

Heart-Healthy Home Cooking

African American Style



National Heart, Lung,
and Blood Institute



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Introduction

Good food is one of life's great joys. Good meals are a shared pleasure at the heart of African American family life and special celebrations. This recipe book brings together many African American favorite recipes, prepared in a heart-healthy way, lower in saturated fat, sugar, and sodium! It shows how to prepare dishes in ways that help protect you and your friends and family from heart disease and stroke. Heart disease is the leading cause of death for African Americans. The risk of having a first stroke is nearly twice as high for African Americans as for whites. By making small changes in the way you and your family eat, you can help reduce your risk for heart disease and stroke.

Look for more recipes on the National Heart, Lung, Blood Institute Delicious Heart-Healthy Eating website at healthyeating.nhlbi.nih.gov.



Salads, Vegetables, and Side Dishes

Good-for-You Cornbread

Homestyle Biscuits

Savory Potato Salad

Candied Yams

Smothered Greens

Limas and Spinach

Vegetable Stew

**Classic Macaroni
and Cheese**

Autumn Salad

Flavorful Green Beans

Caribbean Casserole

Spicy Okra





Good-for-You Cornbread

This is not only good *for* you, but good *in* you—making it a healthy comfort food.

1 cup cornmeal

1 cup flour

¼ cup white sugar

1 teaspoon baking powder

1 cup buttermilk, fat-free or low-fat (1%)

1 medium egg, whole

¼ cup soft tub margarine
vegetable oil (to coat
baking pan)

1. Preheat oven to 350 °F.
2. Mix together cornmeal, flour, sugar, and baking powder.
3. In another bowl, combine buttermilk and egg. Beat lightly.
4. Slowly add buttermilk and egg mixture to the dry ingredients.
5. Add margarine and mix by hand or with a mixer for 1 minute.
6. Grease an 8-inch by 8-inch baking dish with vegetable oil. Bake 20 to 25 minutes. Cool. Cut into 10 servings.

Makes 10 servings

Serving size: 1 piece

Calories: 178

Total Fat: 6 g

Saturated Fat: 1 g

Cholesterol: 22 mg

Sodium: 94 mg

Dietary Fiber: 1 g

Protein: 4 g

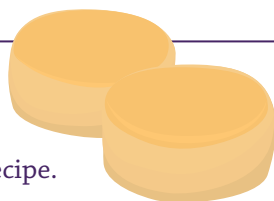
Total Carbohydrates: 27 g

Potassium: 132 mg



Homestyle Biscuits

Update your homestyle biscuits with this easy, low-fat recipe.



- 2 cups** all-purpose flour
- 2 teaspoons** baking powder
- ¼ teaspoon** baking soda
- ¼ teaspoon** salt
- 2 tablespoons** sugar
- ⅔ cup** low-fat (1%) buttermilk
- 3 tablespoons + 1 teaspoon** vegetable oil

Makes 15 servings

Serving size: 1 biscuit

Calories: 99

Total Fat: 3 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Sodium: 72 mg

Dietary Fiber: 1 g

Protein: 2 g

Total Carbohydrates: 15 g

Potassium: 102 mg

1. Preheat oven to 450 °F.
2. In medium bowl, combine flour, baking powder, baking soda, salt, and sugar.
3. In small bowl, stir together buttermilk and oil. Pour over flour mixture and stir until well mixed.
4. On lightly floured surface, knead dough gently for 10-12 strokes. Roll or pat dough to ¾-inch thickness. Cut with a 2-inch round biscuit or cookie cutter, dipping cookie cutter in flour between cuts. Transfer biscuits to an ungreased baking sheet.
5. Bake for 12 minutes or until golden brown. Serve warm.





Savory Potato Salad

Here's a potato salad that's both traditional and new—with great taste and a low-fat twist.

6 medium potatoes (about 2 pounds)

2 stalks celery, finely chopped

2 scallions finely chopped

¼ cup red bell pepper,
coarsely chopped

¼ cup green bell pepper,
coarsely chopped

1 tablespoon onion, finely chopped

1 large egg hard boiled, chopped

6 tablespoons reduced fat mayonnaise

1 teaspoon mustard

½ teaspoon salt

¼ teaspoon ground black pepper

¼ teaspoon dried dill weed

1. Wash potatoes, cut in half, and place in saucepan of cold water.
2. Cook covered over medium heat for 25 to 30 minutes or until tender.
3. Drain and dice potatoes when cool.
4. Add vegetables and egg to potatoes and toss.
5. Blend together mayonnaise, mustard, salt, pepper, and dill weed.
6. Pour dressing over potato mixture and stir gently to coat evenly.
7. Chill for at least 1 hour before serving.

Makes 10 servings

Serving size: ½ cup

Calories: 98

Total Fat 2 g

Saturated Fat 0 g

Cholesterol 21 mg

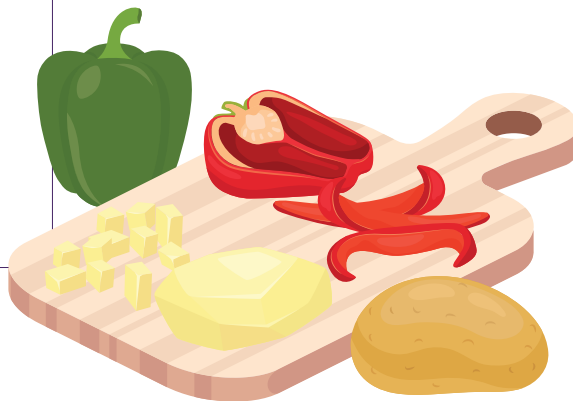
Sodium 212 mg

Total Fiber 2 g

Protein 2 g

Carbohydrates 18 g

Potassium 291 mg



Candied Yams

A bit of margarine and some orange juice make this dish sweet.

- 3 medium** yams (1½ cups)
- ¼ cup** brown sugar, packed
- 1 teaspoon** flour
- ¼ teaspoon** salt
- ¼ teaspoon** ground cinnamon
- ¼ teaspoon** ground nutmeg
- ¼ teaspoon** orange peel, grated
- 1 teaspoon** soft tub margarine
- ½ cup** orange juice

Makes 6 servings

Serving size: 1/4 cup

Calories: 110

Total Fat: <1 g

Saturated Fat: <1 g

Cholesterol: 0 mg

Sodium: 115 mg

Dietary Fiber: 2 g

Protein: 1 g

Total

Carbohydrates: 25 g

Potassium: 344 mg

- 1.** Preheat oven to 350 °F.
- 2.** Cut yams in half, and boil until tender but firm (about 20 minutes). When cooled enough to handle, peel and slice into 1/4-inch slices.
- 3.** Combine sugar, flour, salt, cinnamon, nutmeg, and grated orange peel.
- 4.** Place half of the sliced yams in the dish. Sprinkle with spiced sugar mixture.
- 5.** Dot with half the amount of margarine.
- 6.** Add a second layer of yams, using the rest of the ingredients in the same order as above. Add orange juice.
- 7.** Bake uncovered in oven for 20 minutes.





Smothered Greens

These healthy greens get their rich flavor from smoked turkey, instead of fatback.

3 cups water

¼ pound smoked turkey breast, skinless

1 tablespoon hot pepper, chopped

¼ teaspoon cayenne pepper

¼ teaspoon cloves, ground

2 cloves garlic, crushed

½ teaspoon thyme

1 scallion, chopped

1 teaspoon ginger, ground

¼ cup onion, chopped

2 pounds greens (mustard, turnip, collard, kale, or a mixture)

1. Prepare greens by washing thoroughly and removing stems.
2. Tear or slice greens into bite-sized pieces.
3. Place all ingredients except greens into large saucepan and bring to a boil.
4. Add greens. Cook 20 to 30 minutes until tender.

Makes 5 servings

Serving size: 1 cup

Calories 80

Total Fat 2 g

Saturated Fat <1 g

Cholesterol 16 mg

Sodium 378 mg

Total Fiber 4 g

Protein 9 g

Carbohydrates 9 g

Potassium 472 mg



Limas and Spinach

Your family will love vegetables cooked this way.

2 cups frozen lima beans

1 tablespoon vegetable oil

1 cup fennel bulb, rinsed and cut into 4-inch strips

½ cup onion, chopped

¼ cup low-sodium chicken broth

1 bag (10 oz.) leaf spinach, rinsed

1 tablespoon distilled vinegar

⅛ teaspoon black pepper

1 tablespoon dried chives



1. In a saucepan, steam or boil lima beans in unsalted water for about 10 minutes. Drain.
2. In sauté pan, sauté onions and fennel in oil.
3. Add beans and broth to sauté pan, and cover. Cook for 2 minutes.
4. Stir in spinach. Cover and cook until spinach has wilted, about 2 minutes.
5. Stir in vinegar and pepper. Cover and let stand for 30 seconds.
6. Sprinkle with chives and serve.

Makes 7 servings

Serving size: ½ cup

Calories 93

Total Fat 2 g

Saturated Fat 0 g

Cholesterol 0 mg

Sodium 84 mg

Total Fiber 6 g

Protein 5 g

Carbohydrates 15 g

Potassium 452 mg



Vegetable Stew

Here's a great new way to use summer vegetables. **You can add your other favorite vegetables such as broccoli, cauliflower, or string beans.**

- 3 cups** water
- 1 cube** vegetable bouillon, low sodium
- 2 cups** white potatoes cut in 2-inch strips
- 2 cups** carrots, sliced
- 4 cups** summer squash, cut in 1-inch squares
- 1 cup** summer squash, cut in four chunks
- 2 ears** fresh corn (1½ cups)
- 1 teaspoon** thyme, ground
- 2 cloves** garlic, minced
- 1 stalk** scallion, chopped
- ½ small** hot red pepper, chopped
- 1 cup** onion, coarsely chopped
- 1 cup** tomatoes, diced

1. Heat water and bouillon in a large pot, and bring to a boil.
2. Add potatoes and carrots to the broth, and simmer for 5 minutes.
3. Cut the corn off the cob.
4. Add the remaining ingredients, except for the tomatoes, and continue cooking for 15 minutes over medium heat.
5. Remove the four chunks of squash, and puree in a blender.
6. Return pureed mixture to the pot, and let it cook for 10 minutes more.
7. Add tomatoes, and cook for another 5 minutes.
8. Remove from heat, and let it sit for 10 minutes to allow stew to thicken.

Make It a Meal

To make this dish a meal, serve it with a green salad that includes lettuce (romaine) or spinach, cucumber, and other fresh vegetables. Use a light dressing, such as a vinaigrette, or a low-fat or fat-free dressing. Serve with whole-grain bread or rolls.

Makes 8 servings

Serving size: 1¼ cups
Calories: 100
Fat: 1 g
Saturated fat: 0 g
Cholesterol: 0 mg

Sodium: 37 mg
Total Fiber: 5 g
Protein: 3 g
Carbohydrates: 23 g
Potassium: 607 mg



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 cups** macaroni
- ½ cup** chopped onions
- ½ cup** evaporated, fat-free milk
- 1 medium** egg, beaten
- ¼ teaspoon** black pepper
- 1 ¼ cups (4 oz.)** reduced-fat, natural, sharp cheddar cheese, shredded

- 1.** Cook macaroni according to package directions. (Don't add salt to the cooking water.) Drain and set aside.
- 2.** Preheat oven to 350 °F.
- 3.** Heat 1 teaspoon of oil in saucepan.
- 4.** Add onions to saucepan and sauté for about 3 minutes.
- 5.** In another bowl, combine macaroni, onions, and the remaining ingredients. Mix thoroughly.
- 6.** Transfer mixture into casserole dish.
- 7.** Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Makes 8 servings

Serving size: ½ cup

Calories: 205

Total Fat: 5 g

Saturated Fat: 2 g

Cholesterol: 34 mg

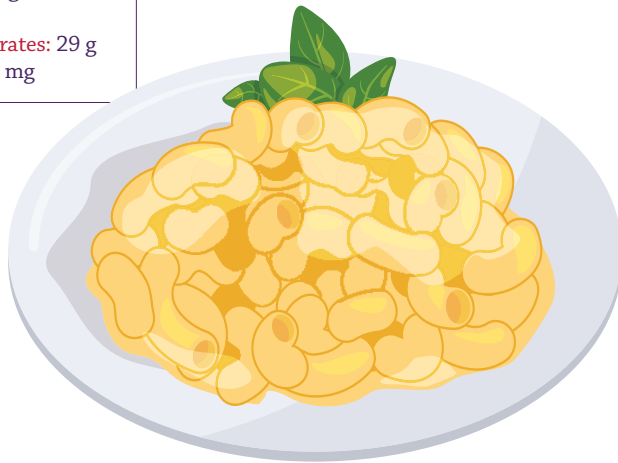
Sodium: 120 mg

Dietary Fiber: 1 g

Protein: 11 g

Total Carbohydrates: 29 g

Potassium: 119 mg





Autumn Salad

This fresh and tasty salad will delight all.

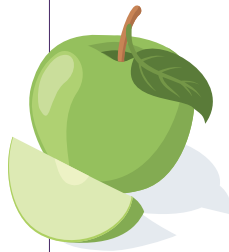
- 1 Granny Smith apple**, rinsed and sliced thinly (with skin)
- 2 tablespoons** lemon juice
- 1 bag (about 5 cups)** mixed lettuce greens (or your favorite lettuce), rinsed
- ½ cup** dried cranberries
- ¼ cup** walnuts, chopped
- ¼ cup** unsalted sunflower seeds
- ⅓ cup** low-fat raspberry vinaigrette dressing



1. Sprinkle lemon juice on the apple slices.
2. Mix the lettuce, cranberries, apple, walnuts, and sunflower seeds in a bowl.
3. Toss with raspberry vinaigrette dressing, to lightly cover the salad, and serve.

Makes 6 servings

Serving size: 1 cup
Calories: 138
Total Fat: 7 g
Saturated Fat: 1 g
Cholesterol: 0 mg
Sodium: 41 mg
Total Fiber: 3 g
Protein: 3 g
Carbohydrates: 19 g
Potassium: 230 mg



Flavorful Green Beans

These seasonings are perfect companions to the green beans.

2 pounds fresh green beans

1/3 cup chopped onions

2 cloves garlic, chopped

1/2 teaspoon black pepper

1 teaspoon dried basil

1 teaspoon vegetable oil

1. Rinse green beans, and snap tips off.
2. Steam the green beans for 5 to 7 minutes.
3. Sauté chopped onions in vegetable oil for 5 to 7 minutes or until they are tender and very lightly browned.
4. Add green beans, garlic, and ground black pepper to onions, sauté for another 3 to 5 minutes or until green beans are tender but not soft.
5. Sprinkle dried basil flakes over green beans, and serve.

Makes 7 servings

Serving size: 1 cup

Calories: 46

Total Fat: 1 g

Saturated Fat: 0 g

Cholesterol: 0 mg

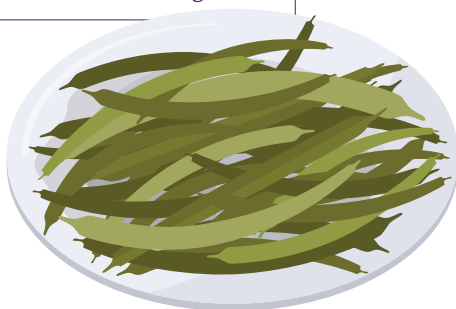
Sodium: 12 mg

Dietary Fiber: 4 g

Protein: 2 g

Total Carbohydrates: 9 g

Potassium: 179 mg





Caribbean Casserole

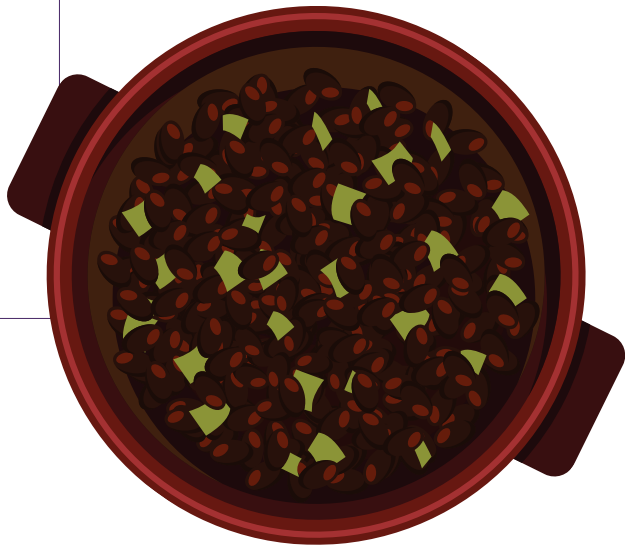
This tropical-inspired dish is gently spiced for a rich flavor.

- 1 medium** onion, chopped
- ½ green** pepper, rinsed and diced
- 1 tablespoon** canola oil
- 1 can (14½-ounce)** stewed tomatoes
- 1 can (15½-ounce)** low sodium black beans (or beans of your choice)
- 1 teaspoon** dried oregano
- ½ teaspoon** garlic powder
- 1½ cups** instant brown rice, uncooked

- 1.** Sauté onion and green pepper in canola oil, in a large pan, until tender. Do not brown.
- 2.** Add tomatoes and beans (include liquid from both), as well as oregano and garlic powder. Bring to a boil.
- 3.** Stir in rice and cover. Reduce heat to simmer for 5 minutes. Remove from heat and let stand for 5 minutes before serving.

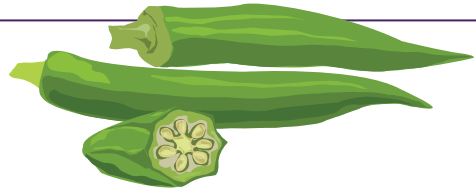
Makes 10 servings

Serving size: 1 cup
Calories: 185
Total Fat: 1 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Sodium: 297 mg
Total Fiber: 7 g
Protein: 7 g
Carbohydrates: 37 g
Potassium: 292 mg



Spicy Okra

You will love this zesty okra dish.



2 packages (10-ounce each) frozen, cut okra

1 tablespoon vegetable oil

1 medium onion, coarsely chopped

1 can (14½-ounce) no-salt diced tomatoes

1 fresh jalapeño pepper (or habanero chile pepper), pierced 3 times with a fork

½ teaspoon salt

¼ teaspoon 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 jalapeno 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 jalapeno pepper before serving.

Makes 10 servings

Serving size: ½ cup

Calories: 99

Total Fat: 4 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 133 mg

Dietary Fiber: 5 g

Protein: 4 g

Total Carbohydrates: 15 g

Potassium: 563 mg

Main Dishes

Crispy Oven-Fried Chicken

Mouth-Watering Oven-Fried Fish

Finger-Licking Curried Chicken

Poached Salmon

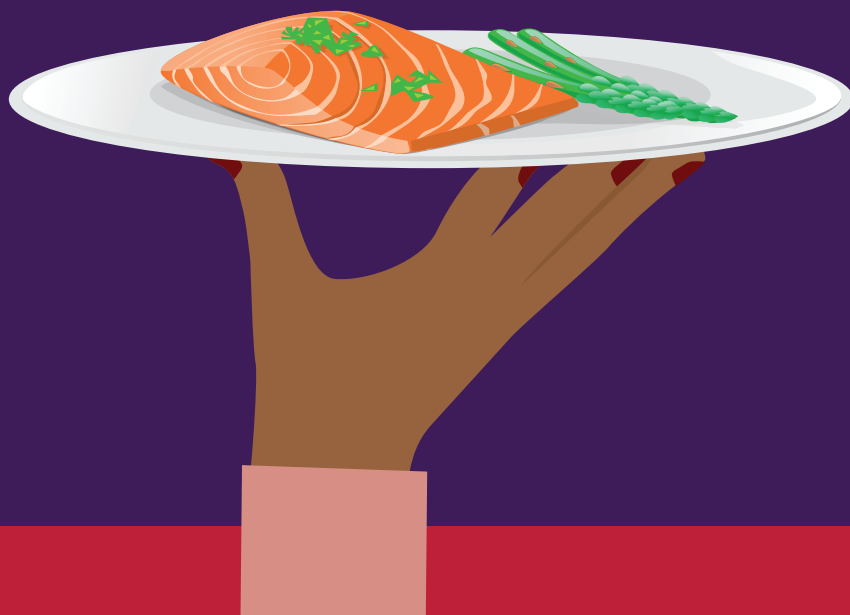
Jamaican Jerk Chicken

Baked Pork Chops

Jumpin' Jambalaya

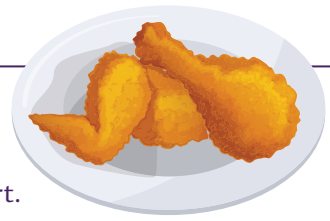
Scrumptious Meat Loaf

Spicy Southern Barbecued Chicken





Crispy Oven-Fried Chicken



Kids will love this chicken—and it's good for the heart.

½ cup fat-free milk
or buttermilk

1 teaspoon poultry seasoning

1 cup cornflakes, crumbled
(or breadcrumbs)

1½ tablespoons onion powder

1½ tablespoons garlic powder

2 teaspoons black pepper

2 teaspoons dried hot pepper,
crushed

1 teaspoon ginger, ground

8 pieces chicken, skinless
(4 breasts, 4 drumsticks)

¼ teaspoon paprika

Makes 6 servings

Serving size: ½ breast
or 2 small drumsticks

Calories: 256

Total Fat: 5 g

Saturated Fat: 1 g

Cholesterol: 34 mg

Sodium: 286 mg

Dietary Fiber: 1 g

Protein: 30 g

Total Carbohydrates: 22 g

Potassium: 339 mg

1. Preheat oven to 350 °F.
2. Add ½ teaspoon of poultry seasoning to milk.
3. Combine remaining ½ teaspoon of poultry seasoning and all other spices, except paprika, with corn flake crumbs (or breadcrumbs), and place in a plastic bag.
4. Dip chicken into milk, shake to remove excess liquid, then quickly shake chicken in the bag with seasoning and crumbs.
5. Refrigerate for 1 hour.
6. Remove from refrigerator and sprinkle lightly with paprika for color.
7. Place chicken on wire rack, and place rack on top of a baking pan that you have lined with foil. The chicken pieces should be spaced evenly apart.
8. The crumbs will form a crispy “skin.” Don’t turn the chicken during baking.
9. Bake 40 minutes. Rotate the pan and continue baking for an additional 30 to 40 minutes or until the meat can be easily pulled away from the bone with a fork. The juices should run clear and the meat should not be pink. The drumsticks may require less baking time than the breasts.



Mouth-Watering Oven-Fried Fish

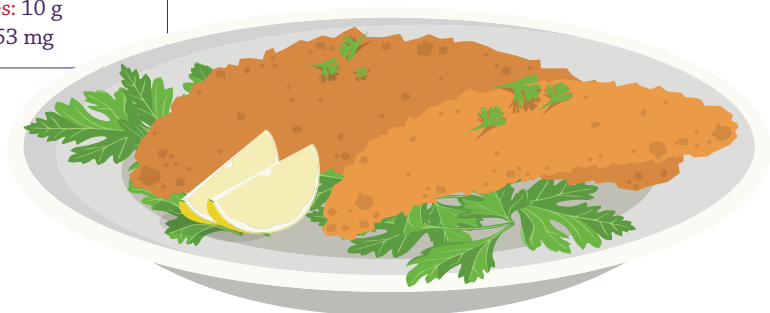
This heart-healthy dish can be made with many kinds of fish—to be enjoyed over and over.

- 2 pounds** fish fillets
- 1 tablespoon** lemon juice
- ¼ cup** fat-free or 1% buttermilk
- 2 drops** hot sauce
- 1 teaspoon** fresh garlic, minced
- ¼ teaspoon** ground white pepper
- ¼ teaspoon** salt
- ¼ teaspoon** onion powder
- ½ cup** cornflakes, crumbled, or regular bread crumbs
- 1 tablespoon** vegetable oil
- 1 fresh lemon**, cut in wedges

1. Preheat oven to 475 °F.
2. Clean and rinse fish. Wipe fillets with lemon juice and pat dry.
3. Combine milk, hot sauce, and garlic in a mixing bowl.
4. Combine white pepper, salt, and onion powder with cornflakes or bread crumbs, and spread on a plate.
5. Let fillets sit briefly in milk mixture. Remove a fillet, and coat on both sides with seasoned cornflakes or bread crumbs, and let stand briefly until coating sticks to each side of fish. Repeat for all fillets.
6. Arrange fillets on lightly oiled shallow baking dish.
7. Place dish on middle rack. Bake for 20 minutes without turning.
8. Cut into six pieces. Serve with fresh lemon.

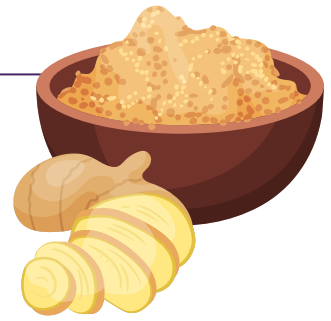
Makes 6 servings

Serving size: 1 cut piece
Calories: 183
Total Fat: 2 g
Saturated Fat: 0 g
Cholesterol: 80 mg
Sodium: 325 mg
Total Fiber: 1 g
Protein: 30 g
Carbohydrates: 10 g
Potassium: 453 mg



Finger-Licking Curried Chicken

The name tells all—ginger and curry powder make it irresistible.



- 1½ teaspoons** curry powder
- 1 teaspoon** thyme
- 1 stalk** scallion (green onion), chopped
- 1 tablespoon** hot pepper, chopped
- ½ tsp ground** cayenne pepper
- 1 teaspoon** ground black pepper
- 8 cloves** garlic, crushed
- 1 tablespoon** grated ginger
- ¾ teaspoon** salt
- 8 pieces** skinless chicken (4 breasts, 4 drumsticks)
- 1 tablespoon** olive oil
- 1 cup** water
- 1 medium** white potato, diced
- 1 large** onion, chopped

1. Wash chicken and pat dry.
2. In a bowl, mix together curry powder, thyme, scallion, hot pepper, cayenne pepper, black pepper, garlic, ginger, and salt.
3. Toss chicken in seasoning mixture.
4. Marinate for at least 2 hours in the refrigerator.
5. Heat oil in a skillet over medium heat. Add chicken, and sauté.
6. Add water and allow chicken to cook over medium heat for 30 minutes.
7. Add diced potatoes and cook for an additional 30 minutes.
8. Add onions and cook for 15 minutes more or until meat is tender. Serve warm.

Makes 10 servings

Serving size: ½ breast or 2 small drumsticks

Calories: 134

Total Fat: 4 g

Saturated Fat: 1 g

Cholesterol: 49 mg

Sodium: 279 mg

Dietary Fiber: 1 g

Protein: 17 g

Total Carbohydrates: 7 g

Potassium: 302 mg



Poached Salmon

The tomato relish adds just the right amount of flavor.

Spicy Tomato Relish

2 medium tomatoes, chopped

2 tablespoons finely chopped yellow onion

2 tablespoons finely chopped fresh parsley

1 teaspoon red pepper flakes, or to taste

¼ cup red wine vinegar

2 tablespoons olive oil

ground black pepper, to taste

Salmon

4 salmon steaks, 5 ounces each

3 cups water

4 black peppercorns

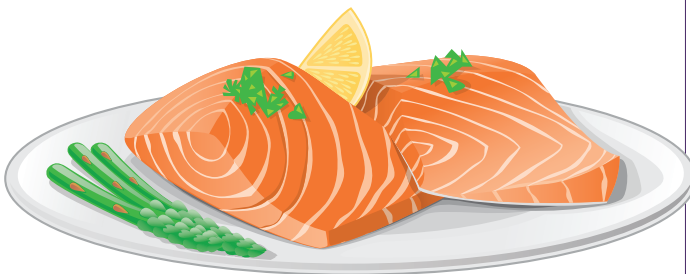
1 lemon, thickly sliced

3 parsley sprigs

1 small onion, thickly sliced

2 bay leaves

1. To prepare relish, combine all the ingredients in a bowl and set aside.
2. Using a pan large enough to hold the four salmon steaks, bring water to a boil and add peppercorns, lemon slices, parsley, onion, and bay leaf.
3. Lower the heat to a gentle simmer, cover, and let flavors infuse for 5 minutes. Add salmon steaks and make sure they are covered with water. Add additional water if needed.
4. Cook, uncovered, for 10 to 12 minutes or until fish flakes easily with a fork in the thickest part (minimum internal temperature of 145 °F). Never let water boil or fish will toughen.
5. Serve each salmon steak with the relish.



Makes 4 servings

Serving size: 1 salmon steak and ¼ cup relish

Calories: 246

Total Fat: 10 g

Saturated Fat: 3 g

Cholesterol: 93 mg

Sodium: 94 mg

Total Fiber: 2 g

Protein: 31 g

Carbohydrates: 7 g

Potassium: 945 mg

Jamaican Jerk Chicken

The spices and peppers in this dish will transport you to a whole new taste.

- ½ teaspoon** ground cinnamon
- 1½ teaspoons** ground allspice
- 1½ teaspoons** ground black pepper
- 1 tablespoon** chopped hot pepper
- 1 teaspoon** dried hot pepper
- 2 teaspoons** crushed oregano
- 2 teaspoons** dried thyme
- ½ teaspoon** salt
- 6 cloves** garlic, finely chopped
- 1 cup** onion, pureed or finely chopped
- ¼ cup** vinegar
- 3 tablespoons** brown sugar
- 8 pieces** skinless chicken (4 breasts, 4 drumsticks)



- 1.** Wash chicken and pat dry.
- 2.** In a large bowl, combine all ingredients except chicken.
- 3.** Rub seasonings over chicken and marinate in refrigerator for 6 hours or longer.
- 4.** Preheat oven to 350 °F. Space chicken evenly on a nonstick or lightly greased baking pan.
- 5.** Cover with aluminum foil and bake for 40 minutes. Remove foil and continue baking for an additional 30 to 40 minutes or until the meat can easily be pulled away from the bone with a fork.

Makes 10 servings

Serving size: ½ breast or 2 small drumsticks
Calories: 113
Total Fat: 3 g
Saturated Fat: 1 g
Cholesterol: 49 mg
Sodium: 161 mg
Total Fiber: 1 g
Protein: 16 g
Carbohydrates: 6 g
Potassium: 192 mg



Baked Pork Chops

You can really sink your chops into these—they're made moist and spicy with egg whites, evaporated milk, and a lively blend of herbs.

6 lean center-cut pork chops,
½-inch thick

1 egg white (or substitute
liquid egg white)

1 cup fat-free evaporated milk

¾ cup cornflake crumbs

¼ cup bread crumbs

4 teaspoons paprika

2 teaspoons oregano

¾ teaspoon chili powder

½ teaspoon garlic powder

½ teaspoon ground black pepper

⅛ teaspoon cayenne pepper

⅛ teaspoon dry mustard

½ teaspoon salt

cooking spray

1. Preheat oven to 375 °F.
2. Trim fat from pork chops.
3. Beat together egg white and evaporated milk. Place pork chops in milk mixture and let stand for 5 minutes, turning once.
4. Meanwhile, mix cornflake crumbs, bread crumbs, spices, and salt.
5. Spray cooking spray on 13 x 9-inch baking pan.
6. Remove pork chops from milk mixture and coat thoroughly with crumb mixture.
7. Place pork chops in pan and bake at 375 °F for 20 minutes. Turn pork chops and bake for an additional 15 minutes or until pork is fully cooked (to a minimum internal temperature of 160 °F).

Note: Try the recipe with skinless, boneless chicken or turkey parts, or fish—bake for just 20 minutes.

Makes 6 servings

Serving size: 1 pork chop

Calories: 216

Total Fat: 8 g

Saturated Fat: 3 g

Cholesterol: 62 mg

Sodium: 346 mg

Total Fiber: 1 g

Protein: 25 g

Carbohydrates: 10 g

Potassium: 414 mg



Jumpin' Jambalaya

Here is a jambalaya that your family can enjoy. It has lots of flavor, veggies, and tasty low-fat meats! Green salad is a nice side dish.

14 ounces low-fat turkey kielbasa

1 pound boneless, skinless chicken breast

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 (14½-ounce) no-salt-added diced tomatoes

1½ cups uncooked brown rice

4 cups water

2 cubes low-sodium chicken bouillon

1 bay leaf

1½ teaspoons cayenne pepper

3 tablespoons parsley, finely chopped

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 kielbasa and chicken 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 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.

5. Stir in parsley and serve warm.

***Instant brown rice will take less time to cook.**

Makes 9 servings

Serving size: 1 cup

Calories: 250

Total Fat: 4 g

Saturated Fat: 1 g

Cholesterol: 53 mg

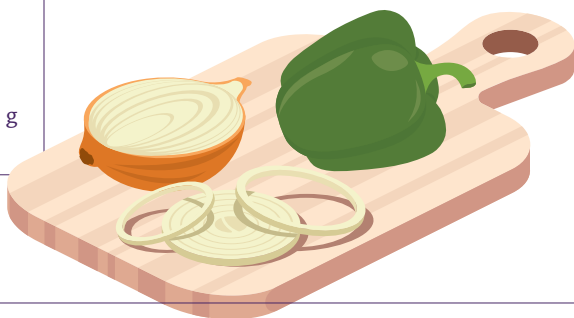
Sodium: 531 mg

Dietary Fiber: 5 g

Protein: 22 g

Total Carbohydrates: 31 g

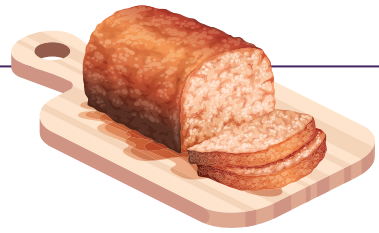
Potassium: 427 mg





Scrumptious Meatloaf

Got the meatloaf blahs? This recipe transforms the ordinary into the extraordinary.



- 1 pound** extra-lean ground beef
- ½ cup** tomato paste
- 4 cups** chopped onion
- 4 cups** chopped green pepper
- 4 cups** chopped red pepper
- 1 cup** fresh tomatoes, blanched
- 2 teaspoons** low-sodium mustard
- 4 teaspoons** ground black pepper
- 2 teaspoons** chopped hot pepper
- 2 cloves** garlic, chopped
- 2 scallions (green onions)**, chopped
- 2 teaspoons** ground ginger
- 8 teaspoons** ground nutmeg
- 1 teaspoon** grated orange rind
- 2 teaspoons** crushed thyme
- 4 cups** bread crumbs

1. Preheat oven to 350 °F.
2. Mix all ingredients together.
3. Place in a loaf pan (preferably with drip rack) and bake, covered, for 50 minutes.
4. Uncover pan and continue baking for 12 minutes.
5. Cut into six even slices and serve.

Makes 6 servings

Serving size: 1¼-inch thick slice
Calories: 193
Total Fat: 9 g
Saturated Fat: 3 g
Cholesterol: 45 mg
Sodium: 91 mg
Total Fiber: 2 g
Protein: 17 g
Carbohydrates: 11 g
Potassium: 513 mg

Spicy Southern Barbecued Chicken

Let yourself fall under the spell of this Southern-style, sweet barbecue sauce.

- 5 tablespoons** tomato paste
- 1 teaspoon** ketchup
- 2 teaspoons** honey
- 1 teaspoon** molasses
- 1 teaspoon** Worcestershire sauce
- 4 teaspoons** white vinegar
- ¾ teaspoon** cayenne pepper
- ⅓ teaspoon** black pepper
- ¼ teaspoon** onion powder
- 2 cloves** garlic, minced
- ⅓ teaspoon** grated ginger
- 8 pieces** skinless chicken
(4 breasts, 4 drumsticks)

- 1.** Combine all ingredients except chicken in saucepan. Simmer for 15 minutes.
- 2.** Wash chicken and pat dry. Place it on a large platter and brush with half the sauce mixture.
- 3.** Cover with plastic wrap and marinate in refrigerator for 1 hour.
- 4.** Place chicken on baking sheet lined with aluminum foil and broil for 10 minutes on each side to seal in juices.
- 5.** Remove from broiler and brush chicken pieces with remaining sauce. Cover with aluminum foil and bake at 350 °F for 30 minutes.

Makes 6 servings

Serving size: ½ breast or
2 small drumsticks

Calories: 176

Total Fat: 4 g

Saturated Fat: 0 g

Cholesterol: 81 mg

Sodium: 199 mg

Total Fiber 1g

Protein 27g

Carbohydrates 7g

Potassium: 392 mg



Desserts

1-2-3 Peach Cobbler

Heart-Healthy Sweet Potato Pie

Southern Banana Pudding

Summer Breeze Smoothie

Fruit Salad





1-2-3 Peach Cobbler

What could be better than peach cobbler straight from the oven? Try this healthier version of the classic favorite.

- ½ teaspoon** ground cinnamon
- 1 tablespoon** vanilla extract
- 2 tablespoons** cornstarch
- 1 cup** peach nectar
- ¼ cup** pineapple juice or peach juice (if desired, use juice reserved from canned peaches)
- 2 cans (16-ounce)** peaches, packed in juice, drained, (or 1¾ pounds fresh peaches)
- 1 tablespoon** tub soft margarine
- 1 cup** dry pancake mix
- ⅔ cup** all-purpose flour
- ½ cup** sugar
- ⅔ cup** fat-free evaporated milk
- ½ teaspoon** nutmeg
- 1 tablespoon** brown sugar, and nonstick cooking spray as needed.

Makes 8 servings

Serving size: 1 square

Calories: 271

Total Fat: 4 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Sodium: 263 mg

Dietary Fiber: 2 g

Protein: 4 g

Total Carbohydrates: 54 g

Potassium: 284 mg

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



Heart-Healthy Sweet Potato Pie

There's nothing fake about the flavor in this heart-healthy treat.

Crust Ingredients

- 1¼ cups** flour
- ¼ teaspoon** sugar
- ⅓ cup** fat-free milk
- 2 tablespoons** vegetable oil

Filling Ingredients

- ¼ cup** white sugar
- ¼ cup** brown sugar
- ½ teaspoon** salt
- ¼ teaspoon** nutmeg
- 3 large** eggs, beaten
- ¼ cup** evaporated fat-free milk, canned
- 1 teaspoon** vanilla extract
- 3 cups** sweet potatoes (cooked and mashed)

Makes 16 servings

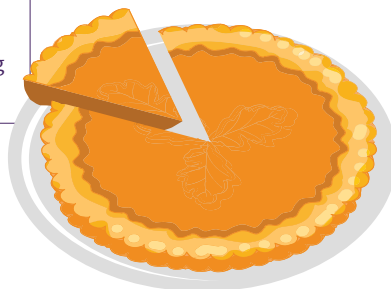
Serving size: 1 slice
Calories: 147
Total Fat: 3 g
Saturated Fat: 1 g
Cholesterol: 40 mg
Sodium: 98 mg
Dietary Fiber: 2 g
Protein: 4 g
Total Carbohydrates: 27 g
Potassium: 293 mg

Crust Preparation

1. Preheat oven to 350 °F. Combine flour and sugar in a bowl.
2. Add milk and oil to flour mixture.
3. Stir with fork until mixed. Then form pastry into a smooth ball with your hands.
4. Roll the ball between two 12-inch squares of waxed paper using short, brisk strokes until pastry reaches edges of paper.
5. Peel off top paper and invert crust into 9-inch pie plate.

Filling Preparation

1. Combine sugars, salt, spices, and eggs.
2. Add milk and vanilla. Stir.
3. Add sweet potatoes and mix well.
4. Pour mixture into pie crust.
5. Bake for 60 minutes or until crust is golden brown.
6. Cool and cut into 16 slices.



Southern Banana Pudding

This traditional dessert with a healthy twist will please your entire family.

3¾ cups cold, fat-free milk, divided

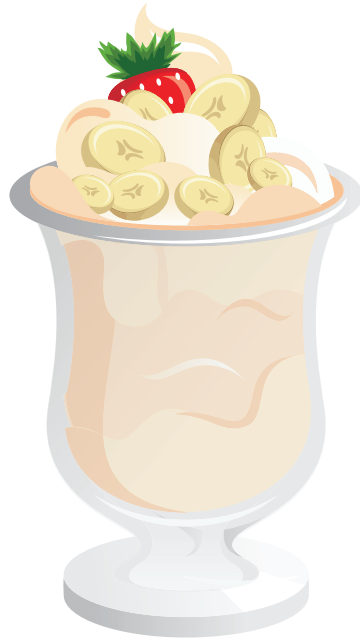
2 small packages (4-serving size each) of fat-free, sugar-free instant vanilla pudding and pie filling mix

32 reduced-fat vanilla wafers

2 medium bananas, sliced

2 cups fat-free, whipped topping, divided

1. Mix 3½ cups of the milk with the pudding mixes. Beat the pudding mixture with a wire whisk for 2 minutes, until it is well blended. Let stand for 5 minutes.
2. Fold 1 cup of the whipped topping into the pudding mix.
3. Arrange a layer of wafers on the bottom and sides of a 2-quart serving bowl. Drizzle 2 tablespoons of the remaining milk over the wafers. Add a layer of banana slices and top with one-third of the pudding.
4. Repeat layers, drizzling each wafer layer with remaining milk and ending with pudding. Spread the remaining whipped topping over the pudding.
5. Refrigerate for at least 3 hours before serving.



Makes 10 servings

Serving size: ¾ cup

Calories: 143

Total Fat: 2 g

Saturated Fat: 1 g

Cholesterol: 2 mg

Sodium: 329 mg

Dietary Fiber: 1 g

Protein: 4 g

Total Carbohydrates: 29 g

Potassium: 237 mg



Summer Breeze Smoothie

Here's a perfect low-fat thirst quencher.

1 cup nonfat plain yogurt

6 medium strawberries

1 cup pineapple, crushed, canned
in juice

1 medium banana

1 teaspoon vanilla extract

4 ice cubes

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

Makes 3 servings

Serving size: 1 cup

Calories: 121

Total Fat: 0 g

Saturated Fat: 0 g

Cholesterol: 1 mg

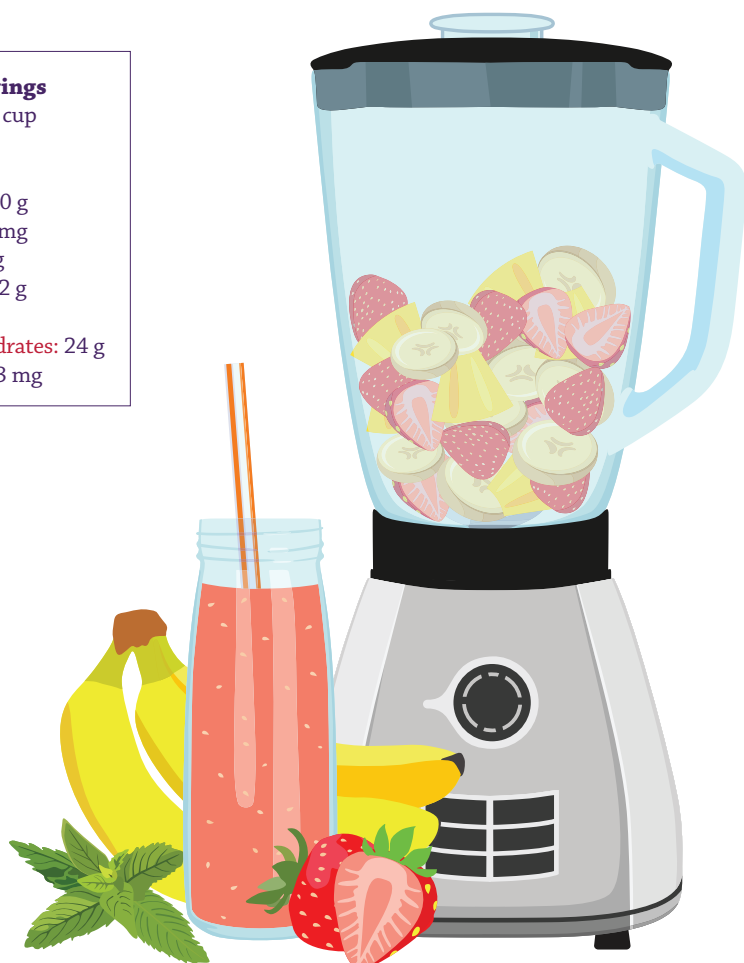
Sodium: 64 mg

Dietary Fiber: 2 g

Protein: 6 g

Total Carbohydrates: 24 g

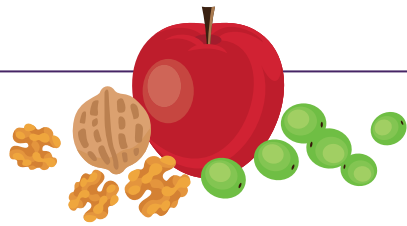
Potassium: 483 mg



Fruit Salad

What a great way to enjoy fruit!

- 1 teaspoon** lemon juice
- 1 medium** apple, cored and chopped
- 1 can (8 ounces)** pineapple chunks in juice, drained
- 1 can (15 ounces)** peaches in juice, drained
- 1 cup** grapes, halved
- ½ cup** plain, nonfat Greek yogurt
- 2 tablespoons** walnuts (shelled and chopped)



1. Cut up the apples and grapes.
2. Drain the pineapple chunks and peaches.
3. Combine fruit in a large bowl.
4. Stir in Greek yogurt and walnuts until combined.
5. Refrigerate and serve when chilled.

Makes 12 servings

Serving size: ½ cup
Calories: 65
Total Fat: 1 g
Saturated fat: 0 g
Cholesterol: 1 mg
Sodium: 6 mg
Dietary Fiber: 1 g
Protein: 2 g
Total Carbohydrates: 14 g
Total Sugars: 11 g



Recipe Substitutions for Heart-Healthy Cooking

Use the suggestions below to lower saturated fat and calories in your favorite recipes. Add herbs and spices instead of salt to enhance flavor.

When the recipe calls for:	Substitute:
Whole milk	<ul style="list-style-type: none">• Fat-free or low-fat (1%) milk
Cream	<ul style="list-style-type: none">• Evaporated fat-free milk• Mix equal amounts low-fat (1%) milk and fat-free evaporated milk
Sour cream	<ul style="list-style-type: none">• Fat-free or low-fat sour cream
Mayonnaise	<ul style="list-style-type: none">• Fat-free or low-fat mayonnaise
1 cup of butter	<ul style="list-style-type: none">• 1 cup soft tub margarine• $\frac{2}{3}$ cup vegetable oil
Oil (for baking)	<ul style="list-style-type: none">• Equal amounts of applesauce or prune puree
Oil (for sautéing)	<ul style="list-style-type: none">• Water• Nonstick cooking spray• Low-sodium broth
1 whole egg	<ul style="list-style-type: none">• $\frac{1}{4}$ cup egg substitute or 2 egg whites
1 egg to thicken	<ul style="list-style-type: none">• 1 tablespoon of flour
Ground beef (all types)	<ul style="list-style-type: none">• Extra lean ground beef or turkey (10% or less fat)• Turkey (10% or less fat)
Sausage	<ul style="list-style-type: none">• Turkey sausage (10% or less fat)• Vegetarian sausage
Salad dressing	<ul style="list-style-type: none">• Fat-free or low-fat dressing• Flavored vinaigrette• Flavored vinaigrette (made with olive oil, water and vinegar, or lemon juice)
Cream soup	<ul style="list-style-type: none">• Fat-free or low-fat canned cream soup• Homemade broth after removing the fat• Fat-free broth mixed with fat-free milk or fat-free evaporated milk

Is It Done Yet? Temperature Rules for Safe Cooking

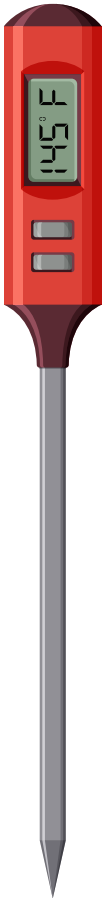




Is It Done Yet? Temperature Rules for Safe Cooking

Make sure you cook and keep foods at the correct temperature to ensure food safety. To keep foods safe, keep cold foods cold and hot foods hot. Use a clean thermometer and measure the internal temperature of cooked food to make sure meat, poultry, and egg dishes are cooked to the temperatures listed below.

You can't tell from looking. Use a food thermometer to be sure.



USDA Recommended Safe Minimum Internal Temperatures (<https://bit.ly/3aBzF7h>)

Steaks & Roasts Beef, Veal, Lamb



145 °F

Fish



145 °F

Pork



160 °F

Ground Beef, Veal, Lamb



160 °F

Egg Dishes



160 °F

Turkey, Chicken, Duck Whole, Pieces, Ground



165 °F

Tips for Eating Right

When Time or Money Is Tight





Tips for Eating Right When Time or Money Is Tight

What can you do to save time in meal preparation?

- Get help from your family members.
- Cook several dishes at one time and freeze some to eat later.
- Make enough to have leftovers for lunch.
- Pack lunches the night before.
- Learn simple, fast recipes.
- Use a slow cooker.

How can you stretch a limited food budget and still eat healthy?

▪ Before you shop:

- Make a monthly food budget.
- Plan your meals for the week, and think about how you'll use the leftovers.
- See what you already have in your freezer, cabinets, and refrigerator.
- Look for coupons, including in your local newspaper and online.
- Make a shopping list of what you need to buy for the week. It should have a mix of canned, fresh, and frozen fruits and vegetables. Don't forget inexpensive protein foods like beans and peas.
- Plan how you'll get to the supermarket, so you don't have to shop at a convenience store.



Tips for Eating Right When Time or Money Is Tight (continued)

- **At the store:**

- Use your list and your coupons.
- Stores often stock the priciest items at eye level, so look at the upper and lower shelves.
- If a sale item has run out, ask the store for a rain check.
- Join your store's loyalty program to get discounts.
- With fresh food, like vegetables, buy only the amount that you or your family can use before it spoils.
- Try not to shop when you're hungry.
- Buy store brands as often as possible.
- Check your receipt for errors at the cash register.

For More Information

For more heart-healthy recipes from NHLBI, visit [healthyeating.nhlbi.nih.gov](https://www.heartysideofthefarm.nih.gov).

For more information about heart health, visit www.nhlbi.nih.gov or contact the NHLBI Center for Health Information:

P.O. Box 30105

Bethesda, MD 20824-0105

Phone: 1-877-NHLBI4U (1-877-645-2448)

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