

HEART-HEALTHY COOKING MADE EASY



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WHAT IS “HEART-HEALTHY COOKING”?

This booklet can help you live a longer, healthier life by teaching you to prepare easy, nutritious meals, ones that fit into your busy schedule. If you follow the very simple advice, try the delicious recipes and learn a few basic cooking skills you *can* lower your risk of heart disease. You can also lower your risk of diabetes, obesity and a host of other diseases that are increasingly common in Americans.

But there’s another, equally appealing reason to read on. With the right recipes and information, healthy cooking is not only good for you, it can be just plain delicious too! Yes, you can have Smoky Corn & Black Bean Pizza or Southwestern Steak & Peppers. You can even indulge in quick, lip-smacking desserts, such as Baby Tiramisù or Indoor S’Mores.

It’s fast. Nearly all the recipes in this booklet take less than 30 minutes and many take less than 15 minutes—that’s less time than it takes most pizza places to deliver.

It’s affordable. Think about how much money you spend eating out—plus the driving, the gas, the tip. Most of the dishes in this booklet can be made for \$2 to \$3 a serving. And those savings add up!

It’s flavorful. It’s actually remarkably easy to create delicious, satisfying meals at home with a few simple ingredients. You’ll learn how to use spices in place of salt and fruits in place of added sugars.

It’s fun. The more comfortable you are in the kitchen with the basic tools and ingredients, the more fun you will have cooking. The recipes in this booklet are just a start. Try adding other fruits and vegetables into your salads, experiment with other ways to mix together whole grains and vegetables in pasta dishes or stir-fries, look for new quick and healthy dessert and snack solutions.

Dig in!



A DELICIOUS, PROVEN PATH TO HEALTH



Science shows that the Mediterranean way of eating simple meals—based on fresh seafood, olive oil, fresh vegetables and fruits and whole grains—is one of the healthiest in the world.

Despite the advances in treatment and prevention, heart disease remains the number one cause of premature death in Americans, accounting for more deaths each year than all types of cancer combined.

Think about it: the modern American diet, dominated by processed foods that have been stripped of nutrients, empty calories and harmful fats, is virtually a prescription for heart disease.

So What If We Could Change That?

The good news: we can!

Science has now shown we can dramatically lower our risk of heart disease by about 90 percent. How? One of the best ways is by simply making changes in the way we cook and eat, and stay active. In other words, most coronary heart disease cases can be prevented by eating well and embracing a lifestyle that keeps your cholesterol, blood pressure and blood glucose down and your fitness level up.

How do we do that? It’s as simple as discovering the joys of natural, wholesome fruits and vegetables, learning to cook your own meals—eating simple, healthy food filled with flavor. It’s as simple as following a different pattern of eating, similar to what people in the regions around the Mediterranean have lived on for centuries. It’s a way of cooking and eating that will not only save your heart but will save you money and save you time. You’ll feel healthier and more satisfied and you may even lose weight.

What’s the Secret?

Back in the 1960s, researchers began gathering data on diet and disease patterns throughout the world. The resulting Seven Countries Study was an eye-opener. For starters, it showed how consuming large amounts of saturated fat—the type of fat found in meat and dairy products—was linked to heart disease. But it also identified one of the world’s healthiest eating patterns.

The study found that the people of Crete, an island in the Mediterranean, had one of the lowest rates of heart disease in the world, and some of the longest life spans. Later work confirmed that Cretans had much lower rates of cancer and type 2 diabetes as well.

What was it about their lifestyle that was so healthy? Lots of physical activity for one; most of the men made their living as farmers. And these islanders ate in a way that hadn’t much changed since ancient times. Their meals were full of vegetables and fruits, abundant in beans and fish and containing very limited amounts of red meat and processed foods. They ate plenty of fat—40 percent of daily calories—but most of it came from olive oil, which is unsaturated; their average saturated-fat intake was among the world’s lowest. (*Learn more about fats on the following page.*) This eating pattern was soon christened the “Mediterranean Diet,” and it still stands as one of the world’s

healthiest, tastiest ways to eat.

The Mediterranean diet has since stood up to scientific scrutiny as well; studies have shown that when people follow a Mediterranean eating pattern, they tend to live longer and have lower rates of heart disease and some cancers, compared to other groups following conventional eating plans.

How to Eat Like a Mediterranean

- Choose olive or canola oil over butter, when possible.
- Snack on nuts, seeds, fruits and vegetables instead of processed foods, which tend to be higher in salt, sugar and trans fats.
- Eat a generous-size leafy green salad with most dinners.
- Switch from processed or refined grains to whole-grain breads, pastas and cereals.
- Add a dish or two with beans or lentils to your weekly menu.
- Have fish at least twice a week.
- Cut back on meat, limiting your serving size to 3 ounces and going meatless a few nights.
- Enjoy fruits for dessert.
- If you drink wine, have no more than a glass or two with a meal, preferably red wine, which has been shown to have some heart-health benefits.
- Set aside time to savor every bite, along with good company of family or friends.

THE PRINCIPLES OF HEART-HEALTHY EATING

Heart-healthy eating is not about dieting or deprivation, it's not about taking pills and supplements. What it is about is learning how certain foods work in your body and understanding how a few simple changes can drastically improve your health, without sacrificing flavor.

It's not just the Mediterraneans who have the secret for healthy eating: historically, all humans ate far more vegetables and fruit and fish than dairy and meat—which was considered a treat and a reason for a feast. That may explain why populations like the Arctic Inuits, who eat large amounts of fish, have significantly lower rates of heart disease.

One of the reasons people in the Mediterranean region have historically had a low incidence of heart disease is they use olive oil in place of saturated fats like butter.



So the good news is, much of heart-healthy eating involves going back to the basics and eating like our ancestors did. Here are a few easy principles to follow:

Eat Healthier Fats

The fats in our diet come from a variety of foods: meats, dairy, fish, seeds, nuts and yes, even fruits. All fats add flavor and can be part of a healthy meal and some are even beneficial. However, others, if you eat too much of them, can be harmful to our hearts. A few healthy rules of thumb:

► Swap in monounsaturated fats

Monounsaturated fats, found in olive and canola oils and, to a lesser degree, in peanuts, walnuts and avocados, actually help lower unhealthy blood cholesterol levels without impacting the “good” (HDL) cholesterol. **TRY:** *using olive oil in place of saturated fats, such as butter, spread avocado on your sandwich instead of mayonnaise and snack on nuts instead of fried chips.*

► Eat more omega-3s

Omega-3s are a particular type of polyunsaturated fat that actually helps lower the level of triglycerides in your heart that can lead to clogged arteries. Like aspirin, it slightly lowers blood pressure, and can also help prevent blood clots and heart irregularities. There are three types of omega-3s: EPA, DHA and ALA. The most beneficial, DHA and EPA, are found in fish, particularly fatty fish, such as sardines, tuna or salmon. Medical experts now recommend eating two or more servings of fish a week. The third type, ALA, is present in flaxseed, canola and soybean oils. **TRY:** *making two fish dinners a week and mixing a little flaxseed in with your cereal.*

► Limit saturated fats

Saturated fats come from animals (meats, dairy), coconut oil and palm oil. Too much of these can increase your “bad” cholesterol, or LDL, so it's a good idea to limit them. These days, nutrition labels on packaged foods list “Saturated Fats.” Try to keep your saturated fats to fewer than 14 grams (for an 1,800-calorie day). **TRY:** *leaner cuts of beef (round, loin), low-fat milk, yogurt and cheese.*

► Avoid trans fats

A few years ago, trans fats were present in many processed foods, such as doughnuts, popcorn, chips, crackers and deep-fried foods like French fries. Today, we know that they are potentially the most dangerous types of fats since they raise the “bad” LDL cholesterol and lower the “good” HDL cholesterol. Now, many food companies are making an extra effort to take trans fats out of their ingredients lists. **TRY:** *looking for trans fats on labels and avoiding products that contain “hydrogenated” or “partially hydrogenated” oils.*

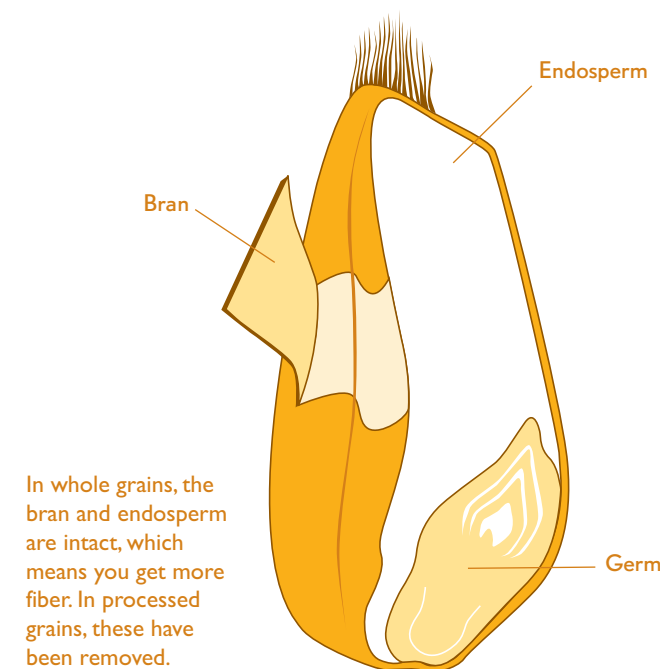
Get More Fiber

Commonly called “roughage,” fiber is an indigestible complex carbohydrate found in plants and has no calories because the body can't absorb it. So why is it good for you?

Research shows that soluble fiber, found in oats, beans, barley and fruits, helps reduce “bad” LDL cholesterol levels. And insoluble fiber—found in whole-wheat breads and cereals and in vegetables—



also helps protect your heart. In fact, in a Harvard study of more than 84,000 women, researchers found that a high-fiber diet reduced the risk of heart disease by more than 40 percent. **TRY:** *choosing fiber-rich whole grains—like brown rice and whole-wheat pasta—over foods like white breads, pasta and sweets made with refined grains.*



Cut Down on Sodium

In the past few years the number of reduced-sodium products on grocery shelves has more than doubled. Indeed, “low-sodium” seems poised to follow “trans-fat-free” as the next rallying cry in the campaign for healthier diets, especially as new evidence continues to show the heart-healthy benefits of easing up on sodium.

The most startling numbers come from a study published in the April 2007 *British Medical Journal*, which found that reducing sodium slashed cardiovascular-disease risk by 25 to 30 percent—far more than even many advocates of low-sodium diets imagined. “We’ve known for a long time that excessive sodium raises blood pressure,” says Nancy Cook, Sc.D., an associate professor of preventive medicine at Brigham and Women’s Hospital in Boston, who led the study. Two previous investigations, reported in 1992 and 1997, had shown that when some of the participants were counseled to reduce sodium, average blood pressure levels fell.

Unfortunately, most Americans still eat nearly 3,400 milligrams of sodium a day—often unknowingly, as sodium is present in everything from soy sauce to broths, canned soups to beans. The growing number of low-sodium processed foods should help bring those numbers down, since processed foods account for most of the sodium in Americans’ diets. **TRY:** *limiting the amount of sodium you eat to 2,300 milligrams a day—the amount in 1 teaspoon of table salt. Opt for foods labeled “low-sodium” (which is better than “reduced-sodium”). Try flavoring your food with spices and stock up on fruits and vegetables, which are naturally low in sodium.*



Learn to Love Fruits and Vegetables

Fewer than one in four Americans get the amount of fruits and vegetables experts recommend for a healthy diet. Nutrition guidelines urge us to get 4 to 13 servings of vegetables and fruits daily, and no wonder: vegetables and fruits are low in calories, but high in vitamins, minerals and other phytochemicals—compounds that fight disease. Research links diets rich in fruits and vegetables with a lower risk for heart disease: in fact, 5 or more servings of fruits and vegetables a day can help prevent a heart attack. **TRY:** *eating a variety of colorful fruits and vegetables (e.g., spinach, carrots and berries; see “Eating Well by Color,” page 10). They tend to be more nutritious than paler picks (e.g., potatoes and corn).*

Watch Your Portion Sizes and Weight

Lastly, if you’re overweight, losing as little as 5 to 10 percent of your body weight (just 8 to 15 pounds, if you weigh 150) can result in better blood pressure, improved cholesterol levels with lower triglycerides and higher “good” HDL levels. All of this makes you less likely to develop heart disease. And, if you already have heart disease,

losing weight will greatly lower your risk of future problems. It’s a win-win!

One of the most powerful strategies for losing weight is to keep track of the calories you eat daily. Keep a food diary to record all the foods you eat, how much you eat and a tally of the calories each item contributes. Just writing it down is motivating—and seeing your eating patterns over time can clue you into any habits that cause you to gain weight. Another must: watch your portions. Most of us have lost touch with what a sensible portion looks like, thanks to the generous plates of food we’re often served in restaurants. Fight “portion distortion” by measuring out the amounts of foods you eat regularly and learning to “eye-ball” correct portions: a 1-ounce portion of cheese, for example is about the size of 2 dominoes or 4 dice. **TRY:** *using smaller serving pieces (serve your pasta in a dessert bowl, say, instead of a large plate or soup bowl).*



Do you know how much you are eating? Learn what a proper portion size is and then measure your servings using your favorite ladles or small bowls.

CALCULATE YOUR CALORIE GOAL

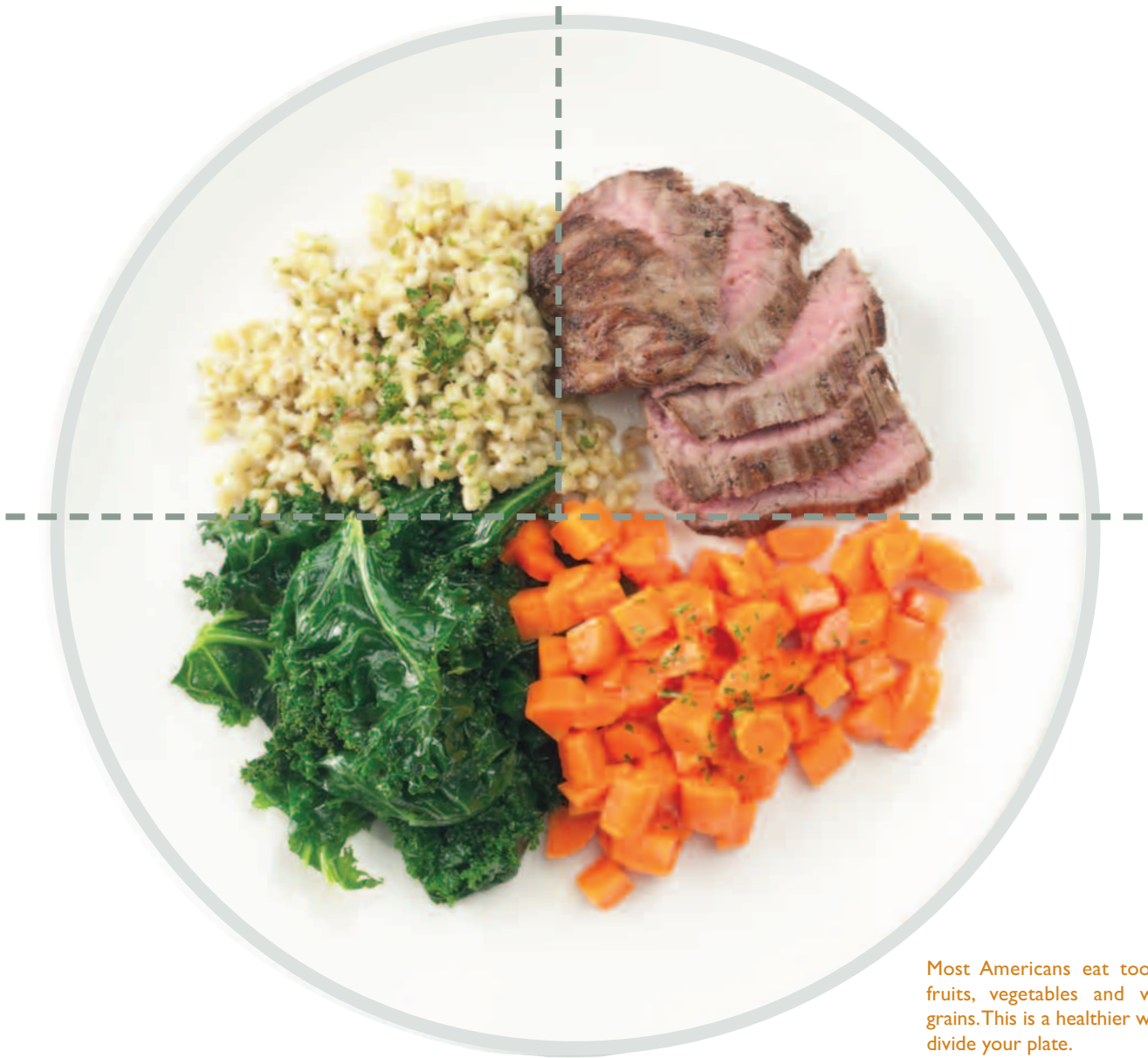
Your current weight x 12 = calories/day needed to maintain your current weight

To lose 1 pound/week: Cut 500 calories/day

To lose 2 pounds/week: Cut 1,000 calories/day

How Many Calories Do You Need?

You can calculate a daily calorie goal for yourself by multiplying your current body weight x 12. That’s the number of calories you’ll need to keep your current weight steady. Subtract 500 from that number to lose a pound a week, 1,000 to lose 2. (Don’t go below 1,200 calories, though—it’s tough to meet your daily nutrient needs eating less than that.)



Most Americans eat too few fruits, vegetables and whole grains. This is a healthier way to divide your plate.

Balance Your Meals and Divide Your Plate

Think about getting a good nutritional balance into each meal: at least two portions of vegetables, say a fruit dessert, a serving of whole grains and a serving of meat that’s no larger than a deck of cards. Starting each meal with a salad or a vegetable soup is also a terrific way of making sure you are getting a good serving or two of fruits and vegetables and helping you feel satisfied so you may not opt for a second serving of steak or dessert. For your main course, divide your plate as shown above and described here. If you focus on

making most of your meals this way, you’ll automatically follow heart-healthy, balanced nutrition guidelines without having to do a lot of measuring or looking up nutrients. **TRY:** *the “Divide Your Plate” strategy. Imagine a plate and divide it in half. Fill one half with vegetables. Fill one quarter with lean protein, such as fish, skinless poultry, lean beef, beans or tofu. Fill the other quarter with a grain-based or starchy side dish, preferably a whole grain like brown rice, whole-wheat pasta or a slice of whole-grain bread.*

HEALTHY COOKING BASICS

10 SIMPLE WAYS TO SAVE MONEY, SAVE TIME AND SAVE YOUR HEART

1. PLAN YOUR MEALS It pays to sit down once a week to make a menu for the coming days. Not only will you avoid stress by knowing what’s for dinner each night, but you’ll have the satisfaction of knowing your meals will be tasty and healthy. The menus and recipes in this booklet are a great place to start. Here, some more easy tips:

- Vary your menu each week by making a few favorite dishes you’re comfortable with, plus a few new ones.
- Make intentional leftovers. Roasting a chicken? Pop in a second one for sandwiches and salads. Make a double batch of soup or your favorite pasta sauce and freeze half.
- Plan your menu around quick-cooking cuts of meat and poultry like cutlets, chops and fillets.
- Precut fruits and vegetables are great for stir-fries, quick side dishes and desserts. Though a bit more expensive, they’re often worth it when you need to get dinner on the table fast.
- Choose convenience products wisely, scanning labels for calories, fats, fiber and sodium.
- Embrace frozen fruits and vegetables. Toss frozen fruit into quick morning smoothies and fruit desserts; cook up frozen vegetables in side dishes or toss with pasta.
- Be flexible—if the green beans at the store look withered, buy that beautiful broccoli instead!

2. STOCK YOUR PANTRY The best way to ensure you have everything you need to prepare delicious meals is to keep a well-stocked pantry. When you cook at home you can prepare healthy, nourishing food using quality, fresh ingredients—much healthier than prepared food that is often loaded with calories, fats, sodium and added sweeteners. With a few basics you can probably pull together a healthy, tasty meal in the time it would take you to go out (and for less money, too!).

Our Heart-Healthy Pantry list (*see page 34*) includes all the items you need to prepare healthy recipes plus a few other ingredients that will make last-minute meals easier. You can also use it as a starting point for a grocery shopping list. Always check to see what staples need replenishing before you shop.

3. CHOOSE GOOD FOODS—FOR JUST PENNIES Strategic shopping can help you save money at the supermarket. Always bring a shopping list to avoid impulse buys. Get a head start by creating a list on your computer that includes all the items you buy on a weekly basis,

such as milk, salad greens and bread. Then just print it out and add to it what you need. Plan for what’s in season (say, cauliflower in January instead of asparagus). But if you see something at the store that looks great and is on sale, be flexible enough to change your plans.

Bulk up with beans; canned or dried, they’re packed with fiber and protein—and under 50 cents per serving. Stock up on staples like olive oil, nuts and pasta. Buy your favorite meats, poultry and fish when they’re on sale, and freeze them. If you’re a coupon clipper, do the clipping after you write a shopping list. That way you don’t fall into the trap of buying things you don’t really need just because you have a coupon for them.

4. USE LESS SALT, MORE SPICES Reducing the amount of salt you use in cooking (and at the table) can help you manage your blood pressure and reduce your risk of heart problems. To start, opt for

low-sodium versions of foods that are typically high in sodium, such as soy sauce and other condiments, broth, bouillon and soups. Rinse beans (which will rid them of sodium) and read ingredient labels, since sodium is also often added to anything from canned corn to roasting chickens or turkeys.

Next, learn to cook with herbs and spices, because when you use their bold flavors you’ll find you don’t need as much, if any, salt (or fat). Get creative with seasoning blends, found in any spice aisle; just make sure they’re labeled “salt-free.” Try lemon pepper, poultry seasoning and salt-free herb blends. Look for a store that carries spices in bulk—the price per ounce is often less expensive. Plus you can buy a smaller amount—only as much as you really need. You’ll save money by not having leftover spices linger in your cupboard, ready for the trash can, since most spices lose flavor after a year or two.

5. MORE FLAVOR, LESS FAT When your food has great flavor, there’s no reason to feel deprived. Make liberal use of flavorful vegetables like onions, garlic, bell peppers, mushrooms and ginger (sauté them first to allow their flavors to bloom). Simmer vegetables, couscous or rice in low-sodium broth instead of water. Roast root vegetables with a little olive oil and a dash of herbs, to deepen and sweeten their flavors.

Experiment with low-sodium marinades and rubs; these add vibrant

flavors to grilled and roasted meats, poultry and fish. Enhance a simple sautéed chicken breast or pork chop with a quick pan sauce: add a splash of low-sodium broth, wine and fresh or dried herbs to the skillet and boil until it thickens to a glaze.

Keep a grater and fresh citrus handy; there are few dishes that aren’t improved by a sprinkle of freshly grated lemon, lime or orange zest. Acidic flavorings like lemon or lime juice and vinegar can also help bring out a food’s inherent savoriness; add a little to a dish and you might be able to skip the salt altogether. Or try a sprinkle of fresh grated lemon zest, chopped fresh or dried herbs, garlic or shallots: they can help wake up other flavors.

6. SWITCH TO WHOLE GRAINS While the government guidelines urge you to “make half your grains whole,” we say aim to make most, if not all, of your grains whole. When you trade up to whole-grain versions of your favorite carbohydrate foods, like whole-grain bread, pasta or brown rice, you get a healthy boost of vitamins, minerals and fiber as well as antioxidants and other so-called “phytonutrients.” You’ll also feel fuller, longer, since fiber-rich whole grains take longer to digest—and that can help you better manage your weight. Plus, whole-grain foods deliver a healthy dose of fiber, and studies show that fiber-rich diets are linked with lower cholesterol and lower heart disease risk.



52¢
per ½ cup of beans

\$1.02
per 3 ounces of
93%-lean ground beef



23¢
per large egg

49¢

per 8 ounces of yogurt



40¢

per banana



31¢

per potato



ACTUAL PRICES MAY VARY.



Eating Well by Color

A simple way to load up on nature's superfoods

Did you know that you can get what your body needs just by eating a colorful variety of fruits and vegetables? Nature has found a clever way to highlight the nutrients in foods: different nutrients actually impart different colors to the foods they're in. For instance, the anthocyanins that turn blueberries blue can also keep your mind sharp, the lycopene that turns watermelon and tomatoes red may also help protect against prostate and breast cancers, and the beta carotene that makes carrots and sweet potatoes orange can help keep your bones strong, your eyes healthy and boost your immune system. While fresh fruits and vegetables are great in season, frozen ones are convenient to keep on hand and just as nutritious. So load up!

a

Red—Red foods, such as tomatoes and watermelon, contain **lycopene**, a phytochemical that may help protect against prostate and breast cancers.

Guava
Pink grapefruit
Red peppers
Tomatoes
Watermelon

b

Orange—**Alpha** and **beta carotene** make foods like carrots and sweet potatoes so brilliantly orange. The body converts these compounds into the active form of vitamin A, which helps keep your eyes, bones and immune system healthy. These phytochemicals also operate as antioxidants, sweeping up disease-promoting free radicals.

Apricots
Cantaloupe
Carrots
Mango

Oranges
Papaya
Pumpkin
Sweet potatoes

Tangerines
Winter squash

c

d

Yellow & Green, part 1 (leafy greens)—Many yellow and green vegetables are good sources of **lutein** and **zeaxanthin**, phytochemicals that accumulate in the eyes and help prevent age-related macular degeneration, a leading cause of blindness in older people. Leafy greens are also rich in **beta carotene**.

Artichoke
Corn
Lettuce
Summer squash
Wax beans

Arugula
Chard
Collards
Mustard greens
Turnip greens

e

Green, part 2 (cruciferous)—Cruciferous vegetables, such as broccoli and kale, provide compounds called **indoles** and **isothiocyanates**, which may help prevent cancer by amping up the production of enzymes that clear toxins from the body.

Broccoli
Brussels sprouts
Cauliflower

Green cabbage
Kale

f

g

Blue & Purple/Deep Red—Blue, purple and deep-red fruits and vegetables are full of **anthocyanins** and **proanthocyanins**, antioxidants associated with keeping the heart healthy and the brain functioning optimally.

Blackberries
Blueberries
Eggplant
Plums

Cranberries
Grapes
Radishes (red)
Raspberries
Strawberries

7. LIMIT MEATS Since most of the heart-damaging saturated fat we eat comes from animal-based foods like meat and dairy, cutting back on meat makes good sense. Plan meals where meat is used as a side dish or as a flavoring as opposed to being the central part of a meal. Just think about how most cultures around the world use meat—from Chinese chow mein to Italian pasta—and you get the picture. (See “Balance Your Meals and Divide Your Plate,” page 7.)

You'll find that skipping meat even once or twice a week can help save money, since meat is usually the most expensive part of a meal. When you do use meats, choose leaner cuts—skinless poultry, ground meat with a lower percentage of fat and a higher percentage of lean meat. Also look for cuts with “loin” in the name, which tend to be leaner. Trim visible fat off meat before you cook it.

8. ADD VEGETABLES (AND FRUITS) Adding more produce to your plate is not only heart-healthy, it helps to keep servings looking generous and will leave you feeling satisfied with fewer calories. Aim to get two or more servings of fruits and vegetables at every meal: scatter sliced fruit on your morning cereal or yogurt, have a bowl of vegetable-rich soup or salad for lunch, have fresh fruit for a snack, cover half your dinner plate with vegetables, have a piece of fruit for dessert. Fruits and vegetables have the highest nutrient content when they are picked at their peak ripeness, so it makes good sense to shop for produce in season and locally. Often, that's how to get the best prices too. So stock up at your farmers' market and freeze the leftovers (frozen vegetables are just as nutritious). Layer frozen or shredded fresh vegetables into casseroles, tuck them into burritos or quesadillas, sprinkle them onto pizzas or toss them in a soup or pasta sauce.

9. MAKE IT EASY When you're planning your meals, think about dishes you can make in a single pot or skillet, like a stir-fry with rice, vegetables and tofu or a hearty soup or stew. Since there are only a few dishes to wash afterwards, these one-pot meals are real time-savers. Stir-frying with plenty of vegetables and just a little bit of meat, for example, is an easy, healthy dinner. It's also very forgiving, so if you have a little extra onion or half a leftover zucchini you want to use up, just add it to the stir-fry.

Save even more time—and eat more healthfully and cheaply, to boot—by preparing your one-pot meal in a slow cooker. These gadgets do most of the work for you—and you can stretch small amounts of meat with flavorful sauces and a generous portion of vegetables. Slow-cooking turns budget-priced tougher cuts of beef and pork meltingly tender. The dishes are ideal for making ahead and reheating, and leftovers can be enjoyed for several days. What's not to love?

10. COOK ONCE, EAT TWICE Double recipes when you can, so that you can get ahead on your cooking and have meals ready for later. An added benefit is that it helps use up ingredients you bought for that recipe (a bunch of herbs, for instance). Recipes that freeze well, such as soups and stews, are great ones to double. Also consider cooking more meat than you need. The leftovers are great in soups, salads, quesadillas or hash later in the week.

When you're making dinner, think about tomorrow's lunch; make a little extra dinner salad, for example, and put it in a container, undressed, for lunch the next day. Leftovers—a little extra chicken, say, or part of a can of beans—can be tossed in with your lunch salad. You'll waste less food, eat healthy, and save money and time throughout the day!

SAMPLE 7-DAY HEART-HEALTHY MENU PLAN

We’ve selected some of the recipes in this booklet to create a full week’s worth of healthy and balanced menus. The meal plan is based on 1,800 calories a day. Your calorie goal may be different according to your age, gender, height/weight and physical activity level. To determine your personalized calorie goal, take a look at our calorie calculator on page 6.

Recipes (in bold) are on pages 14-31

MEAL/ COURSE	CALORIES	CALORIES	CALORIES	CALORIES
	Day 1	Day 2	Day 3	Day 4
Breakfast	Peanut Butter-Cinnamon English Muffin (p. 14) Skim milk (1 cup) Orange (1 medium)	Banana-Cocoa Soy Smoothie (p. 14) Kiwi	Breakfast Pigs in a Blanket (p. 14) Low-fat vanilla yogurt (1 cup) Sliced strawberries (1 cup)	Breakfast Parfait (p. 14) Whole-grain toast (2 slices) with peanut butter (1 tsp. each)
	404	385	466	422
Lunch	Rice & Lentil Salad (p. 15) Sweet-potato chips (1 ounce) Blueberries (1 cup) Low-fat fruit yogurt (1 cup)	Curried Chicken Pita (p. 15) Skim milk (1 cup) Apple (1 medium) Romaine lettuce salad (1 cup) with dressing (p. 18)	Shrimp Cobb Salad (p. 17) Skim milk (1 cup) Whole-wheat pita bread (1 small) Honeydew melon cubes (1 cup)	Turkey Pastrami Sandwich (p. 15) Skim milk (1 cup) Grapes (1 cup) Prepared coleslaw (1 cup)
	626	552	487	477
Afternoon Snack	Mediterranean Picnic Snack (p. 17)	Zesty Bean Dip & Chips (p. 17) Nectarine (1 medium)	Skim milk (1 cup) Baby carrots (½ cup) Hummus (2 Tbsp.)	Apple (1 small) Fruit-&-nut granola bar
	196	259	171	190
Dinner: Main Dish Side Vegetable Salad Dessert and/or Drink	Inside-Out Lasagna (p. 20) Whole-wheat dinner roll (small) Steamed broccoli (1 cup) Tossed salad mix (1 cup) with dressing (p. 18) Cantaloupe cubes (1 cup)	Sesame-Orange Shrimp (p. 21) Brown rice (1 cup) Tossed salad mix (1 cup) with dressing (p. 18) Baby Tiramisù (p. 30)	Pecan-Crusted Chicken (p. 22) Pearled barley (1 cup) Steamed Brussels sprouts (1 cup) Watercress & Endive Salad (p. 18) Apricots (2)	Crispy Beef Tacos (p. 21) Easy Fiesta Beans (p. 28) Tossed salad mix (1 cup) with dressing (p. 18) Chocolate-Dipped Gingersnaps (p. 30) Skim milk (1 cup)
	608	612	699	739
TOTAL DAILY CALORIES	1,834	1,808	1,823	1,828

CALORIES	CALORIES	CALORIES
Day 5	Day 6	Day 7
Wake-Up Smoothie (p. 14) Whole-grain toast (2 slices) with peanut butter (1 tsp. each)	Cranberry Muesli (p. 14) Skim milk (1 cup) Blueberries (1 cup)	Egg & Salmon Sandwich (p. 14) Low-fat vanilla yogurt (1 cup) Orange (1 medium)
339	390	468
Peanut Tofu Wrap (p. 17) Skim milk (1 cup) Orange & Avocado Salad (p. 18)	BBQ Chicken Sandwich (p. 15) Skim milk (1 cup) Carrot sticks (1 cup) Apple (1 small)	Smoky Corn & Black Bean Pizza (p. 24) Skim milk (1 cup) Romaine lettuce (1 cup) with dressing (p. 18) Pineapple (1 cup)
630	554	538
Low-fat vanilla yogurt (1 cup)	Chocolate Crunch (p. 30)	Cottage Cheese Veggie Dip (p. 15)
193	218	119
Blackened Salmon Sandwich (p. 23) Oven Sweet Potato Fries (p. 28) Tossed salad mix (1 cup) with dressing (p. 18) Honeydew melon cubes (1 cup)	Southwestern Steak & Peppers (p. 24) Mashed Potatoes with Garlic (p. 27) Roasted Asparagus Salad with Citrus Dressing (p. 27) Strawberries (1 cup) Glass of wine (5 oz.) or beer (12 oz.)	Whole Roasted Lemon-Herb Chicken (p. 25) Cooked brown rice (1 cup) Creamy Green Beans (p. 27) Rhubarb-Vanilla Compote (p. 30)
647	638	705
1,809	1,800	1,830



BREAKFAST GUIDE

7 POWER BREAKFASTS TO FUEL YOUR DAY

It's such an important meal! Here are some easy, satisfying ideas.

Breakfast Parfait

Top ¾ cup low-fat cottage cheese (or plain yogurt) with 1 cup pineapple chunks and 2 teaspoons toasted wheat germ. **Calories: 222.**

Wake-Up Smoothie

Combine 1¼ cups each orange juice and frozen berries with 1 banana and ½ cup low-fat silken tofu (or plain yogurt) in a blender. If desired, add 1 tablespoon sugar (or Splenda Granular). Blend until creamy. **MAKES 3 SERVINGS, 1 CUP EACH. Calories: 139.**

Banana-Cocoa Soy Smoothie

Slice 1 banana and freeze until firm. Blend ½ cup each silken tofu and soymilk, 2 tablespoons unsweetened cocoa powder and 1 tablespoon honey in a blender until smooth. With the motor running, add the banana slices through the hole in the lid and continue to puree until smooth. **Calories: 340.**

Cranberry Muesli

Combine ½ cup each low-fat plain yogurt and unsweetened (or fruit-juice-sweetened) cranberry juice, 6 tablespoons old-fashioned rolled

oats (*not* quick-cooking or steel-cut), 2 tablespoons dried cranberries, 1 tablespoon each unsalted sunflower seeds and wheat germ, 2 teaspoons honey, ¼ teaspoon vanilla extract and ⅛ teaspoon salt in a medium bowl; cover and refrigerate for at least 8 hours and up to 1 day. **MAKES 2 SERVINGS. Calories: 210.**

Peanut Butter-Cinnamon English Muffin

Spread a toasted whole-wheat English muffin with 1 tablespoon natural peanut butter; sprinkle with 1¼ teaspoons cinnamon sugar. **Calories: 247.**

Breakfast Pigs in a Blanket

Heat 2 frozen whole-grain pancakes in the microwave to soften for about 30 seconds. Spread 1 teaspoon raspberry jam down the center of each. Place one ½-ounce slice of ham on each. Microwave to heat through, about 1 minute. Roll up. **Calories: 203.**

Egg & Salmon Sandwich

Heat ½ teaspoon extra-virgin olive oil in a small nonstick skillet over medium heat. Add 1 tablespoon finely chopped red onion; cook, stirring, until it begins to soften, about 1 minute. Add 2 large beaten egg whites, a pinch of salt and ½ teaspoon capers (rinsed and chopped; optional) and cook, stirring constantly, until the whites are set, about 30 seconds. Layer the egg whites, 1 ounce smoked salmon and 1 tomato slice on 1 toasted whole-wheat English muffin. **Calories: 213.**

INSTANT LUNCHES

11 LUNCHES FOR HOME OR OFFICE

Avoid the takeout line and become the envy of the office lunch table when you bring one of these easy 15-minute lunch ideas to work.

Curried Chicken Pita

Combine 6 tablespoons nonfat plain yogurt, ¼ cup low-fat mayonnaise and 1 tablespoon curry powder in a large bowl. Toss with 2 cups cubed cooked chicken, 1 diced firm pear, 1 diced celery stalk, ½ cup dried cranberries and ¼ cup toasted sliced almonds. Fill 4 small whole-wheat pitas with 1 cup of the chicken salad and ½ cup sprouts each. **MAKES 4 SERVINGS. Calories: 323.**

Turkey Pastrami Sandwich

Slice a large piece of rye bread in half. Layer 2 slices turkey pastrami, 5 thin apple slices, 2 tablespoons drained sauerkraut and 1 thin slice reduced-fat Swiss cheese between the bread halves. Wrap and refrigerate until ready to serve. **Calories: 184.**

Rice & Lentil Salad

Whisk 2 tablespoons each extra-virgin olive oil and sherry (or red-wine) vinegar, 1 tablespoon each finely chopped shallot and Dijon mustard, ½ teaspoon paprika (preferably smoked) and ¼ teaspoon

each salt and pepper in a large bowl. Stir in 2 cups cooked brown rice, one 15-ounce can rinsed lentils (or 1⅓ cups cooked), 1 diced carrot and 2 tablespoons chopped fresh parsley. **MAKES 4 SERVINGS, 1 CUP EACH. Calories: 250.**

Tuscan-Style Tuna Salad

Drain two 5 to 6-ounce cans chunk light tuna; combine with one rinsed 15-ounce can small white beans, such as cannellini or great northern, 10 quartered cherry tomatoes, 4 trimmed and sliced scallions, 2 tablespoons each extra-virgin olive oil and lemon juice, ¼ teaspoon salt and freshly ground pepper to taste in a medium bowl. Stir gently. Refrigerate until ready to serve. **MAKES 4 SERVINGS, 1 CUP EACH. Calories: 253.**

Cottage Cheese Veggie Dip

Combine ½ cup low-fat cottage cheese and ¼ teaspoon lemon pepper. Serve with ½ cup each baby carrots and snow (or snap) peas. **Calories: 119. (Photograph: page 17.)**

BBQ Chicken Sandwich

Combine ½ cup shredded cooked chicken, ¼ cup shredded carrots and 2 tablespoons barbecue sauce in a bowl. Spread 2 teaspoons light ranch dressing on a small whole-wheat sandwich bun. Top with the chicken mixture and a piece of romaine lettuce. **Calories: 328. (Photograph: page 17.)**



Strawberry & Cream Cheese Sandwiches



Peanut Tofu Wrap



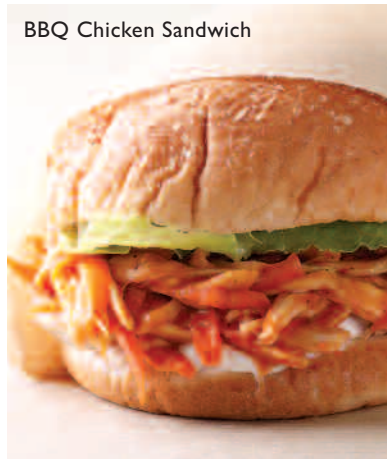
Cottage Cheese Veggie Dip



Tuna Melt



BBQ Chicken Sandwich



Shrimp Cobb Salad



Stuffed Avocado



Strawberry & Cream Cheese Sandwich

Combine 1 tablespoon reduced-fat cream cheese (Neufchâtel), ¼ teaspoon honey and ⅛ teaspoon freshly grated orange zest in a bowl. Spread 2 slices very thin whole-wheat sandwich bread with the cream cheese mixture. Place 2 medium sliced strawberries on 1 piece of bread, top with the other. **Calories: 128.**

Peanut Tofu Wrap

Spread 1 tablespoon store-bought Thai peanut sauce on an 8-inch whole-wheat flour tortilla. Place 2 ounces thinly sliced seasoned baked tofu, ¼ cup sliced red bell pepper and 8 thinly sliced snow peas in the center; fold the sides over the filling and roll up. **Calories: 312.**

Stuffed Avocado

Top an avocado half with ¼ cup of your favorite seafood, tuna or chicken salad. **Calories: 199.**

Tuna Melt

Preheat broiler. Drain two 5- to 6-ounce cans chunk light tuna; combine with 2 tablespoons each minced shallot and reduced-fat mayonnaise, 1 tablespoon each lemon juice and minced parsley, ⅛ teaspoon salt, a dash of hot sauce and freshly ground pepper to taste in a medium bowl. Toast 4 slices whole-wheat bread. Spread ¼ cup of the tuna mixture on each slice of toast; top with tomato slices and 2 tablespoons shredded sharp Cheddar cheese. Place sandwiches on a baking sheet and broil until the cheese is bubbling and golden brown, 3 to 5 minutes. **MAKES 4 SERVINGS. Calories: 205.**

Shrimp Cobb Salad

Combine 3 cups chopped hearts of romaine, 5 grape or cherry tomatoes, ¼ cup sliced cucumber, 1 sliced hard-boiled egg and 5 cooked peeled shrimp (31-40 per pound) in a bowl. Season with pepper. Serve tossed with 2 tablespoons light blue cheese dressing. **Calories: 256.**

5 LOW-CALORIE SNACKS

FOR AN AFTERNOON PICK-ME-UP

Planning is key to healthy eating, and that includes being prepared with a healthy snack when hunger strikes. Stocking your fridge with ingredients for these 5 quick snack recipes can help you resist the vending machine when you're at work or avoid that pint of ice cream in the freezer.

Turkey Roll-Ups: Spread slices of deli turkey breast with honey mustard or mango chutney and season with freshly ground pepper. Wrap turkey around breadsticks. For a snappy touch, tie with a blanched chive. **Calories: 41.**

Mediterranean Picnic Snack: Cut 1 slice of crusty whole-wheat bread into bite-size pieces. Combine with 10 cherry tomatoes, ¼ ounce sliced aged cheese and 6 oil-cured olives in a portable container. **Calories: 196.**

No-Bake Cookies: Combine 2 finely ground whole-wheat graham cracker squares with 1 tablespoon raisins, 1 tablespoon smooth natural peanut butter and 2 teaspoons honey in a small bowl. Pat into 2 cookies and press lightly in unsweetened coconut. **Calories per cookie: 156.**

Quick Kebabs: Thread ½ ounce each of cubed roasted deli turkey and Cheddar cheese, ¼ cup grapes and 6 dried apricots onto a wooden skewer. **Calories: 218.**

Zesty Bean Dip & Chips

Combine ¼ cup fat-free canned refried beans, 1 tablespoon salsa, 1½ teaspoons chopped fresh cilantro and 1 minced scallion (optional) in a bowl. Serve with 1 ounce (about 10) tortilla chips. **Calories: 199.**

Turkey Roll-Ups



SALADS & TOPPINGS

TANGY FLAVORS TO TOP AND TOSS WITH GREENS

Making your own salads and dressings will save you money and gives you a chance to use heart-healthy fats, such as avocado and olive oils.

Orange & Avocado Salad

Toss 8 cups mixed salad greens, 1 cup orange segments, 1 diced avocado and ¼ cup slivered red onion in a salad bowl. Toss with ½ cup Cilantro-Lime Vinaigrette (*below*). **MAKES 4 SERVINGS. Calories: 223.**

Cilantro-Lime Vinaigrette

Puree 1 cup packed cilantro, ½ cup extra-virgin olive oil, ¼ cup each fresh lime juice and orange juice, ½ teaspoon each salt and pepper and a pinch of minced garlic in a blender or food processor until smooth. **MAKES 1 ¼ CUPS. Calories per tablespoon: 53.**

Beet Bliss

Toss 6 cups baby spinach, 1 cup quartered cooked beets and ½ cup Maple-Mustard Vinaigrette (*below*) in a salad bowl. Top with 2 tablespoons chopped toasted pecans and 2 ounces crumbled goat cheese. **MAKES 4 SERVINGS. Calories: 222.**

Maple-Mustard Vinaigrette

Whisk ½ cup walnut oil (or canola oil), ¼ cup each maple syrup and cider vinegar, 2 tablespoons each coarse-grained mustard and reduced-sodium soy sauce, and ½ teaspoon each salt and pepper. **MAKES 1 ¼ CUPS. Calories per tablespoon: 62.**

Grilled Pepper Salad

Grill 4 bell peppers until softened; chop and toss with ¼ cup each halved oil-cured olives and chopped sun-dried tomatoes, 1 tablespoon each extra-virgin olive oil and balsamic vinegar, and ⅛ teaspoon salt. **Calories: 107.**

Watercress & Endive Salad

Whisk ¾ teaspoon freshly grated lemon zest, 2 tablespoons lemon juice, 1 tablespoon extra-virgin olive oil and ¼ teaspoon salt in a large bowl. Toss with 4 cups watercress, 2 chopped hard-boiled eggs and ½ cup fresh corn kernels. Serve over Belgian endive leaves, seasoned with freshly ground pepper to taste. **MAKES 4 SERVINGS. Calories: 135.**

Whole-Wheat Skillet Croutons

Rub a crushed garlic clove over 4 slices of whole-wheat country bread. Cube the bread and cook with 3 tablespoons extra-virgin olive oil in a large skillet over medium heat, stirring often, until crispy. Sprinkle with ½ teaspoon each salt and pepper and a pinch of thyme. **Calories: 197.**



Cilantro-Lime Vinaigrette



Beet Bliss



Maple-Mustard Vinaigrette



Orange & Avocado Salad



Whole-Wheat Skillet Croutons



Watercress & Endive Salad



Grilled Pepper Salad

DINNER ENTREES

10 DELICIOUS DISHES

There’s something here to satisfy everyone in the family—meat-eaters, fish fanciers, chicken lovers and vegetarians alike.

Inside-Out Lasagna

MAKES: 4 servings, about 1 ½ cups each
ACTIVE TIME: 25 minutes | TOTAL: 25 minutes

Here we take basic lasagna ingredients—ricotta cheese, pasta and tomatoes—and skip the layering and long baking time to make a super-quick and satisfying meal for the whole family. To cut down on prep time, look for presliced mushrooms. For meat lovers, brown some crumbled turkey sausage along with the onions and garlic. SERVE WITH: Steamed broccoli and whole-grain baguette.

- 8 ounces whole-wheat rotini or fusilli
- 1 tablespoon extra-virgin olive oil
- 1 small onion, chopped
- 3 cloves garlic, sliced
- 8 ounces sliced white mushrooms (about 3 ½ cups)
- ½ teaspoon salt

- ¼ teaspoon freshly ground pepper
- 1 14-ounce can diced tomatoes with Italian herbs
- 8 cups baby spinach
- ½ teaspoon crushed red pepper (optional)
- ¾ cup part-skim ricotta cheese

1. Bring a large pot of water to a boil. Add pasta; cook until just tender, 8 to 10 minutes or according to package directions. Drain and transfer to a large bowl.
2. Meanwhile, heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook, stirring, until soft and beginning to brown, about 3 minutes. Add mushrooms, salt and pepper and cook, stirring, until the mushrooms release their liquid, 4 to 6 minutes.
3. Add tomatoes, spinach and crushed red pepper (if using). Increase heat to medium-high; cook, stirring once halfway through, until the spinach is wilted, about 4 minutes.
4. Toss the sauce with the pasta and divide among 4 bowls. Dollop each serving with 3 tablespoons of ricotta.

PER SERVING: 364 calories; 9 g fat (3 g sat, 4 g mono); 14 mg cholesterol; 55 g carbohydrate; 16 g protein; 7 g fiber; 588 mg sodium; 786 mg potassium. NUTRITION BONUS: Vitamin A (90% daily value), Vitamin C (50% dv), Folate (25% dv), Potassium (22% dv), Calcium (21% dv), Iron (20% dv).



Sesame-Orange Shrimp

MAKES: 4 servings
ACTIVE TIME: 30 minutes | TOTAL: 30 minutes

These shrimp are super-easy to make—just coat them in a simple batter, cook them in a little oil and toss with a tangy sesame-orange sauce. The staff at EATINGWELL simply could not get enough of these delicious shrimp while the Test Kitchen was developing this recipe. SERVE WITH: Brown basmati rice and steamed snow peas tossed with a little toasted sesame oil.

- 3 tablespoons sesame seeds (white, black or a mix)
- 2 large egg whites
- ¼ cup cornstarch
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 pound raw shrimp (21-25 per pound), peeled and deveined
- 2 tablespoons canola oil, divided
- ¾ cup orange juice
- ¼ cup dry sherry (see Note)
- 2 tablespoons reduced-sodium soy sauce
- 1 teaspoon sugar
- 1 scallion, thinly sliced

1. Whisk sesame seeds, egg whites, cornstarch, salt and pepper in a large bowl. Add shrimp and toss to coat.
2. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add half the shrimp and cook until golden, 1 to 2 minutes per side. Transfer to a paper towel-lined plate to drain. Repeat with the remaining 1 tablespoon oil and the rest of the shrimp.
3. Add orange juice, sherry, soy sauce and sugar to the pan. Bring to a boil and cook, stirring occasionally, until slightly thickened and reduced by half, 4 to 6 minutes. Return the shrimp to the pan and stir to coat with the sauce. Serve immediately, with scallion sprinkled on top.

PER SERVING: 232 calories; 10 g fat (1 g sat, 5 g mono); 168 mg cholesterol; 12 g carbohydrate; 21 g protein; 1 g fiber; 488 mg sodium; 327 mg potassium. NUTRITION BONUS: Vitamin C (43% daily value), Iron (20% dv).

INGREDIENT NOTE: Sherry is a type of fortified wine originally from southern Spain. Don’t use the “cooking sherry” sold in many supermarkets—it can be surprisingly high in sodium. Instead, get dry sherry sold with other fortified wines at wine or liquor stores.

Crispy Beef Tacos

MAKES: 6 servings, 2 filled tacos each
ACTIVE TIME: 15 minutes | TOTAL: 15 minutes

Building the perfect taco is a very personal task—cheese under meat, cheese on top, no cheese at all? This is just our recommendation.

- 12 Crispy Taco Shells (recipe follows)
- Lean & Spicy Taco Meat (page 22)
- 3 cups shredded romaine lettuce
- ¾ cup shredded reduced-fat Cheddar cheese
- ¾ cup diced tomatoes
- ¾ cup prepared salsa
- ¼ cup diced red onion

To assemble, fill each taco shell with (in any order): a generous 3 tablespoons taco meat, ¼ cup lettuce, 1 tablespoon cheese, 1 tablespoon tomato, 1 tablespoon salsa, 1 teaspoon onion.

PER SERVING: 261 calories; 5 g fat (1 g sat, 1 g mono); 38 mg cholesterol; 31 g carbohydrate; 24 g protein; 5 g fiber; 582 mg sodium; 272 mg

potassium. NUTRITION BONUS: Vitamin A (40% daily value), Vitamin C (25% dv), Zinc (17% dv), Iron (15% dv).

CRISPY TACO SHELLS

MAKES: 6 servings, 2 taco shells each
ACTIVE TIME: 10 minutes | TOTAL: 35 minutes
TO MAKE AHEAD: Store in an airtight container for up to 2 days. Reheat at 375°F for 1 to 2 minutes before serving. | EQUIPMENT: Baked-taco rack (optional)

Surprisingly easy and far better-tasting than store-bought taco shells.

- 12 6-inch corn tortillas
- Canola oil cooking spray
- ¾ teaspoon chili powder, divided
- ¼ teaspoon salt, divided

1. Preheat oven to 375°F.
2. Wrap 4 tortillas in a barely damp cloth or paper towel and microwave on High until steamed, about 30 seconds. (Alternatively, wrap in foil and heat in the preheated oven until steaming, 5 to 7 minutes.) Coat both sides with cooking spray; sprinkle a little chili powder and salt on one side.

3. Drape each tortilla over a panel on a baked-taco rack and bake until crispy and brown, 7 to 10 minutes. *(If you don't have a baked-taco rack, see Kitchen Tip.)*
4. Remove the shells from the rack and repeat Steps 2 and 3 with the remaining 8 tortillas.

PER SERVING: 114 calories; 2 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 23 g carbohydrate; 3 g protein; 3 g fiber; 124 mg sodium; 103 mg potassium.

KITCHEN TIP: Working with 6 tortillas at a time, wrap in a barely damp cloth or paper towel and microwave on High until steamed, about 30 seconds. Lay the tortillas on a clean work surface and coat both sides with cooking spray. Then carefully drape each tortilla over two bars of the oven rack. Bake at 375°F until crispy, 7 to 10 minutes.

LEAN & SPICY TACO MEAT

MAKES: 6 servings, about ½ cup each
ACTIVE TIME: 30 minutes | TOTAL: 30 minutes | TO MAKE AHEAD: Cover and refrigerate for up to 1 day. Reheat just before serving.

A combination of lean ground beef and ultra-lean ground turkey breast makes a less-greasy filling. Bypass taco-seasoning packets in favor of making your own full-flavored filling. Look for Rotel brand diced tomatoes with green chiles—original or mild, depending on your spice preference—and set the heat level with either ground chipotle chile (adds smoky heat) or chili powder (adds rich chili taste without extra spice).

- 8 ounces 93%-lean ground beef
- 8 ounces 99%-lean ground turkey breast
- ½ cup chopped onion
- 1 10-ounce can diced tomatoes with green chiles, preferably Rotel brand, or 1 ¼ cups petite-diced tomatoes
- ½ teaspoon ground cumin
- ½ teaspoon ground chipotle chile or 1 teaspoon chili powder
- ½ teaspoon dried oregano

Place beef, turkey and onion in a large nonstick skillet over medium heat. Cook, breaking up the meat with a wooden spoon, until



cooked through, about 10 minutes. Transfer to a colander to drain off fat. Wipe out the pan. Return the meat to the pan and add tomatoes, cumin, ground chipotle (or chili powder) and oregano. Cook over medium heat, stirring occasionally, until most of the liquid has evaporated, 3 to 6 minutes.

PER SERVING: 98 calories; 2 g fat (1 g sat, 1 g mono); 35 mg cholesterol; 3 g carbohydrate; 17 g protein; 1 g fiber; 243 mg sodium; 26 mg potassium.

- 1 large egg white
- 2 tablespoons water
- 1 tablespoon canola oil, divided

1. Working with one piece of chicken at a time, place between sheets of plastic wrap and pound with a meat mallet or heavy skillet until flattened to an even ¼-inch thickness.
2. Place pecans, breadcrumbs, orange zest, salt and ground chipotle in a food processor and pulse until the pecans are finely ground. Transfer the mixture to a shallow dish. Whisk egg white and water in a shallow dish until combined. Dip each chicken breast in the egg-white mixture, then dredge both sides in the pecan mixture.
3. Heat 1½ teaspoons oil in a large nonstick skillet over medium heat. Add half the chicken and cook until browned on the outside

and no longer pink in the middle, 2 to 4 minutes per side. Transfer to a plate and cover to keep warm. Carefully wipe out the pan with a paper towel and add the remaining oil. Cook the remaining chicken, adjusting the heat as needed to prevent scorching. Serve immediately.

PER SERVING: 281 calories; 15 g fat (2 g sat, 8 g mono); 66 mg cholesterol; 7 g carbohydrate; 29 g protein; 2 g fiber; 430 mg sodium; 376 mg potassium. NUTRITION BONUS: Omega-3s.

KITCHEN TIP: It can be hard to find individual chicken breasts small enough for our recommended 4-ounce (uncooked) portion size. If yours are closer to 5 ounces each, remove the tender (about 1 ounce) from the underside to get the correct portion size. Wrap and freeze the leftover tenders; when you have gathered enough, use them in a stir-fry, for chicken fingers or in soups.

INGREDIENT NOTE: Chipotle peppers are dried, smoked jalapeño peppers. Ground chipotle can be found in the specialty spice section of most supermarkets.



- 1 pound wild salmon fillet (see Note), skinned (see Tip) and cut into 4 portions
- 2 teaspoons blackening or Cajun seasoning
- 1 small avocado, pitted
- 2 tablespoons low-fat mayonnaise
- 4 crusty whole-wheat rolls, split and toasted
- 1 cup arugula
- 2 plum tomatoes, thinly sliced
- ½ cup thinly sliced red onion

1. Oil the grill rack; preheat grill to high.
2. Rub salmon on both sides with blackening (or Cajun) seasoning. Grill until cooked through, 3 to 4 minutes per side.
3. Mash avocado and mayonnaise in a small bowl.
4. To assemble sandwiches, spread some of the avocado mixture on each roll and top with salmon, arugula, tomato and onion.

PER SERVING: 414 calories; 14 g fat (2 g sat, 6 g mono); 65 mg cholesterol; 43 g carbohydrate; 33 g protein; 6 g fiber; 775 mg sodium; 756 mg potassium. NUTRITION BONUS: Fiber (24% daily value), Potassium (22% dv), Vitamin C (18% dv), Folate (15% dv), omega-3s.

INGREDIENT NOTE: Wild-caught salmon from the Pacific (Alaska, California, Washington and Oregon) is considered the best choice for the environment. For more information, visit Monterey Bay Aquarium Seafood Watch (seafoodwatch.org).

TIP: To skin a salmon fillet, place salmon on a clean cutting board, skin side down. Starting at the tail end, slip the blade of a long, sharp knife between the fish flesh and the skin, holding the skin down firmly with your other hand. Gently push the blade along at a 30° angle, separating the fillet from the skin without cutting through either.

Pecan-Crusted Chicken

MAKES: 4 servings
ACTIVE TIME: 30 minutes | TOTAL: 30 minutes

This recipe coats tender chicken breasts with a buttery pecans flavored with spicy chipotle and zesty orange. SERVE WITH: A spinach salad.

- 4 boneless, skinless chicken breasts (1-1 ¼ pounds), trimmed (see Kitchen Tip)
- ½ cup pecan halves or pieces
- ¼ cup plain dry breadcrumbs
- 1 ½ teaspoons freshly grated orange zest
- ½ teaspoon salt
- ¼ teaspoon ground chipotle pepper (see Note)

Smoky Corn & Black Bean Pizza

MAKES: 6 servings
ACTIVE TIME: 30 minutes | TOTAL: 30 minutes

The secret to a grilled pizza is having all your ingredients ready to go before you head out to the grill. SERVE WITH: Toss the extra black beans, diced tomato and some avocado with prewashed salad greens and Cilantro-Lime Vinaigrette (page 18).

- 1 plum tomato, diced
- 1 cup canned black beans, rinsed
- 1 cup fresh corn kernels (about 2 ears; see Tip)
- 2 tablespoons cornmeal
- 1 pound prepared whole-wheat pizza dough
- 1/3 cup barbecue sauce
- 1 cup shredded mozzarella cheese, preferably smoked

1. Preheat grill to medium.
2. Combine tomato, beans and corn in a medium bowl. Sprinkle cornmeal onto a large baking sheet. Stretch the dough into about a 12-inch circle and lay it on top of the cornmeal, coating the entire underside of the dough.
3. Transfer the crust from the baking sheet to the grill. Close the lid and cook until the crust is puffed and lightly browned on the bottom, 4 to 5 minutes.
4. Using a large spatula, flip the crust. Spread barbecue sauce on it and quickly sprinkle with the tomato mixture and cheese. Close the lid; grill until the cheese is melted and the bottom of the crust is browned, 4 to 5 minutes.

PER SERVING: 303 calories; 6 g fat (3 g sat, 0 g mono); 13 mg cholesterol; 48 g carbohydrate; 14 g protein; 4 g fiber; 530 mg sodium; 94 mg potassium. NUTRITION BONUS: Calcium (15% dv).

TIP: To remove corn from the cob, stand an uncooked ear of corn on one end and slice the kernels off with a sharp knife.



Southwestern Steak & Peppers

MAKES: 4 servings
ACTIVE TIME: 25 minutes | TOTAL: 35 minutes

This juicy spice-crusted steak is all about big, deep flavors, thanks to a few surprise ingredients in the sauce.

- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon chili powder
- 1/4 teaspoon salt, or to taste
- 3/4 teaspoon coarsely ground pepper, plus more to taste
- 1 pound boneless top sirloin steak, trimmed of fat
- 3 cloves garlic, peeled, 1 halved and 2 minced
- 3 teaspoons canola oil or extra-virgin olive oil, divided
- 2 red bell peppers, thinly sliced
- 1 medium white onion, halved lengthwise and thinly sliced
- 1 teaspoon brown sugar
- 1/2 cup brewed coffee or prepared instant coffee
- 1/4 cup balsamic vinegar
- 4 cups watercress sprigs

1. Mix cumin, coriander, chili powder, salt and 3/4 teaspoon pepper in a small bowl. Rub steak with the cut garlic. Rub the spice mix all over the steak. Heat 2 teaspoons oil in a large heavy skillet, preferably cast-iron, over medium-high heat. Add the steak and cook to desired doneness, 4 to 6 minutes per side for medium-rare. Transfer to a cutting board and let rest.
2. Add the remaining 1 teaspoon oil to the skillet. Add bell peppers and onion; cook, stirring often, until softened, about 4 minutes. Add minced garlic and brown sugar; cook, stirring often, for 1 minute. Add coffee, vinegar and any accumulated meat juices; cook for 3 minutes to intensify flavor. Season with pepper. To serve, mound 1 cup watercress on each plate. Top with the sautéed peppers and onion. Slice the steak thinly across the grain and arrange on the vegetables. Pour the sauce from the pan over the steak.

PER SERVING: 231 calories; 9 g fat (2 g sat, 4 g mono); 46 mg cholesterol; 12 g carbohydrate; 26 g protein; 3 g fiber; 216 mg sodium; 613 mg potassium. NUTRITION BONUS: Vitamin C (210% daily value), Vitamin A (60% dv), Iron (25% dv).



Whole Roasted Lemon-Herb Chicken on a Bed of Vegetables

MAKES: 6 servings, 3-4 ounces chicken & 2/3 cup vegetables each
ACTIVE TIME: 40 minutes | TOTAL: 2 1/4 hours

When you season roast chicken under the skin, as in this recipe, the meat itself gets flavored and the skin becomes nicely browned and crisp. Here, the chicken is roasted on a bed of carrots, turnips and celery root (celeriac)—but any mixture of root vegetables will work. You'll need about 8 cups of chopped or cubed vegetables.

- 1/4 cup fresh sage leaves, divided
- 1/4 cup fresh thyme sprigs, divided
- 2 lemons, divided
- 2 teaspoons minced garlic
- 2 tablespoons extra-virgin olive oil, divided
- 1 teaspoon salt, divided
- 3/4 teaspoon freshly ground pepper, divided
- 1 small onion, quartered
- 1 4- to 4 1/2-pound chicken
- 4 large carrots, cut into 1/2-inch chunks
- 3 medium turnips, peeled (see Tip) and cut into 1/2-inch cubes
- 2 celery roots (1 1/2-2 pounds total), peeled (see Tip) and cut into 1/2-inch cubes

1. Position rack in lower third of oven; preheat to 400°F.
2. Chop 8 sage leaves and place in a bowl with 2 teaspoons thyme leaves. Squeeze the juice from 1 lemon into the bowl. Add garlic, 1 tablespoon oil, 3/4 teaspoon salt and 1/2 teaspoon pepper; mix well. Set aside.
3. Pierce the remaining lemon all over with a sharp fork. Cram the lemon, onion and the remaining sage and thyme into the chicken cavity.
4. Place the chicken breast-side up on a cutting board. Use your hands to gently loosen the skin covering the breast, thighs and the top end of the drumsticks. Smear the lemon-herb mixture under the skin, covering as much of the meat as possible.
5. Toss carrots, turnips and celery root in a large bowl with the remaining 1 tablespoon oil and 1/4 teaspoon each salt and pepper until well coated.
6. Place the chicken breast-side up in a large roasting pan (but not on a rack). Scatter the vegetables around the chicken. Bake, stirring the vegetables occasionally, until an instant-read thermometer inserted into the thickest part of a thigh without touching bone registers 165°F, 1 to 1 1/4 hours.
7. Transfer the chicken to a clean cutting board and let rest for 10 minutes before carving. Transfer the vegetables from the roasting pan to a serving dish with a slotted spoon, leaving behind as much of the fat as possible. Serve the chicken with the vegetables.



PER SERVING (without skin): 308 calories; 9 g fat (2 g sat, 5 g mono); 100 mg cholesterol; 21 g carbohydrate; 34 g protein; 5 g fiber; 691 mg sodium; 1,012 mg potassium. NUTRITION BONUS: Vitamin A (162% daily value), Vitamin C (50% dv), Potassium (29% dv), Magnesium (19% dv), Zinc (17% dv), Iron (16% dv).

TIP: To peel turnips and celery root (also called celeriac), cut off one end of the root to create a flat surface so you can keep it steady on the cutting board. Follow the contour of the vegetable with your knife to remove the skin. Or, if you use a vegetable peeler, be sure to peel around the root at least three times to ensure that all the fibrous skin is removed.

Cream of Turkey & Wild Rice Soup

MAKES: 4 servings, about 1¾ cups each
ACTIVE TIME: 35 minutes | TOTAL: 35 minutes

It's almost impossible to make a turkey without leftovers and this recipe is a perfect way to use them up. It's a healthier twist on the classic creamy turkey and wild rice soup that hails from Minnesota. Of course, if you have leftover chicken, don't let that stop you—it'll work just fine.

- 1 **tablespoon extra-virgin olive oil**
- 2 **cups sliced mushrooms (about 4 ounces)**
- ¾ **cup chopped celery**
- ¾ **cup chopped carrots**
- ¼ **cup chopped shallots**
- ¼ **cup all-purpose flour**
- ¼ **teaspoon salt**
- ¼ **teaspoon freshly ground pepper**
- 4 **cups reduced-sodium chicken broth**
- 1 **cup quick-cooking or instant wild rice**
- 3 **cups shredded cooked turkey or chicken**
- ½ **cup reduced-fat sour cream**
- 2 **tablespoons chopped fresh parsley**

1. Heat oil in a large saucepan over medium heat. Add mushrooms, celery, carrots and shallots and cook, stirring, until softened, about 5 minutes. Add flour, salt and pepper and cook, stirring, for 2 minutes more.

2. Add broth and bring to a boil, scraping up any browned bits. Add rice and reduce heat to a simmer. Cover and cook until the rice is tender, 5 to 7 minutes. Stir in turkey (or chicken), sour cream and parsley and cook until heated through, about 2 minutes more.

PER SERVING: 344 calories; 8 g fat (3 g sat, 4 g mono); 82 mg cholesterol; 27 g carbohydrate; 35 g protein; 3 g fiber; 792 mg sodium; 781 mg potassium. NUTRITION BONUS: Vitamin A (90% daily value), Potassium (22% dv), Zinc (20% dv), Folate & Iron (16% dv).



Express Shrimp & Sausage Jambalaya

MAKES: 4 servings, 1½ cups each
ACTIVE TIME: 15 minutes | TOTAL: 25 minutes

You don't have to sacrifice the traditional smoky punch of this Cajun favorite just because you're short on time. All you need is some purchased sausage and quick-cooking brown rice to create a rich, satisfying dinner on any weeknight. Have some sliced berries for dessert to cool off your palate!

- 1 **teaspoon canola oil**
- 8 **ounces andouille sausage (see Note) or low-fat kielbasa, cut into ¼-inch-thick slices**
- 1 **16-ounce bag frozen bell pepper and onion mix**
- 1 **14-ounce can reduced-sodium chicken broth**
- 2 **cups instant brown rice**
- 8 **ounces raw shrimp (26-30 per pound), peeled and deveined**

1. Heat oil in a Dutch oven over medium-high heat. Add sausage and pepper-onion mix; cook, stirring occasionally, until the vegetables soften, 3 to 5 minutes.

2. Add broth to the pot and bring to a boil. Add rice, stir once, cover and cook for 5 minutes. Add shrimp and stir to incorporate. Remove from the heat and let stand, covered, until the shrimp are opaque and cooked through, 5 to 6 minutes. Fluff with a fork and serve.

PER SERVING: 412 calories; 10 g fat (3 g sat, 1 g mono); 142 mg cholesterol; 44 g carbohydrate; 31 g protein; 3 g fiber; 685 mg sodium; 232 mg potassium. NUTRITION BONUS: Vitamin C (25% daily value).

INGREDIENT NOTE: Andouille sausage is a smoky, mildly spicy pork sausage commonly used in Cajun cooking. Look for it near other smoked sausages in large supermarkets or specialty food stores. Kielbasa makes a fine substitute in this recipe.

SIDE DISHES

8 PLATE-FILLERS TO ROUND OUT THE MEAL

Creamy Green Beans

MAKES: 4 servings, 1 cup each
ACTIVE TIME: 10 minutes | TOTAL: 15 minutes

For those who like their vegetables creamy, this recipe can't be beat.

- 1 **pound green beans, trimmed and cut into 1-inch pieces**
- 3 **tablespoons low-fat mayonnaise**
- 2 **teaspoons Dijon mustard**
- ⅛ **teaspoon salt**

Place beans in a steamer basket and steam over 2 inches of boiling water until tender, 5 to 7 minutes. Whisk mayonnaise, mustard and salt in a medium bowl. Add the beans; toss to coat.

PER SERVING: 57 calories; 2 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 10 g carbohydrate; 2 g protein; 4 g fiber; 240 mg sodium; 242 mg potassium. NUTRITION BONUS: Vitamin C (30% daily value), Vitamin A (15% dv).

Roasted Asparagus Salad with Citrus Dressing

MAKES: 6 servings
ACTIVE TIME: 20 minutes | TOTAL: 35 minutes
TO MAKE AHEAD: Prepare through Step 2 up to 2 hours ahead. Cover and refrigerate the dressing (Step 3) for up to 5 days.

Rest roasted asparagus and tomatoes on a bed of watercress for a special touch. The fat-free dressing is a sweet-sour combination of fresh citrus juices, honey and Dijon mustard. Just as tasty warm or at room temperature, this salad works well when served as part of an easy buffet-style brunch.

- 2 **pounds asparagus (about 2 bunches), trimmed**
- 1 **pint tiny cherry or pear tomatoes, red or mixed colors**
- 1 **tablespoon extra-virgin olive oil**
- ¾ **teaspoon salt, divided**
- Freshly ground pepper to taste**
- 1 **tablespoon fresh lemon juice**
- 1 **tablespoon fresh orange juice**



- 1 **tablespoon honey**
- ½ **teaspoon Dijon mustard**
- 2 **bunches watercress, tough stems removed (about 4 cups lightly packed)**
- 2 **tablespoons finely chopped fresh dill**

1. Preheat oven to 450°F.

2. Place asparagus in a large bowl. Add tomatoes and oil and toss to coat. Spread in a heavy roasting pan or rimmed baking sheet, spooning the tomatoes between and on top of the asparagus. Sprinkle with ½ teaspoon salt and add a generous grinding of pepper. Roast until the asparagus is crisp-tender and the tomatoes are warmed and slightly crinkled, about 15 minutes. Set aside until ready to serve.

3. Whisk lemon juice, orange juice, honey, mustard and remaining ¼ teaspoon salt in a medium bowl until blended. Reserve half of the dressing in a small bowl.

4. Add watercress to the medium bowl; toss to coat. Spread the watercress on a platter. Arrange the roasted asparagus on the watercress and top with tomatoes. Drizzle the reserved dressing over the asparagus and tomatoes; sprinkle with dill. Serve warm or at room temperature.

PER SERVING: 61 calories; 3 g fat (0 g sat, 2 g mono); 0 mg cholesterol; 9 g carbohydrate; 3 g protein; 2 g fiber; 319 mg sodium; 371 mg potassium. NUTRITION BONUS: Vitamin A & Vitamin C (40% daily value), Folate (31% dv).

Mashed Potatoes with Garlic

MAKES: 6 servings, ⅔ cup each
ACTIVE TIME: 20 minutes | TOTAL: 30 minutes

Mashing blanched garlic into potatoes is a tasty way to add lots of flavor without lots of fat.

- 2 **pounds all-purpose potatoes, preferably Yukon Gold (4-6 medium), peeled and cut into 2-inch chunks**
- 6 **cloves garlic, peeled**
- ½ **teaspoon salt, or to taste**
- ¾ **cup buttermilk**
- 2 **teaspoons extra-virgin olive oil or melted butter**
- Freshly ground pepper**

1. Place potatoes and garlic in a large heavy saucepan. Add water to cover and season with salt. Bring to a boil, reduce heat to medium and cook, covered, until very tender, 10 to 20 minutes. Drain the potatoes and return to the pan. Shake the pan over low heat, uncovered, for about 30 seconds, to evaporate excess moisture.

2. Combine buttermilk and oil (or butter) and warm gently in the microwave or on the stovetop. (Do not overheat the buttermilk or it will curdle.)

3. Off the heat, mash the potatoes and garlic, adding enough of the buttermilk mixture to make a smooth puree. Season to taste with salt and pepper and serve.

PER SERVING: 143 calories; 2 g fat (0 g sat, 1 g mono); 1 mg cholesterol; 29 g carbohydrate; 4 g protein; 2 g fiber; 226 mg sodium; 692 mg potassium. NUTRITION BONUS: Vitamin C (48% daily value), Potassium (20% dv).

Cashew-Snow Pea Stir-Fry

MAKES: 4 servings, about ¾ cup each
ACTIVE TIME: 20 minutes | TOTAL: 20 minutes

Radishes add a burst of color to this easy snow pea stir-fry and cooking them tames their spiciness.

- 1 **tablespoon reduced-sodium soy sauce**
- 1 **tablespoon rice vinegar**
- 1 **teaspoon chile-garlic sauce (see Note)**
- 2 **teaspoons toasted sesame oil**
- 1 **tablespoon minced fresh ginger**
- 3 **cups snow peas (about 9 ounces), trimmed**
- ¾ **cup trimmed and quartered radishes (about 1 bunch)**
- 4 **scallions, cut into ½-inch pieces**
- 3 **tablespoons unsalted cashews, toasted (see Tip)**

1. Combine soy sauce, vinegar and chile-garlic sauce in a small bowl.
2. Heat oil in a wok or large skillet over medium-high heat. Add ginger; cook until fragrant, about 30 seconds. Add snow peas, radishes and scallions; cook, stirring frequently, until the peas are tender-crisp, 2 to 4 minutes. Add the sauce and stir to coat well. Remove from the heat; stir in cashews.

PER SERVING: 90 calories; 5 g fat (1 g sat, 3 g mono); 0 mg cholesterol; 8 g carbohydrate; 3 g protein; 2 g fiber; 185 mg sodium; 236 mg potassium.
NUTRITION BONUS: Vitamin C (57% daily value).

INGREDIENT NOTE: Chile-garlic sauce is a blend of ground chiles, garlic and vinegar. It can be found in the Asian section of large supermarkets. Refrigerate for up to 1 year.

TIP: To toast nuts, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Oven Sweet Potato Fries

MAKES: 4 servings
ACTIVE TIME: 5 minutes | TOTAL: 25 minutes

Making oven fries from sweet potatoes brings out their inherent sweetness.

- 2 **large sweet potatoes, peeled and cut into wedges**
- 4 **teaspoons canola oil**
- ½ **teaspoon salt**
- Pinch of cayenne pepper**

1. Preheat oven to 450°F.
2. Toss sweet potato wedges with oil, salt and cayenne. Spread the wedges out on a rimmed baking sheet. Bake until browned and tender, turning once, about 20 minutes total.

PER SERVING: 122 calories; 5 g fat (0 g sat, 3 g mono); 0 mg cholesterol; 19 g carbohydrate; 2 g protein; 3 g fiber; 323 mg sodium; 429 mg potassium.
NUTRITION BONUS: Vitamin A (350% daily value), Vitamin C (30% dv).

Brussels Sprouts with Walnut-Lemon Vinaigrette

MAKES: 4 servings, about ¾ cup each
ACTIVE TIME: 15 minutes | TOTAL: 15 minutes

Here we dress steamed Brussels sprouts with a delicate vinaigrette flavored with fresh lemon and nutty walnut oil.

- 1 **pound Brussels sprouts, trimmed and quartered**
- 2 **tablespoons walnut oil**
- 1 **tablespoon minced shallot**
- ¼ **teaspoon freshly grated lemon zest**
- 1 **tablespoon lemon juice**
- 1 **teaspoon whole-grain or Dijon mustard**
- ¼ **teaspoon salt**
- Freshly ground pepper to taste**

1. Place Brussels sprouts in a steamer basket and steam in a large saucepan over 1 inch of boiling water until tender, 7 to 8 minutes.
2. Meanwhile, whisk oil, shallot, lemon zest, lemon juice, mustard, salt and pepper in a medium bowl. Add the sprouts to the dressing; toss to coat.

PER SERVING: 108 calories; 7 g fat (1 g sat, 2 g mono); 0 mg cholesterol; 10 g carbohydrate; 3 g protein; 3 g fiber; 188 mg sodium; 405 mg potassium. **NUTRITION BONUS:** Vitamin C (130% daily value), Vitamin A (20% dv), Folate (19% dv).

Easy Fiesta Beans

MAKES: 6 servings, generous ½ cup each
ACTIVE TIME: 15 minutes | TOTAL: 15 minutes

An easy, tasty way to jazz up canned refried and pinto beans for the perfect side to accompany any Tex-Mex meal. Opt for fat-free refried beans and no-salt-added pinto beans to keep this dish as healthy as possible.

- 1 **16-ounce can nonfat refried beans, preferably spicy**
- 1 **15-ounce can no-salt-added pinto beans, rinsed**
- ½ **cup prepared salsa**
- ⅔ **cup shredded sharp Cheddar cheese, divided**
- 4 **scallions, sliced**

1. Position rack in upper third of oven; preheat broiler.
2. Combine refried beans, pinto beans, salsa and ⅓ cup cheese in a saucepan. Cook over medium heat, stirring, until the mixture is hot and the cheese is melted, 6 to 8 minutes. Spoon the bean mixture into a 2-quart baking dish and sprinkle with the remaining ⅓ cup cheese and scallions. Broil until the cheese is lightly browned, about 2 minutes.

PER SERVING: 169 calories; 4 g fat (2 g sat, 0 g mono); 13 mg cholesterol; 21 g carbohydrate; 10 g protein; 7 g fiber; 519 mg sodium; 64 mg potassium. **NUTRITION BONUS:** Calcium (15% daily value).



Cashew-Snow Pea Stir-Fry



Oven Sweet Potato Fries



Brussels Sprouts with Walnut-Lemon Vinaigrette



Easy Fiesta Beans



Pesto-Topped Grilled Summer Squash

Pesto-Topped Grilled Summer Squash

MAKES: 4 servings
ACTIVE TIME: 30 minutes | TOTAL: 30 minutes

Toasty rustic pesto takes simple grilled squash from ordinary to exceptional with tangy lemon and fresh garlic. Serve as a side dish or chop the grilled squash, combine with the pesto and toss with pasta for a light entree.

- ¼ **cup pine nuts**
- ½ **cup chopped fresh basil**
- 1 **tablespoon extra-virgin olive oil**
- 1 **tablespoon grated Parmesan cheese**
- 1 **clove garlic, minced**
- 2 **teaspoons lemon juice**
- ¼ **teaspoon salt**

- 2 **medium summer squash (about 1 pound), sliced diagonally ¼ inch thick**
- Canola or olive oil cooking spray**

1. Preheat grill to medium-high.
2. Place pine nuts in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes. Let cool. Combine with basil, oil, Parmesan, garlic, lemon juice and salt in a small bowl.
3. Coat both sides of squash slices with cooking spray. Grill the squash until browned and tender, 2 to 3 minutes per side. Serve topped with the pesto.

PER SERVING: 115 calories; 10 g fat (1 g sat, 4 g mono); 1 mg cholesterol; 6 g carbohydrate; 3 g protein; 2 g fiber; 167 mg sodium; 371 mg potassium. **NUTRITION BONUS:** Vitamin C (35% daily value).

15-MINUTE DESSERTS

SWEET TREATS YOU CAN INDULGE IN

Light, healthy and delicious, these quick recipes are great for desserts or even a tasty snack.

Rhubarb-Vanilla Compote

Combine 4 cups diced rhubarb, ½ cup sugar and ¼ teaspoon cinnamon in a medium saucepan. Bring to a simmer over medium-high heat; reduce heat to a gentle simmer and cook until the rhubarb begins to break down, about 5 minutes. Remove from heat and stir in ½ teaspoon vanilla. Serve warm or cold, wrapped in store-bought crepes or over ice cream. **MAKES 4 SERVINGS, ½ CUP EACH. Calories: 124.**

Gingersnap-Banana Frozen Yogurt

Layer equal portions of the following ingredients: 2 cups softened vanilla frozen yogurt, 6 chopped gingersnap cookies, 2 sliced bananas and ¼ cup chopped toasted pecans into 4 small dessert cups or glasses. Freeze until the yogurt is firm, at least 10 minutes. **MAKES 4 SERVINGS. Calories: 287.**

Quick Mixed Berry Topping

Toss 2 cups frozen mixed berries, 2 tablespoons sugar and 1½ teaspoons cornstarch in a large microwave-safe bowl until well combined. Microwave on High for 2 minutes. Stir and microwave on High until slightly thickened and steaming, about 2½ minutes more. **MAKES 8 SERVINGS, 2 TABLESPOONS EACH. Calories: 32.**

Chocolate-Dipped Gingersnaps

Melt ⅓ cup bittersweet chocolate chips. Dip 8 small gingersnaps into the chocolate. Let the excess drip off. Place on a wax paper-lined plate. Sprinkle with chopped crystallized ginger and chopped dried

cranberries. Refrigerate until the chocolate is set. **MAKES 4 SERVINGS, 2 COOKIES EACH. Calories: 157.**

Indoor S'Mores

Place 4 graham cracker halves on a baking sheet; top each with 1 marshmallow. Broil, with the oven door ajar and watching carefully, until the marshmallows are golden brown, 45 to 75 seconds. Melt 2 tablespoons bittersweet chocolate chips. Drizzle each S'more with a little melted chocolate. **MAKES 4 SERVINGS. Calories: 98.**

Baby Tiramisù

Place 6 ladyfingers in a loaf pan. Drizzle with 2 tablespoons espresso (or coffee). Combine ½ cup nonfat ricotta cheese, 2 tablespoons confectioners' sugar, ½ teaspoon vanilla extract and ⅛ teaspoon cinnamon and spread over the ladyfingers. Layer on 6 more ladyfingers and drizzle with 2 more tablespoons espresso. Melt 2 tablespoons bittersweet chocolate chips; drizzle over the top. Refrigerate until the chocolate is set. **MAKES 6 SERVINGS. Calories: 107.**

Citrus-Infused Strawberries

Combine 1 pound hulled and sliced fresh strawberries, 2 tablespoons sugar, 1 tablespoon Grand Marnier (or other orange liqueur) and 1 teaspoon lemon juice in a medium bowl. Let stand, stirring once or twice, until the strawberries release their juice, about 10 minutes. Serve topped with low-fat Greek yogurt. **MAKES 4 SERVINGS, ¾ CUP EACH. Calories: 73.**

Chocolate Crunch

Combine 1 cup Wheat Chex cereal, 1 cup pretzel sticks (broken in half), ¼ cup salted roasted almonds in a bowl. Melt 3 tablespoons bittersweet chocolate chips, drizzle over the Chex mixture; stir to combine. Spread the mixture on a wax paper-lined baking sheet and refrigerate until the chocolate is set. **MAKES 4 SERVINGS, ABOUT ¾ CUP EACH. Calories: 218.**



Rhubarb-Vanilla Compote



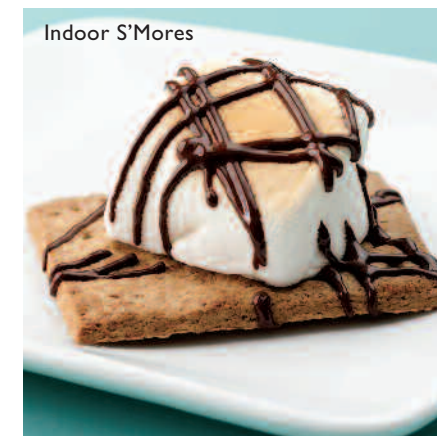
Gingersnap-Banana Frozen Yogurt



Quick Mixed Berry Topping



Chocolate-Dipped Gingersnaps



Indoor S'Mores



Baby Tiramisù



Citrus-Infused Strawberries



Chocolate Crunch

THE HEALTHY KITCHEN

BASIC COOKING TECHNIQUES

The following is a list of cooking terms you’ll find used in this booklet. “With a Knife” describes the ways you’ll be cutting up your ingredients, and “Over the Heat” talks about how you’ll be cooking them. Whether you’re a kitchen novice or a seasoned home cook, refer to this guide when you need more direction when preparing a recipe.

With a Knife

Mince and finely chop: “Mincing” is the finest chop of all, less than 1/8 inch, achieved by first cutting, then rocking the knife back and forth across the ingredients, all the while rotating the blade around on the cutting board. “Finely chop” is just a little bit larger than mince.

Chop and coarsely chop: You want to wind up with about a 1/4-inch piece when you chop, a bit larger when you “coarsely chop.” The idea of chopping (unlike dicing, below) is that the ingredients don’t have to be strictly the same size when you’re done.

Dice and cube: You’re aiming for uniformity of size here, and it’s based on cooking time and texture, not looks. Most recipes that call for a “dice” or “cube” will indicate the preferred size for cooking in the time allotted (e.g., “cut into 1-inch cubes”). If you ignore these sizes, you will change the cooking time.

Slice and thinly slice: “Slice” is a judgment call; a slice of apple will be thinner than a slice of steak, but if you insist on a rule of thumb, think of a slice no thinner than 1/4 inch. “Thinly slice,” however, means you will want to cut the food as thinly as possible. Again, this will vary by ingredient; you can slice an apple to near-transparent thinness, which is hard to do with steak.

Over the Heat

Simmer: Set the pan on steady, fairly low heat (thus the constant reminder to “reduce heat” before simmering); the recipe may tell you to cover or partially cover the pan. Look for some bubbles and steam in the liquid. One reminder: A covered pot will boil more quickly than an uncovered one, so watch the temperature carefully to keep the simmer low and steady.

Braise, stew: These two terms (you can use them interchangeably) are similar to “simmer,” but involve more liquid, a longer cooking time, and even lower heat. Braising has traditionally been used to make tough cuts of meat tender (think pot roast).

Stir-fry: A high-heat method of searing meats, poultry, fish and vegetables, usually associated with Asian cooking. You must use oil for stir-frying, otherwise, the high temperature will cause the natural sugars to burn and foods will stick to the pan, even a nonstick one.

Steam: Cook a food over moist, high heat, and you preserve many of its nutrients. You will need a pot large enough to hold both the steamer basket and 1 or 2 inches of water with plenty of air flow all around the basket. The food shouldn’t sit in the water. Check the water level from time to time to make sure the pan isn’t dry, and shake the pan gently once or twice to rearrange the food, ensuring even cooking.

Roast: Roasting involves a steady, even, dry heat that cooks from the outside in. Air (and thus heat) should circulate freely around whatever’s being roasted; the oven rack should be placed in the center of the oven unless otherwise stated in the recipe. When roasting vegetables, add a small amount of fat to the pan to sear them while they cook. When roasting meats, a rack at the bottom of the pan lifts the meat out of the fat drippings and allows the heat to circulate underneath for even cooking.

Broil: The indoor cousin of grilling sears food with high, direct heat. Preheat the broiler for at least 5 minutes; food should be placed so that it (not the pan) is 4 to 6 inches from the heat. Blot food dry before broiling for less mess. Pour off rendered fat occasionally to avoid flare-ups.

Grill: Grilling involves placing ingredients directly over the heat source. Test your grill by “feel.” Place your open palm 5 inches above the grill grate; the fire is high if you have to move your hand in 2 seconds, medium if you have to move your hand in 5 seconds, and low if you have to move your hand in 10 seconds.



TOOLS FOR THE HEALTHY KITCHEN

To make your kitchen an enjoyable, easy place to work, make sure your tools and ingredients are handy, your sink is clear and your work surfaces are clean. Like any good workspace, your kitchen needs good tools. The following recommendations include what you’ll need to cook the recipes in this booklet, as well as a few other useful items.

1. Knives: Those butcher blocks full of knives look nice on your counter, but you really only need three: a serrated knife, a 9- to 10-inch-long chef’s knife and a paring knife are good basics. Knives are one thing you don’t want to buy without holding first; they should feel natural in your hand. Buy the best knives you can afford—they will last for many years.

2. Cutting boards: Two cutting boards are ideal—one for raw proteins and one for cooked foods and produce—to avoid cross-contamination when cooking. Cutting boards made of polyethylene plastic are inexpensive, durable and easy to clean. Look for ones that are dishwasher-safe.

3. Bowls: A set of 3 stainless-steel mixing bowls that fit inside one another is a space saver. They are inexpensive, versatile and last forever.

4. Measuring cups & spoons: One full set of measuring spoons and two sets of measuring cups. One set should be for measuring liquids—those measuring cups usually have handles and pour spouts—and one set for measuring dry ingredients that can be leveled off.

5. Cookware: Nonstick skillet are great tools for beginner cooks but remember never to use metal utensils on nonstick pans—scratched surfaces negatively affect their nonstick surfaces. You’ll want both small and large nonstick skillets. You’ll also want small



and large stainless-steel skillets, as well as small and large saucepans and a stockpot.

6. Instant-read thermometer (not shown): Found in nearly every supermarket meat section or with other kitchen gadgets, an instant-read thermometer is essential for making sure meat and poultry are safely cooked and done to your preference.

7. Utensils: Heat-resistant nonstick spatulas, vegetable peeler, rolling pin, meat mallet (not shown), a slotted spoon for draining, a wire whisk, tongs, a few wooden spoons, ladle (not shown).

8. Colander: One that has feet and is the right size for your family (think about how much pasta you need to drain at once). Also make sure it will fit in your sink.

9. Bakeware: At least one 9-by-13-inch baking pan, roasting pan and rack, pizza pan, baking sheets, 3-quart rectangular and 8-inch-square glass baking dishes.

10. Storage containers (not shown): Storage containers aren’t just for storing leftovers, but any unused ingredients that come from making dinner.

11. Slow cooker (not shown): Buy one that’s the right size for your family. A great tool for someone on the go: a lot of recipes can be thrown together in minutes before work and are ready to eat when you get home.

12. Electric hand mixer: Baked goods are so much easier to make with a hand mixer. You can get one for about \$15.

13. Blender and Food Processor: Handy for blending up a smoothie, making pesto, hummus or salad dressing.



THE HEART-HEALTHY PANTRY

What to keep on hand to make cooking a delicious, nutritious meal easy every night of the week



Oils, Vinegars & Condiments

- Extra-virgin olive oil for cooking and salad dressings
- Canola oil for cooking and baking
- Flavorful nut and seed oils for salad dressings and stir-fry seasonings: toasted sesame oil, walnut oil
- Butter, preferably unsalted. Store in the freezer if you use infrequently.
- Reduced-fat mayonnaise
- Vinegars: balsamic, red-wine, white-wine, rice (or rice-wine), apple cider
- Asian condiments and flavorings: reduced-sodium soy sauce, fish sauce, hoisin sauce, mirin, oyster sauce, chile-garlic sauce, curry paste
- Kalamata olives, green olives
- Dijon mustard
- Capers
- Ketchup
- Barbecue sauce
- Worcestershire sauce

Flavorings

- Kosher salt, coarse sea salt, fine salt
- Black peppercorns
- Onions
- Fresh garlic
- Fresh ginger
- Anchovies or anchovy paste for flavoring pasta sauces and salad dressings
- Dried herbs: bay leaves, dill, crumbled dried sage, dried thyme leaves, oregano, tarragon, Italian seasoning blend
- Spices: allspice (whole berries or ground), caraway seeds, chili powder,

cinnamon sticks, ground cinnamon, coriander seeds, cumin seeds, ground cumin, curry powder, ground ginger, dry mustard, nutmeg, paprika, cayenne pepper, crushed red pepper, turmeric

- Lemons, limes, oranges. The zest is as valuable as the juice. Organic fruit is recommended when you use a lot of zest.

- Granulated sugar
- Brown sugar
- Honey
- Pure maple syrup
- Unsweetened cocoa powder, natural and/or Dutch-processed
- Bittersweet chocolate, semisweet chocolate chips

Canned Goods & Bottled Items

- Canned tomatoes, tomato paste
- Reduced-sodium chicken broth, beef broth and/or vegetable broth
- "Lite" coconut milk for Asian curries and soups
- Canned beans: cannellini beans, great northern beans, chickpeas, black beans, red kidney beans
- Canned lentils
- Chunk light tuna and salmon

Grains & Legumes

- Whole-wheat flour and whole-wheat pastry flour (Store opened packages in the refrigerator or freezer.)
- All-purpose flour
- Assorted whole-wheat pastas

- Brown rice and instant brown rice
- Pearl barley, quick-cooking barley
- Rolled oats
- Couscous
- Bulgur
- Dried lentils
- Yellow cornmeal
- Plain dry breadcrumbs

Nuts, Seeds & Fruits

- Walnuts
- Pecans
- Almonds
- Hazelnuts
- Dry-roasted unsalted peanuts
- Pine nuts
- Sesame seeds
- Natural peanut butter
- Tahini
- Assorted dried fruits, such as apricots, prunes, cherries, cranberries, dates, figs, raisins (Store opened packages of nuts and seeds in the refrigerator or freezer.)

Refrigerator Basics

- Low-fat milk or soymilk
- Low-fat or nonfat plain yogurt and/or vanilla yogurt
- Reduced-fat sour cream
- Good-quality Parmesan cheese and/or Romano cheese
- Sharp Cheddar cheese
- Eggs (large)
- Orange juice
- Dry white wine. If you wish, substitute nonalcoholic wine.
- Water-packed tofu

Freezer Basics

- Fruit-juice concentrates (orange, apple, pineapple)
- Frozen vegetables: edamame soy beans, peas, spinach, broccoli, bell pepper and onion mix, corn, chopped onions, small whole onions, uncooked hash browns
- Frozen berries
- Italian turkey sausage
- Low-fat vanilla ice cream or frozen yogurt for impromptu desserts

RECIPE INDEX

HOW WE TEST RECIPES

Each of our recipes is thoroughly tested in the EATINGWELL Test Kitchen. Our goal is to provide healthy, delicious recipes that are easy for anyone to cook at home.

- Recipes tested on average seven times each.
- Each recipe is tested by multiple testers.
- We test on both gas and electric stoves.
- We use a variety of tools and techniques.
- Testers shop major supermarkets to research availability of ingredients.
- Testers measure active and total time to prepare each recipe.

HOW WE ANALYZE RECIPES

- All recipes are analyzed for nutrition content by a Registered Dietitian. The analysis appears at the end of the recipe.
- We analyze for calories, total fat, saturated (sat) fat, monounsaturated (mono) fat, cholesterol, carbohydrate, added sugars, protein, fiber, sodium and potassium, using The Food Processor SQL® Nutrition Analysis Software from ESHA Research, Salem, OR. (Note: Nutrition information is updated regularly. The current analyses appear with the recipes on [eatingwell.com](#).)
- Garnishes and optional ingredients are not included in analyses.
- When a recipe provides 15% or more of the Daily Value (dv) of a nutrient, it is listed as a nutrition bonus at the end of the recipe analysis. These values are FDA benchmarks for adults eating 2,000 calories a day.

TOP 5 REASONS TO COOK FOR YOURSELF:

1 You're doing something good for yourself, your family and your friends.

2 You can make your dinner just as you'd like—you can add "extra" of your favorite ingredients and make it as balanced as you want for heart health.

3 You can make a quick and healthy dinner straight from your pantry and freezer!

4 You'll save money by cooking for yourself, and you'll have full control over what you are eating.

5 You'll gain confidence while practicing your newly learned cooking skills and discover that healthy life changes aren't so hard after all.

PAGE	RECIPE	CALORIES	FAT/SAT (g)	CARBS (g)	PROTEIN (g)	FIBER (g)	SODIUM (mg)
BREAKFAST							
14	Banana-Cocoa Soy Smoothie	340	8 / 1	60	17	10	121
14	Breakfast Parfait	222	2 / 1	29	23	3	24
14	Breakfast Pigs in a Blanket	220	5 / 1	35	10	1	275
14	Cranberry Muesli	210	4 / 1	37	8	3	190
14	Egg & Salmon Sandwich	213	5 / 1	25	19	3	669
14	Peanut Butter-Cinnamon English Muffin	247	9 / 2	35	10	6	496
14	Wake-Up Smoothie	139	2 / 0	28	4	4	19
LUNCH							
15	BBQ Chicken Sandwich	328	8 / 1	39	26	4	771
15	Cottage Cheese Veggie Dip	119	2 / 1	14	14	2	531
15	Curried Chicken Pita	323	7 / 1	41	27	6	352
17	Peanut Tofu Wrap	312	11 / 2	33	19	5	863
15	Rice & Lentil Salad	250	8 / 1	36	8	8	272
17	Shrimp Cobb Salad	256	13 / 3	12	24	4	513
17	Strawberry & Cream Cheese Sandwich	128	4 / 2	18	4	3	191
17	Stuffed Avocado	199	15 / 2	10	10	7	166
17	Tuna Melt	205	7 / 3	17	18	3	479
15	Turkey Pastrami Sandwich	184	4 / 2	24	13	3	613
15	Tuscan-Style Tuna Salad	253	8 / 1	20	31	6	453
SNACKS							
17	Mediterranean Picnic Snack	196	9 / 2	22	7	4	679
17	No-Bake Cookies	156	6 / 1	23	3	2	142
17	Quick Kebab	218	5 / 3	37	7	5	247
17	Turkey Roll-Ups	41	2 / 0	5	1	0	119
17	Zesty Bean Dip & Chips	199	8 / 1	30	5	4	452
SALADS & TOPPINGS							
18	Beet Bliss	222	17 / 3	15	5	3	428
18	Cilantro-Lime Vinaigrette	53	6 / 1	1	0	0	59
18	Grilled Pepper Salad	107	1 / 0	10	1	2	330
18	Maple-Mustard Vinaigrette	62	6 / 1	3	0	0	143
18	Orange & Avocado Salad	223	19 / 3	14	3	6	142
18	Watercress & Endive Salad	135	7 / 2	13	8	9	250
18	Whole-Wheat Skillet Croutons	197	11 / 1	19	3	1	492
DINNER							
23	Blackened Salmon Sandwich	414	14 / 2	43	33	6	775
26	Cream of Turkey & Wild Rice Soup	344	8 / 3	27	35	3	792
21	Crispy Beef Tacos	261	5 / 1	31	24	5	582
26	Express Shrimp & Sausage Jambalaya	412	10 / 3	44	31	3	685
20	Inside-Out Lasagna	364	9 / 3	55	16	7	588
22	Pecan-Crusted Chicken	281	15 / 2	7	29	2	430
21	Sesame-Orange Shrimp	232	10 / 1	12	21	1	488
24	Smoky Corn & Black Bean Pizza	303	6 / 3	48	14	4	530
24	Southwestern Steak & Peppers	231	9 / 2	12	26	3	216
25	Whole Roasted Lemon-Herb Chicken on a Bed of Vegetables	308	9 / 2	21	34	5	691
SIDE DISHES							
28	Brussels Sprouts with Walnut-Lemon Vinaigrette	108	7 / 1	10	3	3	188
28	Cashew-Snow Pea Stir-Fry	90	5 / 1	8	3	2	185
27	Creamy Green Beans	57	2 / 0	10	2	4	240
28	Easy Fiesta Beans	169	4 / 2	21	10	7	519
27	Mashed Potatoes with Garlic	143	2 / 0	29	4	2	226
28	Oven Sweet Potato Fries	122	5 / 0	19	2	3	323
29	Pesto-Topped Grilled Summer Squash	115	10 / 1	6	3	2	167
27	Roasted Asparagus Salad with Citrus Dressing	61	3 / 0	9	3	2	319
DESSERTS							
30	Baby Tiramisu	107	2 / 1	18	3	0	125
30	Chocolate Crunch	218	8 / 2	35	5	3	397
30	Chocolate-Dipped Gingersnaps	157	6 / 3	28	2	1	97
30	Citrus-Infused Strawberries	73	0 / 0	17	1	2	1
30	Gingersnap-Banana Frozen Yogurt	287	12 / 4	42	5	2	81
30	Indoor S'Mores	98	3 / 1	18	1	0	70
30	Quick Mixed Berry Topping	32	0 / 0	8	0	1	0
30	Rhubarb-Vanilla Compote	124	0 / 0	31	1	2	5

MIX-&-MATCH MENUS

These great menus are made by combining recipes in this booklet (*for page numbers, see the Recipe Index, previous page*).



FIRE UP THE GRILL!	EASY ENTERTAINING MENU	EASY SUNDAY SUPPER
Blackened Salmon Sandwich	Pecan-Crusted Chicken	Whole Roasted Lemon-Herb Chicken on a Bed of Vegetables
Pesto-Topped Grilled Summer Squash	Roasted Asparagus Salad with Citrus Dressing	Watercress & Endive Salad
Indoor S'Mores	Mashed Potatoes with Garlic	Gingersnap-Banana Frozen Yogurt
	Baby Tiramisù	

FAST PASTA DINNER	SUMMER DINNER ON THE DECK	PIZZA NIGHT
Inside-Out Lasagna	Southwestern Steak & Peppers	Smoky Corn & Black Bean Pizza
Mixed green salad with Maple-Mustard Vinaigrette	Oven Sweet Potato Fries	Orange & Avocado Salad
Chocolate-Dipped Gingersnaps	Quick Mixed Berry Topping on grilled slices of angel food cake	No-Bake Cookies

TACO NIGHT	SOUP & SALAD DINNER	HEALTHY CHINESE DINNER
Crispy Beef Tacos	Cream of Turkey & Wild Rice Soup	Sesame-Orange Shrimp
Easy Fiesta Beans	Beet Bliss	Cashew-Snow Pea Stir-Fry
Shredded cabbage and carrots tossed with olive oil and rice-wine vinegar	Crusty whole-grain baguette	Instant brown rice
Rhubarb-Vanilla Compote stirred into Greek yogurt	Mango slices	Citrus-Infused Strawberries

For more information on Hearts Beat Back: The Heart of New Ulm Project
please visit www.heartsbeatback.org or contact us. Email: info@heartsbeatback.org | Telephone: 507.233.1945

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For more information on the Minneapolis Heart Institute Foundation: please visit www.mplsheart.org or contact us.
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