



# ***Eat Smart For Your Heart***



**Nutrition is a key component in reducing your risk of developing heart disease and stroke as well as managing the progression of heart disease.**

**These recipes were developed to help you control your cholesterol levels and blood pressure. They are low in sodium, total fat, saturated fat, trans fatty acids and cholesterol.**

**These great tasting recipes are heart healthy and easy to prepare at home. Discover how tasty low-sodium dishes can be when you add spices and herbs or how satisfying low-fat dishes can be when you add beans and whole grains.**

***For more recipes and nutrition information,  
visit us at <http://nyp.org/nutrition>***

# Breakfast

*Studies have shown that adults who eat breakfast are more likely to maintain a healthy weight and eat less fat and cholesterol throughout the day.*

## Pomegranate Banana Smoothie

This smoothie is full of heart healthy ingredients! Recent studies suggest that the high level of powerful antioxidants called polyphenols in pomegranate juice can provide heart-protecting benefits. Flax contains several disease-fighting compounds, primarily the omega-3 fatty acid, as alpha-linolenic acid, and fiber. Oats are a great whole grain that can help reduce cholesterol. Also, low-fat or non-fat Greek yogurt is a good way to incorporate more protein and calcium into your diet. Part of what makes Greek yogurt different from regular yogurt is that it is strained to remove the whey, giving it a dense texture. It also has more protein and less sugar than an average yogurt but because it is so rich and creamy, you'll think its full fat!

*Recipe Yield: 4 servings*

### Ingredients

2 ripe bananas  
1 cup frozen mixed berries  
¼ cup orange juice  
¼ cup pomegranate juice  
1 cup non-fat plain Greek yogurt  
1 tablespoon flax seed meal  
¼ cup dry oats or oat bran  
½ tsp vanilla extract

### Directions

Puree all ingredients together in a blender.

Thin with water if too thick.

Drink immediately.



Nutrition Facts			
Serving Size 3/4 cup (6 oz)			
Servings Per Container 4			
Amount Per Serving			
Calories 140		Calories from Fat 10	
			% Daily Value*
Total Fat	1g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	25mg		1%
Total Carbohydrate	26g		9%
Dietary Fiber	4g		16%
Sugars	15g		
Protein 7g			
Vitamin A 0%		• Vitamin C 15%	
Calcium 6%		• Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

## Heart Healthy Egg White Breakfast Sandwich

Eating breakfast is a great way to get your metabolism up and running which helps to shed unwanted pounds, reducing your risk for heart disease! This egg white sandwich will be as satisfying as a standard egg and cheese sandwich. Although it is recommended to avoid eating more than 2 egg yolks per week, you can still eat the egg whites. Egg whites are a great source of protein but are low in fat and cholesterol. Remember to choose a low-fat cheese and even a low-sodium option too, if available.

*Recipe Yield:* 1 sandwich

### Ingredients

2 egg whites  
1 tsp olive oil  
1oz low-fat Swiss cheese  
2 slices tomato  
2 slices red onion  
Freshly ground pepper  
2 slices whole grain toast



### Directions

In a small mixing bowl, beat 2 egg whites until slightly frothy.

Toast 2 slices of whole grain bread.

Heat olive oil over medium heat in small skillet and pour in egg whites.

Cook over medium heat until egg whites are cooked through.

Place cooked egg whites on top of 1 slice of toast.

Top egg whites with 1 oz. low fat Swiss cheese, tomato, and onion.

Sprinkle with fresh ground pepper and place second slice of toast on top.

Serve warm.

### Nutrition Facts

Serving Size 1 sandwich  
Servings Per Container 1

Amount Per Serving

**Calories 320**      **Calories from Fat 70**

% Daily Value\*

**Total Fat 8g**      **12%**

Saturated Fat 1.5g      **8%**

Trans Fat 0g

**Cholesterol 10mg**      **3%**

**Sodium 410mg**      **17%**

**Total Carbohydrate 39g**      **13%**

Dietary Fiber 4g      **16%**

Sugars 5g

**Protein 23g**

Vitamin A 8%      • Vitamin C 20%

Calcium 30%      • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

# Soups, Salads, Sandwiches & Pastas

*A variety of whole grains, beans, vegetables, and nuts are used in the following recipes which are great for lunch or dinner.*

## Chunky Vegetable Chili

This hearty recipe is a great way to incorporate lots of veggies and beans into your diet. The mixture of kidney beans and black beans plus all of the cooked veggies provides a hearty texture while maintaining great flavor. It is important to try and choose low-sodium or no salt added canned products!

*Recipe Yield: 8 servings*

### Ingredients

1 tbsp. olive oil  
2 cups chopped onions  
1 cup chopped yellow bell pepper  
1 cup chopped green bell pepper  
1 cup chopped carrots  
1 cup chopped mushrooms  
2 garlic cloves, minced  
1 tbsp. brown sugar  
1 ½ tbsp. chili powder  
1 tsp ground cumin  
1 tsp dried oregano  
½ tsp black pepper  
2 (16-oz) cans stewed tomatoes, undrained  
2 (15-oz) cans unsalted black beans, drained  
1 (15-oz) can unsalted kidney beans, drained

### Directions

Heat oil in a Dutch oven (like a cast-iron or enameled oven) over medium-high heat.

Add onion, bell peppers, carrots, mushrooms and garlic; sauté until tender.

Add sugar and the remaining ingredients, and bring to a boil.

Reduce heat and simmer 30 minutes.

Serve hot.

*\*can add a side green salad to make this a complete meal*



### Nutrition Facts

Serving Size 1 cup  
Servings Per Container 8

Amount Per Serving

**Calories 220**    **Calories from Fat 20**

% Daily Value\*

**Total Fat 2.5g**    **4%**

Saturated Fat 0g    **0%**

Trans Fat 0g

**Cholesterol 0mg**    **0%**

**Sodium 310mg**    **13%**

**Total Carbohydrate 40g**    **13%**

Dietary Fiber 13g    **52%**

Sugars 10g

**Protein 12g**

Vitamin A 80%    •    Vitamin C 90%

Calcium 15%    •    Iron 25%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Butternut Squash Bisque

Butternut squash is a type of winter squash. It can be roasted or steamed, puréed or mashed, and can be used in casseroles, quick breads, muffins or in soups. Butternut squash is especially high in fiber, Vitamin A and Vitamin C, along with other vitamins and minerals. Butternut squash seeds are also excellent when toasted and are high in omega-3 fatty acids as well as iron and zinc.

*Recipe Yield:* 10 servings

### Ingredients

2 tbsp. olive oil  
1 tbsp. chopped garlic  
½ yellow onion, chopped  
2 ½ lbs. butternut squash, peeled, seeded & cut into cubes  
2 ½ quart vegetable stock, low sodium  
1 tsp chopped fresh thyme  
1 tsp chopped fresh sage  
1 tsp chopped fresh parsley  
White pepper, to taste



### Directions

Heat olive oil in stockpot. Add garlic and onions and cook until onions are translucent.

Add squash and cook for about 5 minutes. Add stock and bring to boil. Reduce to simmer and cook until squash is tender and soft. Drain squash and reserve cooking liquid.

Puree squash mixture using blender or food processor, adding cooking liquid, as needed, to make a smooth and thick soup.

Return to the stovetop and briefly simmer adding white pepper to taste.

*Note:* Fresh herbs may be substituted for dry or may be tied together with kitchen string, added to the pot with end of string tied to the handle of the pot while squash is simmering. You can also top your bisque with a few toasted butternut squash seeds as a garnish and additional crunch!

### Nutrition Facts

Serving Size 1 1/4 cup (10 oz)  
Servings Per Container 10

Amount Per Serving

**Calories** 100      **Calories from Fat** 25

% Daily Value\*

**Total Fat** 3g      **5%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 140mg      **6%**

**Total Carbohydrate** 17g      **6%**

Dietary Fiber 3g      **12%**

Sugars 3g

**Protein** 1g

Vitamin A 240%      • Vitamin C 40%

Calcium 8%      • Iron 6%

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	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

# Heart-Healthy Avocado Pita Pocket

Avocados are one of the only fruits that provide “good” fats. They are loaded with monounsaturated oils and also contain polyunsaturated oils, fiber and Vitamin K. Mono and polyunsaturated fats, when consumed in moderation and eaten in place of saturated or trans fats, can help reduce blood cholesterol levels and decrease risk for heart disease. This specific recipe—avocado pita pocket—will supply nearly 10 grams of monounsaturated and polyunsaturated fats

Recipe Yield: 1 Serving

## Ingredients

- 1 whole grain pita pocket
- ¼ avocado (2 oz.)
- 1 oz. low-fat, reduced sodium Swiss cheese
- 2 slices tomato
- 2 slices red onion
- 1 leaf romaine lettuce
- 1 tbsp. Dijon mustard

## Directions

Slice the whole grain pita in half, cutting through the middle, and leaving two half-circle pita pockets.

Next, spread small amount of mustard on the inside of one half of the pita, and stuff with half of the remaining ingredients. Repeat for the other side of the pita.



## Nutrition Facts

Serving Size 1 sandwich  
Servings Per Container 1

Amount Per Serving

**Calories** 350    **Calories from Fat** 100

% Daily Value\*

**Total Fat** 12g    **18%**

Saturated Fat 2.5g    **13%**

Trans Fat 0g

**Cholesterol** 10mg    **3%**

**Sodium** 480mg    **20%**

**Total Carbohydrate** 51g    **17%**

Dietary Fiber 10g    **40%**

Sugars 6g

**Protein** 17g

Vitamin A 15%    •    Vitamin C 30%

Calcium 30%    •    Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



# Tabouleh Salad

Bulgur is a tasty yet versatile whole grain. Bulgur has been traditionally used in tabouleh, which has become a popular Middle Eastern recipe. There are different versions, so feel creative to add spices or other vegetables you may like!

Edamame, more commonly known as a soybean, is a special feature to this recipe. Compared with other beans, soybeans are a rich source of plant-based protein that contains as much complete protein as meat. They are low in saturated fat and have some omega-3 fatty acids; that's why soy products make good protein alternatives in meatless meals!

*Recipe Yield: 4 servings*

## Ingredients

1 cup dry bulgur wheat, uncooked  
2 ½ cups boiling water  
½ cup fresh parsley, chopped  
½ cup fresh basil leaves, chopped  
1 cup edamame, shelled  
¼ cup scallions chopped fine  
1 ½ cups fresh tomatoes, diced  
2 cloves garlic, minced  
1 lemon, juiced  
3 tbsp. extra virgin olive oil  
½ tsp black pepper, ground  
½ tsp salt

## Directions

Boil 2 ½ cups of water.

In a saucepan, pour about 2½ cups of the boiling water over 1 cup of bulgur.

Cover the pan and allow it to stand for about 30 minutes.

Drain the bulgur in a strainer, dump it into a bowl, and fluff it with a fork.

Add all of the other ingredients to the bulgur.

Blend the ingredients, cover the bowl, and chill for several hours.

\*Although the salad can be served immediately, it is best to allow the ingredients to marinate for several hours (or overnight in the refrigerator) to intensify the flavors.



## Nutrition Facts

Serving Size 1 1/2 cups  
Servings Per Container 4

Amount Per Serving

**Calories** 290    **Calories from Fat** 110

% Daily Value\*

**Total Fat** 13g    **20%**

Saturated Fat 1.5g    **8%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 320mg    **13%**

**Total Carbohydrate** 36g    **12%**

Dietary Fiber 10g    **40%**

Sugars 3g

**Protein** 10g

Vitamin A 35%    •    Vitamin C 50%

Calcium 8%    •    Iron 15%

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	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

# Fruity Chicken Salad Wrap with Acorn Squash Salad

Acorn squash are dark green with deep ridges and have a golden yellow flesh. They are high in fiber, Vitamin A, potassium and Vitamin C.

*Recipe Yield:* 4 servings

## Ingredients

### *Fruity Chicken Salad Wrap:*

4 whole wheat wraps  
1 1/3 cups diced grilled chicken  
4 tbsp. reduced fat mayonnaise  
1/3 cup red seedless grapes cut in half  
1/4 cup chopped celery  
1/4 cup diced apple

### *Acorn Squash Salad:*

4 cups cubed, cooked acorn squash (about 2 whole squash)  
1/4 cup chopped, toasted walnuts  
1/3 cup of raisins  
3 tbsp. maple syrup  
1/3 cup orange juice  
2 tbsp. ginger (fresh minced or ground)  
4 tbsp. minced parsley (fresh or freeze dried)  
1 1/2 tbsp. olive oil  
Salt and pepper to taste

## Directions

*Wrap:* Combine the chicken and mayonnaise, stir in grapes, celery and apples. Spread 2 scoops onto whole wheat wrap and fold.

*Salad:* Preheat oven to 375° F. Place halved, cleaned squash on a baking sheet face down and roast until the squash is tender when pierced, 30 to 45 minutes. Set aside to cool.

Combine the orange juice, maple syrup, olive oil, and ginger in a glass jar. Seal tightly and shake vigorously to combine. Season, to taste, with salt and pepper and set aside, allowing dressing to stay at room temperature.

When cool, cut peeled squash into small cubes and transfer to a bowl, mixing with raisins. Next, add the dressing, tossing gently to combine.

Let the mixture sit at room temperature for at least 30 minutes so that the squash can absorb the dressing, or refrigerate for up to 3 hours.

When ready to serve, re-toss and sprinkle with the parsley and walnuts.



## Nutrition Facts

Serving Size 1 wrap with 1 cup side salad  
Servings Per Container 4

Amount Per Serving

**Calories 500**    **Calories from Fat 150**

% Daily Value\*

**Total Fat 17g**    **26%**

Saturated Fat 2g    **10%**

Trans Fat 0g

**Cholesterol 45mg**    **15%**

**Sodium 400mg**    **17%**

**Total Carbohydrate 66g**    **22%**

Dietary Fiber 6g    **24%**

Sugars 19g

**Protein 22g**

Vitamin A 20%    •    Vitamin C 40%

Calcium 8%    •    Iron 20%

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		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



# Chickpea Salad with Tomato, Cucumber & Citrus Vinaigrette

Chickpeas are a good source of iron as well as fiber and protein. It's important to rinse the canned chickpeas or try to find a low-sodium or a no salt added option, as many canned vegetables and beans are packed with sodium. Tomatoes are a good source of lycopene. Lycopene, which is an antioxidant, has been shown to promote a healthy heart. The herbs and spices along with the rice wine vinegar and orange juice used in this recipe are great ways to enhance a dish without adding excess salt.

*Recipe Yield:* 4 servings

## Ingredients

- 1 cup unsalted canned chickpeas, rinsed
- ½ cup tomatoes, diced
- ½ cup cucumber, peeled, seeded and diced
- 1 tablespoon onion, minced
- ¼ tsp garlic, pressed
- ¼ tsp ground cumin
- 1 pinch cayenne pepper
- 1 tbsp. orange juice
- 1 tbsp. seasoned rice wine vinegar
- 1 tbsp. olive oil
- 3 tbsp. parsley, roughly chopped
- ¼ cup reduced fat French feta cheese, crumbled
- 4 cups baby spinach
- 4 whole wheat pitas, toasted (optional)

## Directions

Put onion, garlic, cumin, cayenne, orange juice, rice vinegar, olive oil and salt in a medium bowl. Let stand 5 minutes.

Add the chickpeas, tomatoes, cucumber and parsley and mix. Sprinkle with feta cheese. Adjust seasoning to taste. Serve on top of 1 cup raw baby spinach.

Serve as a salad or put chickpea mix into a warm whole wheat pita stuffed with spinach.



## Nutrition Facts

Serving Size 1/2 cup salad, 1 cup spinach  
Servings Per Container 4

Amount Per Serving

**Calories 140**    **Calories from Fat 45**

% Daily Value\*

**Total Fat 5g**    **8%**

Saturated Fat 1g    **5%**

Trans Fat 0g

**Cholesterol 5mg**    **2%**

**Sodium 260mg**    **11%**

**Total Carbohydrate 18g**    **6%**

Dietary Fiber 4g    **16%**

Sugars 3g

**Protein 6g**

Vitamin A 25%    •    Vitamin C 20%

Calcium 10%    •    Iron 10%

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	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

# Heart Healthy and Plant-Friendly Black Bean Burrito

Eating a more plant-based diet is ecologically friendly and heart healthy. A “green” or plant-friendly diet is comprised mostly of vegetables, whole grains, beans, fruits, nuts and seeds. These foods are packed with essential nutrients that help prevent chronic diseases, like heart disease. A diet high in vegetables, grains and beans is also more sustainable because these foods are lower on the food chain and require less processing.

*Recipe Yield: 5 burritos*

## Ingredients

¾ cup chopped onions  
2 garlic cloves, minced  
2 tbsp. vegetable oil  
1 cup chopped red bell pepper  
1 cup chopped green bell pepper  
15.5 oz. unsalted canned black beans, rinsed  
5 whole wheat tortillas  
5 romaine lettuce leaves  
1 cup chopped tomatoes  
1 cup brown rice, cooked  
1 cup chopped broccoli florets (optional\*)  
1 cup chopped mushrooms (optional\*)  
1 tsp cumin  
½ tsp chili powder  
2 tbsp. fresh cilantro  
Salt and pepper to taste

## Directions

Preheat oven to 350° F, then put tortillas on baking sheet and warm in oven for about 2 minutes.

Place oil, onion, bell pepper and garlic in the skillet and cook for 5 minutes. Pour beans and cooked brown rice into skillet. Cook 5 minutes while stirring. Add herbs and spices and mix well.

Spoon bean mixture evenly down center of the warm tortillas. Place 1 slice of romaine lettuce and some chopped tomatoes on top of mixture. Roll tortillas up and slice in half.

**Note:** To boost your intake of veggies, try adding 1 cup broccoli and 1 cup mushroom. Cook these veggies with the peppers and onions.

**Suggestion:** Serve with a dollop of guacamole and salsa.



## Nutrition Facts

Serving Size 1 burrito  
Servings Per Container 5

Amount Per Serving

**Calories** 320      **Calories from Fat** 80

**% Daily Value\***

**Total Fat** 9g      **14%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 360mg      **15%**

**Total Carbohydrate** 51g      **17%**

Dietary Fiber 9g      **36%**

Sugars 6g

**Protein** 10g

Vitamin A 30%      • Vitamin C 120%

Calcium 6%      • Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Cranberry Walnut Quinoa Salad

Quinoa (pronounced “keen-wah”) is a grain-like crop and cooks similarly to couscous or rice. It has become a popular food not only because of its nutty taste but also because it is packed with protein and fiber. Any vegetable can be substituted or added to this recipe as well for even more fiber, vitamins and minerals.

*Recipe Yield:* 10 servings

### Ingredients

1 cup dry quinoa  
¾ cup dried cranberries  
1 cup frozen broccoli florets, defrosted  
¼ cup walnuts, chopped  
¼ cup green onions, sliced  
¼ cup balsamic vinegar  
1 ½ tbsp. olive oil  
4 cloves garlic, minced  
½ tsp salt  
¼ tsp pepper



### Directions

Combine quinoa with 2 cups water in a medium saucepan and bring to a boil over high heat. Reduce heat to a simmer, cover, and continue cooking for approximately 15-18 minutes or until all water is absorbed.

In a medium bowl, combine cooked quinoa, dried cranberries, broccoli, walnuts and green onions until well mixed.

In a small bowl, whisk the balsamic vinegar, olive oil and garlic until well blended. Pour over the quinoa mixture. Toss until well blended.

Season with salt and pepper to taste.

Chill in the refrigerator for at least 30 minutes before serving.

### Nutrition Facts

Serving Size 1/2 cup  
Servings Per Container 10

Amount Per Serving

**Calories** 140      **Calories from Fat** 45

% Daily Value\*

**Total Fat** 5g      **8%**

Saturated Fat 0.5g      **3%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 125mg      **5%**

**Total Carbohydrate** 21g      **7%**

Dietary Fiber 2g      **8%**

Sugars 7g

**Protein** 3g

Vitamin A 0%      • Vitamin C 6%

Calcium 2%      • Iron 6%

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		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

# Spinach, Zucchini, and Walnut Pasta

Walnuts are a good source of omega-3 fatty acids, which have anti-inflammatory properties. Studies have shown that when walnuts are consumed as part of a low saturated fat and low cholesterol diet, they can reduce total and LDL "bad" cholesterol while preserving levels of HDL "good" cholesterol. Try whole grain pasta or add more veggies like mushrooms or peppers for even more fiber!

*Recipe Yield: 2 servings*

## Ingredients

4 oz. dry rigatoni or linguini  
1 tsp olive oil  
1 clove garlic, minced  
2 large zucchinis, sliced  
1 medium tomato, diced  
4 cups spinach, packed  
1/8 tsp salt  
Ground pepper to taste  
1/4 cup walnuts, chopped  
1 tbsp. roughly chopped fresh basil or 1 tsp dry basil  
1 tsp grated parmesan cheese

## Directions

Cook rigatoni in a pot of boiling water until tender, stirring frequently, approximately 5-10 minutes. Drain, but do not rinse, and set aside.

Meanwhile, heat olive oil in a large skillet over medium-high heat. Add garlic and sauté for 1-2 minutes, until fragrant. Add zucchini and sauté until slightly golden, 3-4 minutes.

Turn the heat down to low, and add the drained pasta, tomatoes and spinach to the skillet. Toss until evenly distributed and the spinach is slightly wilted.

Season with salt and freshly ground pepper to taste.

Top with walnuts, basil and parmesan cheese.

Serve warm.



## Nutrition Facts

Serving Size 2 cups (12 oz)  
Servings Per Container 2

Amount Per Serving

**Calories 410**    **Calories from Fat 130**

% Daily Value\*

**Total Fat 14g**                      **22%**

    Saturated Fat 2g                **10%**

    Trans Fat 0g

**Cholesterol 5mg**                      **2%**

**Sodium 290mg**                      **12%**

**Total Carbohydrate 60g**            **20%**

    Dietary Fiber 7g                **28%**

    Sugars 9g

**Protein 15g**

Vitamin A 45%                      • Vitamin C 90%

Calcium 15%                      • Iron 25%

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		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



# Preparing Lean Poultry, Meat, & Fish

The following recipes include lean cuts of poultry, meat, and fish. Animal protein can be high in saturated fat so it's important to pick lean cuts and monitor portion sizes. There is also a recipe that contains tofu, which can be a great alternative for meat or poultry. Preparing these foods with a marinade full of herbs, spices, and citrus flavors and cooking them on a grill or in a broiler are all great ways to enhance flavor without adding a lot of salt or fat. Remember that a portion of poultry, meat, or fish is 3 ounces, which equivalent in size to a deck of cards.

## Balsamic Flank Steak

Flank steak, which is often also called London broil, is a lean, somewhat tough but flavorful cut of beef that benefits from the tenderizing effects of a marinade. Specifically, try to limit red meats (beef, lamb, veal) to a 3 oz. cooked lean portion no more than 3 times per week. Also, choose beef labeled “select” or “choice” instead of “prime” which usually has more fat.

*Recipe Yield:* 4 servings

### Ingredients

1 lb. flank steak  
¼ cup balsamic vinegar  
2 garlic cloves, minced or pressed  
1 tbsp. olive oil  
1 tsp dried rosemary  
¼ tsp salt  
¼ tsp pepper

### Directions

Combine all ingredients in a large freezer bag or a shallow dish and mix together until steak is evenly coated. Reseal bag or cover dish and place in refrigerator for at least 2 hours or overnight.

Prepare grill or broiler by bringing it to high heat. Cook steak until browned, approximately 5 minutes on each side.

Cut into the center to check for doneness (medium doneness is 160 F if using a meat thermometer).

Let stand for 5 minutes. Cut across the grain into thin slices.

**Suggestion:** Serve flank steak with salad and grilled corn on the cob.



### Nutrition Facts

Serving Size 3 oz  
Servings Per Container 4

Amount Per Serving

**Calories 210**      **Calories from Fat 90**

% Daily Value\*

**Total Fat 10g**      **15%**

Saturated Fat 3g      **15%**

Trans Fat 0g

**Cholesterol 35mg**      **12%**

**Sodium 210mg**      **9%**

**Total Carbohydrate 3g**      **1%**

Dietary Fiber 0g      **0%**

Sugars 2g

**Protein 25g**

Vitamin A 0%      • Vitamin C 2%

Calcium 4%      • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

# Soy Ginger Salmon

It's recommended to eat fatty fish, like salmon, tuna, or mackerel, at least 2 times per week. Salmon has a good source of omega-3 fatty acids. Salmon can be broiled, baked, grilled or poached. Try to avoid smoked or pickled salmon due to its high sodium content.

*Recipe Yield: 4 servings*

## Ingredients

4 3 oz. salmon fillets  
2 tbsp. soy sauce, reduced sodium  
1 tbsp. olive oil  
1 tbsp. honey  
2 tbsp. orange juice/lemon juice  
1 tbsp. fresh grated ginger root  
2 garlic cloves, minced or pressed  
¼ tsp red pepper flakes (optional)  
¼ cup chopped scallions

## Directions

Combine all ingredients, except salmon, in a small bowl and mix together. Place salmon in a shallow dish and spoon about 1 tablespoon of marinade mixture over each salmon fillet. Cover dish and refrigerate for 30 minutes.

Preheat broiler. Meanwhile, place salmon, skin side down, on broiler pan or baking sheet lined with foil or sprayed with nonstick cooking spray.

Broil for approximately 10 minutes, turning once, or until fish flakes with a fork.

Garnish with scallions and serve hot.

**Suggestion:** *Serve salmon with sautéed spinach and brown rice or sautéed Brussels sprouts and quinoa.*



## Nutrition Facts

Serving Size 3 oz  
Servings Per Container 4

Amount Per Serving

**Calories** 180    **Calories from Fat** 70

% Daily Value\*

**Total Fat** 8g    **12%**

Saturated Fat 1.5g    **8%**

Trans Fat 0g

**Cholesterol** 50mg    **17%**

**Sodium** 250mg    **10%**

**Total Carbohydrate** 7g    **2%**

Dietary Fiber 0g    **0%**

Sugars 5g

**Protein** 20g

Vitamin A 2%    •    Vitamin C 6%

Calcium 2%    •    Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**Marinades can be made using a variety of seasonings.** Below you will find a list of different cuisines, paired with suggested ingredients to use in a marinade or finishing sauce. These can be used for poultry, meat, fish, or even tofu. The following recipes can be used for guidance on cooking methods and times for these protein sources.

**Italian:** Olive oil, balsamic vinegar, rosemary, garlic, pepper

**French:** Dijon mustard, olive oil, pepper, Herbes de Provence (a mixture of dried herbs)

**Asian:** Peanut oil, soy sauce, honey, ginger, garlic, citrus juice, red pepper flakes

**Mediterranean:** Olive oil or non-fat yogurt (for finishing sauce), garlic, dill, lemon and/orlemon juice



# Lemon Herb Grilled Chicken

Try to remove skin and visible fat from meat or poultry to reduce excess saturated fat. The skin on a chicken is 80% fat. You can even purchase skinless chicken breast so it's even faster preparation.

*Recipe Yield: 4 servings*

## Ingredients

½ cup dry vermouth or dry white wine  
1 tbsp. chopped chives  
1 tbsp. chopped fresh oregano  
1 tbsp. chopped fresh rosemary  
2 tsp grated lemon rind  
3 tbsp. fresh lemon juice  
1 ½ tbsp. extra-virgin olive oil  
1 tbsp. dry mustard  
1/8 tsp pepper  
8 slices red onion, ½ inch thick  
4 4 oz. skinless chicken breast halves  
Cooking spray

## Directions

Combine vermouth, chives, oregano, rosemary, lemon rind and juice, olive oil, dry mustard, salt and pepper in a small bowl; stir well.

Arrange onion slices in a single layer in a shallow dish. Add chicken breast halves to the dish then pour herb mixture over onion and chicken. Cover and marinate in refrigerator for 1 hour.

Prepare grill by bringing it to medium-high heat. Remove onion slices and chicken from dish, reserving marinade. Place chicken breast halves, bone sides up, on grill rack coated with cooking spray.

Grill chicken for 10-15 minutes, turning and basting with reserved marinade after 5 minutes. Chicken is cooked when internal temperature of the chicken is 165° F (note: time may depend on thickness of chicken and temperature of grill). Grill onion slices 6 minutes or until tender, turning and basting with reserved marinade after 3 minutes.

**Suggestion:** Serve grilled chicken with steamed broccoli and a small baked sweet potato.



## Nutrition Facts

Serving Size 4 oz chicken  
Servings Per Container 4

Amount Per Serving

**Calories 240**      Calories from Fat 80

% Daily Value\*

**Total Fat 9g**      **14%**

Saturated Fat 1.5g      **8%**

Trans Fat 0g

**Cholesterol 65mg**      **22%**

**Sodium 370mg**      **15%**

**Total Carbohydrate 9g**      **3%**

Dietary Fiber 2g      **8%**

Sugars 4g

**Protein 24g**

Vitamin A 2%      • Vitamin C 20%

Calcium 4%      • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

# Turkey Burger

The ground 99% lean turkey breast used in this recipe is a healthier alternative to a traditional beef burger because it is lower in saturated fat. You can even pair this juicy burger with some baked sweet potato fries for a guilt-free, yet delicious meal!

*Recipe Yield:* 9 burgers

## Ingredients

3 medium yellow onions, chopped fine  
1 clove garlic, minced  
2 tbsp. olive oil  
1 1/3 pounds ground 99% lean turkey breast  
3 tbsp. whole wheat bread crumbs  
2 tbsp. barbeque sauce  
3 tbsp. quick-cooking oats (not instant)  
1 tsp dried basil  
1 tsp dried oregano  
1/4 tsp salt  
1/4 tsp ground pepper  
9 whole wheat buns

## Directions

Warm the oil in a large skillet. Add the onions and garlic and cook over medium heat, stirring often, for about 10 minutes, or until the onions start to brown. Add water, 1 tablespoon at a time, as necessary to prevent burning.

Remove from the heat. Transfer to a large bowl and let cool for 10 minutes.

To the same bowl, add the turkey, bread crumbs, barbecue sauce, oats, basil, oregano, salt and pepper and mix well. Shape the mixture into 9 burgers.

Coat a large nonstick skillet or grill with cooking spray and cook the burgers over medium heat for about 5 minutes, or until browned and crispy. Flip the burgers carefully and cook for 5 minutes longer, or until golden brown and the meat is no longer pink inside (and a thermometer inserted in the center registers 165° F).

Place burgers on whole wheat buns and serve hot with lettuce, tomato and onion or to your liking.

**Suggestion:** Serve turkey burger with baked sweet potato fries and grilled veggies like portabella mushrooms, bell peppers, zucchini, asparagus, or eggplant.



## Nutrition Facts

Serving Size 1 burger with bun  
Servings Per Container 9

Amount Per Serving

**Calories 250**      **Calories from Fat 60**

% Daily Value\*

**Total Fat 6g**      **9%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol 25mg**      **8%**

**Sodium 360mg**      **15%**

**Total Carbohydrate 30g**      **10%**

Dietary Fiber 4g      **16%**

Sugars 6g

**Protein 21g**

Vitamin A 0%      • Vitamin C 4%

Calcium 6%      • Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

# Tofu, Mushroom & Bok Choy Stir-Fry

Tofu, which is made from soybeans, is an excellent meat or poultry alternative as it is a good source of protein but is low in fat and has no cholesterol. Studies have shown that consuming at least 25 grams of soy protein each day may improve heart health. This beneficial effect may be related to a bioactive component in soybeans, called isoflavones. Stir-frying is a quick and healthy way to prepare dishes, as this method requires a small amount of fat and food is heated at a high temperature for a short period of time. If you've never cooked with sesame oil, you'll notice how much flavor it can provide, even when a small quantity is used!

*Recipe Yield:* 4 servings

## Ingredients

1 tsp cornstarch  
2 tbsp. low-sodium soy sauce  
2 tsp minced fresh ginger  
2 tsp Thai chile sauce, such as Sriracha  
2 cloves garlic, minced  
1/4 tsp sesame oil  
Cooking spray  
10 oz. or 2 ½ cups extra-firm tofu, drained  
and cut into bite-sized cubes  
1 lb bokchoy, cut into 1 ½ -inch pieces  
2 cups sliced fresh shiitake mushrooms

## Directions

Whisk together cornstarch and 1 tsp water in a small bowl. Then, whisk in soy sauce, ginger, chile sauce, garlic, and sesame oil.

Spray wok with cooking spray and heat over medium-high heat. . Stir-fry tofu 7 minutes, or until golden brown; transfer to plate. Stir-fry bok choy 4 minutes; transfer to plate.

Stir-fry mushrooms 2 minutes, or until tender. Return tofu and bok choy to pan. Stir in soy sauce mixture, and stir-fry 1 minute, or until hot.

*Suggestion:* Serve tofu stir-fry with brown rice. A ½ cup serving of cooked brown rice will provide an additional 110 calories and 2 grams of fiber.



## Nutrition Facts

Serving Size 1 cup  
Servings Per Container 4

Amount Per Serving

**Calories** 110      **Calories from Fat** 40

% Daily Value\*

**Total Fat** 4.5g      **7%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 430mg      **18%**

**Total Carbohydrate** 9g      **3%**

Dietary Fiber 3g      **12%**

Sugars 3g

**Protein** 9g

Vitamin A 100% • Vitamin C 90%

Calcium 25% • Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

# Baked Sweet Potato Fries

This healthy and delicious recipe makes a great substitute for traditional French fries. Sweet potatoes are an excellent source of beta-carotene, which is a precursor of vitamin A. Sweet potatoes are also a very good source of vitamin C and manganese, and a good source of dietary fiber, vitamin B6, and potassium.

*Recipe Yield: 4 servings*

## Ingredients

1 tbsp. olive oil  
¾ pound unpeeled sweet potatoes, scrubbed and cut into 1/8-inch-thick slices (about 1 ½ -2 medium potatoes)



## Directions

Preheat oven to 450° F, with oven rack placed in the upper third of oven.

Arrange potato slices on an oiled baking sheet in rows so they are not touching each other. Brush slices with oil.

Place in oven and cook for 10 minutes. Turn slices with a spatula. Continue to cook for another 10 minutes, or until golden and crisp.

Transfer the potatoes to paper towels to drain. Serve warm.

## Nutrition Facts

Serving Size about 12 pieces  
Servings Per Container 4

Amount Per Serving	
<b>Calories</b> 90	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 45mg	<b>2%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 4g	

### Protein 1g

Vitamin A 80% • Vitamin C 20%

Calcium 2% • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## **Boost Your Veggie Intake!**

*Aim to fill half of your plate with veggies. This will help you meet or exceed the recommended daily intake of vegetables, which is at least 3 servings a day.*

**1 serving of veggies = 1 cup raw or ½ cup cooked**

*A colorful variety is even better! Here are some suggestions:* broccoli, asparagus, Brussels sprouts, spinach, kale, collard greens, bell peppers, carrots, salad greens, cucumbers, cabbage, mushrooms, bok choy, zucchini, yellow squash, beets, cauliflower; starchy veggies: potatoes, sweet potatoes, corn, peas, plantains, winter squash





# Choose More Herbs & Spices, Less Salt!

## What is salt?

- Salt is a mineral composed of Sodium and Chloride, two essential elements.
- These essential elements are needed in the body to maintain a normal pH, to control muscle activity, to regulate blood pressure, and to control the amount of fluid in the body.
- 1 teaspoon of salt contains 2,300 mg of sodium

## How much sodium do I need in a day?

- Healthy individuals should aim to limit the sodium in our daily diets to less than 2,300 mg of sodium per day.
- Those with blood pressure/heart disease should aim for less than 2,000 mg of sodium

## Benefits of Lowering Salt Intake

- Helps to lower blood pressure
- Helps prevent collection of fluid in legs or abdomen
- May help reduce risk of having a stroke
- Reduces risk for kidney disease
- Reduces risk for osteoporosis

### Here is a low sodium recipe for a savory spice blend:

5 tsp onion powder  
2 ½ tsp garlic powder  
2 ½ tsp paprika  
2 ½ tsp dry mustard  
1 ½ tsp crushed thyme  
½ tsp white pepper  
¼ tsp celery seed

Here are some flavorful seasonings to consider as an alternative to salt :

### Beef

- Basil
- Bay Leaf
- Caraway
- Curry
- Dill
- Dry mustard
- Garlic
- Green Pepper
- Mace
- Marjoram
- Mushrooms
- Nutmeg
- Onion
- Onion powder
- Parsley
- Pepper
- Rosemary
- Sage

### Chicken

- Basil
- Cloves
- Cranberry
- Mace
- Mushrooms
- Nutmeg
- Oregano
- Paprika
- Parsley
- Pineapple
- Sage
- Saffron
- Savory
- Tarragon
- Thyme
- Turmeric
- Tomato

### Fish

- Basil
- Bay leaf
- Chervil
- Curry
- Dill
- Dry Mustard
- Green Pepper
- Lemon Juice
- Marjoram
- Mushrooms
- Paprika
- Pepper
- Tarragon
- Tomato
- Turmeric

### Vegetables

- Basil
- Dill
- Garlic
- Garlic Powder
- Ginger
- Lemon Juice
- Mace
- Marjoram
- Nutmeg
- Onion
- Onion Powder
- Tarragon
- Tomato
- Salt-free salad dressing
- Vinegar

### Eggs

- Chervil
- Curry
- Dill
- Dry mustard
- Garlic
- Garlic powder
- Green pepper
- Mushrooms
- Nutmeg
- Onion
- Onion powder
- Paprika
- Parsley
- Rosemary
- Tarragon
- Tomato

For more information please visit our website

[www.nyp.org/nutrition](http://www.nyp.org/nutrition)



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