

3rd Edition

HERE'S TO YOUR HEART

# COOKING SMART



produced by:

The Heart Care Center



**Waukesha  
Memorial Hospital**

*extraordinary care*



Appetizers  
Side Dishes  
Vegetables & Salads  
Soups & Sandwiches  
Breakfast  
Main Dishes  
Breads & Muffins  
Desserts

HERE'S TO YOUR HEART  
COOKING SMART

# Table of Contents

The Low-fat Kitchen & Equipment .....	4
Healthy Cooking Substitution .....	7
Guidelines to Healthy Eating .....	8
The Food Guide Pyramid .....	15
30 Days of Low-Fat Menus .....	19
Appetizers & Dips .....	27
Side Dishes .....	33
Vegetables & Salads .....	37
Soups & Sandwiches .....	53
Breakfast .....	59
Main Dishes	
Meatless .....	67
Seafood .....	77
Poultry .....	83
Meats .....	89
Breads & Muffins .....	97
Desserts .....	101
Index .....	110





produced by:

The Heart Care Center



**Waukesha  
Memorial Hospital**

*extraordinary care*