Low-fat, low-cholesterol recipes can have big flavor. These cookbooks show you how. When you’re aiming to keep your cholesterol levels healthy, cooking can be a snap with great recipes at hand. Cookbooks from top chefs and cardiologists cut the saturated fat and can help not hurt your cholesterol levels while simultaneously offering delicious dishes. Here are six to try. American Heart Association’s Healthy Fats, Low-Cholesterol Cookbook. One big selling point for this cookbook ($19), now in its fifth edition, is that it’s by the American Heart Association (AHA) — an organization with the sole purpose of building healthier lives free of cardiovascular disease. In the second edition of Low-Fat, Low-Cholesterol Cookbook, these popular heart-healthy, easy-to-make recipes have been updated and revised to provide even tastier and more varied meals for you and your family. From helping to lower your LDL cholesterol (the bad kind of cholesterol) to actually being one of the best sources of resistant starch—the type of carb that helps your weight loss—oats should be eaten on the regular, of course. Get our recipe for Oatmeal With Peanut Butter and Banana. To make things even easier, you can customize this breakfast recipe with vegetables that you love and that are in season in your area for more flexibility. Get our recipe for Sheet-Pan Vegan Sausage and Vegetables. You’ll save on calories, but you’ll gain considerably on taste! Get our recipe for Turkey Swedish Meatballs. Recipes that are low in cholesterol, but still have flavor. Whole grains in granola are a tasty way to promote heart health. The oats in this recipe contain soluble fiber, which reduces bad cholesterol. Making your own granola allows you to keep the sugar content lower than store-bought brands. Try this recipe: Apple-Cinnamon Granola. These easy-to-make roll-ups are perfect for appetizers or a light lunch. Each roll packs a punch with fiber, protein, and monounsaturated fat. Try this recipe: Grilled Zucchini Roll-Ups With Herbs and Cheese. Low Cholesterol Meal Plans. Meal Plans for Diabetes. Blood Pressure Meal Plans. Healthy, delicious recipes, including quick dinner, easy lunch ideas, snacks, breakfast, soup and more, from the food and nutrition experts at EatingWell. These healthy, low-calorie recipes feature five breakfast foods that can help you lose weight. Mediterranean Slow Cooker Recipes. The Mediterranean Diet is one of the healthiest and most delicious ways of eating.