



Get Healthy @ the Library

Heart Healthy Cooking: how a scientific wife took her husband's heart disease seriously and re-designed their favorite recipes

Do you like to cook and experiment with Indian cooking? You can learn to make healthier versions of traditional Indian favorites and as well as other dishes. Heart disease is a concern for many people and South Asians are four times more likely to develop the condition. Purnima Nandkishore, author of Amrit: Luscious and Heart-Healthy Indian Meals, will talk about the connection between diet and heart health. Her new cookbook (\$24.99, credit card only) features many tasty, healthy fusion flavors and each recipe includes nutritional information. Purnima will be available to personalize your book after the talk.

Saturday, April 10, 2010

3-4:30 pm

MILPITAS LIBRARY

160 North Main Street

Milpitas 95035

408/262-1171



www.santaclaracountylib.org



www.planetreesanjose.org