

Five delicious heart-healthy recipes

1. Quinoa and red pepper chili

This vegetarian version of a classic winter staple is lower in sodium and packed with fiber. Beans (no salt added) and quinoa provide vegetarian protein sources with plentiful nutrients and fiber but minimal fat. Including a variety of vegetables and whole grains ensures high levels of antioxidants, which research suggests protect against cardiovascular disease.

Serves: 4

Ingredients

- 2 red bell peppers
- 2 poblano chilies
- 4 teaspoons olive oil
- 3 cups chopped zucchini
- 1 ½ cups chopped onion
- 4 garlic cloves, minced
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- ½ teaspoon Spanish smoked paprika
- ½ cup water
- ⅓ cup uncooked quinoa, rinsed
- ¼ teaspoon kosher salt
- 1 (14.5-ounce) can fire-roasted diced tomatoes, undrained
- 1 (15-ounce) can no-salt-added pinto beans, rinsed and drained
- 1 cup low-sodium vegetable broth
- 1 avocado

Preparation

Preheat broiler.

Cut bell peppers and chiles in half lengthwise; discard seeds and membranes. Place halves, skin side up, on a foil-lined baking sheet, and flatten with hand. Broil 10 minutes or until blackened. Place in a paper bag; fold to close tightly. Let stand 10 minutes. Peel and coarsely chop. For quicker cook time, skip this step and sauté peppers with zucchini, onion, and garlic in step 3.

Heat a large Dutch oven over medium-high heat. Add oil to pan; swirl to coat. Add zucchini, onion, and garlic; sauté 4 minutes. Stir in chili powder, cumin, and paprika; sauté for 30 seconds. Add roasted peppers and chilies, 1/2 cup water, and remaining ingredients; bring to a boil. Reduce heat to medium-low; cover and simmer for 20 minutes or until quinoa is tender.

Top with chopped avocado



Nutritional information

Calories: 678 | Total fat: 18.6g (24%) | Saturated fat: 3.2g (16%) | Cholesterol: 0mg (0%) | Sodium: 502mg (22%) | Total carbohydrate: 102.1g (37%) | Dietary fiber: 26.7g (95%) | Total sugars: 13.9g | Protein: 30.5g | Calcium: 210mg (16%) | Iron: 8mg (47%) | Potassium: 2288mg (49%)

2. Baked Cajun catfish and collard greens

This version of a Southern staple features less saturated fat and sodium while highlighting the health benefits of two key ingredients, fish and collard greens. The American Heart Association recommends eating two servings of fish per week. For added benefit, try substituting a fatty fish such as trout. Fattier fish have higher levels of omega-3 fatty acids.

Serves: 4

Ingredients

- 1 tablespoon vegetable oil
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon pepper
- ½ teaspoon cayenne pepper (more or less, depending on desired spiciness)
- 1 ½ teaspoon paprika
- 1 teaspoon thyme
- 4 fillet catfish (you can substitute any white fish, such as tilapia or trout)
- Non-stick cooking spray
- ½ small onion (thinly sliced)
- 1 teaspoon jarred, minced garlic
- 1 Bunch collard greens
- 2 tablespoon water
- 1 cooked, diced slice Canadian bacon (cooked in microwave)
- 1 tablespoon cider vinegar

Preparation

In a shallow bowl, combine oil, garlic powder, onion powder, pepper, cayenne, paprika, and thyme.

Prepare a 9×13 baking dish with non-stick spray.

Coat fish fillets in seasoning mixture and place in baking dish. Pour any remaining seasoning mixture over fish.

Bake at 425 degrees for 15 minutes, until fish flakes with a fork.



Prepare the greens: Wash the greens and blot lightly with paper towel.

Remove stems from larger leaves by stripping the leaf off from either side of the stem (it is OK to leave the stems on the tender inner leaves).

Stack eight leaves together, roll up, and slice into 1-inch sections.

In a large skillet, heat oil on medium heat. Add onion and cook until translucent (3 minutes, stirring occasionally).

Add garlic and cook 30 seconds more.

Add red pepper, greens, vinegar, water, and Canadian bacon.

Cover and cook until tender (20 minutes).

Nutritional information

Calories: 194 | Total fat: 12.2g (16%) | Saturated fat: 2.9g (14%) | Cholesterol: 68mg (23%) | Sodium: 253mg (11%) | Total carbohydrate: 2.9g (1%) | Dietary fiber: 1.3g (5%) | Total sugars: 0.7g | Protein: 19.1g | Calcium: 35mg (3%) | Iron: 1mg (4%) | Potassium: 61mg (1%)

3. Overnight banana walnut oatmeal

This recipe is made in a slow cooker, allowing you to prepare for the week ahead. To reheat, mix with a small amount of water or milk and warm in the microwave.

Serves: 4

Ingredients

1 ½ cups steel cut oats
7 ½ cups water
2 teaspoons vanilla extract
1 ½ teaspoons ground cinnamon
½ teaspoon nutmeg
⅛ teaspoon salt
1 cup chopped walnuts
2 ripe bananas, mashed

Preparation

Place all ingredients except the walnuts in the bottom of a slow cooker and stir to combine.

Cover and cook on low for 7–8 hours or on high for 4 hours.



Remove cover and stir to combine the ingredients evenly.

Top with walnuts.

Add low-fat yogurt or additional cinnamon if desired.

Nutritional information

Calories: 372 | Total fat: 20.7g (27%) | Saturated fat: 1.5g (8%) | Cholesterol: 0mg (0%) | Sodium: 672mg (29%) | Total carbohydrate: 38.5g (14%) | Dietary fiber: 7.3g (26%) | Total sugars: 8.2g | Protein: 38.2g | Calcium: 61mg (5%) | Iron: 3mg (14%) | Potassium: 498mg (11%)

4. Mediterranean chicken

This simple dish is ready in under 30 minutes, making it a great go-to weeknight choice. Serve with whole grains and vegetables to round out the meal.

Serves: 4

Ingredients

1 pint grape tomatoes
16 kalamata olives, pitted and halved
3 tablespoons olive oil
4 boneless chicken breast halves
1 15 ounce can no-salt added chickpeas, rinsed and drained
1 lemon



Preparation

Preheat oven to 475 degrees. Toss tomatoes, olives, and 2 tablespoons of oil together in a medium bowl. Set aside.

Rinse chicken and pat dry.

Heat a large ovenproof skillet over high heat until hot.

Add remaining tablespoon oil; heat until hot but not smoking.

Place chicken in skillet; cook until deep golden brown (about 4 minutes).

Turn chicken over.

Add tomato mixture and chickpeas to skillet.

Transfer skillet to oven. Roast until chicken is cooked through and tomatoes have softened (about 18 minutes).

Add juice of one lemon and salt and pepper to taste.

Nutritional information

Calories: 544 | Total fat: 19.6g (25%) | Saturated fat: 3.5g (18%) | Cholesterol: 146mg (49%) | Sodium: 596mg (26%) | Total carbohydrate: 30g (11%) | Dietary fiber: 7.7g (24%) | Total sugars: 2.7g | Protein: 61.4g | Calcium: 87mg (7%) | Iron: 4mg (22%) | Potassium: 773mg (16%)

5. Salmon salad wrap

Whole grains and vegetables combine with healthy fats from salmon and olive oil to create a delicious wrap. Low sodium remains an important but challenging component of a heart-healthy diet. You can limit sodium in your diet by decreasing reliance on processed foods and always looking for canned items with no salt added. Seasoning with herbs, spices, and lemon juice also helps reduce reliance on salt for flavor.



Serves: 4

Ingredients

2 5-ounce can skinless, boneless salmon, drained well
¼ cup chopped fresh parsley
¼ cup diced red onion
2 tablespoons extra virgin olive oil
½ teaspoon grated lemon peel
2 tablespoons fresh lemon juice
12 leaves romaine lettuce, thick ribs removed
4 large 100% whole wheat tortillas (about 9 inches in diameter)
½ cup sliced red peppers
1 large ripe tomato, halved and sliced

Preparation

In medium bowl, combine salmon, parsley, onion, oil, lemon peel, and lemon juice. Add salt and pepper to taste.

To make each sandwich, place 3 lettuce leaves on a tortilla. Top each with a quarter of the salmon salad and a few red pepper slices and tomato slices. Fold the tortilla about an inch over each end of the filling, then roll up.

Nutritional information

Calories: 313 | Total fat: 13.8g (18%) | Saturated fat: 3g (15%) | Cholesterol: 41mg (14%) | Sodium: 494mg (21%) | Total carbohydrate: 28g (10%) | Dietary fiber: 6.3g (22%) | Total sugars: 4.8g | Protein: 21.9g | Calcium: 115mg (9%) | Iron: 3mg (14%) | Potassium: 231mg (5%)