



American
Heart
Association.

10 Under 10

10 Recipes for Under \$10 with
10 Ingredients (or Less!)



LIVE FIERCE™

Join the American Heart Association in living fierce in 2021 — make a bold declaration and take steps for better health.

You may have lost a lot in 2020, but you didn't lose you. Shine again — mind, body and spirit. Embrace the power to take charge of your well-being. Swap challenge for opportunity and claim what's possible, starting now.

The following recipes can help kick-start eating well in the New Year. Each entrée allows you and your family to eat healthy for less than \$2.50 per serving.

Our Mission: To be a relentless force for a world of longer, healthier lives.

The American Heart Association is the nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke. We want to see a world free of cardiovascular diseases and stroke.



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Kid-Friendly

Chicken Enchiladas

with Black Beans and Corn

Serves 4 • about \$2.35 per serving

Ingredients

Cooking spray

- | | | | |
|----|--|----|---|
| 1 | pound boneless, skinless chicken breasts, all visible fat discarded, cooked, cooled, and shredded | 1 | teaspoon chili powder and 2 teaspoons chili powder, divided use |
| 1 | 15.5-ounce can no-salt-added black beans, rinsed and drained | 12 | 6-inch whole-wheat or corn tortillas, warmed |
| 16 | ounces frozen whole-kernel corn, thawed, or 1 15.25-ounce can no-salt-added corn, rinsed and drained | 1 | 14.5-ounce can no-salt-added tomato sauce |
| | | ½ | cup fat-free sour cream |

Directions

1. Preheat the oven to 400°F. Lightly spray a baking dish with cooking spray.
2. Put the chicken in a large bowl. Stir in the beans, corn, and 1 teaspoon chili powder.
3. Put six tortillas on a large cutting board or clean, flat surface. Spoon about 1½ tablespoons of the chicken mixture down the center of the tortillas, stopping about 2 inches from the edges. Roll up and place with the seam side down in the baking dish, securing with a toothpick if desired.
4. In a small bowl, stir together the remaining 2 teaspoons chili powder, tomato sauce, and sour cream. Pour on top of the tortillas.
5. Bake for 15 to 20 minutes, or until heated through.



Cook's Tip: *To quickly warm the tortillas, wrap them in 2 to 3 damp paper towels. Microwave on 100% power (high) for 1 to 1½ minutes, or until warmed. Be sure to warm the tortillas just before you are ready to stuff and roll them. Warmed tortillas will bend much more easily than ones at room temperature, which can tear easily.*

Watch the recipe video.

Nutrition Analysis (per serving)

Calories	485
Total Fat	4.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	1.0 g
Cholesterol	78 mg
Sodium	499 mg
Total Carbohydrate	81 g
Dietary Fiber	12 g
Sugars	13 g
Protein	41 g



Creamy

Chicken Broccoli

Casserole with Whole-Wheat Pasta

Serves 6 • about \$2.00 per serving

Ingredients

- | | | |
|---|---|--|
| 13.25 to 16 ounces whole-wheat spiral-shaped pasta, such as rotini or fusilli | 1 | 15.25-ounce can no-salt-added whole-kernel corn, rinsed and drained, or 16 ounces frozen whole-kernel corn, thawed |
| 1½ pounds boneless, skinless chicken breasts, all visible fat discarded, cut into 1-inch pieces | 8 | ounces fat-free cream cheese, softened |
| ¾ teaspoon salt-free Italian seasoning blend or ¾ teaspoon dried thyme, crumbled | 1 | cup fat-free, plain yogurt |
| 16 ounces frozen broccoli, thawed | | |

Directions

1. Preheat the oven to 350°F. In a large pot, cook the pasta according to package directions, omitting the salt. Drain well in a colander. Return the pasta to the pot. Cover and set aside.
2. In a large skillet, cook the chicken over high heat for 5 minutes, or until no longer pink in the center, stirring frequently. Reduce the heat to low. Stir in the Italian seasoning blend, broccoli, corn, cream cheese, and yogurt. Cook for 5 minutes, or until the cream cheese has melted.
3. Transfer the chicken mixture to the pot with the cooked pasta, stirring to mix well.
4. Transfer to a 13 x 9 x 2-inch baking dish. Bake, covered with aluminum foil, for 15 minutes, or until heated through.



Budget Tip: *Fresh fruits and vegetables are frozen at their ripest, so they are just as delicious as their fresh counterparts but often cheaper. Be sure to read the ingredients list and the Nutrition Facts panel and buy the varieties without added sodium and added sugars. Because frozen foods have a much longer shelf life than fresh foods, be sure to stock your freezer when they go on sale.*

Watch the recipe video.

Nutrition Analysis (per serving)

Calories	486
Total Fat	4.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	1.0 g
Cholesterol	80 mg
Sodium	456 mg
Total Carbohydrate	68 g
Dietary Fiber	11 g
Sugars	11 g
Protein	45 g



Oven-Fried Chicken

with Roasted Potato Wedges

Serves 4 • about \$2.05 per serving

Ingredients

Cooking spray

- | | | | |
|---|--|---|---|
| 1 | cup low-fat buttermilk | 1 | 4-pound whole chicken, all visible fat, neck, and giblets discarded, cut into 8 serving pieces (2 breasts, 2 thighs, 2 drumsticks, and 2 wings) |
| 1 | large egg, lightly beaten with a fork | 2 | large baking potatoes, peeled if desired and cut into 1-inch-wide wedges |
| ½ | cup whole-wheat flour | ½ | teaspoon garlic powder |
| 1 | teaspoon paprika | ½ | teaspoon dried parsley, crumbled |
| ½ | teaspoon pepper and ½ teaspoon pepper, divided use | | |

Directions

1. Preheat the oven to 425°F. Lightly spray a wire rack with cooking spray and place it on a baking sheet.
2. In a shallow dish, whisk together the buttermilk and egg.
3. In a separate shallow dish, stir together the flour, paprika, and ½ teaspoon pepper.
4. Set the dishes and baking sheet in a row, assembly-line fashion. Dip each chicken piece in the buttermilk mixture, then in the flour, turning to coat at each step and gently shaking off any excess. Transfer to the baking sheet.
5. Lightly coat the chicken pieces with cooking spray. Bake for 30 minutes. Turn over the chicken. Bake for 20 minutes, or until the chicken is no longer pink in the center. (Be sure all pieces register 165°F on an instant-read thermometer.)
6. Meanwhile, lightly spray a second baking sheet with cooking spray.
7. Arrange the potato wedges on the baking sheet in a single layer. Lightly coat with cooking spray.
8. In a small bowl, stir together the garlic powder, remaining ½ teaspoon pepper, and the parsley. Sprinkle over the potatoes.
9. Once the chicken has baked for 20 minutes, place the baking sheet with the potatoes in the oven. Bake for 15 minutes. Using tongs, turn over the potatoes. Bake for 15 minutes, or until the wedges pierce easily with a fork.



Budget Tip: *Buying a whole chicken and cutting it into parts is less costly than buying chicken parts.*



Cook's Tip: *A 4-pound whole chicken provides about 1 pound of breast meat, which is a healthy portion for serving four people. Enjoy the remaining chicken pieces during the week.*

Watch the recipe video.

Nutrition Analysis (per serving)

Calories	461
Total Fat	7.5 g
Saturated Fat	2.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat	2.0 g
Cholesterol	167 mg
Sodium	209 mg
Total Carbohydrate	43 g
Dietary Fiber	4 g
Sugars	2 g
Protein	55 g



Chicken Curry Skillet

with Stir-Fry Veggies and Noodles

Serves 6 • about \$2.15 per serving

Ingredients

- | | |
|---|--|
| 13.25 to 16 ounces whole-wheat angel hair, thin spaghetti, or capellini | 16 ounces frozen stir-fry vegetables or mixed vegetables, thawed |
| Cooking spray | 1 cup lite coconut milk |
| 1 cup fresh basil leaves or 2 teaspoons dried basil, crumbled | 2 teaspoons mild curry powder |
| 1 pound ground skinless chicken breast or turkey breast | |
| 1 8-ounce can water chestnuts, rinsed and drained | |

Directions

1. Cook the pasta according to the package directions, omitting the salt. Drain well in a colander. Cover to keep warm.
2. Lightly coat a large skillet with cooking spray. Cook the basil leaves over high heat for 1 minute, or until wilted. Stir in the chicken, stirring occasionally to turn and break up the chicken. (If using dried basil, add with the chicken.) Cook for 5 minutes, or until browned.
3. Stir in the water chestnuts and vegetables. Cook for 3 to 4 minutes, or until heated through.
4. Stir in the coconut milk and curry powder. Cook for 1 minute, or until just warmed. Remove from the heat. Add the pasta, stirring to coat.



Cook's Tip: *If you like spicy food, stir in a dash of cayenne or crushed red pepper flakes.*



Cook's Tip: *Use the canned lite coconut milk in the ethnic section of your grocery store rather than the refrigerated coconut milk found in the dairy section, which is more of a beverage than an ingredient. Be sure to shake the can before opening it because the coconut milk will have separated.*

Watch the recipe video.

Nutrition Analysis (per serving)

Calories	339
Total Fat	4.0 g
Saturated Fat	1.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	0.5 g
Cholesterol	30 mg
Sodium	79 mg
Total Carbohydrate	53 g
Dietary Fiber	10 g
Sugars	5 g
Protein	29 g



Simple Chicken Stir-Fry

Serves 4 • about \$1.05 per serving

Ingredients

Cooking spray

- | | | | |
|---|--|---|--|
| 4 | boneless, skinless chicken breasts (about 4 ounces each), cut into bite-size pieces, all visible fat discarded | 1 | tablespoon low-sodium peanut butter |
| 2 | teaspoons canola, corn, or extra-virgin olive oil | ½ | teaspoon fresh gingerroot, grated (optional) |
| ½ | medium head green cabbage, thinly sliced | 2 | cups cooked brown rice |
| 4 | medium carrots, shredded | 2 | tablespoons chopped unsalted peanuts |
| 2 | tablespoons soy sauce (lowest sodium available) | | |

Directions

1. Lightly spray a large skillet or wok with cooking spray. Cook the chicken over medium-high heat for 5 minutes, or until no longer pink in the center, stirring occasionally. Transfer the chicken to a plate. Set aside.
2. In the same skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the cabbage and carrots for 4 minutes, or until the vegetables are tender-crisp, stirring frequently. Stir in the reserved chicken.
3. In a small bowl, whisk together the soy sauce, peanut butter, and gingerroot. Stir into the chicken mixture. Cook for 2 minutes, or until heated through.
4. Spoon the rice onto plates. Top with the chicken mixture. Sprinkle with the peanuts.



Cook's Tip: You can substitute tofu for the chicken to make this a vegetarian meal. Cut 16 ounces low-fat, extra-firm tofu (drained well) into ½-inch cubes. Stir in the tofu when the vegetables are tender-crisp.

Watch the recipe video.

Nutrition Analysis (per serving)

Calories	349
Total Fat	9.5 g
Saturated Fat	1.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat	4.5 g
Cholesterol	54 mg
Sodium	411 mg
Total Carbohydrate	41 g
Dietary Fiber	8 g
Sugars	9 g
Protein	25 g



Green Chile Stew

Serves 4 • about \$2.45 per serving

Ingredients

- | | | | |
|---|---|---|--|
| 1 | tablespoon corn or canola oil | 6 | medium fresh Hatch peppers, roasted, skinned, seeds and ribs discarded, and chopped, or 2 3-ounce cans diced green chiles, drained |
| 1 | pound beef sirloin, round steak, or flank steak, cut into ½-inch cubes, all visible fat discarded | 1 | medium fresh jalapeño or serrano pepper, seeds and ribs discarded, chopped (optional) |
| 1 | small yellow or white onion, chopped | ½ | teaspoon black pepper |
| 2 | garlic cloves, minced, or 1 teaspoon minced jarred garlic | 2 | cups fat-free, low-sodium chicken broth |
| 2 | tablespoons whole-wheat flour | | |
| 2 | cups chopped tomatoes, or 1 14.5-ounce can no-salt-added chopped tomatoes | | |

Directions

1. In a large pot, heat the oil over medium-high heat, swirling to coat the bottom. Cook the beef for 5 minutes, or until browned on all sides, stirring occasionally.
2. Cook the onion and garlic for 2 to 3 minutes, or until the onion is soft, stirring occasionally.
3. Stir in the flour until well blended.
4. Stir in the tomatoes, Hatch peppers, jalapeño, black pepper, and broth.
5. Reduce the heat to medium low. Simmer, covered, for 1 hour.



Budget Tip: Look for these healthy, inexpensive cuts of meat: Beef sirloin, lean ground beef, and bone-in pork loin chops.

Watch the recipe video.

Nutrition Analysis (per serving)

Calories	217
Total Fat	6.5 g
Saturated Fat	1.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat	2.5 g
Cholesterol	56 mg
Sodium	79 mg
Total Carbohydrate	11 g
Dietary Fiber	2 g
Sugars	5 g
Protein	27 g



Slow-Cooked Pot Roast

Serves 6 • about \$2.15 per serving

Ingredients

- 1 tablespoon olive oil
- 1½ pounds beef top round roast (one piece), all visible fat discarded, set out at room temperature for an hour before cooking, patted dry with paper towels
- ½ teaspoon pepper
- ¼ teaspoon salt
- 3 medium garlic cloves, coarsely chopped
- 2 medium ribs of celery, chopped into 1-inch pieces
- 2 medium potatoes, unpeeled, chopped into 2-inch pieces
- 2 medium carrots, sliced crosswise into 1-inch rounds
- 1 medium yellow onion, thinly sliced
- 1 cup water

Directions

1. Preheat the oven to 325°F.
2. In a deep heavy ovenproof pot, heat the oil over medium heat, swirling to coat the bottom. Cook the beef 2 to 3 minutes on each side.
3. Sprinkle the pepper and salt over the beef.
4. Stir in the garlic, celery, potatoes, carrots, onion, and water.
5. Bake, covered, for 2 hours.
6. Let the beef rest on a cutting board, covered loosely with aluminum foil, for 15 minutes. (This allows the juices to redistribute so the beef stays moist.) Slice the beef into thin slices. Place on a large serving platter. Drizzle the pan juices over the beef.
7. Using a slotted spoon, transfer the vegetables into a large serving bowl.



Budget Tip: *To save money when shopping for steaks, buy a roast, like a loin roast, rather than individual steaks. You can ask the butcher to slice it.*

Watch the recipe video.

Nutrition Analysis (per serving)

Calories	211
Total Fat	5.5 g
Saturated Fat	1.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	3.0 g
Cholesterol	57 mg
Sodium	158 mg
Total Carbohydrate	15 g
Dietary Fiber	3 g
Sugars	3 g
Protein	25 g



Pan-Fried Pork Chops with Mashed Sweet Potatoes

Serves 4 • about \$2.05 per serving

Ingredients • Mashed Sweet Potatoes

- | | | | |
|---------------|---|---------------|---|
| 3 | medium sweet potatoes, peeled, each cut 8 pieces (about 2 pounds) | $\frac{1}{3}$ | cup low-fat or fat-free sour cream |
| $\frac{1}{3}$ | cup 100% orange juice | $\frac{1}{4}$ | teaspoon ground nutmeg or ground cinnamon |

Ingredients • Pan-Fried Pork Chops

- | | | | |
|---------------|---|---------------|-------------------------------|
| 4 | boneless center-cut pork chops (about 4 ounces each), all visible fat discarded | $\frac{1}{4}$ | teaspoon salt |
| $\frac{1}{2}$ | teaspoon pepper | $\frac{1}{2}$ | cup whole-wheat flour |
| $\frac{1}{2}$ | teaspoon garlic powder | 1 | tablespoon canola or corn oil |

Directions

1. Place the potatoes in a large pot. Add enough water to cover. Bring to a boil. Cook for 20 minutes, or until tender when pierced with a fork. Drain well in a colander. Return the potatoes to the pot.
2. Stir in the orange juice, sour cream, and nutmeg. If you have a hand mixer or immersion (or handheld) blender, beat or blend until smooth. Otherwise, transfer the potato mixture to a large mixing bowl. Using an electric mixer on medium speed, beat the potatoes until smooth. Cover to keep warm.
3. Meanwhile, in a small bowl, stir together the pepper, garlic powder, and salt. Sprinkle on both sides of the pork chops.
4. Put the flour in a shallow dish. Coat the pork with the flour on both sides.
5. In a large nonstick skillet, heat the oil over medium-high heat, swirling to coat the bottom.
6. Cook the pork for 5 minutes. Turn over. Cook for 3 to 4 minutes, or until it registers 145°F on an instant-read thermometer. Remove from the heat. Let stand for 3 minutes.
7. Serve with the mashed potatoes.

Watch the recipe video.

Nutrition Analysis (per serving)

Calories	402
Total Fat	9.5 g
Saturated Fat	2.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	4.0 g
Cholesterol	78 mg
Sodium	309 mg
Total Carbohydrate	48 g
Dietary Fiber	7 g
Sugars	10 g
Protein	31 g



Black Bean Soup

Serves 4 • about \$1.35 per serving

Ingredients

Cooking spray

- | | | | |
|---|--|---|--|
| 1 | medium onion, diced | 1 | 14.5-ounce can no-salt-added diced tomatoes, undrained |
| 1 | medium fresh jalapeño, seeds and ribs discarded, chopped | 1 | cup fat-free, low-sodium chicken broth |
| 1 | tablespoon minced garlic | ¼ | cup chopped fresh cilantro (optional) |
| 2 | teaspoons ground cumin | | |
| 2 | 15.5-ounce cans no-salt-added black beans, undrained | | |

Directions

1. Lightly spray a large pot with cooking spray.
2. Cook the onion over medium-high heat for 5 minutes, or until very soft, stirring frequently. Stir in the jalapeño, garlic, and cumin. Cook for 1 minute.
3. Stir in the beans with liquid. Lightly mash them using a potato masher or fork. Stir in the tomatoes with liquid and broth. Reduce the heat to medium. Simmer, covered, for 15 minutes.
4. Serve the soup topped with the cilantro.



Cook's Tip: Be sure to shop for no-salt-added or reduced-sodium canned beans (for all types) since there's a big difference in the varieties. For example, a half-cup serving of regular canned black beans contains between 350 and 565 milligrams of sodium. By comparison, the same quantity in the reduced-sodium version has about 220 milligrams, and the no-salt-added version has even less, only 15 milligrams.



Budget Tip: To save money, buy the store brand of canned beans with the least amount of sodium. Look for "no-salt-added" and "reduced-sodium" options. An unopened can of beans can last up to two years in a pantry, so stock up when they go on sale.

Watch the recipe video.

Nutrition Analysis (per serving)

Calories	245
Total Fat	0.5 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
Cholesterol	0 mg
Sodium	34 mg
Total Carbohydrate	45 g
Dietary Fiber	11 g
Sugars	13 g
Protein	15 g



Caribbean

Pink Beans

(Habichuelas Rosadas a la Caribeña)

Serves 8 • about \$1.00 per serving

Ingredients

- | | | | |
|---|--|---|--|
| 1 | pound dried pink, pinto, or light red kidney beans, sorted for stones and shriveled beans, rinsed, and drained | 2 | tablespoons chopped fresh cilantro |
| 8 | cups water | 2 | tablespoons chopped fresh parsley or 2 teaspoons dried parsley, crumbled |
| 1 | 28-ounce can no-salt-added crushed tomatoes, drained | 6 | medium garlic cloves, minced, or 3 teaspoons jarred minced garlic |
| 1 | medium red bell pepper, finely chopped | | |
| 1 | small white onion, finely chopped | | |

Directions

1. Soak the beans overnight using the package directions.
2. Rinse and drain the beans in a colander. Transfer to a large stockpot. Pour in the water. Bring to a boil over medium heat. Cook for 1 hour 30 minutes, or until the beans are soft, stirring occasionally.
3. Stir in the remaining ingredients. Cook for 20 minutes, still over medium heat, stirring occasionally.



Budget Tip: *Dried beans are one of the most inexpensive proteins — pennies per pound. Stock up and store them in an airtight container in your pantry. They'll last up to a year.*

Watch the recipe video.

Nutrition Analysis (per serving)

Calories	248
Total Fat	1.0 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
Cholesterol	0 mg
Sodium	28 mg
Total Carbohydrate	48 g
Dietary Fiber	10 g
Sugars	6 g
Protein	14 g