



Keep the Beat™ Recipes: Deliciously Healthy Dinners

Keep the Beat™ Recipes: Deliciously Healthy Dinners is an exciting new cookbook from the National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health featuring 75 healthy, simple, and delicious recipes; color photographs; and helpful tips for shopping and preparing these recipes at home.

With recipes such as Thai-Style Chicken Curry, Greek Flank Steak With Tangy Yogurt Sauce, Edamame Stew, and Cinnamon-Glazed Carrots, the new cookbook is sure to please a wide variety of palates.

RECIPE FOR SUCCESS

Healthy: The recipes in this cookbook are limited in saturated fat, *trans* fat, cholesterol, and sodium, as well as moderate in calories. The recipes use lean cuts of meat, poultry without the skin, fish, beans, whole grains, fruits, vegetables, small amounts of vegetable oil, and lots of herbs and spices for flavor. When it comes to eating healthy, portion size also matters. The recipes in this cookbook are designed to provide a satisfying portion, while helping people stay within their calorie limits.

Simple: Most of the main-dish meals take no more than 40 minutes to prepare and cook. Side dishes cook in 30 minutes or less.

Delicious: More than two-thirds of the recipes were created for the NHLBI by a Culinary Institute of America-trained chef and a James Beard Foundation award-winning registered dietitian. The remaining recipes come from popular NHLBI cookbooks—*Keep the Beat™ Heart Healthy Recipes from the NHLBI*, *Heart Healthy Home Cooking African American Style*, and *Delicious Heart Healthy Latino Recipes*.

HELPFUL TIPS

Although the ingredients can be found in most grocery stores, the *Keep the Beat™ Recipes: Deliciously Healthy Dinners* appendix provides a list of helpful substitutions for unfamiliar or hard-to-find ingredients (such as fish sauce and rice vinegar, which are used in many Asian dishes) and low-sodium products. The appendix also provides definitions on basic cooking and cutting techniques.

HUNGRY FOR MORE

For more information, visit the *Keep the Beat™: Deliciously Healthy Eating* Web site, featuring downloadable recipes, a searchable database, healthy shopping and cooking tips, an online community, videos, and information for the media. Log on at <http://hin.nhlbi.nih.gov/healthyeating> for more information.



U.S. Department of Health and Human Services
National Institutes of Health

