Made From Scratch

Heart Smart Recipes

High blood pressure is known as the 'silent killer' when left untreated. The damage it causes to the circulatory system is a big factor for heart attack, stroke, and other health threats. With the right treatment and management, you can control your blood pressure to help you live a longer and healthier life. Try one of these heart smart recipes to help you keep your heart healthy!

Edamame and penne salad with feta

Ingredients:

- 4 oz dried, whole-grain penne pasta
- 2 cups frozen edamame (shelled, drained, rinsed)
- 1/2 (15 oz) can no salt added, black beans (drained, rinsed)
- 1/2 green onion (chopped)
- 2 fresh parsley (snipped)
- 1 tbsp grated lemon zest

- 2 tbsp fresh lemon juice
- 1 tbsp extra virgin olive oil
- 1 clove fresh garlic (minced)
- 1 1/2-2 tsp fresh rosemary (finely chopped) or 1/2 tsp dried rosemary (crushed)
- 1/4 tsp salt
- 3 oz low-fat feta cheese (crumbled)

Instructions:

- 1. Prepare the pasta using the package directions, omitting the salt and oil. Drain in a colander. Run the pasta under cold water for about 20 seconds to stop the cooking process. Drain well in a colander.
- 2. Meanwhile, in a medium bowl, stir together the remaining ingredients except the feta. Using a rubber scraper, fold the pasta and feta into the mixture.

Nutrition facts I Servings: 4

Calories: 320 | Fat: 10 g | Saturated fat: 2 g | Fiber: 9 g | Carbohydrates: 38 g | Protein: 21 g | Sodium: 453 mg

Did you know that nine out of 10 Americans consume too much sodium? The American Heart Association recommends no more than 2,300 mg a day, with an ideal limit of no more than 1,500 mg per day for most adults.

Szechuan chicken stir fry

Ingredients:

- 1 lb. boneless, skinless chicken breasts or tenderloins (all visible fat discarded, cut into 1-inch cubes)
- 2 tsp cornstarch
- 1 tbsp low-sodium soy sauce
- 1 tsp jarred, minced garlic
- 1/4 tsp red pepper flakes
- 1/4 tsp ground ginger
- 16 oz frozen, packaged stir fry vegetables
- 1/4 cup low-sodium chicken broth
- 2 tbsp unsalted, unoiled peanuts (chopped)
- 1 1/2 cups brown rice (cooked to package instructions)

Instructions:

- 1. Spray a medium skillet with cooking spray. Mix together the chicken, cornstarch, soy sauce, ginger, garlic, and red pepper flakes.
- 2. Cook chicken over medium-high heat for 5 minutes until no longer pink.
- 3. Add vegetables and broth to skillet, reduce heat to medium, cover, and cook 20 minutes, stirring occasionally.
- 4. Top with peanuts and serve over brown rice.

Nutrition facts I Servings: 4

Calories: 455 | Fat: 7 g | Saturated fat: 1.5 g | Fiber: 7 g | Carbohydrates: 64 g | Protein: 34 g | Sodium: 265 mg



February 2024 Edition Recipes found on recipes.heart.org



Looking for great-tasting, healthy dishes? WebMD's recipes make it easy to meet your nutritional needs. Each recipe includes step-by-step instructions, nutritional information, healthy ingredients, and helpful preparation tips to make delicious meals.

Cumin lime shrimp over creamy cauliflower risotto

Ingredients:

- 2 tbsp olive oil (divided)
- 8 medium (8 oz) shrimp (peeled, deveined, and tails removed)
- 1 tsp cumin
- 1 fresh lime (zested, juiced)
- 1/4 tsp salt
- 1 package (10 oz) frozen "riced" cauliflower
- 1/2 cup white onion (finely chopped)
- 1 clove garlic (minced)
- 1 ripe, fresh avocado (halved, pitted, peeled, diced)

Instructions:

- 1. Microwave frozen "riced" cauliflower according to package directions, usually about 5-6 minutes; set aside.
- 2. Heat one tablespoon olive oil in a medium, nonstick pan over medium heat. Add the shrimp and cook for 2 to 3 minutes per side until light pink and opaque. Put shrimp in a small bowl and season with cumin, lime zest, and salt.
- 3. Add the remaining oil to the pan. Add onion and cook, stirring occasionally, until onion is soft, about 2 minutes. Add garlic and avocado and cook for one minute, until heated through.
- 4. Transfer avocado onion mixture into a blender or food processor and add lime juice. Cover and blend until smooth, stirring the mixture with a spatula if needed.
- 5. Transfer heated "riced" cauliflower into the pan and top with pureed avocado onion mixture. Cook over medium heat, stirring gently until cauliflower has a beautiful green color.
- 6. Divide into two bowls and top with cooked shrimp.

Nutrition facts I Servings: 2 I Serving size: 1 1/4 cup risotto and four shrimp

Calories: 390 I **Fat:** 25 g I **Saturated fat:** 3.5 g I **Fiber:** 9 g I **Carbohydrates:** 18 g I **Protein:** 28 g I **Sodium:** 180 mg *Recipe tips:* Garnish with freshly chopped cilantro and additional avocado slices if desired.

Sweet and fiery roasted nuts

Ingredients:

- 2 tsp olive oil
- 1/2 tsp stevia sweetener or 1 stevia packet
- 10 drops cinnamon-flavored liquid stevia sweetener
- 1/2 tsp ground cumin

Instructions:

- 1. Preheat the oven to 350°F.
- 2. In a small bowl, stir together the oil, stevia sweetener, liquid stevia sweetener, cumin, and cayenne. Add walnuts, pecans, and almonds, stirring to coat.
- 3. 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.

Nutrition facts | Servings: 4 | Serving size: 1/4 cup Calories: 208 | Fat: 20.5 g | Saturated fat: 2 g | Fiber: 3 g | Carbohydrates: 5 g | Protein: 5 g | Sodium: 3 mg

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- 1/8 tsp cayenne
- 1/3 cup walnut halves
- 1/3 cup pecan halves
- 1/3 cup almonds







