

The background of the cover is a photograph of a dining table. In the foreground, a large red plate holds a meal of spaghetti, green beans, and several pieces of pan-fried fish. Behind it, a white plate contains a serving of green peas. To the left, a small glass vase holds a bouquet of colorful roses in shades of yellow, orange, and purple. The background wall is a solid orange color.

Healthy Heart Cookbook

Over 300 Tasty
Low-Sodium
Low-Salt Recipes

By Edith Tibbitts & Karin Cadwell, Ph.D., R.N.

Healthy Heart Cookbook Over 300 Tasty Lowsodium Lowsalt Recipes

Dick Logue



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