



American
Heart
Association.



Shop Smart, Eat Smart

19 Heart-Check Certified Recipes for
You and Your Family to Enjoy

2nd edition



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About the Heart-Check Food Certification Program



Who we are

The Heart-Check Food Certification Program was started in 1995 as the first front-of-pack heart-health claim. It is founded on the nutritional criteria used by the FDA for heart-health claims and is supported by the science of the American Heart Association. For more than 25 years we have been certifying consumer-based goods to guide shoppers on choosing healthier options in the grocery store.

What we do

The Heart-Check Food Certification Program has grown in scope and now certifies products under 11 health claims in 13 categories.

These categories include certain oils (canola, corn, soybean, olive and high oleic) fresh fruits and vegetables, extra-lean meat, poultry, pork, fish (high in omega-3), nuts (macadamia, pistachios, almonds, pecans, walnuts, hazelnuts and pine nuts) whole grains, a standard claim for snacks, whole-grain snack bars, milk and dairy alternatives, smoothies, yogurt, canned and frozen fruits and vegetables, fruit and vegetable juices, cereals, beans and breads.

Each category encompasses its own set of nutritional criteria where products are screened for fat, saturated fat, trans fat, cholesterol, sodium, beneficial nutrients and, in some cases, added sugar. While most nutritional criteria are similar to what is required by FDA to make a health claim, some Heart-Check mark criteria are stricter to be consistent with our scientific statements and research.

Why we do it

Over 90% of shoppers look for heart-healthy options at the grocery store and yet only 28% find this easy to do. That's why we're here. The Heart-Check mark makes it easy for consumers to find heart-healthy foods at the grocery store.

The American Heart Association is committed to be a relentless force for a world of longer, healthier lives. By helping shoppers like you choose healthier options we are one step closer to reducing the risk of heart disease and stroke for everyone.



The Heart-Check mark makes it easy for consumers to find heart-healthy foods at the grocery store. So, look for the Heart-Check mark when shopping for foods for you and your family, and if you don't see it, ask your grocer. Want to know if your favorite foods or brands are certified? Check out our [Heart-Check Certified Product List](#).

To learn more, visit heartcheck.org.



CHECK FOR THE HEART-CHECK MARK

The Heart-Check mark is a simple tool to help you Eat Smart. When you see it, you can be confident that a product aligns with the American Heart Association's recommendations for an overall healthy eating pattern.

Hundreds of products carry the Heart-Check mark. Look for the Heart-Check wherever you shop — it's in almost every aisle!

This is what it takes to be Heart-Check certified*:

NUTRIENT RICH

Beneficial Nutrients (naturally occurring):

10% or more of the Daily Value of 1 of 6 nutrients (vitamin A, vitamin C, iron, calcium, protein or dietary fiber)

LIMITED IN SODIUM

Sodium:

One of four sodium limits applies depending on the particular food category: up to 140 mg, 240 mg or 360 mg per label serving, or 480 mg per label serving and per standard serving size.

LIMITED IN BAD FATS

Saturated Fat:

Depending on the type of food, up to 4 g or less per standard serving size. Many food categories will not contain more than 1 g per standard serving size.

Trans Fat:

Less than 0.5 g per label serving size and per standard serving size. Products containing partially hydrogenated oils are not eligible for certification.

Heart-Check Recipe Certification Program



For over 20 years the American Heart Association Heart-Check mark has guided consumers toward healthier eating choices when shopping for food. Now, the Heart-Check Food Certification Program is helping consumers find heart-healthy recipes they can make at

home for themselves and their families. Recipe certification is based on respected science and nutrition expertise of the American Heart Association. All of the recipes in this booklet are Heart-Check certified. For more Heart-Check certified recipes, visit heartcheck.org/recipes.

*All requirements listed apply to Standard Certification. For more details, see heartcheck.org/requirements.

TO LEARN MORE, VISIT heartcheck.org

BREAKFAST

Western Mug Omelet



SERVES
1 • 1 omelet per serving



PREP TIME
5 minutes



COOK TIME
2–3 minutes



TOTAL TIME
7–8 minutes



Ingredients

Cooking spray

¼ cup plus 3 tablespoons liquid egg whites,
room temperature

½ cup chopped red bell peppers

½ cup chopped mushrooms

2 tablespoons shredded lite low-fat cheese

2 tablespoons fat-free milk

1 tablespoon chopped green onion

Directions

1. Combine the ingredients in a microwave-safe mug lightly coated with cooking spray.
2. Microwave on high for 1 minute. Stir the mixture.
3. Microwave on high for 1 to 2 minutes, or until the eggs are cooked through.

Nutrition Analysis (per serving)

Calories	214
Total Fat	0.5 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
Cholesterol	1 mg
Sodium	562 mg
Carbohydrates	7 g
Fiber	1 g
Total Sugars	5 g
Protein	38 g

Dietary Exchanges

1 vegetable, 3½ lean meat

This recipe from Eggland's Best is an American Heart Association Heart-Check Certified Recipe.

BREAKFAST

Huevos Rancheros



SERVES
4 • 1 huevo ranchero
per serving



PREP TIME
15 minutes



COOK TIME
15 minutes



TOTAL TIME
30 minutes



Ingredients

- 1 teaspoon canola oil
- ¼ cup finely chopped onion
- 1 garlic clove, minced
- 1 tablespoon no-salt-added tomato paste
- 1 tablespoon roasted diced green jalapeño pepper
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- ⅛ teaspoon salt
- 1 14-ounce can diced tomatoes, undrained
- 4 6-inch corn tortillas
- Cooking spray
- 4 large eggs
- Black pepper to taste
- ¼ cup crumbled fat-free feta cheese
- ¼ cup coarsely chopped fresh cilantro
- 1 lime, cut into 4 wedges

Directions

1. Heat the oil in a large nonstick skillet over medium-high heat. Cook the onion and garlic for 3 to 5 minutes, or until softened, stirring often.
2. Stir in the tomato paste, jalapeño, cumin, oregano and salt until combined. Stir in the tomatoes with liquid. Reduce the heat to medium low. Simmer for 2 to 3 minutes, or until slightly thickened.
3. Remove the skillet from the heat. Cover to keep warm. Set aside.
4. Bake the tortillas in single layer on large baking sheet in preheated 400°F oven for 7 to 10 minutes, or until crispy.
5. For sunny-side up, over-easy or over-hard eggs: Heat the cooking spray in a large nonstick skillet over medium-high heat. One at a time, break the eggs into the skillet. Immediately reduce the heat to low. Cook the eggs for 5 minutes, or until the whites are completely set and the yolks begin to thicken but are not hard.
6. Serve or flip the eggs over carefully and cook to desired doneness. Sprinkle the eggs with black pepper to taste.
7. Spoon the reserved sauce evenly over the tortillas on four plates.
8. Top each tortilla with an egg. Sprinkle each with the feta and cilantro. Serve immediately with the lime wedges.

Nutrition Analysis (per serving)

Calories	197
Total Fat	9.0 g
Saturated Fat	2.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat	4.0 g
Cholesterol	189 mg
Sodium	589 mg
Carbohydrates	18 g
Fiber	3 g
Total Sugars	6 g
Protein	12 g

Dietary Exchanges

1½ fats, 1 starch, 1½ lean meat

This recipe from the American Egg Board's Egg Nutrition Center is an American Heart Association Heart-Check Certified Recipe.

BREAKFAST

Banana Walnut Bread Overnight Oats



SERVES
4 • 1 container
per serving



PREP TIME
15 minutes



COOK TIME
0 minutes



TOTAL TIME
15 minutes



Ingredients

- 3 ripe bananas, sliced
- 3 cups fat-free milk
- 2 cups old-fashioned oats
- ¾ cup chopped walnuts, divided
- 1 tablespoon maple syrup
- 1 tablespoon ground cinnamon
- 1 teaspoon vanilla
- ½ teaspoon salt

Directions

1. Put the bananas in a large container with a lid. Using a potato masher or a fork, mash them until smooth.
2. Add the milk, oats, half the walnuts, maple syrup, cinnamon, vanilla and salt. Combine thoroughly. Refrigerate, covered, overnight.
3. To serve, divide the oat mixture into four serving dishes, such as Mason jars or glass containers with lids. Top each serving with the remaining chopped walnuts. The overnight oats will last up to 5 days covered in the refrigerator. The oats will continue to soften the longer they sit.

Nutrition Analysis (per serving)

Calories	458
Total Fat	15.0 g
Saturated Fat	2.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	10.0 g
Monounsaturated Fat	2.0 g
Cholesterol	3 mg
Sodium	370 mg
Carbohydrates	63 g
Fiber	8 g
Total Sugars	23 g
Protein	15 g

Dietary Exchanges

1½ fruit, 1½ starch, 1 low-fat milk,
1 lean meat, 2 fat

This recipe from California Walnuts is an American Heart Association Heart-Check Certified Recipe.

SNACKS

Greek Cucumber Walnut Bites



SERVES
6 • 3 "bites"
per serving



PREP TIME
17 minutes



COOK TIME
8 minutes



TOTAL TIME
25 minutes



Ingredients

- ½ cup walnuts, chopped, divided (8 tablespoons)
- 1 English cucumber, ends trimmed (about 14 ounces)
- ½ cup roasted red pepper hummus
- ¼ cup reduced-fat crumbled feta cheese
- 5 cherry tomatoes, quartered

Directions

1. Preheat the oven to 350°F. Arrange the walnuts evenly on a small baking sheet. Bake for 8 minutes, or until toasted, checking frequently.
2. Slice the cucumber crosswise into 18 slices (each about ¾-inch thick). Using a small spoon, gently scoop out and discard the center of each cucumber slice, leaving the bottom and sides intact.
3. In a small bowl, stir together 6 tablespoons walnuts and the hummus. Spoon the walnut-hummus mixture into each cucumber slice. Top with the remaining 2 tablespoons of walnuts, feta and tomatoes.

Nutrition Analysis (per serving)

Calories	130
Total Fat	11.0 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	4.0 g
Monounsaturated Fat	0.0 g
Cholesterol	0 mg
Sodium	150 mg
Carbohydrates	6 g
Fiber	2 g
Total Sugars	1 g
Protein	5 g

Dietary Exchanges

1 vegetable, ½ lean meat, 2 fat

This recipe from California Walnuts is an American Heart Association Heart-Check Certified Recipe.

SNACKS

Pineapple and Ricotta Cheese Sweet Potato Toasts



SERVES

1 • 1–3 slices per serving
(depending on slice size)



PREP TIME

5 minutes



COOK TIME

15–18 minutes



TOTAL TIME

20–23 minutes



Ingredients

- 1 to 3 frozen sweet potato slices (depending on slice size)
- 2 tablespoons part-skim ricotta cheese
- ¼ cup fresh pineapple slices
- ¼ teaspoon honey
- 2 fresh mint leaves (optional)

Directions

1. Preheat the oven to 425°F.
2. Arrange the frozen sweet potato slices on a baking sheet.
3. Bake for 15 to 18 minutes, or until the slices are tender and easily pierced with a fork or until heated through at desired consistency.
4. Meanwhile, grill the pineapple slices on high heat for 2 to 3 minutes per side, or until grill marks appear. Remove from the heat. Set aside.
5. Carefully remove the baking sheet from the oven.
6. Top the potato slices with the ricotta cheese and grilled pineapple. Drizzle with the honey. Garnish with the mint leaves if desired.

Nutrition Analysis (per serving)

Calories	141
Total Fat	1.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
Cholesterol	8 mg
Sodium	58 mg
Carbohydrates	28 g
Fiber	4 g
Total Sugars	14 g
Protein	5 g

Dietary Exchanges

2 starch

This recipe from CAULIPOWER is an American Heart Association Heart-Check Certified Recipe.

SEAFOOD

Salmon Hashburgers



SERVES

4 • 1 burger per serving



PREP TIME

15 minutes



COOK TIME

30 minutes



TOTAL TIME

45 minutes



Ingredients

Cooking spray

- 1 5-ounce can pink salmon, drained, or 1½ cups chopped cooked fresh salmon
- 2 large egg whites
- 1 small onion, finely chopped (about ⅓ cup)
- ½ cup salt-free breadcrumbs
- 1 tablespoon and 1 teaspoon honey mustard, divided
- ¼ cup light mayonnaise
- 4 cups frozen potato hash browns, thawed
- 4 lettuce leaves
- 4 thick tomato slices
- ½ medium avocado, peeled, pitted and cut into 8 slices

Directions

1. Preheat the oven to 400°F. Lightly spray a large baking sheet with cooking spray.
2. In a small bowl, stir together the salmon, egg whites, onion, breadcrumbs, and 1 tablespoon of the mustard.
3. In another small bowl, whisk together the remaining 1 teaspoon mustard with the mayonnaise. Set aside.
4. Press one-quarter of the salmon mixture into a ½-cup measuring cup. Gently remove the mixture retaining the shape. Form it into a patty. Place it on the baking sheet. Repeat with the remaining salmon mixture.
5. To make the "buns," squeeze any excess water from the hash browns. Press one-quarter of the hash browns into a ½-cup measuring cup. Gently remove the mixture retaining the shape. Form it into a patty. Place it on the baking sheet. Repeat with the remaining hash browns.
6. Lightly spray the patties and "buns" with cooking spray. Bake for 20 minutes. Remove only the patties from the oven. Cover to keep warm.
7. Increase the temperature to 450°F. Cook the "buns" for 5 to 10 minutes, or until lightly browned.
8. Place the patties on four plates. Spread each patty with the mayonnaise mixture. Top with a lettuce leaf, tomato slice, 2 avocado slices and the hash brown "bun."

Nutrition Analysis (per serving)

Calories	345
Total Fat	10.5 g
Saturated Fat	2.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	3.5 g
Monounsaturated Fat	3.0 g
Cholesterol	32 mg
Sodium	330 mg
Carbohydrates	48 g
Fiber	6 g
Total Sugars	4 g
Protein	16 g

Dietary Exchanges

3 starch, 1½ lean meat, ½ fat

This recipe from the Idaho Potato Commission is an American Heart Association Heart-Check Certified Recipe.

SEAFOOD

Tuna, Avocado and White Bean Salad



SERVES

6 • 1⅓ cups
per serving



PREP TIME

15 minutes



COOK TIME

0 minutes



TOTAL TIME

15 minutes



Ingredients

- 2 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- 1 tablespoon balsamic vinegar
- 1 tablespoon honey
- 1 teaspoon Dijon mustard
- Salt to taste (optional)
- Pepper to taste (optional)
- 6 cups baby arugula
- 6 ounces canned tuna, in water
- 1½ cups cannellini beans, rinsed and drained
- 1½ cups quinoa, cooked
- 1 medium avocado, peeled, pitted and diced
- ¼ cup low-fat feta cheese, crumbled

Directions

1. In a small bowl, whisk together the oil, lemon juice, vinegar, honey, mustard, salt and pepper if desired until well combined.
2. In a large bowl, combine the arugula, tuna, beans, quinoa, avocado and feta. Gently toss with the dressing.

Nutrition Analysis (per serving)

Calories	270
Total Fat	13.0 g
Saturated Fat	2.5 g
Trans Fat	1.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	4.0 g
Cholesterol	15 mg
Sodium	320 mg
Carbohydrates	27 g
Fiber	7 g
Total Sugars	5 g
Protein	14 g

Dietary Exchanges

1½ starch, 1 vegetable, 1½ lean meat,
1½ fat

This recipe from Avocados From Mexico is an American Heart Association Heart-Check Certified Recipe.

POULTRY

Green Chile Chicken Enchilada Casserole



SERVES
6 • 1¼ cups per serving



PREP TIME
15 minutes



COOK TIME
1 hour–1 hour and 10 minutes



TOTAL TIME
1 hour and 15 minutes–
1 hour and 25 minutes



Ingredients

Cooking spray

- 1 cup uncooked quinoa, rinsed and drained
- ½ pound boneless, skinless chicken breasts, cooked without salt, all visible fat discarded, shredded
- 1 medium zucchini, diced
- 1 cup black beans, rinsed and drained
- ½ cup diced red bell pepper
- 1 4-ounce can diced green chiles
- 2 medium green onions, thinly sliced
- 1¼ cups green enchilada sauce or red enchilada sauce

- 1 cup low-sodium chicken broth
- 4 ounces low-fat shredded cheddar cheese (about 1 cup)

Toppings (optional)

- Diced tomatoes
- Diced avocado
- Chopped fresh cilantro
- Diced red onion
- Low-fat plain Greek yogurt

Directions

1. Preheat the oven to 350°F. Lightly spray a 13 x 9 x 2-inch baking dish with cooking spray.
2. Spread the quinoa in a single layer on the bottom of the dish.
3. Spread the chicken, zucchini, beans, bell pepper and green onions over the quinoa.
4. In a large glass measuring cup or bowl, whisk together the enchilada sauce and broth. Pour over the quinoa mixture.
5. Cover the baking dish with aluminum foil. Bake for 45 minutes. Remove the foil. Bake for 10 to 15 minutes.
6. Sprinkle the cheese all over the top of the casserole. Bake for 5 to 10 minutes, or until the cheese is melted.
7. Top with the tomatoes, avocado, cilantro, red onion and yogurt.

Nutrition Analysis (per serving)

Calories	205
Total Fat	5.5 g
Saturated Fat	2.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	0.5 g
Cholesterol	10 mg
Sodium	380 mg
Carbohydrates	23 g
Fiber	3 g
Total Sugars	3 g
Protein	16 g

Dietary Exchanges

2 lean meat, 1½ starch

This recipe from Cabot Creamery Cooperative, Inc. is an American Heart Association Heart-Check Certified Recipe.

POULTRY

Roasted Turkey Burrito



SERVES
4 • ½ burrito per serving



PREP TIME
15 minutes



COOK TIME
12 minutes



TOTAL TIME
27 minutes



Ingredients

- 2 tablespoons cranberry sauce
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon apple cider vinegar
- 1 teaspoon Dijon mustard
- 1 medium garlic clove, minced
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 10-inch tomato basil wraps
- 2 10-inch spinach wraps
- 1 cup cooked wild rice
- ¼ cup dried cranberries
- ¼ cup chopped toasted walnuts
- 2 cups shredded roasted turkey breast, cooked without salt and all visible fat discarded
- 2 cups thinly sliced kale, stems discarded
- 1 cup shredded carrots

Directions

1. In a small bowl, whisk together the cranberry sauce, oil, vinegar, mustard, garlic, salt and pepper.
2. Warm the tortillas using the package directions.
3. Layer 1 tomato basil wrap and 1 spinach tortilla on top of each other on a clean work surface.
4. Spoon the rice evenly down the center of the tortilla, leaving a 1-inch border. Top with the cranberries, walnuts, turkey, kale and carrots. Drizzle with the vinaigrette. Fold the bottom of the tortilla over the filling. Fold in the left and right sides. Starting from bottom, roll tightly. Repeat with the remaining ingredients.
5. Cut each burrito in half.



Cook's Tip: *The burritos can be chilled or grilled.*

Nutrition Analysis (per serving)

Calories	417
Total Fat	14.0 g
Saturated Fat	2.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	5.0 g
Monounsaturated Fat	5.5 g
Cholesterol	40 mg
Sodium	475 mg
Carbohydrates	50 g
Fiber	7 g
Total Sugars	11 g
Protein	26 g

Dietary Exchanges

2½ lean meat, 2 starch, 1 fruit, 1 vegetable, 1 fat

This recipe from Catalia Mexican Foods is an American Heart Association Heart-Check Certified Recipe.

POULTRY

Slow Cooker Avocado Lime Chicken Soup



SERVES
10 • ¾ cup per serving



PREP TIME
10 minutes



COOK TIME
3 hours on high or
6 hours on low



TOTAL TIME
3 hours and 10 minutes or
6 hours and 10 minutes



Ingredients

- 1 pound boneless, skinless chicken breasts, all visible fat discarded
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- 6 cups low-sodium chicken broth
- 1 cup jarred salsa verde
- 2 tablespoons fresh ginger, minced
- 2 teaspoons jarred garlic
- 1 medium fresh avocado, halved, pitted, peeled and chopped
- 2 green onions (about ¼ cup), sliced on a diagonal
- ¼ cup fresh chopped cilantro leaves
- 2 tablespoons lime juice

Directions

1. Season the chicken with the chili powder and cumin. Place in a slow cooker.
2. Add the broth, salsa verde, ginger and garlic. Cook for 3 hours on high or 6 hours on low.
3. Remove the chicken from the slow cooker. Using two forks, shred the chicken.
4. Return the chicken to the slow cooker. Stir in the avocado, green onions, cilantro and lime juice.

Nutrition Analysis (per serving)

Calories	110
Total Fat	4.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	2.5 g
Cholesterol	35 mg
Sodium	220 mg
Carbohydrates	6 g
Fiber	2 g
Total Sugars	1 g
Protein	14 g

Dietary Exchanges

1 vegetable, 2 lean meat

This recipe from *Fresh Avocados — Love One Today®* is an American Heart Association Heart-Check Certified Recipe.

POULTRY

Sheet Pan Rosemary Balsamic Chicken and Vegetables



SERVES

4 • 3 ounces cooked chicken plus 1½ cups potatoes and broccoli per serving



PREP TIME

10 minutes



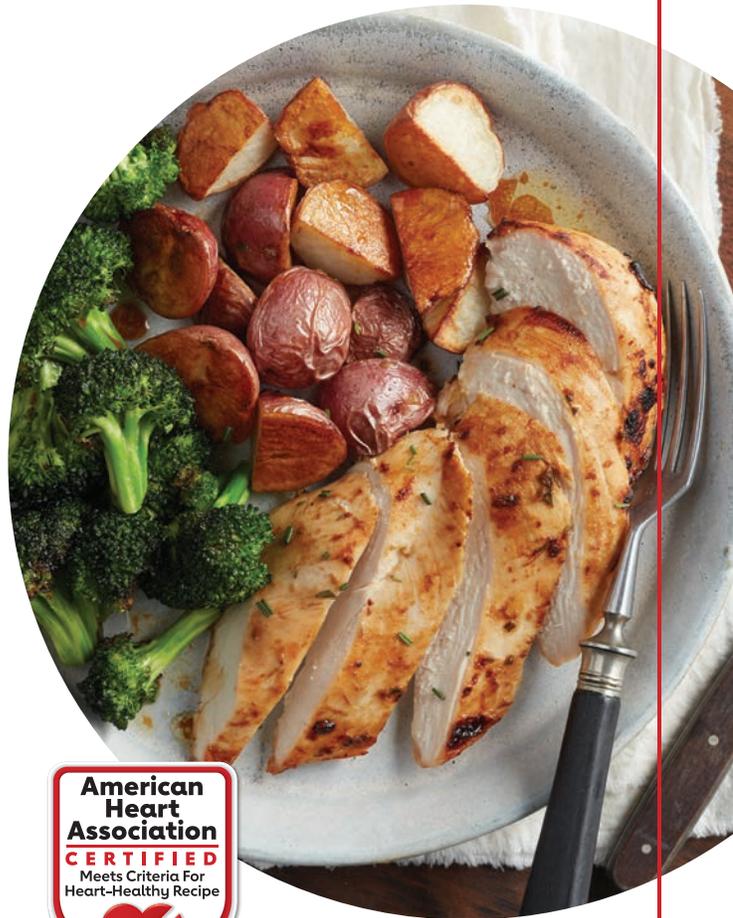
COOK TIME

25 minutes



TOTAL TIME

35 minutes



Ingredients

- ¼ cup soybean oil margarine spread
- 2 teaspoons Dijon mustard
- 2 teaspoons minced fresh rosemary leaves
- 1 medium garlic clove
- ¼ teaspoon salt
- ¼ teaspoon coarsely ground black pepper
- 2 tablespoons balsamic vinegar
- 4 4-ounce boneless, skinless chicken breasts, all visible fat discarded
- 12 ounces baby red potatoes, cut into bite-size pieces (about 2 heaping cups)
- 1 small red onion, sliced (optional)
- 12 ounces broccoli florets (about 4 cups)

Directions

1. Preheat the oven to 425°F. Line a large baking sheet with shallow sides with aluminum foil.
2. In a small bowl, stir together the margarine spread, mustard, rosemary, garlic, salt and pepper. Gradually whisk in the balsamic vinegar until blended.
3. Spread 2 tablespoons of the mixture over the chicken. Toss the potatoes and onion if desired with the 2 tablespoons until evenly coated. Toss the broccoli with the remaining 2 tablespoons mixture until evenly coated.
4. Place the chicken, potatoes and broccoli on the baking sheet. Cook for 25 minutes, or until the chicken is cooked through (no longer pink in the center and registers 165°F on an instant-read thermometer) and vegetables are tender.
5. Transfer the chicken, potatoes and broccoli to a serving platter. Drizzle with any pan juices.

Nutrition Analysis (per serving)

Calories	190
Total Fat	7.0 g
Saturated Fat	2.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	3.5 g
Monounsaturated Fat	1.5 g
Cholesterol	20 mg
Sodium	350 mg
Carbohydrates	20 g
Fiber	4 g
Total Sugars	4 g
Protein	11 g

Dietary Exchanges

1 starch, 1 vegetable, 3 lean meat

This recipe from *I Can't Believe It's Not Butter* is an American Heart Association Heart-Check Certified Recipe.

MEATS

Creole Steak with Jambalaya Rice



SERVES

4 • 1¼ cups rice mix and ½ cup sliced steak per serving



PREP TIME

10 minutes



COOK TIME

20 minutes



TOTAL TIME

30 minutes



Ingredients

- 2 tablespoons vegetable oil, divided
- 1 pound sirloin tip steaks, cut ¼-inch thick
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped green bell pepper
- 2½ teaspoons Creole seasoning, divided
- 1 14.5-ounce can no-salt-added diced tomatoes
- 1½ cups cooked brown rice

Directions

1. Heat 1 tablespoon oil over medium heat in a 3-quart saucepan until hot. Add the onion, celery, bell pepper and 1 teaspoon Creole seasoning. Cook for 8 to 10 minutes, or until the vegetables are tender-crisp, stirring occasionally.
2. Stir in the tomatoes and rice. Cook, covered, for 2 to 4 minutes, or until heated through, stirring occasionally. Cover to keep warm.
3. Meanwhile, press the remaining 1½ teaspoons Creole seasoning evenly so it adheres to the beef. Heat 1½ teaspoons oil in large nonstick skillet over medium-high heat until hot. Working in batches, place the beef in the skillet (do not overcrowd). Cook 1 to 3 minutes for medium rare (145°F) doneness, turning once. (Do not overcook.) Remove from the skillet. Cover to keep warm. Repeat with the remaining beef and oil.
4. Top the beef with the rice mixture.

Nutrition Analysis (per serving)

Calories	338
Total Fat	13.0 g
Saturated Fat	3.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	4.5 g
Monounsaturated Fat	4.0 g
Cholesterol	69 mg
Sodium	490 mg
Carbohydrates	28 g
Fiber	5 g
Total Sugars	6 g
Protein	29 g

Dietary Exchanges

1 starch, 2 vegetable, 3 lean meat, ½ fat

This recipe from BeefItsWhatsForDinner.com is an American Heart Association Heart-Check Certified Recipe.

MEATS

Heart-Healthy Chili



SERVES
6 • 1 cup per serving



PREP TIME
10 minutes



COOK TIME
30 minutes



TOTAL TIME
40 minutes



Ingredients

- 1 tablespoon vegetable oil
- 1 pound 96% lean ground beef
- 1 medium onion, diced
- 4 medium garlic cloves, minced
- 2 tablespoons paprika
- 2 teaspoons cumin
- 1 teaspoon chipotle powder
- 2 8-ounce cans tomato sauce
- 2 14.5-ounce cans diced tomatoes, undrained
- 2 14.5-ounce cans kidney beans, undrained
- 1 cup frozen corn
- Fresh cilantro, coarsely chopped (optional)
- Low-fat sour cream (optional)
- Shredded low-fat cheddar cheese (optional)

Directions

1. In a large saucepan, heat the oil over medium-high heat, swirling to coat the bottom. Add the beef, onions and garlic. Cook for 7 minutes, or until the beef is browned on the outside and no longer pink in the center, stirring occasionally to turn and break up the beef. Stir in the paprika, cumin and chipotle powder. Cook for 2 minutes.
2. Stir in the tomato sauce, tomatoes with liquid, beans with liquid and corn. Bring to a boil. Reduce the heat and simmer for 20 minutes, or until desired thickness.
3. Ladle the chili into bowls. Sprinkle with the cilantro. Serve with the sour cream and cheese.

Nutrition Analysis (per serving)

Calories	337
Total Fat	6.0 g
Saturated Fat	2.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat	2.0 g
Cholesterol	40 mg
Sodium	431 mg
Carbohydrates	38 g
Fiber	12 g
Total Sugars	8 g
Protein	28 g

Dietary Exchanges

3 vegetable, 2 starch, 3 lean meat

This recipe from Laura's Lean Beef is an American Heart Association Heart-Check Certified Recipe.

VEGETARIAN

Bulgur, Cucumber and Chickpea Salad

 **SERVES**
6 • 1 cup per serving

 **STAND TIME**
20–30 minutes

 **PREP TIME**
20 minutes

 **CHILL TIME**
1 hour

 **COOK TIME**
5 minutes

 **TOTAL TIME**
1 hour and 45 minutes–
1 hour and 55 minutes



Ingredients

- 1¼ cups water
- 1 teaspoon salt
- 1 cup uncooked bulgur
- ¼ cup low-fat plain Greek yogurt
- 3 tablespoons extra-virgin olive oil
- 2 teaspoons freshly grated lemon zest
- 3 tablespoons fresh lemon juice
- 1 teaspoon ground black pepper
- 2 cups halved and thinly sliced English, or hothouse, cucumber
- 1 15.5-ounce can chickpeas, rinsed and drained
- 3 tablespoons chopped fresh oregano or mint (optional)

Directions

1. Bring the water and salt to boil in a saucepan over high heat. Turn off the heat. Stir in the bulgur. Let stand, covered, for 20 to 30 minutes, or until the water is absorbed.
2. Let the bulgur cool, uncovered, to room temperature. (To cool faster, spread the bulgur in a single layer on a large baking sheet.)
3. Meanwhile, in a large bowl, whisk together the yogurt, oil, lemon zest, lemon juice and pepper.
4. Stir in the cucumber, chickpeas, cooled bulgur and herbs if using, tossing to coat.
5. Refrigerate, covered, for at least 1 hour for the cucumber juices to further soften the bulgur and the flavors to meld.

Nutrition Analysis (per serving)

Calories	173
Total Fat	6.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	4.0 g
Cholesterol	1 mg
Sodium	452 mg
Carbohydrates	23 g
Fiber	6 g
Total Sugars	1 g
Protein	6 g

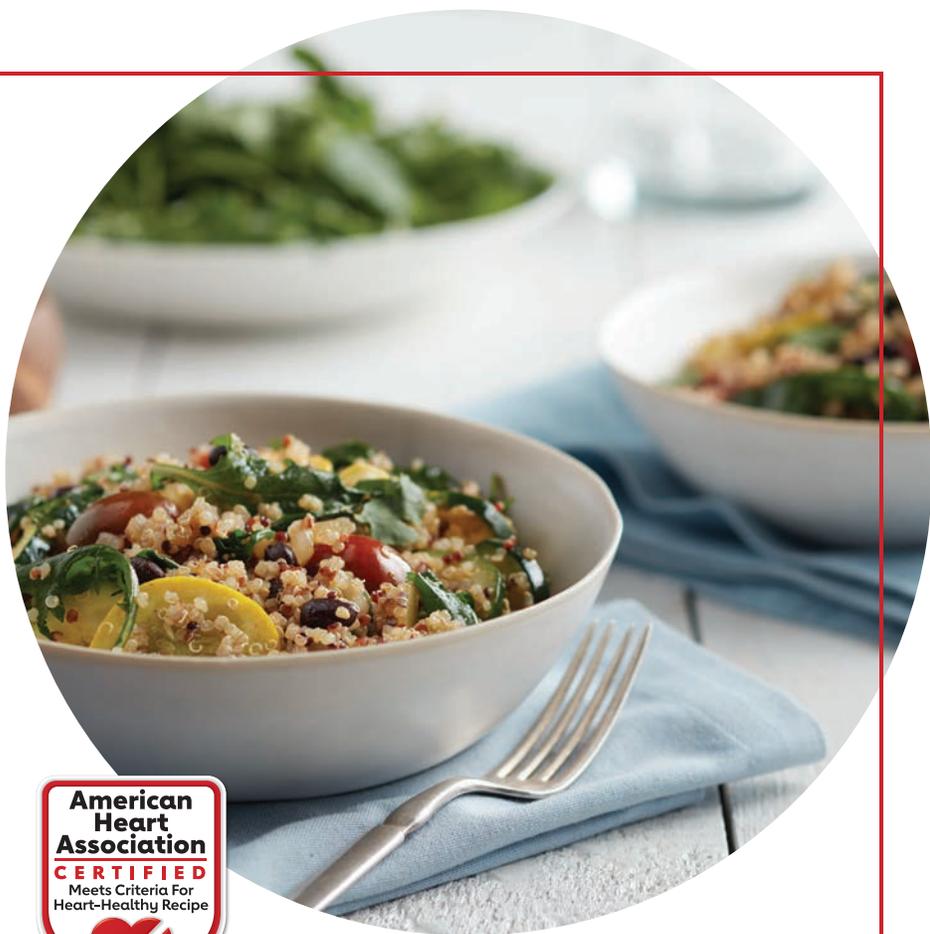
Dietary Exchanges

½ lean meat, 1½ starch, ½ fat

This recipe from Cabot Creamery Cooperative, Inc. is an American Heart Association Heart-Check Certified Recipe.

VEGETARIAN

Cilantro Lime Vegetable Quinoa



SERVES
4 • 1½ cups per serving



PREP TIME
10 minutes



COOK TIME
30 minutes



TOTAL TIME
40 minutes



Ingredients

- 4 tablespoons soybean oil margarine spread, divided
- 12 ounces zucchini and/or yellow squash, sliced into ¼-inch thick half rounds (about 3 cups)
- 1 cup chopped onion
- 1½ teaspoons chili powder
- ½ teaspoon ground cumin
- ¼ teaspoon salt
- 2 cups reduced-sodium vegetable broth
- 1 cup uncooked quinoa
- 4 cups baby kale (about 4 ounces)
- 1 cup low-sodium black beans, rinsed and drained
- 1 cup heirloom grape tomatoes, halved lengthwise
- 1 tablespoon lime zest
- 1 tablespoon lime juice
- Chopped fresh cilantro leaves, to garnish
- 1 medium lime, cut into 4 wedges

Directions

1. Heat 2 tablespoons margarine spread in a medium saucepan over medium-high heat until melted. Stir in the zucchini, onion, chili powder, cumin and salt. Cook for 5 minutes, or until the vegetables are tender-crisp, stirring occasionally.
2. Add the broth. Bring to a boil. Stir in the quinoa. Reduce the heat to medium. Cook, covered, for 15 minutes, or until the liquid is absorbed.
3. Remove from the heat. Stir in the kale, beans and remaining 2 tablespoons margarine spread. Cover. Let stand for 5 minutes.
4. Stir in the tomatoes, lime zest and lime juice. Garnish with the cilantro and lime wedges.

Nutrition Analysis (per serving)

Calories	330
Total Fat	10.0 g
Saturated Fat	2.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	4.5 g
Monounsaturated Fat	2.0 g
Cholesterol	0 mg
Sodium	420 mg
Carbohydrates	51 g
Fiber	11 g
Total Sugars	6 g
Protein	13 g

Dietary Exchanges

2½ starch, 2 vegetable, 1 lean meat, 1 fat

This recipe from I Can't Believe It's Not Butter is an American Heart Association Heart-Check Certified Recipe.

VEGETARIAN

Mexican Rice and Beans Baked Eggs



 **SERVES**
4 • 1 egg plus ¼ rice and bean mixture per serving

 **PREP TIME**
15 minutes

 **COOK TIME**
20 minutes

 **TOTAL TIME**
35 minutes



Ingredients

- 2 tablespoons olive oil
- 1 medium onion, chopped (about 1 cup)
- 1 jalapeño pepper, seeds and ribs discarded and diced
- 2 medium garlic cloves, minced
- 1 teaspoon ground cumin
- 1 teaspoon dried thyme
- 1 teaspoon chili powder
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 cup canned black beans, rinsed and drained
- ½ cup corn kernels
- 1 14-ounce can diced tomatoes
- 2 cups cooked long-grain brown rice
- 4 large eggs
- 2 tablespoons chopped fresh parsley or cilantro
- ¼ cup fat-free sour cream
- ½ teaspoon lime zest
- 2 teaspoons lime juice

Directions

1. Preheat the oven to 400°F.
2. Heat the oil in an ovenproof skillet over medium heat. Cook the onion, jalapeño, garlic, cumin, thyme, chili powder, salt and pepper for 5 minutes, or until the onion starts to soften.
3. Stir in the beans and corn until well coated. Stir in the tomatoes. Bring to a boil. Stir in the rice.
4. Make four small divots in the rice mixture with a spoon. Crack an egg into each divot. Transfer the skillet to the oven. Bake for 10 to 12 minutes, or until the egg whites are set and yolks are cooked to the desired doneness. Sprinkle with the parsley.
5. Meanwhile, stir together the sour cream, lime zest and lime juice. Drizzle over the rice and eggs.

Nutrition Analysis (per serving)

Calories	390
Total Fat	13.0 g
Saturated Fat	3.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.5 g
Monounsaturated Fat	7.5 g
Cholesterol	185 mg
Sodium	520 mg
Carbohydrates	49 g
Fiber	8 g
Total Sugars	7 g
Protein	15 g

Dietary Exchanges

3 starch, 1 vegetable, 1 lean meat, 1½ fat

This recipe from the American Egg Board's Egg Nutrition Center is an American Heart Association Heart-Check Certified Recipe.

VEGETARIAN

Veg Out Pizza



SERVES
4 • 2 slices per serving



PREP TIME
15 minutes



COOK TIME
13–16 minutes



TOTAL TIME
28–31 minutes



Ingredients

- 1 cauliflower pizza crust
- ½ cup pizza sauce
- 1 cup cherry tomatoes, halved
- 1 cup mushrooms, halved
- ½ red bell pepper, thinly sliced
- ½ green bell pepper, thinly sliced
- ½ cup crumbled fat-free feta cheese
- Handful fresh basil, chopped
- 1 tablespoon balsamic vinegar

Directions

1. Preheat the oven to 425°F.
2. Remove the crust from all packaging. Place the crust on a clean work surface.
3. Spread the pizza sauce evenly over the crust.
4. Top with the tomatoes, mushrooms, both bell peppers, feta and basil. Drizzle with the vinegar.
5. Bake for 13 to 16 minutes.

Nutrition Analysis (per serving)

Calories	210
Total Fat	5.0 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	3.0 g
Cholesterol	18 mg
Sodium	585 mg
Carbohydrates	31 g
Fiber	2 g
Total Sugars	7 g
Protein	11 g

Dietary Exchanges

3 vegetable, 1 lean meat

This recipe from CAULIPOWER is an American Heart Association Heart-Check Certified recipe.

VEGETARIAN

Potato, Cucumber and Dill Salad



 **SERVES**
4 • 1 cup per serving

 **PREP TIME**
10 minutes

 **COOK TIME**
15 minutes

 **TOTAL TIME**
25 minutes



Ingredients

- 3 large potatoes, unpeeled and thinly sliced (about 3 cups)
- 1/4 cup plain rice wine vinegar
- 1 1/2 tablespoons Dijon mustard
- 1/4 cup canola or vegetable oil
- 1/2 cup chopped fresh dill or 1 tablespoon dried whole dillweed
- 1/2 teaspoon salt
- 1 large cucumber, unpeeled and thinly sliced (about 1 1/2 cups)

Directions

1. Place the potato slices in a 9 x 9-inch microwave-safe baking dish. Cover with microwaveable plastic wrap. Microwave on high for 9 to 11 minutes, or until tender, stirring gently every 3 minutes.
2. Put the vinegar, mustard, oil, dill and salt in a small jar with a tight-fitting lid. Cover tightly. Shake vigorously. Pour the vinegar mixture over the potatoes. Refrigerate, covered, until chilled. Gently stir in the cucumber slices before serving.

Nutrition Analysis (per serving)

Calories	289
Total Fat	14.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	4.0 g
Monounsaturated Fat	9.0 g
Cholesterol	0 mg
Sodium	437 mg
Carbohydrates	37 g
Fiber	3 g
Total Sugars	2 g
Protein	5 g

Dietary Exchanges
2 1/2 starch, 2 fat

This recipe from the Idaho Potato Commission is an American Heart Association Heart-Check Certified Recipe.

VEGETARIAN

Avocado Tomato Basil Pasta Salad with Pesto Avocado Dressing



SERVES

8 • 1 cup salad plus 2 tablespoons dressing per serving



PREP TIME

15 minutes



COOK TIME

15 minutes



TOTAL TIME

30 minutes



Ingredients Dressing

- 1 medium avocado, peeled, pitted and sliced
- 1/2 cup fresh basil, chopped
- 2 medium garlic cloves, mashed
- 2 tablespoons reduced-fat grated Parmesan cheese
- 1 tablespoon avocado oil
- 1 tablespoon red wine vinegar

Ingredients Salad

- 3 cups dried enriched whole-wheat rotini pasta
- 1 medium avocado, cubed
- 2 cups spinach, chopped
- 2 cups cherry tomatoes (tri-colored), halved
- 1 1/2 cups canned low-sodium garbanzo beans (chickpeas), rinsed and drained
- 1/2 medium red onion, diced
- 1/2 large English cucumber, quartered, diced
- 2 ounces reduced-fat feta cheese, crumbled
- 10 Kalamata olives, drained, chopped
- 1/2 cup fresh basil leaves, chopped
- 1/2 tablespoon crushed red pepper flakes
- 1 teaspoon dried oregano
- 2 tablespoons lemon juice

Directions

1. Prepare the pasta according to the package directions. Do not overcook. It is better to have firm pasta or slightly undercooked (al dente).
2. For the dressing: Process the dressing ingredients in a food processor until smooth. Refrigerate until ready to serve with the pasta salad.
3. For the salad: In a large bowl, combine the cooked pasta, avocado, spinach, tomatoes, beans, onion, cucumber, cheese, olives, basil, red pepper flakes and oregano. Pour 1 cup dressing over the salad, gently tossing to coat. (Refrigerate any extra dressing for future use.) Drizzle with the lemon juice.

Nutrition Analysis (per serving)

Calories	250
Total Fat	13.0 g
Saturated Fat	2.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat	12.0 g
Cholesterol	3 mg
Sodium	255 mg
Carbohydrates	27 g
Fiber	8 g
Total Sugars	4 g
Protein	8 g

Dietary Exchanges

1 1/2 starch, 1 vegetable, 1 lean meat, 2 fat

This recipe from *Avocados From Mexico* is an American Heart Association Heart-Check Certified Recipe.



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