

# THE heart TRUTH FOR WOMEN



## WHEN DELICIOUS MEETS NUTRITIOUS: RECIPES FOR HEART HEALTH

What's good for your heart is great for your taste buds! The recipes in the National Heart, Lung, and Blood Institute's (NHLBI's) cookbooks—*Keep the Beat™ Recipes: Deliciously Healthy Dinners*, *Keep the Beat™ Recipes: Deliciously Healthy Family Meals*, *Platillos Latinos ¡Sabrosos y Saludables!*, and *Heart Healthy Home Cooking African American Style*—show you don't have to lose flavor to eat nutritious foods. Not only are these recipes delicious and easy to prepare, but also they are heart healthy—with moderate amounts of saturated fat, *trans* fat, cholesterol, sodium, and calories.

The recipes that follow will tempt even children. That's important, because good eating habits need to start early. So, cook up some "Oven-Crusted Chicken Breast" and "Cinnamon-Glazed Baby Carrots" and teach your kids or grandkids how delicious good health can taste. Chances are, they'll want another lesson.

Many of these recipes were specially developed for the NHLBI by a Culinary Institute of America chef/instructor and a registered dietitian. If these recipes leave you hungry for more, visit the NHLBI Keep the Beat™: Deliciously Healthy Eating Website at <https://healthyeating.nhlbi.nih.gov/>.

### ENTREES

#### Mediterranean Kabobs

Broiled beef and chicken cubes flavored with lemon and parsley.

##### For marinade:

- 2 Tbsp olive oil
- 1 Tbsp garlic, minced (about 2–3 cloves)
- 2 Tbsp lemon juice
- 1 Tbsp fresh parsley, rinsed, dried, and chopped (or 1 tsp dried)
- ½ tsp salt

##### For kabobs:

- 6 oz top sirloin or other beef steak cubes (12 cubes)
- 6 oz boneless, skinless chicken breast, cut into ¾-inch cubes (12 cubes)
- 1 large white onion, cut into ¾-inch squares (12 pieces)
- 12 cherry tomatoes, rinsed
- 1 (4 oz) red bell pepper, rinsed and cut into ¾-inch squares (12 squares)
- 12 wooden or metal skewers, each 6 inches long (if wood, soak them in warm water for 5–10 minutes to prevent burning)

1. Preheat grill pan or oven broiler (with the rack 3 inches from heat source) on high temperature.
2. Combine ingredients for marinade, and divide between two bowls (one bowl to marinate the raw meat and one bowl for cooking and serving).
3. Mix the beef, chicken, onion, tomatoes, and red pepper cubes in one bowl of the marinade and let sit. After 5 minutes, discard remaining marinade.
4. Place one piece of beef, chicken, tomato, onion, and red pepper on each of the 12 skewers.
5. Grill or broil on each of the four sides for 2–3 minutes or until completely cooked (to a minimum internal temperature of 145 °F for beef and 165 °F for chicken). Spoon most of the second half of the marinade over the kebabs while cooking.
6. Serve three skewers per serving. Drizzle the remaining marinade on top of each kebab before serving (use only the marinade that did not touch the raw meat or chicken).

Tip: Delicious served over orzo pasta or rice.

Yield: 4 servings

Serving size: 3 skewers

##### Each serving provides:

Calories:	202	Total fiber:	2 g
Total fat:	11 g	Protein:	18 g
Saturated fat:	2 g	Carbohydrates:	9 g
Cholesterol:	40 mg	Potassium:	431 mg
Sodium:	333 mg		



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## Oven-Crusted Chicken Breast

A healthy way to fry chicken.

For chicken:

- 4 boneless, skinless chicken breasts (3 oz each)
- 1 egg white (or substitute liquid egg white)
- 1 C fat-free evaporated milk
- 1 C breadcrumbs
- ¼ C rolled oats, crushed; pulse a few times in the food processor or crush between fingers to make smaller pieces
- 1 C whole-wheat flour
- 2 Tbsp olive oil or vegetable oil

For salad:

- 2 Tbsp lemon juice
- ½ Tbsp olive oil
- 4 C red leaf lettuce, rinsed and dried
- 1 C cherry tomatoes, rinsed and halved
- ¼ tsp salt
- ¼ tsp ground black pepper

1. Preheat oven to 350 °F.
2. Place chicken in a freezer bag with the air squeezed out, and pound each breast down to ½-inch thickness.
3. Combine the egg white and evaporated milk in a bowl, and mix well. In a separate bowl, combine the breadcrumbs and crushed oats, and mix well.
4. Coat the chicken breasts in flour, and shake off the excess. Dip the chicken breasts in the egg and milk mixture, and drain off the excess. Then dip the chicken breasts in the breadcrumb mixture to coat, and shake off the excess. After all chicken breasts have been coated, discard any leftover breading mixture.
5. Heat oil in a large sauté pan. Stir fry the chicken over medium-high heat on one side until golden brown, about 2–3 minutes. Turn carefully, and pan fry the second side for an additional 2–3 minutes or until golden brown. Remove from the pan, and place on paper towels to soak up excess oil. Place on baking sheet, and finish cooking in a 350 °F oven for about 5–8 minutes (to a minimum internal temperature of 165 °F).
6. For the salad, combine lemon juice and olive oil, and mix well to make a dressing. Toss the lettuce leaves and cherry tomatoes with the dressing, salt, and pepper.
7. Serve 1 cup salad with one piece of chicken.

Tip: Try serving with a side of oven-roasted potatoes.

Yield: 4 servings	Serving size: 3 oz chicken breast, 1 C salad
<b>Each serving provides:</b>	
Calories: 264	Total fiber: 3 g
Total fat: 11 g	Protein: 24 g
Saturated fat: 2 g	Carbohydrates: 18 g
Cholesterol: 49 mg	Potassium: 553 mg
Sodium: 263 mg	

## Edamame Stew

This spicy stew can be frozen for later use.

- 1 bag (16 oz) frozen shelled edamame (green soybeans)
- 1 can (35 oz) no-salt-added Italian whole peeled tomatoes with basil, diced into small chunks
- 2 C zucchini, rinsed, quartered, and sliced
- 1 C yellow onion, diced
- 1 Tbsp olive oil
- 1 Tbsp ground cumin
- ¼ tsp ground cayenne pepper
- ½ tsp ground allspice (or substitute cinnamon or pumpkin pie spice)
- 2 Tbsp garlic, minced or pressed (about 5 cloves)
- 1 C frozen yellow corn
- ¼ tsp salt
- 2 Tbsp lemon juice (or 1 large lemon, freshly juiced)
- ½ tsp dried oregano

1. Place frozen edamame in a deep saucepan with just enough water to cover. Bring to a boil over high heat. Reduce heat to medium and cover. Cook for 5 minutes. Drain. Set aside.
2. While soybeans cook, chop tomatoes, zucchini, and onion.
3. In a large nonstick sauté pan, cook onion in olive oil over medium heat until soft, about 5 minutes.
4. Stir in cumin, cayenne pepper, and allspice (or cinnamon/pumpkin pie spice). Cook and stir for about 2 minutes.
5. Add garlic. Cook and stir for 1 minute.
6. Stir in the drained edamame, tomatoes, zucchini, corn, and salt.
7. Cover. Simmer until zucchini is tender, about 15 minutes.
8. Stir in lemon juice and oregano.
9. Serve immediately.

Tip: Serve over brown rice for a complete meal.

Yield: 4 servings	Serving size: 2 C stew
<b>Each serving provides:</b>	
Calories: 285	Total fiber: 14 g
Total fat: 10 g	Protein: 16 g
Saturated fat: 1 g	Carbohydrates: 40 g
Cholesterol: 0 mg	Potassium: 1,227 mg
Sodium: 303 mg	

## Cold Fusilli Pasta With Summer Vegetables

A whole new twist on pasta salad!

- 8 oz whole-wheat fusilli (spiral) pasta
- 2 C cherry tomatoes, rinsed and halved
- 1 large green bell pepper, rinsed and sliced in pieces ¼ inch wide by 2 inches long
- ½ C red onion, thinly sliced
- 1 medium zucchini, rinsed and shredded finely or sliced into small chunks (about 1 C)
- 1 can (15½ oz) low-sodium chickpeas (or garbanzo beans), drained and rinsed
- 1 Tbsp fresh basil, rinsed, dried, and cut into thin strips (or 1 tsp dried)
- ¼ tsp salt
- ⅛ tsp ground black pepper
- 1 Tbsp extra virgin olive oil
- 2 Tbsp balsamic vinegar
- ½ C shredded parmesan cheese

1. In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
2. Add pasta, and cook according to package directions for the shortest recommended time, about 8–9 minutes. Drain. Rinse pasta under cold running water to cool, about 3 minutes.
3. Place all the vegetables and beans in a large salad serving bowl. Season with basil, salt, and pepper.
4. Add the cooled pasta.
5. Combine olive oil and vinegar in a small bowl. Mix until completely blended. Pour over vegetables and pasta. Mix gently until well coated.
6. Divide into four equal portions. Top each with 2 tablespoons shredded parmesan cheese.

*Note: If you can't find beans labeled "low-sodium," compare the Nutrition Facts panels to find the beans with the lowest amount of sodium. Rinsing can help further reduce the sodium level.*

Yield: 4 servings		Serving size: about 1½ C pasta	
<b>Each serving provides:</b>			
Calories:	418	Total fiber	13 g
Total fat:	11 g	Protein	21 g
Saturated fat	3 g	Carbohydrates	63 g
Cholesterol:	10 mg	Potassium	576 mg
Sodium	455 mg		

## SIDE DISHES

### Cinnamon-Glazed Baby Carrots

No one will be able to resist this sweet veggie side dish that's great with most meat, chicken, and seafood.

- 4 C baby carrots, rinsed and split lengthwise if very thick (or frozen presliced carrots)
- 2 Tbsp soft tub margarine
- 2 Tbsp brown sugar
- ½ tsp ground cinnamon
- ⅛ tsp salt

1. Place the carrots in a small saucepan. Add just enough water to barely cover the carrots. Cover. Bring to a boil. Reduce heat to medium. Cook for 7–8 minutes, just until the carrots are easily pierced with a sharp knife.
2. While the carrots are cooking, combine margarine, brown sugar, cinnamon, and salt in a small saucepan, and melt together over low heat (or put in a microwave-safe bowl and microwave for a few seconds on high power, until margarine is mostly melted). Stir well to combine ingredients.
3. Drain carrots, leaving them in the saucepan. Pour cinnamon mixture over carrots. Cook and stir over medium heat for 2–3 minutes, just until the carrots are thoroughly coated and the glaze thickens slightly. Serve warm.

Yield: 4 servings		Serving size: 1 C carrots	
<b>Each serving provides:</b>			
Calories	67	Total fiber	2 g
Total fat	3 g	Protein	1 g
Saturated fat	0 g	Carbohydrates	10 g
Cholesterol	0 mg	Potassium	260 mg
Sodium	149 mg		

### Couscous With Carrots, Walnuts, and Raisins

This quick-cooking grain dish has a touch of sweet and nutty flavors to go with most main dishes.

- 1 C couscous (try whole-wheat couscous)
- 1 tsp olive oil
- 2 Tbsp walnuts, coarsely chopped
- ¼ tsp salt
- ⅛ tsp black pepper
- ½ tsp pumpkin pie spice or cinnamon
- 1⅓ C water
- 2 Tbsp raisins
- ½ C carrots, rinsed, peeled, and shredded or thinly sliced; cut in half

1. In a 4-quart saucepan over medium heat, cook and stir couscous, olive oil, walnuts, salt, pepper, and spice just until couscous begins to brown.
2. Slowly add water, then raisins and carrots. Cover. Bring to a boil over high heat.
3. Remove from the heat, and let stand for 10 minutes.
4. Fluff with a fork. Serve immediately.

Yield: 4 servings		Serving size: ½ C couscous	
<b>Each serving provides:</b>			
Calories:	218	Total fiber:	3 g
Total fat:	4 g	Protein:	6 g
Saturated fat:	0 g	Carbohydrates:	39 g
Cholesterol:	0 mg	Potassium:	168 mg
Sodium:	155 mg		

## DESSERTS

### Southern Banana Pudding

This traditional dessert with a healthy twist will please your entire family.

- 3¾ C cold, fat-free milk
- 2 small packages (4 serving size) of fat-free, sugar-free instant vanilla pudding and pie-filling mix
- 32 reduced-fat vanilla wafers
- 2 medium bananas, sliced
- 2 C fat-free, frozen whipped topping, thawed

1. Mix 3½ cups of the milk with the pudding mixes. Beat the pudding mixture with a wire whisk for 2 minutes, until it is well blended. Let stand for 5 minutes.
2. Fold 1 cup of the whipped topping into the pudding mix.
3. Arrange a layer of wafers on the bottom and sides of a 2-quart serving bowl. Drizzle 2 tablespoons of the remaining milk over the wafers. Add a layer of banana slices and top with one-third of the pudding.
4. Repeat layers, drizzling wafer layer with remaining milk and ending with pudding. Spread the remaining whipped topping over the pudding.
5. Refrigerate for at least 3 hours before serving.

Yield: 10 servings		Serving size: ¾ C	
<b>Each serving provides:</b>			
Calories:	143	Total fiber:	1 g
Total fat:	2 g	Protein:	4 g
Saturated fat:	1 g	Carbohydrates:	29 g
Cholesterol:	2 mg	Potassium	237 mg
Sodium:	329 mg		

## Tangy Fruit Salad

What a great way to enjoy fruit!

- 2 Tbsp instant sugar-free vanilla pudding mix\*
- 1 C light vanilla yogurt
- 1 can (15 oz) pineapple chunks, in juice, drained
- 1 can (11 oz) mandarin oranges, in juice, drained
- 1 C grapes
- 2 medium bananas, sliced

1. Combine pudding mix and yogurt. Mix fruit in medium bowl.
2. Stir fruit into yogurt mixture.
3. Refrigerate. Serve when chilled.

\* The leftover pudding mix can be blended with milk (according to the box instructions) and used as a topping for berries.

Yield: 6 servings	Serving size: ½ C
<b>Each serving provides:</b>	
Calories: 134	Total fiber: 3 g
Total fat: 0 g	Protein: 3 g
Saturated fat: 0 g	Carbohydrates: 33 g
Cholesterol: 1 mg	Potassium: 417 mg
Sodium: 38 mg	

## Summer Breeze Smoothie

Here's a perfect low-fat thirst quencher.

- 1 C yogurt, plain, nonfat
- 6 medium strawberries
- 1 C pineapple, crushed, canned in juice
- 1 medium banana
- 1 tsp vanilla extract
- 4 ice cubes

1. Place all ingredients in blender, and puree until smooth.
2. Serve in frosted glass.

Yield: 3 servings	Serving size: 1 C
<b>Each serving provides:</b>	
Calories: 121	Total fiber: 2 g
Total fat: 0 g	Protein: 6 g
Saturated fat: 0 g	Carbohydrates: 24 g
Cholesterol: 1 mg	Potassium: 483 mg
Sodium: 64 mg	



U.S. Department of Health and Human Services  
National Institutes of Health



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ML-025160 3/14

## KEEPING THE "HEART" IN YOUR FAVORITE RECIPES

Planning and preparing heart healthy meals may take a little extra effort, but the health benefits are worth it. Here are some tips for cutting down on saturated fat, *trans* fat, and dietary cholesterol, which will help you lower your heart disease risk.

### Grain Group

- For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes and whole-wheat macaroni in macaroni and cheese.
- Try rolled oats or a crushed, unsweetened whole-grain cereal as breading for baked chicken, fish, veal cutlets, or eggplant parmesan.
- Snack on ready-to-eat, whole-grain cereals, with little or no added sugar, such as toasted oat cereal.

### Vegetable Group

- Buy fresh vegetables in season. They cost less and are likely to be at their peak flavor.
- Plan some meals around a vegetable main dish, such as a vegetable stir-fry or soup. Then add other foods to complement it, such as brown rice, cooked dried beans, walnuts, etc.
- Cut up vegetables in advance to make snacking and cooking quick and convenient. Or, use frozen vegetables without added fat or canned vegetables that have been drained and rinsed to lower the sodium content.

### Fruit Group

- Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- Vary your fruit choices. Fruits differ in nutrient content.
- Many fruits taste great with a dip or dressing. Try fat-free or low-fat yogurt or pudding as a dip for fruits like strawberries or melons.

### Milk, Yogurt, and Cheese Group

- Include milk as a beverage at meals. Choose fat-free or low-fat milk (regular or lactose free).
- Have fat-free or low-fat yogurt as a snack.
- Prepare homemade and condensed cream soups (such as cream of tomato) with fat-free or low-fat milk.

### Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group

- Cook with leaner cuts of meat, poultry, or fish, such as lean ground beef and round, sirloin, and flank steaks; skinless chicken breasts and turkey breast cutlets; and fish.
- Trim away all of the visible fat from meat.
- Choose cooked dry beans or peas as a main dish or part of a meal often.

### Oils

- Use cooking oil spray to lower fat and calories.
- For muffins or quick breads, use three ripe, well-mashed bananas, instead of ½ cup butter or oil. Or, substitute a cup of applesauce for a cup of butter, margarine, oil, or shortening.
- Use fat-free or low-fat dressing or mayonnaise.
- Remove fat from homemade broths, soups, and stews by preparing them ahead and chilling them. Before reheating, lift the hardened fat off the surface.