitious weight loss and health improvement goals You ll find healthy recipes to satisfy any craving any time of day Hearty whole grain pancakes waffles and muffins Veggie packed frittatas omelets and quiches Delicious and nourishing fruit smoothies Healthier versions of your favorite condiments dips and spice mixes Satisfying main dishes featuring beef chicken pork lamb and fish Vegetarian meals and sides packed with nutrient dense superfoods Internationally inspired cuisines including Italian Mexican Asian and Cajun Tips and instructions for baking yummy hydrogenated oil free breads cakes and cookies Don t sacrifice taste and variety for the sake of healthy eating Find all the heart healthy recipes you ll ever need and enjoy the foods and flavors you and your family love in this one book *Recipes for the Heart and Soul* Dorothy A.

James,2009-09-29 There is no available information at this time **Discovering God's Recipe for a Healthy Body, Heart, and Soul** Ann Nickerson Gatty,2010-09-14 Do you find yourself coming through the door after a busy day only to ask yourself What can I make for dinner Do you struggle with finding ways to whip up nutritious lunches for your kids And are you too tired to even complete ten minutes of exercise Uncover clear and simple strategies for eating well and feeling great in *Discovering God's Recipe for a Healthy Body Heart and Soul* In this comprehensive guide Dr Ann Nickerson Gatty offers insights into bull finding balance in life bull setting dietary goals bull exercising bull maintaining a healthy lifestyle *Discovering God's Recipe for a Healthy Body Heart and Soul* shares the food consumption strategies outlined in Leviticus and Deuteronomy and clearly explains how to eat food that is better for the body including easy tips on how to manage your time so you can get all your tasks completed in a more efficient manner Along with sound advice *Discovering God's Recipe for a Healthy Body Heart and Soul* provides delicious recipes for each meal of the day to invigorate your eating habits Through this simple six week program you will reduce your stress level turn up your energy level and once again enjoy God's world around you **The Cardiac Recovery Cookbook** M. Laurel Cutlip, LN, RD,Sari Greaves, RDN,2020-09-29 Help your heart by eating right Over 100 easy and delicious recipes for cardiac patients on the road to having a healthier stronger heart If you are looking to eat healthier and still enjoy mealtime open your kitchen to *The Cardiac Recovery Cookbook* This indispensable companion to *The Cardiac Recovery Handbook* contains over 100 quick easy and delicious recipes all approved by the National Institutes of Health to help cardiac patients eat well on the road to wellness Whether you want a quick meal a nutritious dinner or a heart healthy dessert this book is packed with great tasting recipes the whole family can enjoy All the recipes are reduced in saturated fat cholesterol and sodium and come complete with detailed nutritional information Eat to your heart's content with *The Cardiac Recovery Cookbook* *Cooking a la Heart Cookbook* Linda/Jane Hachfeld,Betsy Eykyn,2009-07 A heart healthy lifestyle is an ALL HEALTHY lifestyle Not only can the recommendations found in this book

help your heart stay fit they can also help you live longer and enjoy those added years in good health Cooking ala Heart helps the reader adopt lifestyle habits to protect our hearts downsize meals distinguish good fats from bad with 450 heart healthy recipes Packed with tips to avoid calorie creep reduce sodium curb our sweet tooth and how to swap out high fat sodium ingred w heart healthy alternatives Includes DASH Diet latest AHA and USDA Dietary guidelines plus NHLBI latest desirable chol triglyceride and blood pressure levels Full nutrient profiles for each recipe Also 7 days worth of menus and how to select eco healthy fish omega 3 values also included Bright red dividers between chapters many charts easy to find information on how to raise HDL cholesterol and lower LDL cholesterol and triglycerides Great tasting recipes low in sat fat no trans fat and includes diabetic exchanges

Thirteen Recipes for the Hungry Heart Madeline Herring, 2024-12-17 Catriona Fenn arrives in the salt laced town of Port Blossom Maine carrying only grief and a dusty recipe box etched with Celtic knots It s her grandmother Elara s legacy filled with thirteen handwritten cards each a cryptic window into a life Catriona never knew Elara a kitchen witch left behind more than just recipes she left behind magic As Catriona cooks the apartment above her grandmother s antique shop fills with more than just the aroma of star anise and rosemary Forgotten memories surface with every bite Elara s cold hand her whispered warnings of hungry things Each dish lavender pie saffron risotto sourdough bread that inexplicably thrives in the presence of her intriguing botanist neighbor Brooke peels back another layer of Elara s hidden world But Elara s magic comes with a price Thirn a spectral figure smelling of woodsmoke and old secrets reveals the truth a pact made a being of shadows and whispers known as the Ravenous and a terrible hunger that devours not flesh but memories With every recipe Catriona completes the Ravenous draws closer its gaze fixed on Port Blossom Into this swirling mix of culinary magic and encroaching darkness stumbles Patricia a sharp tongued woman armed with folk remedies and cryptic warnings of her own And then there s Alexander a renowned chef drawn to the strange energy emanating from Elara s apartment sensing a kindred spirit in Catriona and a source of unimaginable culinary power As the line between the mundane and the magical blurs Catriona finds herself caught in a web of conflicting desires Embrace the power fueled by Alexander s ambition and risk unleashing the Ravenous Heed Patricia s warnings and renounce her heritage leaving the mysteries of her grandmother s life unsolved Or forge a new path one whispered to her by the earth itself through her growing connection with Brooke With the final recipe a bittersweet concoction of wild berries dark chocolate and a single shimmering tear Catriona must make a choice that will determine not only her fate but the fate of everyone she s come to care for in this strange seaside town For the last recipe isn t a source of power but a key and the door it opens leads to

Kenyan Flavors: Recipes from the Heart of East Africa James Fulton, Discover the vibrant and diverse culinary landscape of East Africa with Kenyan Flavors Recipes from the Heart of East Africa This cookbook invites you on a journey through the rich traditions and mouthwatering dishes that define Kenyan cuisine Experience the warmth and hospitality of Kenyan culture as you explore recipes that celebrate fresh ingredients and bold flavors From the savory delights of ugali and

sukuma wiki to the aromatic spices of Swahili cuisine each dish tells a story that connects you to the heart and soul of Africa Whether you are an experienced cook or just beginning your culinary adventure Kenyan Flavors provides easy to follow instructions that bring the essence of Kenya right into your kitchen Each recipe is designed to inspire creativity and foster connection around the dining table Perfect for family gatherings special occasions or simply spicing up your weeknight meals this cookbook is a treasure trove of authentic recipes and stunning photography that will transport you to the bustling markets and vibrant street food scenes of Kenya Join the celebration of East African culture and flavors With Kenyan Flavors every meal is an opportunity to share love laughter and unforgettable experiences with those you cherish Embrace the taste of Kenya and let the adventure begin **WomenHeart's All Heart Family Cookbook** Kathy Kastan,Susan

Banfield,Womenheart,2007-12-26 Heart disease is the leading cause of death among women killing six times as many as breast cancer What s worse too few women realize the dire risk they face WomenHeart the National Coalition for Women with Heart Disease is an organization dedicated to helping women heart patients and those at risk for heart disease whether they know it or not Through an extensive support group network they also help women who have heart disease live normal lives And because dietary changes are often an important part of the recovery process when their members gather the conversation naturally turns to food To help spread the news of their work WomenHeart has created this one of a kind collection that focuses on 40 key foods known to promote heart health that features a number of family friendly recipes from their members Packed with plenty of great to wake up to dishes like French Toast with Orange Cream and Lemon Blueberry Muffins it also includes dozens of crowd pleasing dinner favorites like Revamped Chicken Pot pie Beef and Vegetable Stroganoff and Sesame Salmon with Spicy Cucumber Salad In fact in this collection there s a recipe for every occasion as well as 40 enticing photographs Even better this cookbook includes plenty of desserts like Flourless Chocolate Cake Summer Fruit Compote and Raspberry Buckle making it easy to see that fighting heart disease can mean indulging in the pleasures good food offers *Quick and Easy Heart Healthy Recipes* Dick Logue,2025-02-04 A greatest hits collection from Dick

Logue Quick Easy and Delicious Heart Healthy Recipes gives readers a jump on cooking for a healthy lifestyle *The Heart of Christmas Recipes* Gooseberry Patch,2025-08-26 Treasured family recipes that are the heart of the season We all have so much to do during the Christmas season cookies to bake gifts to wrap and of course ornaments to hang on the tree But our favorite part of Christmas is making memories with family friends while we do all these things In The Heart of Christmas you ll find recipes perfect for every holiday occasion shared by cooks like you Children will love Syrup Pancake Bake for breakfast before they go out to play in the snow And your holiday brunch is sure to be a hit with Sausage Cheese Breakfast Casserole and Cherry Pie Swirl Coffee Cake on the buffet For busy day meals Peyton s Broccoli Cheese Soup or Mom s Irish Minestrone will warm hearts as well as tummies Add some Cheesy Joes or Saucy Dogs yummy Sit down with loved ones to a festive dinner of Sour Cream Swedish Meatballs Christmas French Meat Pie or a splendid Orange Honey Glazed Holiday

Ham made easy with our simple recipes Ambrosia Fruit Salad and Parmesan Corn Pudding round out the menu deliciously Can t forget Great Aunt Harriet s Cranberry Relish Christmastime is party time so you ll find Mom s Special Cheese Balls and 3 Cheese Spinach Puffs We ve also included plenty of scrumptious sweets like Mint Chocolate Chip Cookies Old Fashioned Sugar Cookies Granny s Gingerbread Cake and Easy Cranberry Pecan Pie You ll find lots of clever tips for making special Christmas memories plus the easy to follow recipes that Gooseberry Patch is know for to make this Christmas the best ever 213 brand new recipes 177 tips and 20 memories of the heart of Christmas

15 HEART-HEALTHY SNACKS RECIPES TO PACK FOR WORK Ford Patterson,2024-01-10 Description Fueling Your Workday 15 Heart Healthy Snacks Recipes for Productivity Embark on a journey to enhance your workday with a collection of delicious and heart healthy snacks Our ebook Fueling Your Workday presents a curated selection of 15 nutrient packed recipes designed to keep you energized focused and heart healthy throughout your busy day Discover the joy of wholesome snacking with easy to follow recipes that combine convenience with nutrition From vibrant Mediterranean chickpea salads to satisfying dark chocolate and nut trail mix each recipe is crafted to elevate your snack game while prioritizing heart health What to Expect Diverse Flavors Explore a palette of flavors from savory to sweet ensuring there s something to suit every craving Nutrient Rich Goodness Dive into snacks rich in heart boosting nutrients including omega 3 fatty acids fiber antioxidants and essential vitamins Easy Preparation Designed for the busy professional these recipes prioritize simplicity and efficiency making them perfect for prepping and packing ahead Office Friendly Options Say goodbye to mindless office snacking and embrace these wholesome alternatives to power through your work tasks Why Heart Healthy Snacking Matters Snacking plays a pivotal role in maintaining sustained energy levels supporting focus and promoting overall well being With heart health at the forefront Fueling Your Workday empowers you to make mindful choices without compromising on taste Make your workplace snacks a celebration of good taste and heart friendly living Download our ebook today and embark on a delightful journey towards a healthier more energized workday

Heal Your Heart Kitty Gurkin Rosati,2008-05-02 Heal Your Heart combines the best of ancient spiritual wisdom and the best of modern nutrition to provide a holistic program for real living Morton T Kelsey Professor Emeritus University of Notre Dame Author of The Other Side of Silence and God Dreams and Revelation Kitty Rosati offers the range of information and wisdom needed for long term lifestyle changes It s so nice to see a dietary book extend beyond nutrition and inspire the reader Gerald G Jampolsky M D Author of Love Is Letting Go of Fear We recommend Heal Your Heart as an excellent guide for anyone seeking health and wholeness Kitty Rosati advocates a renewed emotional and spiritual journey along with her nutrition plan and extensive collection of delicious recipes Redford Williams M D and Virginia Williams Ph D Authors of Anger Kills The world renowned Duke University Rice Diet Program has helped thousands of people regain their health and vastly improve the quality of their lives Here s the life saving information you need to make the new Rice Diet Program a force for your own longevity and wellness A thorough analysis of your major risk factors for heart disease

including excess weight high cholesterol diabetes and high blood pressure A detailed heart healthy nutrition plan tailored to your health needs Over 150 delicious easy to prepare recipes A heart healthy exercise plan to help heal and strengthen your heart Guidance on using the powerful often untapped resources of your mind and spirit to achieve and maintain your goals Helpful resource information on support groups newsletters and where to get the best health foods *500 Heart-Healthy Slow Cooker Recipes* Dick Logue,2010-12-01 Discover five hundred quick and easy savory delicious slow cooker recipes to keep your family satisfied and eating healthier than ever 500 Heart Healthy Slow Cooker Recipes makes it easier than ever for you to eat well and improve your heart health Packed with hundreds of easy to follow recipes that take advantage of the fix it and forget it convenience of your slow cooker you ll discover heart friendly versions of classic recipes you thought you had to give up and all new eats that will surely become your next favorites Packed with low fat low sodium low cholesterol ingredients that don t skimp on flavor or variety each recipe also includes a nutritional breakdown making it easy to track your healthy eating at every meal And you won t waste time in the kitchen making complicated recipes or searching the grocery store for hard to find expensive ingredients From appetizers to main dishes sides and desserts you ll find recipes that will make it simple for you to stay on your heart healthy diet and keep your family satisfied and eating healthier than ever Enjoy Sweet and Sour Hot Dog Bites Fondue Broccoli Egg Casserole Cannelloni Shrimp Creole Southern Stuffed Pork Chops and much more You ll also find chapters featuring nontraditional but no less delicious slow cooker recipes for heart healthy vegetables grains and legumes including Bean Soup with Cornmeal Dumplings Barley and Mushroom Soup Italian Zucchini and Honey and Cinnamon Yams *A Beautiful Heart Cookbook* Elizabeth Epstein,2019-09-23 A Beautiful Heart Cookbook is a collection of heart healthy recipes filled with simple wholesome inexpensive ingredients But the recipes are not just healthy they are beautiful delicious creations to be enjoyed both alone and together with loved ones They are inspired and meant to inspire They are all of those things and somehow they are still achievable in day to day life Each recipe has been simplified simplified simplified just one bowl just one pot just add and stir or just add and blend and as a result each recipe leads its maker through a relaxing cooking experience The directions seem to translate to enjoy the moment and seem to subtly suggest a deep breath in life is good But perhaps not so subtly the recipes demonstrate the truth about healthy eating it is feasible in day to day life inexpensive and nourishing on a physical mental and spiritual level It is a commitment to take pride in and a worthwhile lifelong priority But best of all Healthy food actually tastes amazing *20 Classic Heart-Healthy Recipes* James Fulton, Elevate your culinary skills and embrace a flavorful approach to wellness with 20 Classic Heart Healthy Recipes This beautifully illustrated cookbook offers a delightful blend of taste and nutrition featuring easy to follow recipes that anyone can master Discover vibrant salads bursting with fresh ingredients hearty whole grain dishes that satisfy and light fulfilling desserts that don t compromise on flavor Each recipe is thoughtfully crafted to support heart health making it simple to enjoy the foods you love without the guilt Whether you are cooking for yourself or loved ones these dishes

are perfect for any occasion from casual weeknight dinners to special gatherings. Each recipe is accompanied by clear instructions and helpful tips ensuring a smooth cooking experience and delicious results every time. Transform your kitchen into a haven of health and happiness and let every meal be an opportunity to nourish both your body and soul. Discover how easy it is to savor rich flavors while making heart-conscious choices that will benefit you for years to come. Bring this essential cookbook home today and start your journey towards a healthier lifestyle.

[Ageless Recipes: A Healthy Cookbook for Optimal Aging and Managing Diabetes, Heart Disease, and Cancer Risk](#) Logan Everett Parker, 2025-07-12

Ageless Recipes: A Healthy Cookbook for Optimal Aging and Managing Diabetes, Heart Disease, and Cancer Risk

Are you ready to take control of your health and embrace vibrant aging without sacrificing flavor? Ageless Recipes is your roadmap to delicious, science-backed meals designed to support longevity, and here's why this cookbook isn't just another collection of recipes. What you'll discover: Targeted Health Benefits. Each recipe is crafted to help regulate blood sugar, lower cholesterol, reduce inflammation, and incorporate cancer and heart-protective ingredients. Evidence-Driven Nutrition. Recipes are built around nutrient powerhouses: fiber-rich whole grains, omega-3s, colorful antioxidants, lean proteins, and heart-healthy fats proven to support metabolic and cardiovascular health. Versatility for Every Diet. Whether you're diabetic, pre-diabetic, concerned about heart disease, or focused on cancer prevention, the recipes can be easily adapted to your needs. Why It Matters. Modern science is clear: the foods we choose every day have powerful effects on our long-term health. Ageless Recipes isn't just tasty; it's purposeful. You'll Balance Blood Sugar Naturally with low-glycemic, fiber-forward breakfasts, satiating lunches, and smart snacks to keep insulin and energy levels steady. Support Heart Health through recipes rich in plant sterols, magnesium, potassium, and lean protein to keep cholesterol, blood pressure, and inflammation in check. Build a Defense Against Cancer with phytonutrient-dense plants, cruciferous veggies, turmeric, berries, and herbs shown to support cellular health. Benefits You'll Love. Benefit Description: More Energy, Better Stamina. Clean, thoughtfully balanced meals help stabilize energy and ward off midday crashes. Weight Glucose Management. High-fiber whole food recipes aid in cravings control, reduce sugar spikes, and support sustainable weight goals. Delicious Flavor, Minimal Effort. No bland health food here; expect bold spices, vibrant produce, and satisfying whole food combinations. Life-Long Healthy Habits. Discover simple meal planning, grocery lists, and tips to make nutritious eating feel natural and sustainable. Ready to Use Tools. Inside: Easy-to-Follow Meal Plan (7 days of breakfast, lunch, dinner, and snack pairings) to jumpstart healthy habits. Smart Shopping Lists. Organized by food categories to make grocery trips quick and purposeful. Swap Suggestions. Options for gluten-free, plant-based, or protein-enriched versions so the recipes fit your lifestyle. Why You Should Buy It Today. Feel Better, Faster. Start noticing more stable energy, lower cravings, and better digestion in just days. Protect Long-Term Health. Recipes focus on proven dietary patterns that combat diabetes progression, heart disease risk, and cancer development. Cook with Confidence. Clear instructions, practical tips, and pantry smart swaps ensure every meal is achievable and enjoyable. Make Healthy Eating Effortless. Designed for real life.

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