

## SIDE DISHES

### Classic Macaroni and Cheese

This recipe proves you don't have to give up your favorite dishes to eat heart healthy meals—here's a lower fat version of a true classic.

- 2 c macaroni
- ½ c onions, chopped
- ½ c evaporated skim milk
- 1 medium egg, beaten
- ¼ tsp black pepper
- 1 ¼ c (4 oz) low-fat sharp cheddar cheese, finely shredded
- As needed, nonstick cooking spray

1. Cook macaroni according to directions, but do not add salt to the cooking water. Drain and set aside.
2. Spray casserole dish with nonstick cooking spray. Preheat oven to 350° F.
3. Lightly spray saucepan with nonstick cooking spray. Add onions and sauté for about 3 minutes.
4. In another bowl, combine macaroni, onions, and rest of ingredients and mix.
5. Transfer mixture into casserole dish.
6. Bake for 25 minutes, or until bubbly. Let stand for 10 minutes before serving.

**Yield:** 8 servings  
**Each serving provides:**  
Total fat: 4 g  
Cholesterol: 34 mg  
Total fiber: 1 g  
Carbohydrates: 29 g

**Serving size:** ½ cup  
Calories: 200  
Saturated fat: 2 g  
Sodium: 120 mg  
Protein: 11 g  
Potassium: 119 mg



Classic Macaroni and Cheese



Spicy Okra

### Spicy Okra

This zesty okra dish is packed with flavor, but low in saturated fat and sodium, made with low-sodium tomatoes and gently simmered instead of fried.

- 2 packages (10 oz each) frozen, cut okra
- 1 Tbsp vegetable oil
- 1 medium onion, coarsely chopped
- 1 can (14 ½ oz) no-salt-added diced tomatoes
- 1 fresh jalapeño pepper (or habanero chile pepper), pierced 3 times with a fork
- ½ tsp salt
- ¼ tsp ground black pepper

1. Rinse okra in a colander under hot water.
2. Heat oil in a 10-inch heavy skillet over moderately high heat. Add onion and sauté for about 3 minutes.
3. Add tomatoes (including juice) and jalapeño pepper, and bring to a boil. Stir the mixture for 8 minutes.
4. Add okra and cook, gently stirring, until okra is tender, about 5 minutes.
5. Stir in salt and black pepper, and discard the jalapeño pepper before serving.

**Yield:** 10 servings  
**Each serving provides:**  
Total fat: 4 g  
Cholesterol: 0 mg  
Total fiber: 5 g  
Carbohydrates: 15 g

**Serving size:** ½ cup  
Calories: 99  
Saturated fat: 1 g  
Sodium: 133 mg  
Protein: 4 g  
Potassium: 563 mg

## DESSERTS

### 1-2-3 Peach Cobbler

What could be better than peach cobbler straight from the oven? A heart healthy version!

- ½ tsp ground cinnamon
- 1 Tbsp vanilla extract
- 2 Tbsp cornstarch
- 1 c peach nectar
- ¼ c pineapple or peach juice (can use juice from canned peaches)
- 2 cans (16 oz each) peaches, packed in juice, drained, (or 1 ¾ lb fresh), sliced
- 1 Tbsp tub margarine
- 1 c dry pancake mix
- ¾ c all-purpose flour
- ½ c sugar
- ¾ c evaporated skim milk
- As needed, nonstick cooking spray
- ½ tsp nutmeg
- 1 Tbsp brown sugar

1. Combine cinnamon, vanilla, cornstarch, peach nectar, and pineapple or peach juice in saucepan over medium heat. Stir constantly until mixture thickens and bubbles.
2. Add sliced peaches to mixture. Reduce heat and simmer for 5-10 minutes.
3. In another saucepan, melt margarine and set aside.
4. Lightly spray 8-inch square glass dish with cooking spray. Pour in peach mixture.
5. In another bowl, combine pancake mix, flour, sugar, and melted margarine. Stir in milk. Quickly spoon this mixture over peach mixture.
6. Combine nutmeg and brown sugar. Sprinkle mixture on top of batter.
7. Bake at 400° F for 15-20 minutes, or until golden brown. Cool and cut into 8 squares.

**Yield:** 8 servings  
**Each serving provides:**  
Total fat: 4 g  
Cholesterol: 0 mg  
Total fiber: 2 g  
Carbohydrates: 54 g

**Serving size:** 1 square  
Calories: 271  
Saturated fat: 0 mg  
Sodium: 263 mg  
Protein: 4 g  
Potassium: 284 mg

### Summer Breeze Smoothie

Here's a perfect low-fat thirst quencher.

- 1 c nonfat plain yogurt
- 6 medium strawberries
- 1 c pineapple, crushed, canned in juice
- 1 medium banana
- 1 tsp vanilla extract
- 4 ice cubes

1. Place all ingredients in blender, and puree until smooth.
2. Serve in frosted glasses.

**Yield:** 3 servings  
**Each serving provides:**  
Total fat: 0 g  
Cholesterol: 1 mg  
Total fiber: 2 g  
Carbohydrates: 24 g

**Serving size:** 1 c  
Calories: 121  
Saturated fat: 0 g  
Sodium: 64 mg  
Protein: 6 g  
Potassium: 483 mg



Summer Breeze Smoothie

## THE HEART TRUTH<sup>®</sup> for Women



## WHEN DELICIOUS MEETS NUTRITIOUS: RECIPES FOR HEART HEALTH

Here's some terrific news: What's good for your heart can be great for your taste buds. As the recipes that follow show, you don't have to lose flavor to gain health. Heart healthy cooking simply means making dishes with less saturated fat, *trans* fat, and sodium than traditional recipes and using lots of herbs and spices for flavor. As an added bonus, these dishes have fewer calories than those higher in fat.

The entire family can enjoy the recipes that follow. That's important, because good eating habits need to start early. So, cook up some "Classic Macaroni and Cheese" and "1-2-3 Peach Cobbler" and teach your kids or grandkids how delicious good health can taste. Chances are, they'll want another lesson.

These recipes were specially developed by the National Heart, Lung, and Blood Institute (NHLBI). If this collection whets your appetite for more information on healthy eating or other heart health topics, visit the NHLBI online at [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov). Enjoy!



U.S. Department of Health and Human Services  
National Institutes of Health  
National Heart, Lung, and Blood Institute



# ENTRÉES

## Crispy Oven-Fried Chicken

This flavorful, crispy chicken has less saturated fat than fried chicken because it's made with skinless chicken breasts and it's baked with only a small amount of oil.

- ½ c fat-free milk or buttermilk
- 1 tsp poultry seasoning, divided
- 1 c cornflakes, crumbled
- 1 ½ Tbsp onion powder
- 1 ½ Tbsp garlic powder
- 2 tsp ground black pepper
- 2 tsp dried hot pepper, crushed
- 1 tsp ground ginger
- 8 pieces skinless chicken (4 breasts, 4 drumsticks)
- A few shakes paprika

1. Put milk in a bowl, add ½ teaspoon of poultry seasoning, and mix. Set aside.
2. Combine remaining ½ teaspoon of poultry seasoning and all other spices (except paprika) with cornflake crumbs, and place in plastic bag.
3. Wash chicken and pat dry. Dip a piece of chicken into milk mixture and shake to remove excess. Quickly put into plastic bag and shake with seasonings and crumbs to coat. Remove the chicken from the bag; repeat for all pieces of chicken.
4. Refrigerate chicken for 1 hour.
5. Remove chicken from the refrigerator and sprinkle lightly with paprika for color.
6. Preheat oven to 350° F. Space chicken pieces evenly on a greased baking pan.
7. Cover with aluminum foil and bake for 40 minutes. Remove foil and continue baking for another 30 to 40 minutes, or until meat can easily be pulled away from the bone with fork.
8. Drumsticks may require less baking time than breasts. The seasoning will form a crispy “skin.” (Note: Do not turn chicken during baking.)

**Yield:** 10 servings  
**Serving size:** ½ breast or 2 small drumsticks  
**Each serving provides:**  
Total fat: 3 g  
Cholesterol: 49 mg  
Total fiber: 1 g  
Carbohydrates: 6 g  
Calories: 117  
Saturated fat: 1 g  
Sodium: 67 mg  
Protein: 17 g  
Potassium: 1 mg



## Baked Salmon Dijon

This salmon entrée is easy to make and a delicious treat for family and friends.

- 1 c fat-free sour cream
- 2 tsp dried dill
- 3 Tbsp scallions, finely chopped
- 2 Tbsp Dijon mustard
- 2 Tbsp lemon juice
- 1 ½ lbs salmon fillet with skin, cut in center
- ½ tsp garlic powder
- ½ tsp black pepper
- As needed, fat-free cooking spray

1. Whisk sour cream, dill, onion, mustard and lemon juice in small bowl to blend.
2. Preheat oven to 400° F. Lightly oil baking sheet with cooking spray.
3. Place salmon, skin side down, on prepared sheet. Sprinkle with garlic powder and pepper. Spread with the sauce.
4. Bake salmon until just opaque in center, about 20 minutes.

**Yield:** 6 servings  
**Each serving provides:**  
Total fat: 7 g  
Cholesterol: 76 mg  
Total fiber: less than 1 g  
Carbohydrates: 5 g

**Serving size:** 1 piece (4 oz)  
Calories: 196  
Saturated fat: 2 g  
Sodium: 229 mg  
Protein: 27 g  
Potassium: 703 mg

## Jumpin' Jambalaya

This hearty jambalaya is made with turkey kielbasa and chicken, low-sodium broth and tomatoes, and brown rice for less saturated fat, less sodium, and more fiber.

- 1 lb boneless, skinless chicken breast
- 14 oz low-fat turkey kielbasa
- Nonstick cooking spray
- 1 medium celery stalk, chopped
- 2 small onions, chopped
- 4 cloves garlic, chopped
- 1 small bunch green onions, chopped
- 1 medium green bell pepper, chopped
- 1 can (14 ½ oz) no-salt-added diced tomatoes
- 1 ½ c uncooked brown rice
- 4 c water
- 2 cubes low-sodium chicken bouillon
- 1 bay leaf
- 1 ½ tsp cayenne pepper
- 3 Tbsp finely chopped parsley

1. Wash chicken and pat dry. Cut the chicken breast and kielbasa into 1-inch chunks.
2. Spray a medium-sized pot with nonstick cooking spray. Brown the chicken and kielbasa over medium heat and remove from the pot.
3. Add next 6 ingredients to the same pot, and cook over medium heat for 10 minutes.
4. Return the cooked meat to the pot; add the brown rice, water, bouillon, bay leaf, and cayenne pepper. Bring to a boil. Cover, reduce heat, and let simmer for about 50 minutes, or until the water is evaporated (instant brown rice will take less time to cook).
5. Stir in parsley and serve warm.

**Yield:** 9 servings  
**Each serving provides:**  
Total fat: 4 g  
Cholesterol: 53 mg  
Total fiber: 5 g  
Carbohydrates: 31 g  
**Serving size:** 1 c  
Calories: 250  
Saturated fat: 1 g  
Sodium: 531 mg  
Protein: 22 g  
Potassium: 427 mg



## Zucchini Lasagna

Say “Cheese,” because this healthy version of a favorite comfort food will leave you smiling.

- ½ lb lasagna noodles, cooked in unsalted water
- ¾ c mozzarella cheese, part-skim, grated
- 1 ½ c cottage cheese\*, fat-free
- ¼ c Parmesan cheese, grated
- 1 ½ c zucchini, raw, sliced
- 2 ½ c tomato sauce, no salt added
- 2 tsp basil, dried
- 2 tsp oregano, dried
- ¼ c onion, chopped
- 1 clove garlic
- ⅛ tsp black pepper

1. Preheat oven to 350° F. Lightly spray 9- x 13-inch baking dish with vegetable oil spray.
2. In small bowl, combine ⅓ cup mozzarella and 1 Tbsp Parmesan cheese. Set aside.
3. In medium bowl, combine remaining mozzarella and Parmesan cheese with all of the cottage cheese. Mix well and set aside.
4. Combine tomato sauce with remaining ingredients. Spread thin layer of tomato sauce in bottom of baking dish. Add third of noodles in single layer. Spread half of cottage cheese mixture on top. Add layer of zucchini.
5. Repeat layering.
6. Add thin coating of sauce. Top with noodles, sauce, and reserved cheese mixture. Cover with aluminum foil.
7. Bake for 30-40 minutes. Cool for 10 to 15 minutes. Cut into 6 portions.

**Yield:** 6 servings  
**Each serving provides:**  
Total fat: 5 g  
Cholesterol: 12 mg  
Total fiber: 3 g  
Carbohydrates: 24 g  
\*Use unsalted cottage cheese to reduce the sodium content to 165 mg per serving.  
**Serving size:** 1 piece  
Calories: 200  
Saturated fat: 3 g  
Sodium: 368 mg  
Protein: 15 g  
Potassium: 593 mg

# THE HEART TRUTH®

*The Heart Truth*® (www.hearttruth.gov), sponsored by the National Heart, Lung, and Blood Institute (NHLBI), part of the National Institutes of Health, is a national education program for women that raises awareness about heart disease and its risk factors and educates and motivates them to take action to prevent the disease.

The centerpiece of *The Heart Truth* is the *Red Dress*®, which was created by the NHLBI and introduced as the national symbol for women and heart disease awareness in 2002. *The Red Dress*® is a powerful red alert that inspires women to learn more about their personal risk for heart disease and take action to protect their heart health.

## KEEPING THE “HEART” IN YOUR FAVORITE RECIPES

With a few changes, you can protect your family's heart health when cooking family favorites. Here's how:

### Dairy Products

- Cook with low-fat or fat-free regular, dry, or evaporated milk.
- Use reduced-fat cheeses and yogurt.

### Spices and Flavorings

- Flavor foods with herbs, spices, lemon, lime, vinegar, or salt-free seasoning blends, instead of salt.
- Choose low-sodium bouillon and broths.

### Oils and Butter

- Use cooking oil spray to lower fat and calories.
- Use a small amount of vegetable oil, instead of lard, butter, or other fats that are hard at room temperature.

### Meats and Poultry

- Choose lean cuts of meat and remove any visible fat.
- Remove skin from chicken and other poultry before cooking.
- Broil, bake, roast, or poach instead of frying.

### Sandwiches and Salads

- Use fat-free or low-fat dressing, yogurt, or mayonnaise.
- For salad dressing, use equal parts water and vinegar, and half the oil.

## Soups and Stews

- Remove fat from homemade broths, soups, and stews by preparing them ahead and chilling them. Before reheating, lift the hardened fat off the surface.
- Make main dishes with whole-grain pasta, brown rice, beans, and peas for more fiber.

## When You Buy Prepared Foods

- Check nutrition labels to choose frozen dinners and pizzas that are lowest in saturated and *trans* fats and sodium. Make sure the dinners include vegetables, fruits, and grains—as well as protein foods—or add them on the side.
- Choose store-prepared foods that are broiled, baked, roasted, or poached and that are prepared with minimal sauces, cheeses, and breading.

## When You Dine Out

- Reduce portion sizes by ordering appetizers as your main meal. If you order a large entrée, pack up half of it for tomorrow's lunch.
- Select foods cooked by low-fat methods such as broiled, baked, roasted, poached, or lightly sautéed.
- Limit foods high in calories and saturated fat, such those described as fried, crispy, creamed, escalloped, casserole, and in pastry.



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