



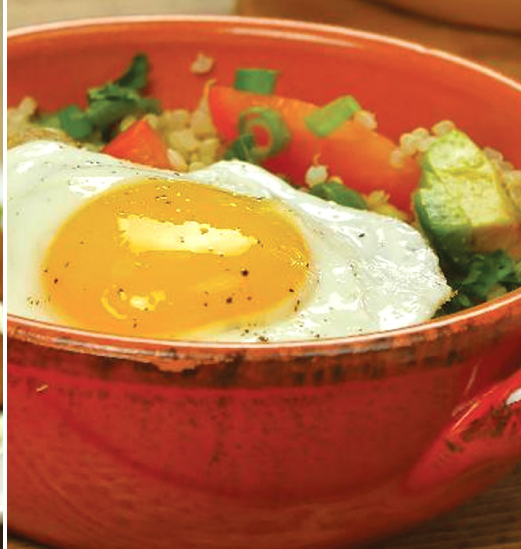
American
Heart
Association.



4TH EDITION

Easy Everyday Meals

15 Breakfast, Lunch and Dinner
Recipes with 10 Ingredients or Less



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Easy Everyday Meals

15 BREAKFAST, LUNCH AND DINNER RECIPES
WITH 10 INGREDIENTS OR LESS



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Healthy for Good™

EAT SMART

WITH FOOD NUTRITION LABELS

The Nutrition Facts label can help you make healthier choices.

Use it! Here's what to look for:

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Start with serving information.

This will tell you the size of a single serving and how many servings are in the package.

Check total calories.

Do the math to know how many calories you're really getting if you eat the whole package.

Limit certain nutrients.

Compare labels when possible and choose options with lower amounts of added sugars, sodium and saturated fat and no trans fat.

Get enough of beneficial nutrients.

Eat foods with nutrients your body needs, such as calcium, dietary fiber, iron, potassium and Vitamin D.

Understand % Daily Value.

- The % Daily Value (DV) tells you the percentage of each nutrient in a single serving in terms of the daily recommended amount.
- To consume less of a nutrient, such as saturated fat or sodium, choose foods with a lower % DV (5% or less).
- To consume more of a nutrient, such as fiber or potassium, choose foods with a higher % DV (20% or more).

For more tips and tricks on eating smart, visit heart.org/HealthyForGood.

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Making Good Food Choices

A healthy eating pattern is about making smart choices, including stocking your kitchen with healthy foods and cooking at home. When you grocery shop, compare Nutrition Facts labels (see inside front cover) and read ingredient lists. Also, look for the Heart-Check mark to easily find healthy choices (see back cover).

- Eat a variety of fruits and vegetables.
- Include fiber-rich whole grains.
- Choose lean proteins and skinless poultry.
- Eat fish twice a week (preferably those high in omega-3 fatty acids).
- Select low-fat (1%) or fat-free dairy products.
- Include healthy unsaturated (monounsaturated and polyunsaturated) fats.
- Include beans, legumes, nuts and seeds.
- Avoid trans fats.
- Limit saturated fats.
- Limit added sugars.
- Choose foods with less sodium.

Making Good Lifestyle Choices

Not only is it important to eat smart, you should also maintain a healthy lifestyle to best manage your overall health.

- Move more, sit less.
- Maintain a healthy weight/body mass index.
- Live tobacco and vape free.
- Drink alcohol in moderation — or not at all.
- Schedule regular medical checkups.
- Know your numbers by tracking and managing/controlling blood pressure, cholesterol and blood sugar.
- Be well (including getting enough sleep, practicing mindfulness and gratitude, managing stress and connecting socially).

Sodium and Your Health


Eating too much sodium can cause high blood pressure — a major risk factor for heart disease and stroke. High blood pressure often has no signs or symptoms. The only way to know if you have it is to have your blood pressure measured. This can be done at your doctor visits, with home blood pressure monitors and at

blood pressure stations in many pharmacies free of charge.

To track your blood pressure, make a chart like the one below and record your readings. (See the inside back cover to learn how to take your blood pressure correctly.) Take this information with you to your doctor's appointments.

My Blood Pressure Log		
Date	A.M.	P.M.

About the Recipes

- Because of the many variables in analyzing recipes, the serving sizes and nutritional values should be considered approximate.
- Each analysis is for a single serving.
- Garnishes or optional ingredients aren't included in the analyses.
- When more than one ingredient option is listed, the first one is analyzed.
- Fat values in the analyses 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.
- Meats are analyzed as lean, with all visible fat discarded.
- We use the abbreviations "g" for gram and "mg" for milligram.
- The icon  suggests steps in the recipes kids can help do.
- Each recipe uses 10 ingredients or less, not including cooking spray, salt, pepper, water or optional ingredients.
- Each recipe has an accompanying cooking video that's 5 minutes or less. To view these videos, visit heart.org/recipes and search by the recipe name.






Italian Caprese Avocado Toast

Serves 4 • 1 slice per serving

Ingredients

- 1 medium avocado, coarsely chopped
- ¼ cup fresh basil leaves, finely sliced
- ½ teaspoon pepper
- 4 slices whole-grain or whole-wheat bread, toasted
- 1 pint cherry tomatoes, halved
- ¼ cup shredded fat-free mozzarella
- 2 teaspoons balsamic vinegar

Directions

-  1. In a small bowl, using a fork, mash the avocado. Gently stir in the basil and pepper.
-  2. Spread the avocado mixture on each slice of toast.
-  3. Top with the tomatoes cut side down. Sprinkle the mozzarella over the tomatoes. Drizzle with the balsamic vinegar.



Cook's Tip: *If you prefer a gooey, cheesy toast, place under the broiler for 1 to 2 minutes for the mozzarella to melt.*



Cook's Tip: *If the avocado is ripe but still a bit firm, process the avocado in a blender or food processor with the basil leaves.*

Nutrition Analysis (per serving)

Calories	188
Total Fat	8.5 g
Saturated Fat	1.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	5.5 g
Cholesterol	1 mg
Sodium	177 mg
Carbohydrates	22 g
Dietary Fiber	7 g
Sugars	6 g
Protein	8 g

Dietary Exchanges

1 starch, 1 vegetable, ½ lean meat, 1 fat



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



Muesli

Serves 4 • 1 cup per serving

Ingredients

- 1½ cups rolled oats
- 1½ cups whole-wheat bran flakes
- ½ cup raisins or unsweetened dried cranberries
- ¼ cup hulled unsalted sunflower seeds (dry-roasted preferred)
- ¼ cup unsalted chopped walnuts or sliced almonds (dry-roasted preferred)
- 4 cups fat-free milk, unsweetened almond milk or fat-free plain yogurt (optional)

Directions



1. In a medium bowl, stir together the oats, bran flakes, raisins, sunflower seeds and nuts.



2. Put 1 cup of the oat mixture in each bowl. Pour 1 cup milk in each bowl. (If using the yogurt, spoon 1 cup on top of the mixture.) Stir to combine.



Cook's Tip: Store the muesli in an airtight container for up to one month at room temperature.

Nutrition Analysis (per serving)

Calories	323
Total Fat	12.0 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	6.5 g
Monounsaturated Fat	3.0 g
Cholesterol	0 mg
Sodium	108 mg
Carbohydrates	51 g
Dietary Fiber	8 g
Sugars	16 g
Protein	10 g

Dietary Exchanges

2 fat, 1 fruit, 2½ starch



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






Southwestern Quinoa Egg Breakfast Bowl

Serves 4 • 1 bowl per serving

Ingredients

- | | |
|---|--|
| ¼ cup uncooked quinoa, rinsed and drained | ½ cup chopped fresh cilantro (optional) |
| 2 medium tomatoes, chopped (about 2 cups) | Cooking spray |
| 1 cup no-salt-added frozen corn, thawed | 4 large eggs |
| ½ medium avocado, pitted and diced | ⅛ teaspoon salt |
| ¼ cup chopped green onions | ¼ teaspoon pepper |
| | Red hot-pepper sauce to taste (optional) |

Directions

1. Cook the quinoa according to the package directions. Remove from the heat.
-  2. Spoon the quinoa into four bowls. Top each with the tomatoes, corn, avocado, green onions and cilantro.
-  3. Lightly spray a large nonstick skillet with cooking spray. Crack the eggs into the skillet. Sprinkle the salt and pepper over the eggs.
4. Cook, covered, over medium-high heat for 3 to 4 minutes, or until the egg whites are set but the yolks are still runny. Using a spatula, carefully transfer one egg sunny side up into each of the bowls.
-  5. Sprinkle with the hot sauce.

Nutrition Analysis (per serving)

Calories	244
Total Fat	10.0 g
Saturated Fat	2.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.5 g
Monounsaturated Fat	4.5 g
Cholesterol	186 mg
Sodium	154 mg
Carbohydrates	29 g
Dietary Fiber	5 g
Sugars	5 g
Protein	12 g

Dietary Exchanges

1½ starch, 1 vegetable, 1 lean meat, 1 fat



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



Microwave Omelet in a Mug

Serves 1 • 1 omelet per serving




Ingredients

- | | | |
|---|---|---------------------------------------|
| Cooking spray | 1 | tablespoon finely chopped red onion |
| 1 large egg | 1 | tablespoon finely chopped bell pepper |
| 2 large egg whites | 2 | tablespoons chopped tomatoes |
| 2 tablespoons fat-free milk | 1 | tablespoon chopped green onions |
| 1/8 teaspoon salt | | |
| 1/8 teaspoon pepper | | |
| 1/4 cup packed baby spinach or other greens, coarsely chopped or torn | | |



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

Directions

-  1. Lightly spray the inside of a 12-ounce (or larger) microwaveable coffee mug with cooking spray.
-  2. Add the egg, egg whites, milk, salt and pepper to the mug. Using a fork, whisk together. Stir in the spinach, onion, bell pepper and tomatoes.
3. Microwave, covered, on 100% power (high) for 1 minute. Microwave in 30-second intervals (to prevent overcooking) for 2 to 3 minutes, or until the eggs are puffy and set.
-  4. Top with the green onions. Serve immediately.



Cook's Tip: *Not sure if your mug holds 12 ounces or more? To check, first fill the mug with water about three-fourths full. Pour the water into a large liquid measuring cup. If the water measures at least 1½ cups (12 ounces), then your mug is the right size to use for this recipe.*



Cook's Tip: *To make this breakfast easier and faster in the mornings, prepare the vegetables ahead of time and store the exact amounts needed in small resealable plastic bags or freezer-safe containers with lids. Freeze for future use. When ready to use, run the bags or containers under cold water to thaw.*

Nutrition Analysis (per serving)

Calories	130
Total Fat	5.0 g
Saturated Fat	1.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	2.0 g
Cholesterol	187 mg
Sodium	343 mg
Carbohydrates	5 g
Dietary Fiber	1 g
Sugars	4 g
Protein	15 g

Dietary Exchanges

2 lean meat, 1 vegetable



Avocado Blueberry Muffins

Serves 12 • 1 muffin per serving

Ingredients

Cooking spray (optional)

1 medium avocado, halved,
pitted and mashed with
a fork

½ cup sugar

½ cup fat-free milk

2 large eggs

1 teaspoon vanilla extract

2 cups all-purpose flour





2 teaspoons baking powder

1 teaspoon ground ginger

⅙ teaspoon salt

2 cups blueberries

Directions

1. Preheat the oven to 375°F.
-  2. Lightly spray a standard 12-cup muffin pan with cooking spray or line it with paper baking cups.
-  3. In a large bowl, stir together the avocado, sugar, milk, eggs and vanilla.
-  4. In a medium bowl, stir together the flour, baking powder, ginger and salt.
-  5. In two to three batches, stir the flour mixture into the avocado mixture until just combined but no flour is visible; don't overmix. Gently fold in the blueberries. Spoon the batter into the muffin cups.
6. Bake for 25 to 30 minutes, or until a wooden toothpick inserted in the center comes out clean and the muffins are golden brown, turning the pan once after 15 minutes of baking time.
7. Transfer the pan to a cooling rack. Let stand for 5 minutes.



Cook's Tip: Store the muffins in an airtight container for up to five days.

Nutrition Analysis (per serving)

Calories	166
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	31 mg
Sodium	97 mg
Carbohydrates	30 g
Dietary Fiber	2 g
Sugars	12 g
Protein	4 g

Dietary Exchanges

½ fat, ½ fruit, 1½ starch



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



Easy Chicken Salad

Serves 6 • 1 cup per serving



Ingredients • Dressing

- ½ cup light mayonnaise
- ½ cup fat-free sour cream
- 1 tablespoon Dijon mustard
- 1 teaspoon curry powder
- ½ teaspoon pepper

Ingredients • Salad

- 2 12.5-ounce cans salt-free white meat chicken, packed in water, drained
- 1 8-ounce can water chestnuts, rinsed, drained and chopped
- ½ cup diced onion (purple or white)
- ¼ cup unsalted walnuts or pecans, chopped
- 1 cup seedless grapes, halved, or ½ cup raisins or unsweetened dried cranberries

Directions

-  1. In a small bowl, whisk together the dressing ingredients.
-  2. Put the salad ingredients in a medium bowl. Pour the dressing all over the salad. Toss to coat.



Cook's Tip: *For an attractive presentation, scoop a serving of the salad into a hollowed-out tomato or bell pepper, on top of a slice of whole-wheat toast or a plate of mixed greens or baby spinach.*

Nutrition Analysis (per serving)

Calories	267
Total Fat	10.5 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	6.5 g
Monounsaturated Fat	2.5 g
Cholesterol	63 mg
Sodium	326 mg
Carbohydrates	15 g
Dietary Fiber	2 g
Sugars	7 g
Protein	28 g

Dietary Exchanges

3½ lean meat, ½ fruit, 1 vegetable



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



Turkey Sliders

with Avocado, Mushrooms and Swiss Cheese

Serves 4 • 2 sliders per serving

Ingredients





- | | | | |
|----|---|---|---|
| 8 | whole-grain slider buns (lowest sodium available) | 4 | slices low-fat Swiss cheese, cut in half |
| 1½ | pounds ground skinless turkey breast | 1 | medium avocado, peeled, pitted and mashed with a fork |
| ¼ | teaspoon salt | 1 | medium tomato, cut into 8 slices (about ¼-inch thick) |
| 1 | cup sliced brown (cremini) mushrooms | | |

Directions

1. Preheat the oven to 450°F.



2. Arrange the buns with the cut side up in a single layer on a baking sheet. Set aside.

-  3. Using your hands or a spoon, shape the turkey into 8 patties, each about 3 inches in diameter. (The uncooked patties will be larger than the bun and will shrink as they cook.) Sprinkle the salt over each patty.
4. Heat a large nonstick skillet or griddle pan over medium-high heat.
5. Cook the patties for 2 to 3 minutes. Turn over. Cook for 2 to 3 minutes, or until the patties are no longer pink in the center and register 165°F on an instant-read thermometer.
6. Transfer the patties to the bottoms of the buns.
7. In the same skillet, cook the mushrooms over medium heat for about 3 minutes, or until soft, stirring frequently. Spoon the mushrooms onto each patty.
-  8. Top with the Swiss cheese.
9. Place the baking sheet on the middle rack of the oven. Bake the sliders for 1 to 2 minutes, or until the Swiss cheese is melted and the buns are heated through. Remove from the oven.
-  10. Spread the avocado over the Swiss cheese. Top with the tomato slices. Put the tops of the buns on the sliders.
-  11. Using four short skewers, pierce two sliders with each skewer, if desired. Serve immediately.

Nutrition Analysis (per serving)

Calories	470
Total Fat	15.0 g
Saturated Fat	2.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.5 g
Monounsaturated Fat	8.0 g
Cholesterol	101 mg
Sodium	503 mg
Carbohydrates	38 g
Dietary Fiber	8 g
Sugars	6 g
Protein	45 g

Dietary Exchanges

2 starch, 1 vegetable, 5 lean meat



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



Chilled Peanut Noodle Salad with Avocado and Cucumber

Serves 8 • 1¼ cup per serving

Ingredients

- | | |
|--|--|
| 12 ounces dried whole-grain spaghetti | 1 teaspoon minced peeled gingerroot |
| 1 cup frozen shelled edamame, thawed | ½ teaspoon garlic powder |
| ½ cup creamy peanut butter (lowest sodium available) | 1 medium avocado, halved, pitted and diced |
| 2 tablespoons toasted sesame oil | 1 cup shredded carrots |
| 2 tablespoons soy sauce (lowest sodium available) | ½ medium English, or hothouse, cucumber, diced |
| | 2 tablespoons toasted sesame seeds (optional) |

Directions

1. Prepare the pasta using the package directions, omitting the salt. During the last minute of cooking, stir in the edamame. Reserve $\frac{1}{4}$ cup pasta cooking water. Transfer the pasta mixture to a colander. Run under cold water to stop the cooking process. Drain well. Transfer to a large serving bowl.



2. In a small bowl, whisk together the peanut butter, sesame oil, soy sauce, gingerroot and garlic powder.

3. Whisk in the reserved pasta water until combined.



4. Spoon the sauce over the pasta, tossing to combine.



5. In a small bowl, gently stir together the avocado, carrots and cucumber.



6. Sprinkle the sesame seeds over the pasta. Top with the avocado mixture.



Cook's Tip: *When preparing pasta of any kind, try adding some vegetables to the boiling water during the last few minutes of cooking time. It's a quick way to bulk up the dish and add a serving of veggies to your meal!*



Cook's Tip: *Lightly spray the measuring cup with cooking spray before adding the peanut butter. The peanut butter will slide easily out of the cup.*

Nutrition Analysis (per serving)

Calories	348	Sodium	144 mg
Total Fat	16.5 g	Carbohydrates	41 g
Saturated Fat	2.0 g	Dietary Fiber	9 g
Trans Fat	0.0 g	Sugars	5 g
Polyunsaturated Fat	4.5 g	Protein	13 g
Monounsaturated Fat	7.5 g		
Cholesterol	0 mg	Dietary Exchanges	
		2½ starch, 1 vegetable, 1 lean meat, 2 fat	



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










White Bean and Avocado Wrap

Serves 4 • 1 wrap per serving

Ingredients

- 3 tablespoons vinegar (red wine, white or apple cider)
- 1½ teaspoons extra-virgin olive oil
- 1 teaspoon honey
- ⅛ teaspoon pepper
- 1 medium carrot, shredded
- 2 cups shredded cabbage (green or purple), shredded romaine lettuce or torn baby spinach
- ½ cup cherry tomatoes, quartered
- 1 tablespoon fresh cilantro, coarsely chopped and
- 1 tablespoon fresh cilantro, coarsely chopped, divided use
- 1 15.5-ounce can no-salt-added white beans, such as navy, cannellini or Great Northern, rinsed and drained
- 1 medium ripe avocado, quartered
- 4 8-inch whole-wheat or corn tortillas (lowest sodium available)

Directions

-  1. In a medium bowl, whisk together the vinegar, oil, honey and pepper.
-  2. Stir in the carrot, cabbage, tomatoes and 1 tablespoon cilantro, tossing gently. Let stand for 15 minutes.
-  3. In a small bowl, gently stir together the beans and avocado. Using the back of a fork, mash the mixture until thoroughly blended and spreadable.
-  4. Place the tortillas on a cutting board or clean, flat surface. Spoon two heaping tablespoons of the mixture down the center of each, stopping about two inches from the edges.
-  5. Stir the cabbage mixture. Spoon two heaping tablespoons on top of the bean mixture.
-  6. Sprinkle with the remaining 1 tablespoon cilantro.
-  7. Fold the sides of the tortillas over the filling.

Nutrition Analysis (per serving)

Calories	339
Total Fat	11.0 g
Saturated Fat	1.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat	7.0 g
Cholesterol	0 mg
Sodium	471 mg
Carbohydrates	54 g
Dietary Fiber	15 g
Sugars	10 g
Protein	12 g

Dietary Exchanges

3 starch, 2 vegetable, 1 lean meat, 1 fat



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



Baked Cheese Pita






with Tomatoes and Cucumbers

Serves 4 • 1 pita per serving with ½ tomato and ¼ cucumber

Ingredients

- | | | | |
|---|--|---|--|
| 4 | 6-inch whole-wheat pita breads, cut in half | 1 | tablespoon balsamic vinegar (optional) |
| 4 | ounces shredded fat-free mozzarella cheese (about 1 cup) | | Pepper to taste (optional) |
| 1 | garlic clove, minced | 2 | medium tomatoes, sliced ¼-inch thick |
| ½ | teaspoon dried basil | 1 | large cucumber, peeled and sliced ¼-inch thick |
| 3 | tablespoons extra-virgin olive oil (optional) | 1 | medium green onion, chopped (optional) |

Directions

1. Preheat the oven to 350°F.
-  2. In a small bowl, stir together the mozzarella, garlic and basil.
-  3. Put 2 tablespoons cheese mixture into each pita half.
-  4. Put the pitas on a large baking sheet in a single layer.
5. Bake for 5 minutes, or until the mozzarella has melted.
-  6. Meanwhile, in a small bowl, whisk together the oil, balsamic vinegar and pepper.
-  7. Drizzle the vinaigrette over the tomatoes, cucumbers and green onions. Serve with the baked pitas.

Nutrition Analysis (per serving)

Calories	223
Total Fat	2.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	0.0 g
Cholesterol	5 mg
Sodium	536 mg
Carbohydrates	39 g
Dietary Fiber	6 g
Sugars	4 g
Protein	16 g

Dietary Exchanges

2 starch, 1 lean meat, 1 vegetable



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



Sriracha-Glazed Chicken

with Paprika Butternut Squash

Serves 4 • 3 ounces of chicken and $\frac{3}{4}$ cup butternut squash per serving




Ingredients • Butternut Squash

- | | | | |
|---|---|---------------|----------------------------------|
| 1 | 4-pound large or 2 2-pound butternut squash, peeled, seeded and diced into 1-inch cubes | 1 | teaspoon sweet or smoked paprika |
| 2 | tablespoons canola or corn oil | $\frac{1}{4}$ | teaspoon salt |
| | | $\frac{1}{4}$ | teaspoon pepper |

Ingredients • Chicken

- | | | | |
|---|--------------------------------|---------------|---|
| 2 | tablespoons Sriracha hot sauce | 2 | teaspoons pure maple syrup |
| 2 | tablespoons canola or corn oil | $\frac{1}{4}$ | teaspoon pepper |
| 1 | tablespoon balsamic vinegar | 4 | 4-ounce boneless, skinless chicken breasts, all visible fat discarded |

Directions

1. Preheat the oven to 400°F.
-  2. Line a large baking sheet with aluminum foil.
-  3. In a large bowl, whisk together the oil, paprika, salt and pepper. Add the butternut squash. Using two spatulas or your hands, toss to coat. Put the squash on the baking sheet in a single layer.
4. Cook for 30 to 35 minutes, or until tender, stirring halfway.
-  5. Meanwhile, in a large resealable plastic bag, add the Sriracha, oil, balsamic vinegar, maple syrup and pepper. Add the chicken. Using your hands on the outside of the bag, push the chicken around to coat with the marinade. Let stand for 10 to 15 minutes. (You also can refrigerate for up to 24 hours.)
6. In a large nonstick skillet, cook the chicken and all the marinade over medium-high heat for 8 to 10 minutes, or until the chicken is no longer pink in the center.
7. Serve with the butternut squash.

Nutrition Analysis (per serving)

Calories	468
Total Fat	19.0 g
Saturated Fat	2.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	5.0 g
Monounsaturated Fat	10.0 g
Cholesterol	109 mg
Sodium	506 mg
Carbohydrates	39 g
Dietary Fiber	6 g
Sugars	11 g
Protein	39 g

Dietary Exchanges

2½ starch, 5 lean meat



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



Quick Chicken Chili

Serves 4 • heaping 1½ cups per serving

Ingredients

- 1 teaspoon canola oil and 1 teaspoon canola oil, divided use, or 1 teaspoon corn oil and 1 teaspoon corn oil, divided use
- 1 pound boneless, skinless chicken breasts or tenderloins, all visible fat discarded, cut into bite-size pieces or 1 pound ground skinless chicken or turkey
- 1 medium onion, chopped
- 1 medium bell pepper (any color), chopped
- 3 medium garlic cloves, minced, or 1½ teaspoons jarred minced garlic
- 1 medium jalapeño, seeds and ribs discarded, minced (optional)
- 2 15.5-ounce cans no-salt-added or low-sodium beans (any variety, such as pinto, kidney or black), rinsed, drained and mashed with a fork
- 2 cups fat-free, low-sodium chicken broth

1	teaspoon ground cumin	½	cup fat-free sour cream (optional)
½	teaspoon pepper		
½	teaspoon chili powder (optional)	¼	cup chopped fresh cilantro (optional)

Directions

1. In a large pot or Dutch oven, heat 1 teaspoon oil over medium-high heat, swirling to coat the bottom. Cook the chicken for 3 to 4 minutes, or until the chicken is no longer pink in the center, stirring frequently. (If using the ground chicken or turkey, cook for 5 minutes or until fully browned, breaking up the pieces with a spoon.) Transfer the chicken to a large plate.
2. In the same skillet, still over medium-high heat, heat the remaining 1 teaspoon oil, swirling to coat the bottom. Add the onion, bell pepper, garlic and jalapeño. Cook for 3 to 4 minutes, or until the vegetables are soft, stirring frequently.
3. Stir in the chicken, beans, broth, cumin, pepper and chili powder. Bring to a boil. Reduce the heat to low. Simmer for 10 minutes.
4. Spoon the chili into bowls.
5. Top each serving with the sour cream. Sprinkle with the cilantro.



Nutrition Analysis (per serving)

Calories	344
Total Fat	3.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	1.0 g
Cholesterol	73 mg
Sodium	174 mg
Carbohydrates	41 g
Dietary Fiber	10 g
Sugars	7 g
Protein	39 g

Dietary Exchanges

4 lean meat, 1 vegetable, 2½ starch



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



Vegetable Turkey Soup

Serves 6 • 2 cups per serving

Ingredients

- | | | | |
|---|---|---|--|
| 1 | pound ground skinless turkey breast | 2 | medium garlic cloves, minced |
| 3 | large carrots, sliced crosswise into rounds | 1 | tablespoon dried Italian seasoning, crumbled |
| 3 | medium zucchini, sliced | ½ | teaspoon salt |
| 1 | small onion, chopped | ½ | teaspoon pepper |
| 1 | 28-ounce can no-salt-added tomato sauce | 4 | cups fat-free, low-sodium chicken broth |
| 1 | 15.5-ounce can no-salt-added cannellini beans, rinsed and drained | | |

Directions



1. Put all the ingredients in a slow cooker, stirring to combine and breaking up the turkey.
2. Cook, covered, on low for 8 hours, or until the turkey is no longer pink.



Cook's Tip: *To make ahead and freeze, in a large bowl, stir together all the ingredients except the broth. Transfer the soup to a 1-gallon resealable plastic freezer bag. Place the bag flat in the freezer and freeze. To cook, thaw the bag overnight in the refrigerator. Pour the contents of the bag into a slow cooker. Pour in the broth, stirring to combine. Cook as directed.*

Nutrition Analysis (per serving)

Calories	224
Total Fat	2.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	0.0 g
Cholesterol	51 mg
Sodium	314 mg
Carbohydrates	27 g
Dietary Fiber	7 g
Sugars	11 g
Protein	26 g

Dietary Exchanges

½ starch, 3 vegetable, 3 lean meat



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



Philly Cheesesteak








Foil Packet Dinner

Serves 4 • 1 cheesesteak per serving

Ingredients

- | | |
|--|---|
| 1 medium yellow onion, thinly sliced | 1 tablespoon balsamic vinegar |
| 1 teaspoon water | 1½ teaspoons canola or corn oil |
| 8 ounces sliced button mushrooms, coarsely chopped | 1 teaspoon garlic powder |
| 2 medium red or green bell peppers, thinly sliced | ¼ teaspoon salt |
| 1 pound beef filet top sirloin, cut into ½-inch strips | ¼ teaspoon pepper |
| 2 tablespoons dried Italian seasoning, crumbled | 1 cup shredded fat-free mozzarella cheese |
| | 4 small whole-wheat rolls |

Directions

1. Preheat the oven to 450°F.
-  2. Make 4 sheets of aluminum foil about 30 inches long. Fold the foil in half widthwise (into almost a square) so it's extra-sturdy.
3. Microwave the onions and water on 100% power (high) in a microwaveable bowl for 1½ to 2 minutes, or until almost soft. Transfer to a medium bowl.
-  4. Stir in the mushrooms, bell peppers and beef.
-  5. In a small bowl, whisk together the Italian seasoning, balsamic vinegar, oil, garlic powder, salt and pepper. Pour over the vegetables and beef. Toss to coat.
-  6. Place one-quarter of the mixture in the center of each foil square.
-  7. Top each mixture with ¼ cup mozzarella.
-  8. Wrap the foil loosely (this leaves room for the heat to circulate inside) and seal the edges tightly. Transfer to a large baking sheet.
9. Bake for 20 minutes. Using the tines of a fork, carefully open a packet away from you (to prevent steam burns). If the beef isn't cooked enough, reclose the open packet and bake all the packets for 3 to 5 minutes.
-  10. Serve with the rolls.

Nutrition Analysis (per serving)

Calories	348	Sodium	608 mg
Total Fat	8.5 g	Carbohydrates	30 g
Saturated Fat	2.5 g	Dietary Fiber	5 g
Trans Fat	0.0 g	Sugars	9 g
Polyunsaturated Fat	1.5 g	Protein	40 g
Monounsaturated Fat	3.5 g		
Cholesterol	65 mg	Dietary Exchanges	

1½ starch, 2 vegetable, 4 lean meat



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

Slow-Cooked Pot Roast



Serves 6 • 3 ounces beef and ½ cup vegetables per serving

Ingredients

- | | | | |
|----|---|---|--|
| 1 | tablespoon olive oil | 3 | medium garlic cloves,
coarsely chopped |
| 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 | 2 | medium ribs of celery,
chopped into 1-inch pieces |
| ½ | teaspoon pepper | 2 | medium potatoes, unpeeled,
chopped into 2-inch pieces |
| ¼ | teaspoon salt | 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 large, heavy ovenproof pot, heat the oil over medium heat, swirling to coat the bottom. Cook the beef for 3 minutes on each side. Sprinkle with the pepper and salt. Push the beef to the center of the pot. Put the remaining ingredients around the beef.
3. Bake, covered, for 2 hours.
4. Let the beef rest on a large cutting board, covered loosely with aluminum foil, for 15 minutes. Slice into thin slices.
5. Place on a large serving platter. Drizzle with the pan juices. Using a slotted spoon, transfer the vegetables to the platter.



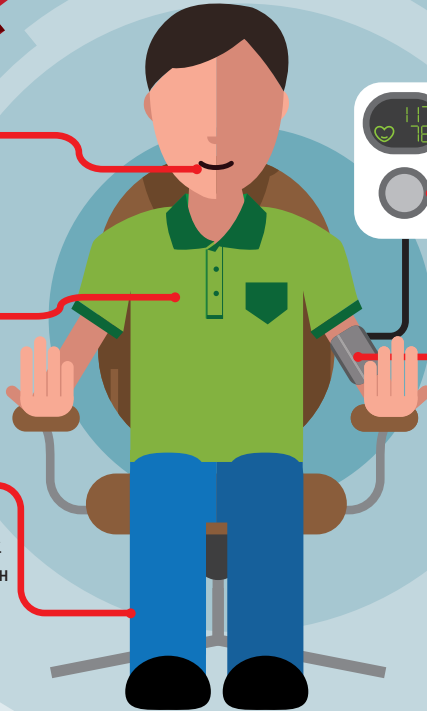
Nutrition Analysis (per serving)

Calories	211	Sodium	158 mg
Total Fat	5.5 g	Carbohydrates	15 g
Saturated Fat	1.0 g	Dietary Fiber	3 g
Trans Fat	0.0 g	Sugars	3 g
Polyunsaturated Fat	0.5 g	Protein	25 g
Monounsaturated Fat	3.0 g		
Cholesterol	57 mg	Dietary Exchanges	
		½ starch, 3 lean meat, 1 vegetable	



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

BLOOD PRESSURE MEASUREMENT INSTRUCTIONS



DON'T SMOKE, EXERCISE, DRINK CAFFEINATED BEVERAGES OR ALCOHOL WITHIN 30 MINUTES OF MEASUREMENT.

TAKE AT LEAST TWO READINGS 1 MINUTE APART IN MORNING BEFORE TAKING MEDICATIONS, AND IN EVENING BEFORE DINNER. RECORD ALL RESULTS.

REST IN A CHAIR FOR AT LEAST 5 MINUTES WITH YOUR LEFT ARM RESTING COMFORTABLY ON A FLAT SURFACE AT HEART LEVEL. SIT CALMLY AND DON'T TALK.

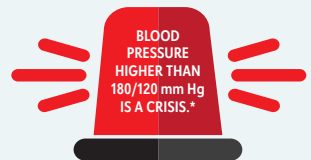
USE PROPERLY CALIBRATED AND VALIDATED INSTRUMENT. CHECK THE CUFF SIZE AND FIT.

MAKE SURE YOU'RE RELAXED. SIT STILL IN A CHAIR WITH YOUR FEET FLAT ON THE FLOOR WITH YOUR BACK STRAIGHT AND SUPPORTED.

PLACE THE BOTTOM OF THE CUFF ABOVE THE BEND OF THE ELBOW.

American Heart Association recommended blood pressure levels

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS consult your doctor IMMEDIATELY	HIGHER THAN 180	and/ or	HIGHER THAN 120



*Wait a few minutes and take blood pressure again. If it's still high, contact your doctor immediately.

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