



SIMPLE WAYS TO PRACTICE GRATITUDE

We all could use a little more positivity & encouragement, especially when starting something new. Click the link below for quick & easy ways you can jump-start your journey to becoming Healthy for Good.



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**LEARN MORE ABOUT
HEALTHY LIVING**

January



Black Bean Soup

 SERVES 4

Ingredients

- Cooking spray
- 1 medium onion, diced
- 1 medium fresh jalapeño, seeds and ribs discarded, chopped
- 1 tablespoon minced garlic
- 2 teaspoons ground cumin
- 2 15.5-ounce cans no-salt-added black beans, undrained
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 1 cup fat-free, low-sodium chicken broth
- 1/4 cup chopped fresh cilantro (optional)

Directions

Lightly spray a large pot with cooking spray.

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.

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.

Serve the soup topped with the cilantro.

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.

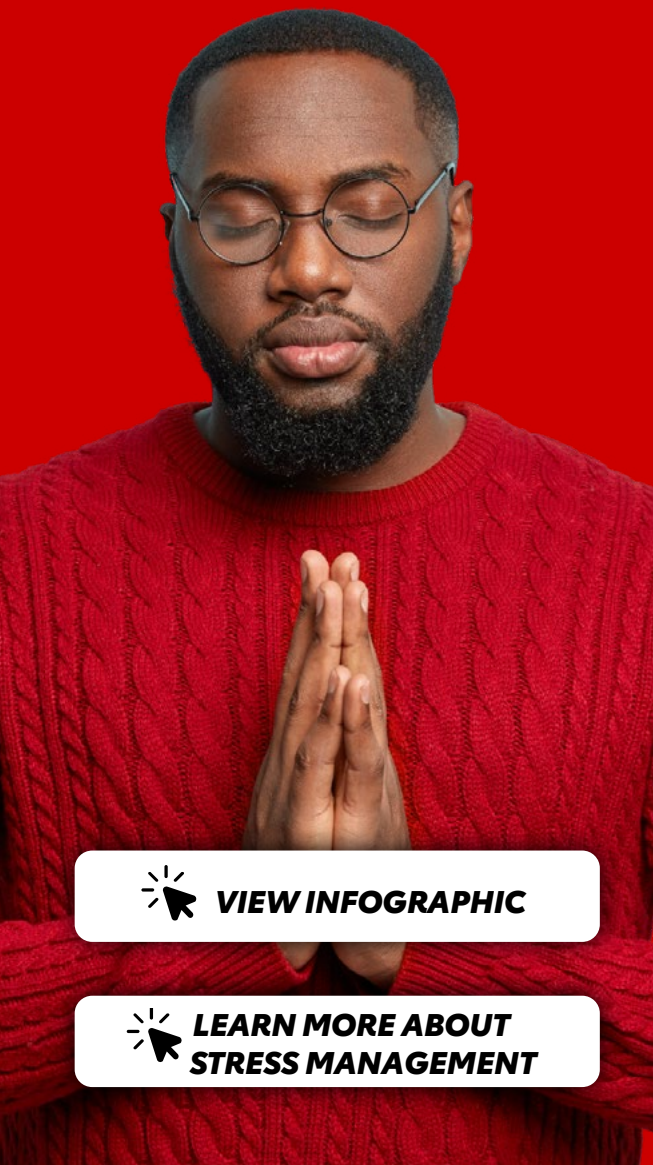
Nutritional Facts

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



STOP STRESS IN ITS TRACKS

Everybody gets stressed sometimes. Do you have a plan for the next time your mental pedal is to the metal? Click the link below to try these tips to get out of stress fast.



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LEARN MORE ABOUT STRESS MANAGEMENT

February



Southwest Slow Cooker Chicken

 SERVES 6

Ingredients

- 2 teaspoon chili powder
- 1 teaspoon cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon paprika
- 1/2 teaspoon black pepper
- 1/4 teaspoon oregano
- 1 cup low-sodium chicken broth
- 1/4-1/2 teaspoon **cayenne pepper** (optional and variable depending on how spicy you like your chicken!)
- 1 lb. boneless, skinless chicken breasts or tenderloins (all visible fat discarded)
- 14.5 oz. canned, no-salt-added, diced tomatoes (undrained)
- 1-3 oz. canned green chiles

Directions

In a small bowl, stir together chili powder, cumin, garlic powder, onion powder, paprika, oregano and cayenne pepper (optional).

Place chicken in slow cooker and sprinkle half of seasoning mixture over chicken. Flip with a fork and sprinkle other half of seasoning mixture over chicken.

Pour tomatoes, chiles and chicken broth over the chicken in the slow cooker.

Cover and cook over low setting for 8-10 hours, or over high setting for 3-4 hours. Chicken may break apart easily with fork once cooked.

Tip: This chicken is flavorful and extremely versatile; serve as a salad over a bed of lettuce, use for tacos or sandwich meat on a whole wheat tortilla or bun.

Nutritional Facts

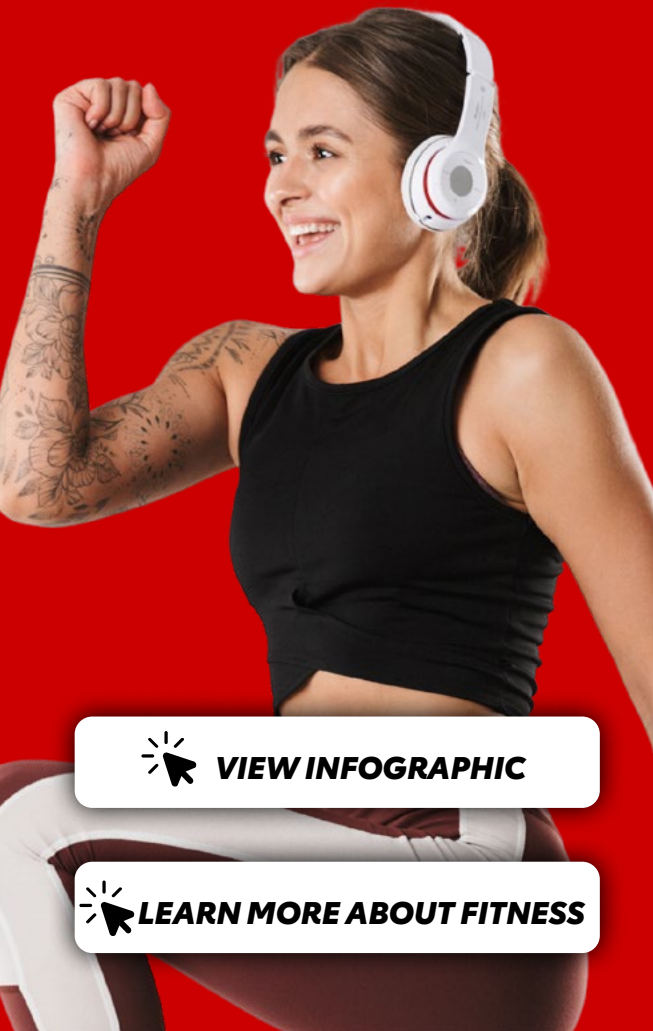
Calories	113	Cholesterol	48 mg
Total Fat	2.0 g	Sodium	288 mg
Saturated Fat	0.5 g	Total Carbohydrate	5 g
Trans Fat	0.0 g	Dietary Fiber	1 g
Polyunsaturated Fat	0.5 g	Sugars	2.7 g
Monounsaturated Fat	0.5 g	Protein	17 g



MOVE MORE FOR WHOLE BODY HEALTH

Move more, with more intensity, and sit less.

Aim for 150+ minutes each week of moderate-intensity aerobic activity.



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LEARN MORE ABOUT FITNESS

March



Blueberry Muffins



SERVES 12 / SERVING SIZE 1 MUFFIN

Ingredients

- Cooking spray
- 2 3/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon salt
- 1 teaspoon stevia sweetener **OR** 2 stevia sweetener packets
- 1/2 cup corn oil **OR** 1/2 cup canola oil
- 1 teaspoon vanilla extract
- 1 large egg
- 1 cup fat-free, plain yogurt
- 1 cup blueberries (fresh or frozen)

Directions

Preheat the oven to 350°F. Lightly spray a 12-cup muffin pan with cooking spray.

In a large bowl, sift the flour, baking powder, baking soda, nutmeg and salt.

In a separate large bowl, whisk together the stevia sweetener, oil, vanilla, egg and yogurt. Add the dry ingredients. Stir together until the mixture is just moistened but no flour is visible. Gently fold in the blueberries, reserving 24 to 36 blueberries to garnish the tops.

Spoon the batter into the muffin cups. Using the reserved blueberries, sprinkle 2 or 3 berries on top of each muffin.

Bake for 25 to 30 minutes, or until a wooden toothpick inserted into the center comes out clean.

Transfer the pan to a cooling rack. Let cool completely.

Nutritional Facts

Calories	212	Cholesterol	16 mg
Total Fat	10 g	Sodium	218 mg
Saturated Fat	1.0 g	Total Carbohydrate	25 g
Trans Fat	0.0 g	Dietary Fiber	1 g
Polyunsaturated Fat	0.3 g	Sugars	3 g
Monounsaturated Fat	6.0 g	Protein	5 g

Dietary Exchanges: 1 1/2 starch, 2 fat

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HOW SLEEP AFFECTS YOUR HEALTH

Most adults need 7 to 9 hours of sleep each night. Kids and teens need even more. Yet the average high school student gets only 6.5 hours per school night, and about 20% get 5 hours or less!

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April



Sweet and Sour Chicken

 SERVES 4 / SERVING SIZE 2 CUPS CHICKEN + 1/2 CUP BROWN RICE

Ingredients

- 4 bell peppers, 1 each of red, yellow, green, and orange if possible, seeded and cut into 1-inch strips (around 5 cups)
- 1/8 teaspoon ground black pepper
- 4 teaspoons canola oil (divided)
- 1 1/4 pounds skinless, boneless, thinly sliced chicken breast (cut into 1-inch strips)
- 1/4 cup cider vinegar
- 4 teaspoons cornstarch (divided)
- 1 large egg white
- 1/2 cup pineapple juice + 1 cup pineapple chunks from 1 (20-ounce) can pineapple chunks in juice, divided
- 1/8 teaspoon salt
- 2 teaspoons low-sodium soy sauce
- 3 tablespoons sugar substitute (granulated)
- 3 tablespoons tomato paste
- 2 teaspoons freshly grated ginger
- 1/4 cup chopped scallions, to garnish
- 2 cups cooked brown rice (from 1/2 cup uncooked brown rice), to serve

Directions

Halve each bell pepper lengthwise. Remove and discard the seeds; slice each one into 1-inch strips.

Prepare the sweet and sour sauce: into a small bowl, add 1/2 cup pineapple juice, cider vinegar, tomato paste, sugar substitute, soy sauce, salt, pepper, and 2 teaspoons cornstarch. Stir together to combine.

Place the chicken breast pieces lengthwise onto a cutting board and cut 1-inch strips of chicken. Add to a bowl with egg whites and 2 teaspoons cornstarch. Stir together to combine.

Warm a large nonstick pan with 2 teaspoons oil over medium-high heat. Add chicken, stirring frequently, sauté until chicken is fully cooked, about 5 to 7 minutes depending on thickness. Remove from heat, transfer chicken to a plate, and cover with foil to keep warm.

Again warm the nonstick pan with 2 teaspoons oil over medium-high heat. Add bell pepper strips and stir constantly, cook until peppers are soft and tender, about 5 minutes. Add in the ginger, stirring and cooking for 30 seconds, before stirring in the reserved sweet and sour sauce and 1 cup pineapple chunks. Stir until sauce slightly thickens, about 1 to 2 minutes. Stir in reserved chicken and cook another minute. Remove from heat and garnish with scallions.

Serve sweet and sour chicken over the brown rice.

Nutritional Facts

Calories	471	Cholesterol	91 mg
Total Fat	9.6 g	Sodium	510 mg
Saturated Fat	1.4 g	Total Carbohydrate	57 g
Trans Fat	0.0 g	Dietary Fiber	6 g
Polyunsaturated Fat	2.3 g	Sugars	26 g
Monounsaturated Fat	4.4 g	Protein	36 g

Dietary Exchanges: 1 1/2 starch, 2 fruit, 1 vegetable, 4 lean meat

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FIGHT STRESS WITH HEALTHY HABITS

1. Slow down.
2. Snooze more.
3. Let worry go.
4. Laugh it up.
5. Get connected.
6. Get organized.
7. Practice giving back.
8. Be active every day.
9. Give up bad habits.
10. Lean into things you can change.



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LEARN MORE ABOUT STRESS MANAGEMENT

May



Open-Face Tuna Melt with Oven-Baked Sweet Potato Chips SERVES 4

Ingredients

For the Tuna Melt:

- 2 5-ounce cans very low sodium chunk light or albacore tuna, packed in water, drained
- 2 tablespoons light mayonnaise
- 1 1/2 tablespoons chopped red onion or green onions
- 1/2 teaspoon dried dill

- 1 teaspoon lemon juice
- 4 slices whole-wheat bread
- 2 medium tomatoes (sliced)
- 1/2 cup shredded low-fat Cheddar cheese

For the Sweet Potato Chips:

- 2 medium sweet potatoes, sliced 1/8-inch thick
- 1 tablespoon canola or corn oil
- 1/4 teaspoon ground black pepper

Directions

For the Sweet Potato Chips:

Preheat the oven to 400 degrees F.

Line 2 large baking sheets with aluminum foil. Lightly spray the foil with cooking spray. Arrange the sweet potato slices in single layers on each baking sheet. Drizzle with the oil. Sprinkle with the pepper. Using your hands, gently toss the slices to coat.

Bake the sweet potato chips for 15 to 25 minutes, or until slightly crispy, rotating the sheets once halfway through the baking time.

Remove the baking sheets from the oven. Let the chips cool while you make the tuna melt.

For the Tuna Melt:

Preheat the oven's broiler.

In a small bowl, using a fork, stir together the tuna, mayonnaise, red onion, dill, and lemon juice until combined.

Place the bread slices on a foil-lined baking sheet. Spread the tuna mixture over each slice. Top with the tomato slices. Broil the tuna melts for 1 to 2 minutes, or until the tuna is warm. Remove from the oven. Sprinkle the Cheddar over the tomato slices. Broil for 1 minute, or until the Cheddar is melted.

Serve the tuna melt with the sweet potato chips.

Nutritional Facts

Calories	314	Cholesterol	33 mg
Total Fat	8.5 g	Sodium	512 mg
Saturated Fat	2.5 g	Total Carbohydrate	37 g
Trans Fat	0.0 g	Dietary Fiber	6 g
Polyunsaturated Fat	1.5 g	Sugars	11 g
Monounsaturated Fat	3.5 g	Protein	24 g

Dietary Exchanges: 2 starch, 2 1/2 lean meat, 1 vegetable

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MAKE EVERY BITE A MEDITATION

If you want to put healthier eating habits on the menu, mindfulness may be a simple and effective place to start!

It's not about dieting or restrictions – it's about taking a moment to take it in.

Click on the link below for easy ways to incorporate mindful eating into your day, so you can Eat Smart at every meal!



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**LEARN MORE ABOUT
HEALTHY EATING**

June



Panzanella Salad with Avocado and Tomatoes

 SERVES 8 / SERVING SIZE 1 1/4 CUPS

Ingredients

- 1/2 French baguette (lowest sodium available), cut into 6 cups of bread cubes
- 1 tablespoon canola or corn oil and 3 tablespoons canola or corn oil, divided use
- 1/2 teaspoon garlic powder
- 2 cups tightly packed fresh basil (about 1 bunch)
- 1 medium avocado (halved, pitted, coarsely chopped)
- 2 tablespoons white vinegar
- 1/8 teaspoon salt
- 3 tablespoons water plus 1 to 2 tablespoons water, as needed
- 2 medium tomatoes, diced (about 2 cups)
- 1 medium English, or hothouse, cucumber, chopped
- 1/3 cup chopped red onion
- 2 teaspoons chopped capers (drained)

Directions

Preheat the oven to 325°F.

Line a baking sheet with aluminum foil. Place the bread cubes on the baking sheet. Drizzle with 1 tablespoon oil. Sprinkle the garlic powder over the bread cubes. Toss to coat. Bake for 15 to 20 minutes, or until the croutons are golden brown.

Meanwhile, in a food processor or blender, process the basil for 15 to 30 seconds, or just until finely chopped. Add the avocado, vinegar, and salt. Pour the remaining 3 tablespoons oil and 3 tablespoons water through the feeder tube. Add 1 to 2 tablespoons more water if the salad dressing is thicker than the desired consistency.

Put the tomatoes, cucumber, onion, capers and croutons in a large bowl.

Pour the dressing over the salad and croutons, tossing to coat.

Serve immediately or let stand for 30 minutes so the croutons can absorb the dressing.

Tip: Because English cucumbers are seedless, they release less liquid than other types of cucumbers, making them ideal for salads. For other types of cucumber, use a spoon to remove and discard the seeds before adding the cucumber to a salad.

Nutritional Facts

Calories	200	Cholesterol	0 mg
Total Fat	11.5 g	Sodium	234 mg
Saturated Fat	1.0 g	Total Carbohydrate	21 g
Trans Fat	0.0 g	Dietary Fiber	4 g
Polyunsaturated Fat	2.5 g	Sugars	2 g
Monounsaturated Fat	7.0 g	Protein	5 g

Dietary Exchanges: 1 starch, 1 vegetable, 2 fat

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CHOOSE YOUR OWN WORKOUT

Circuits can be a great way to work out without any equipment. To build your circuit, choose 3-4 exercises from each list:

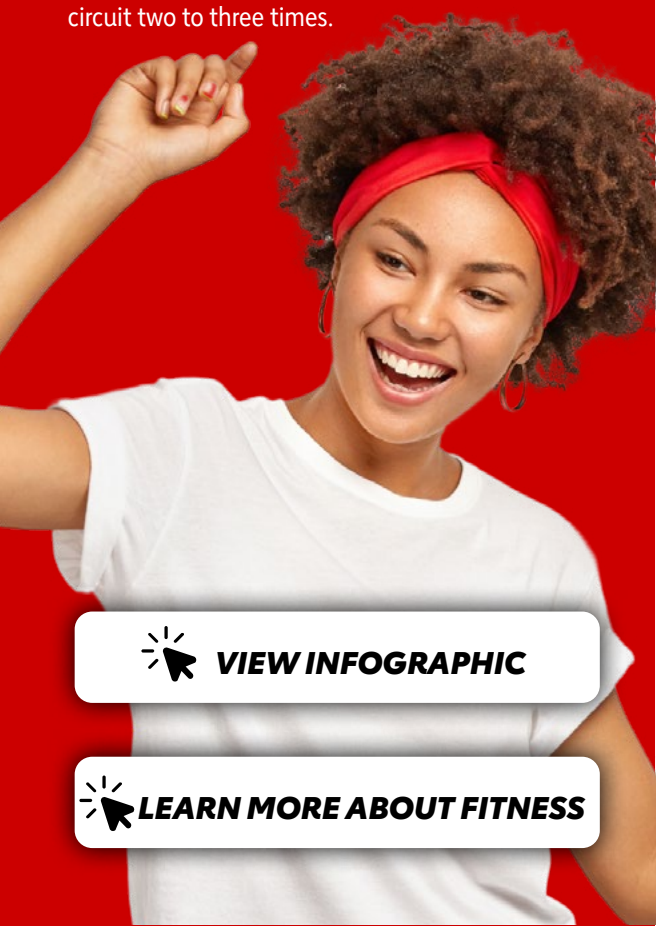
Cardio Exercises

1. Jumping Jacks
2. Jumping Rope
3. Jogging or marching in place
4. Stair-climbing or step-ups
5. High knees
6. Mountain climbers
7. Star jumps
8. Burpees

Strengthening & Stability

1. Plank and side plank
2. Push-ups
3. Sit-ups or crunches
4. Hip lift or bridge position
5. Tricep dips on a chair
6. Lunges
7. Squats or chair position
8. Wall sits

Alternate cardio and strength exercises in short bursts of 30 seconds and 3 minutes, then repeat the circuit two to three times.



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July



Caramel Toffee Fruit Kebabs



SERVES 8 / SERVING SIZE 1 KEBAB

Ingredients

- 1 cup fat-free, plain Greek yogurt
- 1/2 teaspoon stevia sweetener **OR** 1 stevia sweetener packet
- 5 drops English toffee-flavored liquid stevia sweetener
- 5 squeezes caramel-flavored liquid stevia sweetener
- 1 small apple, such as Granny Smith, Honeycrisp, Gala, or Fuji, cored and cut into 16 (3/4-inch) pieces
- 1 small pear, such as Red Anjou, Bartlett, or Bosc, cored and cut into 16 (3/4-inch) pieces
- 16 red or green grapes
- 1 small orange, peeled, separated into segments, and cut into 16 pieces
- 1/2 cup slivered almonds (dry-roasted, coarsely chopped)

Directions

In a small bowl, stir together the yogurt, stevia sweetener, and both flavors of the liquid stevia sweetener.

Using eight 6-inch wooden skewers, thread each with 2 pieces of apple, 2 pieces of pear, 2 grapes, and 2 orange segments in whatever order you wish.

With a pastry brush or spoon, coat each kebab with 2 tablespoons of the yogurt mixture. Sprinkle or roll each with 1 tablespoon nuts.

Tip: Kebabs can be stored, covered, in an airtight container for up to 12 hours.

Nutritional Facts

Calories	88	Cholesterol	1 mg
Total Fat	3.5 g	Sodium	11 mg
Saturated Fat	0.5 g	Total Carbohydrate	11 g
Trans Fat	0.0 g	Dietary Fiber	2 g
Polyunsaturated Fat	1.0 g	Sugars	8 g
Monounsaturated Fat	2.0 g	Protein	5 g

Dietary Exchanges: 1 fruit, 1/2 lean meat

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HOW TO BOOST WILLPOWER

It turns out that willpower may be a finite resource, so it's no wonder you're more likely to bend to temptation later in the day.

Click the link below to try a few of these tips to build up your willpower so you can keep positive habits going strong.



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**LEARN MORE ABOUT
HOW TO EAT SMART**

August



Mixed Berry Popsicles



SERVES 4 / SERVING SIZE 1 POPSICLE

Ingredients

- 1 cup fat-free, plain Greek yogurt
- 1/2 teaspoon stevia sweetener **OR** 1 stevia sweetener packet
- 5 drops unflavored liquid stevia sweetener
- 1 squeeze strawberry kiwi stevia water enhancer
- 1 1/2 cups frozen, mixed berries

Directions

In a medium bowl, stir together the yogurt, stevia sweetener, liquid stevia sweetener, and stevia water enhancer. Gently fold in the berries.

Spoon the mixture into four popsicle molds. Secure the tops on the popsicle molds. Freeze for 4 hours, or until the popsicles are frozen solid.

If you don't have popsicle molds, you can substitute four 6- to 8-ounce plastic or paper cups. Pour the mixture into the cups. Cut four 3- to 4-inch pieces of aluminum foil. Using one piece of foil for each cup, securely cover the top and sides of the cup. Poke a popsicle stick into each cup through the middle of the foil. The foil will help the stick stay in place while freezing.

To serve, dip the popsicle mold or plastic or paper cup quickly into warm water to help loosen the popsicle.

Tip: Store the popsicles in the freezer for up to one month.

Nutritional Facts

Calories	56	Cholesterol	3 mg
Total Fat	0.5 g	Sodium	20 mg
Saturated Fat	0.0 g	Total Carbohydrate	8 g
Trans Fat	0.0 g	Dietary Fiber	2 g
Polyunsaturated Fat	0.0 g	Sugars	6 g
Monounsaturated Fat	0.0 g	Protein	6 g

Dietary Exchanges: 1/2 fruit, 1 lean meat

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SLEEP WELL

Do you feel drained of energy before you even leave the house? You're not alone. One in three adults don't get the recommended 7 to 9 hours of sleep each night — and that can take a toll on your body and mind.

Click the link below to try these snooze-worthy tips and tricks with your family and friends for four weeks.



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LEARN MORE ABOUT SLEEP

September



Sweet and Fiery Roasted Nuts

 SERVES 4 / SERVING SIZE 1/4 CUP

Ingredients

- 2 teaspoons olive oil
- 1/2 teaspoon stevia sweetener **OR** 1 stevia sweetener packet
- 10 drops cinnamon-flavored liquid stevia sweetener
- 1/2 teaspoon ground cumin
- 1/8 teaspoon cayenne
- 1/3 cup walnut halves
- 1/3 cup pecan halves
- 1/3 cup almonds

Directions

Preheat the oven to 350°F.

In a small bowl, stir together the oil, stevia sweetener, liquid stevia sweetener, cumin, and cayenne. Add the walnuts, pecans, and almonds, stirring to coat.

Pour the nut mixture into an 8-inch square baking pan (no cooking spraying needed). Bake for 5 minutes. Remove the pan from the oven. Stir the nut mixture. Bake for 2 to 3 minutes, or until the nuts are golden brown. Transfer to a bowl. Let cool for 5 minutes.

Serve warm or at room temperature.

Tips:

To dry-roast the nut mixture on the stovetop, cook the nuts in a nonstick skillet over medium heat, stirring occasionally, for 5 to 7 minutes, or until golden brown.

Store the nuts in a covered container for up to 2 weeks.

If you like spicier foods, increase the cayenne to your taste preference.

Nutritional Facts

Calories	208	Cholesterol	0 mg
Total Fat	20.5 g	Sodium	3 mg
Saturated Fat	2.0 g	Total Carbohydrate	5 g
Trans Fat	0.0 g	Dietary Fiber	3 g
Polyunsaturated Fat	7.5 g	Sugars	1 g
Monounsaturated Fat	10.0 g	Protein	5 g

Dietary Exchanges: 1/2 other carbohydrate, 1 lean meat, 3 fat



WARM UP TO COOL WEATHER WORKOUTS

1. Dress for comfort.
2. Look at the bright side, go outside!
3. Have fun with cool weather activities such as jogging, hiking or snowshoeing.
4. Take it inside if it gets too cold for comfort.



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**LEARN MORE ABOUT HOW
TO STAY MOTIVATED**

October



Oat Avocado-Berry Breakfast Bars



SERVES 15 / SERVING SIZE 1 BAR

Ingredients

For the Crust/Topping:

- Cooking spray
- 1 3/4 cups low-fat, low sugar granola
- 1 1/2 cups whole-wheat flour
- 2 tablespoon firmly packed brown sugar
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt

- 1/2 cup fat-free sour cream

- 2 tablespoon canola oil

For the Filling:

- 1/2 cup pitted, coarsely chopped dates
- 1/2 cup avocado
- 1 cup frozen, unsweetened blueberries
- 1 tablespoon grated orange zest
- 1 teaspoon cornstarch

Directions

Preheat the oven to 350°F. Lightly spray a 13 x 9 x 2-inch baking pan with cooking spray.

Put the granola in a food processor. Pulse three times to break apart the large pieces (it should look like rolled oats). Transfer the granola to a large bowl. Stir in the flour, brown sugar, cinnamon, and salt until combined. Add the sour cream and oil.

Using a pastry blender or large fork, blend the mixture until it resembles pea-size crumbs.

Set aside half of the granola mixture. Press the other half into the baking pan to form a crust.

Bake the crust for 20 minutes, or until slightly browned. Transfer to a cooling rack. Let cool to room temperature.

Meanwhile, in a food processor, process the dates until smooth. Add the avocado, processing until smooth. Add the blueberries, orange zest, and cornstarch, processing until smooth.

Spoon the filling onto the cooled crust. Use a spatula to spread it. Sprinkle the reserved granola mixture over the filling. Bake for 15 minutes, or until the topping is slightly browned and the filling is set.

Transfer the baking pan to a cooling rack. Let cool. Cut into 15 bars.

Nutritional Facts

Calories	152	Cholesterol	1 mg
Total Fat	4.0 g	Sodium	76 mg
Saturated Fat	0.5 g	Total Carbohydrate	28 g
Trans Fat	0.0 g	Dietary Fiber	4 g
Polyunsaturated Fat	1.0 g	Sugars	10 g
Monounsaturated Fat	2.3 g	Protein	4 g



GRATITUDE IS GOOD MEDICINE

A regular gratitude practice can make you healthier and lead to:

- Better mood
- Better sleep
- Lower blood pressure
- Improved immune function



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**LEARN MORE ABOUT
WELL-BEING**

November



Smashed Red Potatoes

 SERVES 5 / SERVING SIZE 1/2 CUP

Ingredients

- 1 lb. small red potatoes (about 7), quartered
- 1 cup low-fat buttermilk
- 3 Tbsp. thinly sliced green onions (green part only)
- 1 Tbsp. shredded or grated Parmesan cheese
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

Directions

Put the potatoes in a medium saucepan. Pour in enough water to cover them. Bring to a boil over high heat. Reduce the heat and simmer for 10 to 15 minutes, or until fork-tender. Drain well in a colander. Return to the pan.

Meanwhile, in a small saucepan, heat the buttermilk over medium-low heat for 5 to 7 minutes, or until hot, making sure it doesn't boil. Remove from the heat.

Using a potato masher, mash the potatoes, adding enough buttermilk to make them creamy (you may not need all the buttermilk). Add the remaining ingredients, stirring just until blended.

Tip: Over-beating mashed potatoes may cause them to become gummy. The best way to avoid this is to use a potato masher rather than a food processor or electric mixer. You can also achieve good results with a food mill, but it removes the nutritious potato skins. The amount of liquid needed (buttermilk in this recipe) depends on how hot and well drained the potatoes are when mashed and how warm the liquid is.

Nutritional Facts

Calories	90	Cholesterol	3 mg
Total Fat	1.0 g	Sodium	139 mg
Saturated Fat	0.5 g	Total Carbohydrate	17 g
Trans Fat	0.0 g	Dietary Fiber	2 g
Polyunsaturated Fat	0.0 g	Sugars	3 g
Monounsaturated Fat	0.0 g	Protein	4 g

Dietary Exchanges: 1 starch

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CAN PROCESSED FOODS BE HEALTHY?

There are a lot of conflicting messages about what processed food is.

Most of the food we eat today has been processed in some way, from salad mix to frozen dinners. Some processed foods have ingredients added, some are fortified to add nutrients, some are prepared for convenience, even foods labeled “natural” or “organic” can be processed.

What do you need to know?

1. Minimally processed foods have been manipulated (cut, cooked, packaged) in some way.
2. Some foods are processed with ingredients typically used in cooking, such as salt or sugar.
3. Highly processed foods are manufactured with ingredients that are not typically used in cooking.



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HOW TO EAT SMART**

December



Almond Snack Mix



SERVES 4 / SERVING SIZE 1/2 CUP

Ingredients

- 1/3 cup whole, unsalted almonds
- 2/3 cup whole-grain cereal squares
- 1/2 cup low-fat granola (without raisins)
- 1/4 cup dried apricot halves, cut into pieces **OR** 1/4 cup golden raisins
- 1/4 cup sweetened, dried cranberries

Directions

Preheat the oven to 350°F. Spread the almonds in a single layer on an ungreased baking sheet. Bake for 5 to 10 minutes, or until lightly toasted, stirring once or twice to ensure even baking. Transfer to a plate to cool completely.

Meanwhile, in a large bowl, stir together the remaining ingredients. Stir in the cooled almonds.

Tip: If all the snack mix isn't likely to be eaten on the day you make it, we recommend using the golden raisins. The moisture of the dried apricots may cause the cereal to lose its crispness over time. Be sure the almonds are completely cooled when you add them to the mix; otherwise, they will make it soggy.

Nutritional Facts

Calories	174	Cholesterol	0 mg
Total Fat	6.5 g	Sodium	72 mg
Saturated Fat	0.5 g	Total Carbohydrate	29 g
Trans Fat	0.0 g	Dietary Fiber	5 g
Polyunsaturated Fat	0.0 g	Sugars	14 g
Monounsaturated Fat	0.0 g	Protein	4 g

Dietary Exchanges: 1 fruit, 1 starch, 1 fat