



American  
Heart  
Association.



# Shop Smart, Eat Smart

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



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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](http://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](http://heartcheck.org/recipes).

\*All requirements listed apply to Standard Certification. For more details, see [heartcheck.org/requirements](http://heartcheck.org/requirements).

TO LEARN MORE, VISIT [heartcheck.org](http://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
<b>Total Fat</b>	<b>0.5 g</b>
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
<b>Cholesterol</b>	<b>1 mg</b>
<b>Sodium</b>	<b>562 mg</b>
<b>Carbohydrates</b>	<b>7 g</b>
Fiber	1 g
Total Sugars	5 g
Includes Added Sugars	0 g
<b>Protein</b>	<b>38 g</b>

### 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
<b>Total Fat</b>	<b>9.0 g</b>
Saturated Fat	2.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat	4.0 g
<b>Cholesterol</b>	<b>189 mg</b>
<b>Sodium</b>	<b>589 mg</b>
<b>Carbohydrates</b>	<b>18 g</b>
Fiber	3 g
Total Sugars	6 g
Includes Added Sugars	0 g
<b>Protein</b>	<b>12 g</b>

#### 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 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
<b>Total Fat</b>	<b>15.0 g</b>
Saturated Fat	2.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	10.0 g
Monounsaturated Fat	2.0 g
<b>Cholesterol</b>	<b>3 mg</b>
<b>Sodium</b>	<b>370 mg</b>
<b>Carbohydrates</b>	<b>63 g</b>
Fiber	8 g
Total Sugars	23 g
Includes Added Sugars	4 g
<b>Protein</b>	<b>15 g</b>

### 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
<b>Total Fat</b>	<b>11.0 g</b>
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	4.0 g
Monounsaturated Fat	0.0 g
<b>Cholesterol</b>	<b>0 mg</b>
<b>Sodium</b>	<b>150 mg</b>
<b>Carbohydrates</b>	<b>6 g</b>
Fiber	2 g
Total Sugars	1 g
Includes Added Sugars	0 g
<b>Protein</b>	<b>5 g</b>

### Dietary Exchanges

1 vegetable, ½ lean meat, 2 fat

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



## SNACKS

# Chocolate Avocado Energy Bars



### SERVES

16 • 1 bar per serving



### PREP TIME

15 minutes plus 2 hours of chill time



### COOK TIME

0 minutes



### TOTAL TIME

15 minutes plus 2 hours of chill time



## Ingredients

Cooking spray

- 1 cup (8 ounces) pitted dates
- 1 cup toasted slivered almonds
- 1 medium fresh avocado, halved, pitted and peeled
- ½ cup unsweetened shredded coconut
- ¼ cup chia seeds
- ¼ cup unsweetened cocoa powder
- ½ cup raw shelled sunflower seeds

## Directions

1. Line an 8 x 8-inch baking pan with aluminum foil, leaving a 2-inch overhang. Lightly spray with cooking spray.
2. Process the dates, almonds and avocado in a food processor until the mixture is finely chopped and sticky.
3. Add the coconut, chia seeds and cocoa powder. Pulse until the mixture is well combined.
4. Stir in the sunflower seeds.
5. Press the mixture into the baking pan. Refrigerate for at least 2 hours, or until firm and chilled.
6. Cut into 16 bars.

### Nutrition Analysis (per serving)

Calories	150
<b>Total Fat</b>	<b>9.0 g</b>
Saturated Fat	2.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat	4.0 g
<b>Cholesterol</b>	<b>0 mg</b>
<b>Sodium</b>	<b>10 mg</b>
<b>Carbohydrates</b>	<b>17 g</b>
Fiber	5 g
Total Sugars	11 g
Includes Added Sugars	0 g
<b>Protein</b>	<b>4 g</b>

### Dietary Exchanges

1 fruit, ½ lean meat, 1½ fat

This recipe from *Fresh Avocados — Love One Today®* 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
<b>Total Fat</b>	<b>1.5 g</b>
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
<b>Cholesterol</b>	<b>8 mg</b>
<b>Sodium</b>	<b>58 mg</b>
<b>Carbohydrates</b>	<b>28 g</b>
Fiber	4 g
Total Sugars	14 g
Includes Added Sugars	0 g
<b>Protein</b>	<b>5 g</b>

### 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
<b>Total Fat</b>	10.5 g
Saturated Fat	2.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	3.5 g
Monounsaturated Fat	3.0 g
<b>Cholesterol</b>	32 mg
<b>Sodium</b>	330 mg
<b>Carbohydrates</b>	48 g
Fiber	6 g
Total Sugars	4 g
Includes Added Sugars	2 g
<b>Protein</b>	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
<b>Total Fat</b>	<b>13.0 g</b>
Saturated Fat	2.5 g
Trans Fat	1.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	4.0 g
<b>Cholesterol</b>	<b>15 mg</b>
<b>Sodium</b>	<b>320 mg</b>
<b>Carbohydrates</b>	<b>27 g</b>
Fiber	7 g
Total Sugars	5 g
Includes Added Sugars	3 g
<b>Protein</b>	<b>14 g</b>

## 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

# 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
<b>Total Fat</b>	<b>4.5 g</b>
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	2.5 g
<b>Cholesterol</b>	<b>35 mg</b>
<b>Sodium</b>	<b>220 mg</b>
<b>Carbohydrates</b>	<b>6 g</b>
Fiber	2 g
Total Sugars	1 g
Includes Added Sugars	0 g
<b>Protein</b>	<b>14 g</b>

### 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



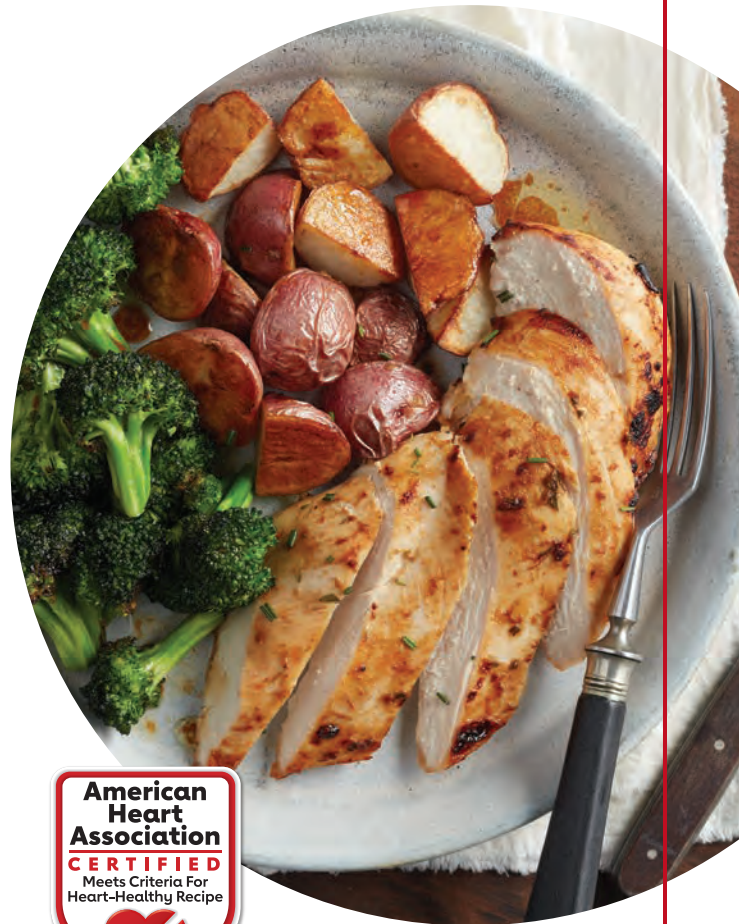
**COOK TIME**

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
<b>Total Fat</b>	<b>7.0 g</b>
Saturated Fat	2.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	3.5 g
Monounsaturated Fat	1.5 g
<b>Cholesterol</b>	<b>20 mg</b>
<b>Sodium</b>	<b>350 mg</b>
<b>Carbohydrates</b>	<b>20 g</b>
Fiber	4 g
Total Sugars	4 g
Includes Added Sugars	0 g
<b>Protein</b>	<b>11 g</b>

### 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
<b>Total Fat</b>	<b>13.0 g</b>
Saturated Fat	3.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	4.5 g
Monounsaturated Fat	4.0 g
<b>Cholesterol</b>	<b>69 mg</b>
<b>Sodium</b>	<b>490 mg</b>
<b>Carbohydrates</b>	<b>28 g</b>
Fiber	5 g
Total Sugars	6 g
Includes Added Sugars	0 g
<b>Protein</b>	<b>29 g</b>

### Dietary Exchanges

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

This recipe from [BeefItsWhatsForDinner.com](http://BeefItsWhatsForDinner.com) is an American Heart Association Heart-Check Certified Recipe.

MEATS

# Beef Chili



**SERVES**  
4 • 1½ cups per serving



**PREP TIME**  
5 minutes



**COOK TIME**  
35 minutes



**TOTAL TIME**  
40 minutes



## Ingredients

- 1 pound 96% lean ground beef
- 1 14.5-ounce can unsalted diced tomatoes
- 1 15.5-ounce can reduced-sodium black beans, rinsed and drained
- 1 4-ounce can green chilies or jalapeño peppers
- 1 14.5-ounce can unsalted beef broth
- 2 tablespoons chili powder

## Directions

1. Heat a large nonstick skillet over medium heat until hot. Add the ground beef. Cook for 8 to 10 minutes, breaking into ¾-inch crumbles and stirring occasionally. Pour off the drippings.
2. Stir in the beans, broth, tomatoes, green chilies and chili powder. Bring to a boil. Reduce the heat. Simmer, covered, for 20 minutes to develop flavors, stirring occasionally.

### Nutrition Analysis (per serving)

Calories	305
<b>Total Fat</b>	<b>6.5 g</b>
Saturated Fat	2.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	2.5 g
<b>Cholesterol</b>	<b>76 mg</b>
<b>Sodium</b>	<b>500 mg</b>
<b>Carbohydrates</b>	<b>27 g</b>
Fiber	11 g
Total Sugars	5 g
Includes Added Sugars	0 g
<b>Protein</b>	<b>34 g</b>

### Dietary Exchanges

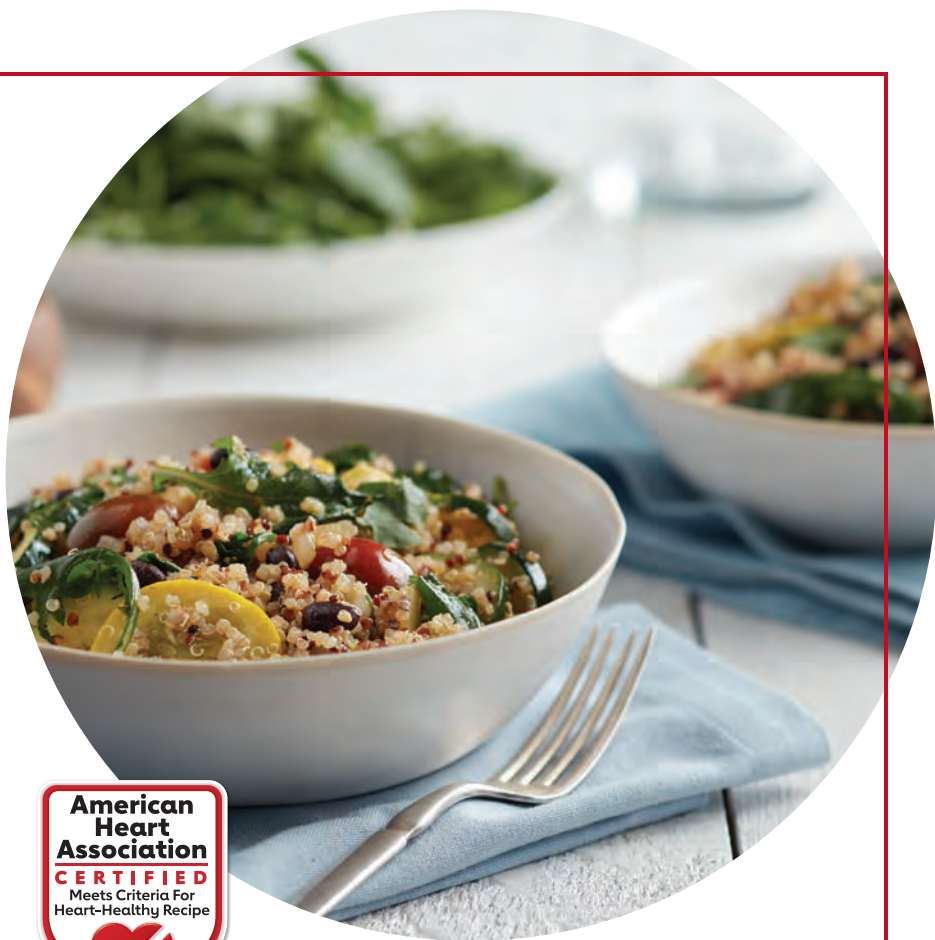
1½ starch, 1 vegetable, 4 lean meat

This recipe from [BeefItsWhatsForDinner.com](http://BeefItsWhatsForDinner.com) 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
<b>Total Fat</b>	<b>10.0 g</b>
Saturated Fat	2.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	4.5 g
Monounsaturated Fat	2.0 g
<b>Cholesterol</b>	<b>0 mg</b>
<b>Sodium</b>	<b>420 mg</b>
<b>Carbohydrates</b>	<b>51 g</b>
Fiber	11 g
Total Sugars	6 g
Includes Added Sugars	0 g
<b>Protein</b>	<b>13 g</b>

## 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
Includes Added Sugars	0 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
<b>Total Fat</b>	<b>5.0 g</b>
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	3.0 g
<b>Cholesterol</b>	<b>18 mg</b>
<b>Sodium</b>	<b>585 mg</b>
<b>Carbohydrates</b>	<b>31 g</b>
Fiber	2 g
Total Sugars	7 g
Includes Added Sugars	2 g
<b>Protein</b>	<b>11 g</b>

## 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
<b>Total Fat</b>	<b>14.5 g</b>
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	4.0 g
Monounsaturated Fat	9.0 g
<b>Cholesterol</b>	<b>0 mg</b>
<b>Sodium</b>	<b>437 mg</b>
<b>Carbohydrates</b>	<b>37 g</b>
Fiber	3 g
Total Sugars	2 g
Includes Added Sugars	0 g
<b>Protein</b>	<b>5 g</b>

## 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
Includes Added Sugars	0 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.



[heartcheck.org/recipes](https://heartcheck.org/recipes)