When it comes to heart-healthy foods, the news can be confusing! Sometimes it may seem like research is saying something one day and then something completely different the next. But eating healthy foods to support heart health does not have to be difficult. In fact, the recipes we have been preparing all through this class are great for the heart, as well as the rest of the body! We’ll review some key components of eating well for heart health in this class.

- “Fat-free” doesn’t mean healthy—many fats are important in the diet and good for the heart! This includes the fats found in liquid oils (like olive and canola), fatty fish, nuts and seeds. Omega-3 fatty acids common in fatty fish are so beneficial that it is recommended we eat 2-3 servings of these fish every week!

- Many “lowfat” foods are high in processed, refined grains and sugars. Those ingredients don’t do a heart any favors. Eating too many of these can lead to lipid changes that are bad for the heart. One of the worst culprits are sugary drinks, like soda and flavored juice drinks.

- One kind of fat called trans fat, found in partially hydrogenated oils, is very bad for the heart! It can raise LDL and lower HDL cholesterol, so it is recommended that we get no more than 2 grams per day in our diet. Look for partially hydrogenated oils on ingredient lists, and avoid it if you can. It is also good to moderate our intake of fatty cuts of meat and full fat dairy foods because of the higher saturated fat content in these foods.

- A diet high in fiber promotes a healthy weight, which is important to heart health. And the soluble fiber found in many whole grains has been shown to reduce LDL cholesterol (“bad” cholesterol), and reduce heart disease risk!
Sometimes it’s easy to get “in a rut” with the vegetables we choose. Maybe we always reach for the same kind, because we’ve had it before and know we like it, or because it is familiar to us. Taking a chance on new and interesting types of vegetables is good for us in many ways. It provides a greater variety of nutrients in our diet, and it also lends delicious new flavors to the foods we prepare! If you like the item on the left, try the item on the right for a change of pace:

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<td>Sugar snap peas</td>
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Sugar Snap Pea and Barley Salad  
(Serves 4)  
Adapted from a recipe at www.eatingwell.com

- 2 cups water  
- 1 cup pearled barley  
- 8 ounces sugar snap peas, roughly chopped  
- ½ cup chopped fresh flat-leaf parsley (optional)  
- ¼ cup finely chopped red onion  
- 2 tablespoons extra-virgin olive oil  
- 2 tablespoons lemon juice  
- ½ teaspoon salt  
- ¼ teaspoon freshly ground pepper

1. Bring water to a boil in a medium saucepan. Add barley and cook, covered, for 45 minutes, or until all water is absorbed.  
2. Remove from the heat and let stand, covered, for 5 minutes.  
3. Transfer barley to a large bowl. Add snap peas, parsley, onion, oil, lemon juice, salt and pepper and toss to combine.  
4. Serve warm or chilled.

If you think about it ahead of time, you can cut down on the barley cooking time by soaking it overnight. Then, drain off excess water before cooking. Reduce cooking water by ¼ cup when using soaked barley (so use about 1 ¾ cups total).
Jennifer’s Flexible Veggie Mix

- Onion
- Zucchini
- Red bell pepper
- Mushrooms
- Olive or canola oil for sautéing

1. Chop veggies into small pieces (about ¼ - ½ inch) and sauté until slightly softened.
2. Freeze the cooled mixture into chosen size portions.
3. Incorporate as needed into recipes. See ideas at right.

Examples For Use

Quesadillas (see next page)

Tacos – Prepare in the same way as the filling for quesadillas.

Pasta – Mix into spaghetti sauce with or without meat or toss thawed, warmed veggies with pasta, olive oil, and some parmesan. The vegetables can be chopped larger (1-inch) if prepping just for pasta.

Eggs – Scramble into eggs or use in an omelet.

Mayo-Free Tuna Salad (Serves 2)

Basic:
- 1 5oz can tuna
- 3 Tbsp non-fat plain yogurt OR 1/2 ripe avocado
- 1/2 tsp oregano
- 1/4 tsp rosemary
- Salt to taste
- Pepper

Optional:
- 1 Tbsp celery, minced
- 1 Tbsp carrot, shredded or finely minced
- 1 Tbsp red or yellow onion, minced
- 1 Tbsp fresh parsley, finely chopped

1. Mix all ingredients in a bowl.
2. Spread on sandwich with lettuce, tomato, and mustard and serve!
Jennifer’s Quesadillas  
(Serves 4)

- ¾ lb ground beef or turkey (optional)
- 1 cup onion – zucchini – red bell pepper – mushroom mix (see recipe for Jennifer’s Flexible Veggie Mix)
- 1-2 tablespoons salt-free taco seasoning
- ½ cup canned refried beans, OR ½ cup drained, rinsed, smashed canned whole beans
- 1 cup shredded Mexican or cheddar cheese
- 4 burrito-sized whole wheat tortillas
- 2 teaspoons olive or canola oil
- Salsa

1. Brown ground meat in a sauté pan.
2. Add veggie mix and taco seasoning and heat through.
3. Spread beans onto half of tortilla. Spoon warmed meat and veggie mix onto beans and sprinkle with:

For more delicious flavor as well as a boost in heart-healthy fats, try served with slices of avocado.

Salmon Coleslaw Salad  
(Serves 4)

- ¼ cup mayonnaise
- 2 tablespoons vinegar
- 1 teaspoon sugar
- 1 can of salmon, drained and rinsed (about 5 oz)
- 2 cups cabbage, shredded or thinly sliced
- ½ cup grated carrot
- 2 green onions, thinly sliced
- 1 long celery stick, thinly sliced

1. Whisk together the mayo, vinegar and sugar in a small bowl.
2. In a large bowl, combine the salmon, cabbage, carrot, green onions and celery. Toss together, then pour dressing ingredients on top and toss until evenly coated.
3. Chill for about 1 hour in the refrigerator before serving. May also be eaten immediately if desired.

Not only is cabbage cheap, it’s a great source of nutrients that have protective benefits for the heart and against certain kinds of cancer.
Stuffed Peppers
(Serves 4)

- ½ medium onion, diced
- 1 clove garlic, minced
- ½ lb lean ground beef
- ½ cup cooked brown rice
- 1 teaspoon Worcestershire sauce
- ½ can diced tomatoes
- 2 bell peppers (any color)
- Salt and pepper to taste
- ¾ teaspoons Italian seasoning

1. Preheat the oven to 350°.
2. Halve the bell peppers and remove the tops, seeds and membranes. Blanch peppers for 3 minutes in boiling water. (This partially cooks the peppers and greatly reduces the needed baking time.) Use tongs to remove peppers, drain and place in baking pan, hollow side up.
3. Heat a pan and cook the beef, onions and garlic until the meat is browned and onions are softened.
4. Stir in the rice, Worcestershire and tomatoes.
5. Spoon into the hollowed bell peppers. Extra beef mixture can be spooned into the dish around the bell peppers. Bake for 20 minutes.
Salmon Patties (Serves 2)

- Cooking spray
- 1 tablespoon olive or canola oil
- ½ onion, finely diced
- 2 tablespoons chopped fresh parsley or dill (or 1 teaspoon dried)
- 7.5 oz canned salmon
- 1 large egg, lightly beaten
- ½ tablespoon mustard
- ½ cup whole wheat breadcrumbs
- ½ teaspoon ground black pepper
- ½ lemon, cut into wedges

1. Add onion and parsley or dill to a large bowl. Flake the salmon into the bowl, and stir in beaten egg and mustard.
2. Add the breadcrumbs and pepper, and mix well until everything is evenly blended.
3. Shape into 4 patties.
4. Heat the oil in pan on medium heat, and cook patties about 4-5 minutes on each side, or until golden and heated through.
5. Serve with lemon wedges to squeeze on top.

To get the most heart-healthy benefits of the omega-3 fatty acids in fatty fish, it is recommended we eat at least 2 servings per week.
**Bulgur Salad with Chickpeas**  
*(Serves 4)*

- 1 c. bulgur  
- 1 ¾ c boiling water  
- 1 can chickpeas, rinsed and drained  
- 1 cup drained jarred roasted red pepper, diced - OR - 1 medium fresh red pepper, diced  
- 1 cup halved cherry tomatoes - OR - 1 cup diced tomato  
- ½ c red onion, finely chopped  
- ⅛ c. parsley leaves, minced  

**Dressing:**  
- 1 tablespoon lemon juice  
- 1 tsp honey  
- 1 tsp ground cumin  
- ⅛ tsp cayenne (more or less to taste)  
- 2 tablespoon extra-virgin olive oil  
- ¼ tsp salt  

1. Put the dry bulgur in a medium bowl. Add the boiling water and set aside for 15 – 20 minutes, stirring occasionally.  
2. When the bulgur is softened, drain in a fine mesh strainer if any excess water remains.  
3. While soaking, whisk the dressing ingredients in a small bowl.  
4. To the drained bulgur, add the dressing, chickpeas, peppers, tomato, red onion, and parsley.  
5. Stir gently to combine.  

Consider serving bulgur over lettuce or tucked into pita wedges.
Oven Fried Chicken
(Serves 6)
Adapted from a recipe at www.simplecooking.org

- 1/2 cup lowfat buttermilk
- 1 tablespoon Dijon mustard
- 2 cloves garlic, minced
- 1 teaspoon hot sauce
- 2.5 to 3 pounds bone-in chicken legs, skin removed
- 1/2 cup whole wheat flour
- 2 tablespoons sesame seeds
- 1.5 teaspoons paprika
- 1 teaspoon dried thyme
- 1 teaspoon baking powder
- 1/8 teaspoon salt
- pepper to taste
- 1 tbsp oil

1. Whisk the buttermilk, mustard, garlic and hot sauce. Turn chicken in sauce to coat, then cover and refrigerate in sauce. Let marinate for at least 30 minutes (up to 8 hours).

2. Preheat oven to 425 degrees. Line a baking sheet with foil, and brush with oil.

3. Add flour, sesame seeds, spices, and baking powder to a large, resealable plastic bag, and shake to mix. Then shake thighs two-at-a-time in bag until thoroughly coated.

4. Place coated chicken on baking sheet, and bake for 40 to 50 minutes or until golden brown.
## BASE INGREDIENTS:
- 1-2 tablespoons vegetable oil
- ½ —¾ lb PROTEIN
- 1 tablespoon thinly sliced or minced ginger OR 1/2 teaspoon powdered ginger
- 1 teaspoon garlic, minced
- 3 cups assorted VEGGIES
- 1 tablespoon cornstarch or flour
- ⅓ -3/4 cup broth
- 2-4 tablespoons SAUCE
- 1-2 tablespoons TOPPER

## WHAT TO DO:
1. Heat wok or frying pan until hot. Add enough oil to coat the bottom of the pan. When the oil is hot, add your PROTEIN choice and cook until it changes color, stirring it constantly. Remove from pan and set aside.
2. Wipe out pan with a paper towel. Coat pan again with more oil. Add the VEGGIES that take longer to cook like onions and green beans first, then add the quicker-cooking ones like mushrooms and thawed peas a few minutes later. Next add ginger and garlic and cook until fragrant—about 30 sec.
3. Keep them moving in the pan as they cook, and continue cooking until they have softened yet are still slightly crunchy.
4. Return protein to the pan, and add cornstarch or flour. Stir well, then add broth and stir again. Cook over high heat until sauce thickens slightly. Stir in a SAUCE choice.
5. Serve with TOPPER.

## YOU CHOOSE:
- **PROTEIN**
  - Chicken—breast or thigh, skinned and cut into bite-sized pieces
  - Beef—flank steak cut across the grain or any of the “loin” cuts, cut into bite-sized pieces
  - Pork—chop, tenderloin, or any other “loin” option, cut into bite-sized pieces
  - Shrimp—peeled and deveined
  - Firm or extra-firm tofu, cut into bite-sized cubes
  - 2 eggs, beaten

- **VEGGIES**
  - Onion, sliced
  - Carrots, chopped
  - Celery, chopped
  - Mushrooms, sliced
  - Bell peppers, sliced
  - Broccoli, chopped
  - Green beans, trimmed
  - Snow peas
  - Zucchini, chopped
  - Eggplant, chopped
  - Bok choy, sliced
  - Cabbage, sliced
  - Leeks, sliced
  - Asparagus, cut into 2-inch pieces
  - Cherry tomatoes, halved
  - Baby spinach (add at end)
  - Cauliflower florets, chopped and blanched or microwaved first
  - Frozen peas, thawed
  - Frozen edamame, thawed

- **SAUCE** (low-sodium versions)
  - Chili garlic
  - Black bean
  - Sweet & sour
  - Hoisin
  - Soy
  - Oyster

- **TOPPERS**
  - Roasted cashews
  - Chopped peanuts
  - Sliced green onions or scallions
  - Fresh cilantro, chopped
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