



American Heart Association®
Healthy for Good™

COOKING IN COLOR

LIFE IS WHY. ADDING COLOR IS HOW.

The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.



American Heart Association.
Healthy for Good™

RED & PINK

beets
cherries
cranberries
pink grapefruit
pomegranates
radicchio
red radishes

raspberries
red apples
red grapes
red peppers

red potatoes
rhubarb
strawberries
tomatoes
watermelons

BLUE & PURPLE

blackberries
blueberries
eggplants

grapes
plums
prunes
purple figs
purple onions
radicchio
red cabbage
red onions

EAT MORE COLOR

YELLOW & ORANGE

acorn squash
butternut squash
apricots
cantaloupes
carrots
corn
grapefruit
lemons
mangoes
nectarines
oranges
orange peppers

papayas
peaches
pineapples
pumpkins
summer squash
sweet potatoes
tangerines
yams
yellow apples
yellow peppers
yellow squash

WHITE & BROWN

bananas
brown pears
cauliflower
currants
dates
garlic
Jerusalem artichokes
mushrooms

onions
potatoes
parsnips
raisins
shallots
turnips

GREEN

artichokes
asparagus
avocados
bok choy
broccoli
Brussels sprouts
celery
collard greens
cucumbers
green beans
green cabbage
green grapes
green onions
green peppers

kale
kiwis
leeks
limes
mustard greens
okra
pears
peas
romaine lettuce
snow peas
spinach
sugar snap peas
watercress
zucchini

heart.org/addcolor
#ADDCOLOR



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Healthy for Good™

Healthy for Good is a movement that encourages Americans to lead healthier lives by delivering science-based recommendations, tools, tips, and motivation to build healthier behaviors. It's about small steps that can be done each day that will make a big difference tomorrow. You can tackle several behaviors at once, or just take one at a time—but no matter where you start, the American Heart Association (AHA) will be there to cheer you on every step of the way.

Four areas ground the movement: Eat smart. Add color. Move more. Be well.



To join the Healthy for Good™ movement, go to heart.org/healthyforgood.



Add Color.

Eating healthy doesn't mean depriving yourself of delicious food. It's not about subtracting; it's about adding. Adding color, that is, to your snacks, your meals, your life, and your conversations. Fruits and vegetables add color to your food. They add vitamins and nutrients. They add health benefits. They add flavor and fun. They can spice up a meal and maybe even the conversation around it.

By adding just one more cup of fruits and vegetables a day, you can take a simple but powerful step to a healthier, longer life. All forms of fruits and veggies—fresh, frozen, canned, and dried—can be good choices.

This cookbook offers 13 appetizing recipes and mouth-watering photographs featuring fruits and vegetables in five color palettes. Empower yourself to take charge of your health. Challenge yourself—and your family and friends—to eat more color. Use these recipes to make it happen.

For shareable tips, hacks, videos, and recipes, go to heart.org/healthyforgood.



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Healthy for Good™



About the Recipes

The following guidelines will give you some details on how the nutritional analyses were calculated and the products that were used in the recipes.

- Because of the many variables involved, the nutrient values and the serving sizes provided should be considered approximate.
- Each analysis is for a single serving; garnishes or optional ingredients are not included.
- When ingredient options are listed, the first one is analyzed. When a range of ingredients is given, the average is analyzed.
- Values other than fats are rounded to the nearest whole number. Fat values are rounded to the nearest half gram. Because of the rounding, values for saturated, trans, monounsaturated, and polyunsaturated fats may not add up to the amount shown for total fat value.
- All the recipes are analyzed using unsalted or low-sodium ingredients whenever possible. In some cases, we call for unprocessed foods or no-salt-added and low-sodium products, then add table salt sparingly for flavor.
- We specify canola, corn, and olive oils in these recipes, but you can use other heart-healthy oils rich in unsaturated fats.
- Analyses of meat are based on cooked lean meat with all visible fat discarded.
- When food is marinated and the marinade is discarded, the analysis includes all of the sodium from the marinade but none of the other nutrients from it.
- When analyzing recipes that call for alcohol, we estimate that most of the alcohol calories evaporate during cooking.
- We use the abbreviations “g” for gram and “mg” for milligram.



Fruit

Kebabs

Serves 4

Ingredients

- 1 pound hulled strawberries
- 2 cups pineapple chunks
- 2 cups watermelon chunks

- 2 medium bananas, peeled and cut into thick pieces
- 2 tablespoons balsamic vinegar
- 1 tablespoon canola or corn oil
- 2 teaspoons honey

Directions

1. Soak eight 9- to 12-inch wooden skewers for at least 10 minutes in cold water to keep them from charring, or use metal skewers. Set aside.
2. Preheat the grill on medium high.
3. Thread the fruit onto the skewers in this order: strawberry, pineapple, watermelon, banana, strawberry, pineapple, watermelon, and banana. Transfer the skewers to a platter or baking sheet.
4. In a small bowl, using a fork, whisk together the vinegar, oil, and honey. Using a basting brush, brush about half the vinegar mixture over the fruit to glaze it.
5. Grill the kebabs for about 8 to 10 minutes, or until the fruit is caramelized, turning the kebabs several times and basting with the remaining vinegar mixture.



Cook's Tip on Watermelons: Choose a firm watermelon that is heavy for its size, with no bruises, cuts, or dents. It should have a yellow spot on it, called the “ground spot.”

NUTRITION ANALYSIS	Per serving
Calories	201
Total Fat	4.5 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	2.5 g
Cholesterol	0 mg
Sodium	5 mg
Carbohydrates	43 g
Fiber	5 g
Sugars	30 g
Protein	2 g
Dietary Exchanges: 3 fruit, 1 fat	



To see the cooking video for this recipe, go to heart.org/recipes.



To see the cooking video for this recipe, go to [heart.org/recipes](https://www.heart.org/recipes).

Tomato and Ricotta Toast

Serves 4

Ingredients

- 1 cup fat-free ricotta cheese
- 2 tablespoons chopped green onions, chives, or red onion
- $\frac{3}{4}$ teaspoon dried Italian seasoning, crumbled
- $\frac{1}{8}$ teaspoon pepper (freshly ground preferred)
- 4 slices whole-grain or whole-wheat bread
(lowest sodium available), toasted
- 2 to 3 medium tomatoes, thickly sliced

Directions

1. In a small bowl, using a spoon or spatula, stir together the ricotta cheese, green onions, Italian seasoning, and pepper.
2. Spread $\frac{1}{4}$ cup of the ricotta mixture over each slice of toast. Top with the tomato slices.



Cook's Tip: Prefer to turn this toast into a hot open-face sandwich for lunch? Simply place the toast on a baking sheet lined with aluminum foil and pop it under the broiler for 1 to 2 minutes, or until the ricotta cheese is melted.

NUTRITION ANALYSIS Per serving

Calories	127
Total Fat	1.0 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.5 g
Cholesterol	5 mg
Sodium	236 mg
Carbohydrates	16 g
Fiber	3 g
Sugars	5 g
Protein	12 g

Dietary Exchanges: 1 starch, 1 lean meat



Bluey Smoothie

Serves 2

Ingredients

- 2 cups frozen unsweetened peach slices
- 2 cups tightly packed fresh spinach
- 1 cup frozen unsweetened blueberries
- 1 cup fat-free milk
- 1 teaspoon honey

Directions

1. In a food processor or blender, process all the ingredients until smooth, about 1 to 2 minutes, stopping to scrape down the mixture if necessary.
2. Pour into glasses.



Add Color Swap: You can substitute $\frac{1}{2}$ cup frozen spinach for the fresh spinach. Just add a few more splashes of milk if necessary.



Cook's Tip on Fruit Smoothies: Using frozen fruit eliminates the need for ice in a smoothie. You can easily use fresh fruit, however, by using the same quantities of fruit and adding $1\frac{1}{2}$ cups of ice cubes.

NUTRITION ANALYSIS Per serving

Calories	179
Total Fat	2.0 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	0.5 g
Cholesterol	3 mg
Sodium	76 mg
Carbohydrates	36 g
Fiber	7 g
Sugars	24 g
Protein	7 g

Dietary Exchanges: 2 fruit, $\frac{1}{2}$ fat-free milk



To see the cooking video for this recipe, go to heart.org/recipes.



Blackberry Cobbler

Serves 8

Ingredients

Cooking spray

4 cups blackberries

¼ cup sugar substitute and ½ cup
sugar substitute, divided use

¼ cup water

Juice from 1 medium lime

2 teaspoons ground ginger

1⅓ cups all-purpose flour

2½ teaspoons baking powder

⅓ teaspoon salt

1¼ cups fat-free milk

¼ cup canola or corn oil

¼ cup fat-free plain Greek yogurt

1 teaspoon vanilla extract



Green Apple

Nachos

Serves 6

Ingredients

- 1/3 cup dried unsweetened cranberries or raisins
- 1/4 cup sliced unsalted almonds
- 2 tablespoons unsalted shelled sunflower seeds
- 3 medium green or red apples, such as Granny Smith or Red Delicious, cored and thinly sliced into about 12 wedges each
- 1 to 2 teaspoons fresh lemon juice
- 2 tablespoons water
- 1/4 cup smooth low-sodium peanut butter
- 1 tablespoon honey

Directions

1. In a small bowl, stir together the cranberries, almonds, and sunflower seeds.
2. Layer half the apples on a large plate or platter. Sprinkle the lemon juice over the apples to keep them from browning.
3. In a small microwaveable bowl, microwave the water on 100% power (high) for 2 minutes, or until boiling (or boil water in your tea kettle and measure 2 tablespoons into a small bowl). Add the peanut butter and honey, stirring until the mixture is smooth.
4. Using a spoon, drizzle half the peanut butter mixture over the apple slices. Sprinkle with half the cranberry mixture. Layer the remaining apples over the cranberry mixture. Drizzle the remaining peanut butter mixture over all. Sprinkle the remaining cranberry mixture over all.



Add Color Hack on Apples: If you don't have an apple corer, halve the fruit and use either a melon baller or a sturdy, rounded metal $\frac{1}{2}$ -teaspoon measuring spoon to scoop out the core and seeds.



Cook's Tip on Dried Fruit: Always opt for unsweetened dried fruit—the sweetened varieties contain unnecessary sugar.

NUTRITION ANALYSIS	Per serving
Calories	167
Total Fat	7.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.5 g
Monounsaturated Fat	3.5 g
Cholesterol	0 mg
Sodium	66 mg
Carbohydrates	22 g
Fiber	4 g
Sugars	15 g
Protein	4 g
Dietary Exchanges: $1\frac{1}{2}$ fruit, $\frac{1}{2}$ lean meat, 1 fat	



To see the cooking video for this recipe, go to heart.org/recipes.



Broccoli Cheese Egg Scramble

Serves 4

Ingredients

Cooking spray

1½ cups finely chopped fresh or frozen broccoli florets, thawed if frozen

¼ cup water

8 extra-large egg whites
or 1¼ cups egg white substitute

½ cup fat-free milk

¼ teaspoon pepper (freshly ground preferred)

¼ cup shredded fat-free Cheddar cheese

2 whole-wheat English muffins
(lowest sodium available)

Directions

1. Lightly spray a large skillet with cooking spray. Heat over medium-high heat. Cook the broccoli and water for 4 to 5 minutes, or until the broccoli is tender. Remove from the heat. Transfer the broccoli to a dish. Using paper towels, wipe the skillet clean.
2. In a large bowl, whisk together the egg whites, milk, and pepper until combined.
3. Meanwhile, lightly spray the skillet with cooking spray. Heat over medium-high heat. Pour in the egg white mixture. Cook for 2 to 3 minutes, or until almost firm, stirring constantly with a spatula. Stir in the broccoli and Cheddar. Remove from the heat.
4. Just before serving, split and toast each English muffin. Transfer to plates. Spoon the egg mixture onto the muffins.



Add Color Swap: Broccoli isn't the only vegetable that can be used in this recipe. Red bell peppers, green beans, and zucchini also work well. Just chop the vegetables finely so they'll cook for the same amount of time.



Cook's Tip: Substitute corn tortillas for the English muffins to turn this dish into breakfast tacos. You can even cook 1 chopped tomato and 1 chopped fresh jalapeño with the broccoli to give the filling a Mexican flair.



Cook's Tip on Scrambled Eggs: The secret to perfectly cooked scrambled eggs is removing them from the heat just before they're fully cooked. The heat they've retained will continue to cook them for another minute.

NUTRITION ANALYSIS	Per serving
Calories	139
Total Fat	1.0 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	0.0 g
Cholesterol	2 mg
Sodium	338 mg
Carbohydrates	18 g
Fiber	3 g
Sugars	5 g
Protein	15 g
Dietary Exchanges: 2 lean meat, 2 starch	



To see the cooking video for this recipe, go to heart.org/recipes.



Tuna-Stuffed

Avocados

with Corn Salsa

Serves 6

Ingredients

Salsa

- 2 medium ears of corn, husks and silk discarded, kernels cut off, or 1 cup frozen corn, slightly thawed
- 1 tablespoon water
- 1 medium tomato, chopped
- ½ cup chopped fresh cilantro
- 2 tablespoons finely chopped red onion
- 2 tablespoons fresh lime juice, plus more if desired
- 1 tablespoon finely chopped fresh jalapeño, seeds and ribs discarded

Tuna

- 2 6.4-ounce pouches very low sodium chunk light tuna, packed in water, drained
- 1/2 cup chopped celery
- 1/3 cup fat-free plain Greek yogurt
- 1 tablespoon fresh lemon juice, plus more if desired
- 1/4 teaspoon pepper (freshly ground preferred)
- *****
- 3 medium avocados
- 1 tablespoon fresh lemon juice

Directions

- Put the corn in a microwaveable container. Add 1 tablespoon water. Microwave on 100% power (high) for 1 to 2 minutes, or until cooked through. Remove from the microwave. Let stand to cool.
- In a medium bowl, stir together the remaining salsa ingredients. Stir in the corn. Let stand to allow the flavors to blend.
- In a separate medium bowl, stir together the tuna ingredients. Stir in the salsa.
- Halve the avocados. Remove the pits (if removing the pit doesn't create enough of a cup for the tuna, spoon out a bit of the avocado flesh). Sprinkle the inside of the avocado with the lemon juice to keep the flesh from turning brown.
- Spoon the tuna mixture into the cavity of each avocado half, packing the tuna mixture tightly. Serve immediately or cover and refrigerate to serve chilled.



Add Color Hack on Corn:

To remove the kernels from the cob without making a mess, invert a small bowl inside a large bowl. Stand the cob on the small bowl, and using a sharp knife, slowly slice down the cob, letting the kernels fall into the large bowl.

NUTRITION ANALYSIS	Per serving
Calories	273
Total Fat	16.0 g
Saturated Fat.....	2.5 g
Trans Fat.....	0.0 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat.....	10.0 g
Cholesterol	32 mg
Sodium	292 mg
Carbohydrates.....	18 g
Fiber	8 g
Sugars	5 g
Protein	19 g
Dietary Exchanges: 2 fat, 2 lean meat, 1/2 starch, 2 vegetable	



To see the cooking video for this recipe, go to heart.org/recipes.



To see the cooking video for this recipe, go to heart.org/recipes.

Overnight Banana Oatmeal

Serves 4

Ingredients

- 2½ cups fat-free milk
- 1 tablespoon honey
- 1 teaspoon vanilla extract
- ¾ cup uncooked oatmeal (not instant or quick-cooking)
- 2 medium bananas, peeled, halved lengthwise, and sliced crosswise
- ¼ cup chopped unsalted pecans or walnuts

Directions

1. In a large, resealable container or bowl, stir together the milk, honey, and vanilla. Stir in the oatmeal. Cover and refrigerate overnight.
2. Remove the oatmeal from the refrigerator. Spoon it into bowls. Top each serving with the bananas and pecans.



Add Color Hack on Bananas:

To ripen green bananas, remove any plastic wrapping and store them at room temperature until ripe. Store ripe bananas in the refrigerator; their peel will darken, but the fruit will remain fresh. Peel and freeze overripe bananas to use in smoothies or baking.



Cook's Tip on Raw Oats:

Baking raw, dry oats for 1 hour at 250°F will destroy any bacteria that may cause a foodborne illness.

NUTRITION ANALYSIS Per serving

Calories	443
Total Fat	9.5 g
Saturated Fat	1.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	3.0 g
Monounsaturated Fat	4.0 g
Cholesterol	3 mg
Sodium	68 mg
Carbohydrates	74 g
Fiber	10 g
Sugars	21 g
Protein	18 g

Dietary Exchanges: 1 fat-free milk, 1 fruit,
3 starch



Teriyaki

Salmon

with Cauliflower Rice

Serves 4

Ingredients

Marinade

- 2 tablespoons soy sauce (lowest sodium available)
- 1 tablespoon water
- 1 tablespoon dry sherry or balsamic vinegar
- 1 tablespoon toasted sesame oil
- 1 large garlic clove, minced, or 1 teaspoon bottled minced garlic
- 1 teaspoon minced peeled gingerroot (1 2-inch piece)
- 1 teaspoon white vinegar
- ½ teaspoon sugar substitute

- 4 6-ounce wild salmon fillets, skin discarded, rinsed and patted dry
- 1 2-pound head cauliflower, coarsely chopped
- ½ medium onion, peeled and coarsely chopped
- 1 teaspoon canola or corn oil
- ⅛ teaspoon salt
- 1 cup chopped fresh cilantro
- 1 teaspoon sesame seeds
- 2 medium green onions, finely chopped

Directions

1. In an ovenproof 8-inch square pan, whisk together the marinade ingredients. Add the fish, turning to coat. Cover and refrigerate for at least 1 hour or up to 24 hours, turning occasionally. (Turn just once if you're refrigerating for only 1 hour.)
2. Put the cauliflower and onion in a large bowl. Stir to combine.
3. Transfer a small amount of the cauliflower mixture to a food processor or blender. Pulse until the mixture resembles couscous. (The key to achieving the right consistency is not overloading the food processor.) Transfer each batch of the processed mixture to a medium bowl until the rice is made. Cover and refrigerate until the fish is ready to bake.
4. When the fish has marinated, remove the pan from the refrigerator. Preheat the oven to 450°F.
5. Bake the fish and marinade for 10 to 12 minutes (depending on the thickness), or until the desired doneness, turning once halfway through. Remove from the oven. Transfer the fish to a baking sheet. Increase the heat to broil or turn on the broiler. Broil the fish for 2 to 4 minutes until browned on the outside, turning once halfway through.
6. Meanwhile, in a large nonstick saucepan, heat the oil over medium-high heat, swirling to coat the bottom. Add the cauliflower mixture. Stir in the salt. Cook for 5 to 6 minutes, or until the cauliflower is tender, stirring frequently. Remove from the heat.
7. Stir in the cilantro. Transfer the cauliflower mixture to a platter.
8. Using a spatula, place the fish fillets on the cauliflower mixture.
9. Spoon the sauce from the baking pan over the fish. Sprinkle the sesame seeds and green onions over the sauce.



Cook's Tip on Chopping

Onions: To minimize tears when chopping onions, leave the root as intact as possible. It also helps to refrigerate the onions for 30 minutes before chopping them.



Cook's Tip on Salmon:

Confused by the salmon choices at the seafood counter? Remember that wild salmon has less calories and about half the saturated fat of farm-raised salmon.

NUTRITION ANALYSIS Per serving

Calories	311
Total Fat	13.0 g
Saturated Fat	2.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	3.5 g
Monounsaturated Fat	4.5 g
Cholesterol	80 mg
Sodium	430 mg
Carbohydrates	9 g
Fiber	3 g
Sugars	4 g
Protein	38 g

Dietary Exchanges: 5 lean meat,
2 vegetable



To see the cooking video for this recipe, go to heart.org/recipes.



Couscous-Stuffed Portobello Mushroom Caps

Serves 4

Ingredients

- | | |
|--|--|
| 8 portobello mushrooms (with caps that are about 5 inches in diameter) | 1½ tablespoons canola or corn oil |
| ¾ cup uncooked couscous | 1 tablespoon balsamic vinegar |
| 1½ cups chopped plum (Roma) tomatoes (about 3) | ¼ teaspoon pepper (freshly ground preferred) |
| ¾ cup chopped green onions | 1¼ cups boiling water |
| 2 tablespoons chopped black olives, drained | 3 ounces shredded fat-free mozzarella cheese |

Directions

1. Preheat the oven to 400°F. Line a large baking sheet with aluminum foil.
2. Remove and discard the stems from each mushroom. Using a spoon, scrape the black gills from the underside of each mushroom cap. Transfer the caps to the baking sheet with the cavities up.
3. Bake for 20 minutes, or until the mushrooms are soft.
4. Put the couscous in a medium bowl. Put the tomatoes, green onions, and olives on the couscous.
5. In a small bowl, whisk together the oil, vinegar, and pepper. Pour over the couscous and vegetables.
6. Pour the water over all, stirring to combine. Cover the bowl tightly. Let stand to steam for 10 to 15 minutes, or until the couscous is fully cooked. Fluff with a fork.
7. When the mushroom caps are baked, use a paper towel to blot up any extra moisture on the mushrooms. Spoon the couscous mixture into the caps, filling each one. Sprinkle the mozzarella over the couscous mixture.
8. Return the baking sheet to the oven. Bake for 10 minutes, or until the mozzarella melts. Serve immediately.



Cook's Tip: When shopping for the mushrooms to use in this recipe, choose mushrooms with caps deep enough to hold the stuffing. Instead of discarding the mushroom stems, you can always freeze them to use later when making chicken or vegetable stock.

NUTRITION ANALYSIS Per serving

Calories	261
Total Fat.....	6.5 g
Saturated Fat.....	0.5 g
Trans Fat.....	0.0 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat.....	3.5 g
Cholesterol	4 mg
Sodium	311 mg
Carbohydrates.....	37 g
Fiber	6 g
Sugars	5 g
Protein	14 g

Dietary Exchanges: ½ fat, 1 lean meat,
2 starch, 2 vegetable



To see the cooking video for this recipe, go to heart.org/recipes.



Grilled Cuban Mojo Pork Tenderloin with Plantains

Serves 4

Ingredients

- ½ cup tightly packed fresh cilantro
- ½ cup fresh orange juice (juice from 1 medium orange)
- 2 medium green onions, coarsely chopped
- ¼ cup fresh lemon juice (from 1 to 2 medium lemons)
- ¼ cup fresh lime juice (from 2 to 3 medium limes)
- 8 medium garlic cloves
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano, crumbled
- 1¼ pounds pork tenderloin, all visible fat discarded
- 1½ tablespoons canola or corn oil and 1½ teaspoons canola or corn oil, divided use
- ⅛ teaspoon pepper and ⅛ teaspoon pepper (freshly ground preferred), divided use
- ⅛ teaspoon salt
- 2 ripe plantains, peeled and cut diagonally into slices about ½-inch thick

Cooking spray

Directions

1. In a food processor or blender, process the cilantro, orange juice, green onions, lemon juice, lime juice, garlic, cumin, and oregano. Process for about 1 minute, or until smooth. Transfer the marinade to a large shallow dish, reserving ¼ cup. Add the pork, turning to coat. Cover and refrigerate for 2 to 24 hours, turning occasionally.
2. About 30 minutes before the pork is ready to grill, preheat the oven to 450°F and preheat the grill on medium high.
3. In a large bowl, whisk together 1½ tablespoons oil, ⅓ teaspoon pepper, and the salt until combined. Add the plantain slices, turning to coat.
4. Cover a large baking sheet and two smaller ones with aluminum foil. Lightly spray all three sheets with cooking spray. Arrange the plantains in a single layer on the baking sheets. Bake for 15 minutes. Remove from the oven.
5. Turn over the plantains. Bake for 10 to 15 minutes, or until the plantains are crisp and caramelized on the outer edges. Watch carefully so they don't burn.
6. Meanwhile, drain the pork, gently wiping off most of the marinade. Discard the marinade.
7. Sprinkle the remaining ⅓ teaspoon pepper over the pork. Using a basting brush, brush the remaining 1½ teaspoons oil over the pork. Transfer to the grill.
8. Grill the pork for 15 to 20 minutes, or until the thickest part of the pork reaches an internal temperature of 145°F, turning every few minutes.
9. Transfer the pork to a cutting board. Let stand for at least 5 minutes. Cut into slices. Transfer to a large platter. Spoon the reserved marinade over the pork. Serve with the plantains.



Add Color Hack on Citrus:

If your citrus fruit, such as oranges, lemons, or limes, is hard or dry, microwave it on 100 percent power (high) for 20 to 30 seconds before juicing it to get a better yield.

NUTRITION ANALYSIS Per serving

Calories	317
Total Fat.....	11.0 g
Saturated Fat.....	2.0 g
Trans Fat.....	0.0 g
Polyunsaturated Fat.....	2.5 g
Monounsaturated Fat.....	6.0 g
Cholesterol	75 mg
Sodium	135 mg
Carbohydrates.....	29 g
Fiber	2 g
Sugars	13 g
Protein	28 g

Dietary Exchanges: 2 fruit, 4 lean meat



To see the cooking video for this recipe, go to heart.org/recipes.



Orange-Glazed

Turkey

with Potatoes and Carrots

Serves 6

Ingredients

Cooking spray

1 1½- to 1¾-pound boneless, skinless turkey breast, all visible fat discarded

2 teaspoons dried mixed herbs (a combination of any/all, including rosemary, basil, parsley, tarragon, chives, thyme, and sage)

¾ teaspoon salt

½ teaspoon pepper

½ teaspoon garlic powder

3 tablespoons orange marmalade

1 pound potatoes (any type), cut into 2-inch cubes

4 medium carrots, peeled and cut into 2-inch pieces

1 tablespoon olive oil (extra virgin preferred)

Directions

1. Preheat the oven to 375°F.
2. Lightly spray a 13 x 9 x 2-inch casserole dish with cooking spray. Place the turkey in the dish.
3. In a small bowl, stir together the herbs, salt, pepper, and garlic powder. Rub half the mixture all over the turkey.
4. Spread the marmalade over the turkey.
5. In a large bowl, stir together the potatoes, carrots, and oil with the remaining herb mixture. Place the vegetables around the turkey in the dish. Roast for 1 hour.
6. Remove from the oven. Let stand for 5 to 10 minutes to allow the juices to redistribute.



Cook's Tip on Fresh Carrots: Cut off the feathery greenery on fresh carrots as soon as you can. As long as it remains attached, it continues to remove moisture and vitamins from the carrot.

NUTRITION ANALYSIS	Per serving
Calories	257
Total Fat	3.5 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	2.0 g
Cholesterol	76 mg
Sodium	389 mg
Carbohydrates	23 g
Fiber	3 g
Sugars	7 g
Protein	32 g
Dietary Exchanges: 4 lean meat, 1 starch, 1 vegetable	



To see the cooking video for this recipe, go to heart.org/recipes.



Ginger-Pumpkin Bisque

Serves 4

Ingredients

- 1½ teaspoons canola or corn oil
- 1 medium onion, finely minced
- ¾ tablespoon minced peeled gingerroot or ½ teaspoon ground ginger
- 2 medium garlic cloves, minced, or 1 teaspoon bottled minced garlic
- ½ teaspoon dried thyme, crumbled
- ¼ teaspoon ground cinnamon
- ¼ teaspoon pepper (freshly ground preferred)
- ⅛ teaspoon salt
- 1 tablespoon all-purpose flour
- 1¼ cups fat-free, low-sodium vegetable broth
- 1 cup water
- 2 15-ounce cans solid-pack pumpkin (not pie filling)
- 1 cup fat-free milk
- ¼ cup fat-free sour cream (optional)
- 2 tablespoons chopped chives (optional)

Directions

1. In a large heavy pot, heat the oil over medium-high heat, swirling to coat the bottom. Cook the onion for 6 to 8 minutes, or until very soft, stirring occasionally.
2. Stir in the ginger, garlic, thyme, cinnamon, pepper, and salt. Cook for 1 minute, stirring constantly. Stir in the flour. Pour in the broth and water. Using a spatula, scrape the bottom of the pot to dislodge any browned bits. Stir in the pumpkin. Bring the mixture to a boil. Reduce the heat to low and simmer for 10 minutes.
3. Stir in the milk. Remove from the heat. Ladle the soup into bowls. Garnish with the sour cream and chives.



Cook's Tip: If you prefer to dice or chop the onion rather than finely mince it, you can purée the soup with an immersion blender when it's finished cooking.



Cook's Tip on Pumpkin Purée: Refrigerate leftover pumpkin purée in a tightly sealed container for up to one week. Just give it a quick whisk to reincorporate any liquid that has separated. You can stir a small amount of purée into your morning oatmeal for added nutrition.

NUTRITION ANALYSIS Per serving

Calories	138
Total Fat.....	2.5 g
Saturated Fat.....	0.0 g
Trans Fat.....	0.0 g
Polyunsaturated Fat.....	0.5 g
Monounsaturated Fat.....	1.0 g
Cholesterol	1 mg
Sodium	199 mg
Carbohydrates.....	27 g
Fiber	10 g
Sugars	14 g
Protein	6 g

Dietary Exchanges: 1½ starch, 1 vegetable,
½ fat



To see the cooking video for this recipe, go to heart.org/recipes.



American Heart Association.
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EAT SMART - ADD COLOR - MOVE MORE - BE WELL

FRUITS & VEGETABLES



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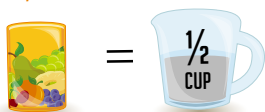
TRY FOR 4-5 SERVINGS OF EACH PER DAY.*
WHAT COUNTS AS A SERVING?

FRUITS

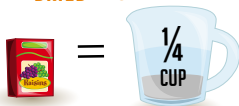
ONE MEDIUM FRUIT



FRESH, FROZEN OR CANNED FRUIT



DRIED FRUIT

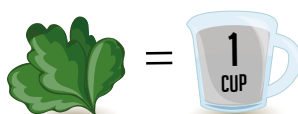


FRUIT JUICE**

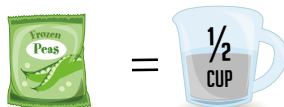


VEGETABLES

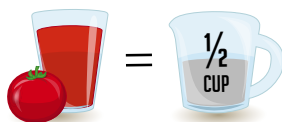
RAW LEAFY VEGETABLE



FRESH, FROZEN OR CANNED VEGETABLE



VEGETABLE JUICE**



*Recommended daily goal based on 2,000 calorie/day eating pattern.

**Fruit and vegetable juices can be part of a healthy diet. One serving of 100 percent juice can fulfill one of your recommended daily servings of fruits and vegetables, but watch for calories and added sugars or sodium. Choose 100 percent juice (or 100 percent juice and water) instead of sweetened juice or juice drinks.



HEART.ORG/ADDCOLOR



REASONS TO



ADD COLOR

Turns out mom was right. We need to eat our fruits and veggies. But why are these colorful, nutritious and delicious foods so important?

1. FULL OF THE GOOD



Fruits and vegetables provide many beneficial nutrients, including vitamins, minerals, healthy fats, protein, calcium, fiber, antioxidants and phytonutrients. Add fruits and veggies to meals and snacks for a nutritional power boost.

2. FREE OF THE BAD



Fruits and vegetables typically contain no trans fat, low saturated fat and very little or no sodium. The natural sugars they contain don't affect your health the same way added sugars do, especially if you eat the whole fruit or vegetable and not just the juice.

3. WON'T WEIGH YOU DOWN



Fruits and vegetables tend to be low in calories, so they can help you manage your weight while still filling you up, thanks to the fiber and water they contain. Replacing higher-calorie foods with fruits and vegetables is an easy first step to a healthier eating plan.

4. SUPER FLEXIBLE SUPER FOODS



All forms of fruits and vegetables – fresh, frozen, canned, dried and 100% juice – can be part of a healthy diet. They can be eaten raw or cooked, whole or chopped, organic or not, and alone or in combination with other foods. They are among the most versatile, convenient and affordable foods you can eat.

5. A WHOLE BODY HEALTH BOOST



A healthy eating plan rich in fruits and vegetables can help lower your risk of many serious and chronic health conditions, including heart disease, stroke, obesity, high blood pressure, high blood cholesterol, diabetes, kidney disease, osteoporosis and some types of cancer. They're also essential to many daily functions of a healthy body.

