

Heart-healthy recipes



As part of American Heart Month, the FoodieView Web site is offering information on heart-healthy foods and a roundup of heart-healthy recipes. Go to **www.FoodieView.com**, click on "Recipe Roundup," then on "Recipe Roundup: Eating Your Way to a Healthy Heart" and then, to find recipes, do a search on "Heart-healthy."

— Margaret DeRitter, Gazette

