



# HAPPY HEART RECIPE

## AVOCADO TORTILLA SOUP



### INGREDIENTS

- 3 (14 oz) cans of low-sodium chicken broth
- 2 (11 oz) cans of low-sodium condensed tomato soup
- ½ bunch of cilantro, leaves only
- 3 garlic cloves, finely chopped
- ½ tsp. of ground black pepper
- 1 ripe avocado peeled, pitted, and chopped
- 8 corn tortilla chips, crumbled

### DIRECTIONS

#### • Step 1

In a large pan over high heat, combine chicken broth, tomato soup, cilantro, garlic, and ground black pepper. Bring to a boil, reduce heat, and simmer for 10 minutes.

#### • Step 2

Cool slightly, then pour small batches in blender.

#### • Step 3

Return to pan, add avocado, and heat thoroughly.

#### • Step 4

Ladle into soup bowl and garnish with crumbled tortilla chips before serving.

**Nutrition Information** Serving Size: 1 cup

Total calories 134, Total fat 6g, Saturated fat 1g, Cholesterol 0mg, Sodium 350mg, Carbohydrate 17g, Fiber 2g, Protein 5g

## SPAGHETTI WITH TURKEY MEAT SAUCE

### INGREDIENTS

- Nonstick cooking spray
- ¾ pound lean ground turkey
- 2 (14 oz.) cans diced tomatoes, save juice
- 1 green bell pepper, finely chopped
- 1 cup onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 tsp. crushed dried oregano
- 1 tsp. ground black pepper
- 1 lb (16 oz.) spaghetti noodles

### DIRECTIONS

#### • Step 1

Spray a large skillet with nonstick cooking spray and preheat on medium heat.

#### • Step 2

Add turkey and cook, stirring occasionally for 5 to 10 minutes until cooked through. Drain fat.

#### • Step 3

Stir in tomatoes with their juice, bell pepper, onion, garlic, oregano, and ground black pepper. Bring to a boil and reduce heat. Cover and simmer for 15 minutes, stirring occasionally.

#### • Step 4

Meanwhile, cook spaghetti according to package directions; drain well. Serve sauce over spaghetti.



**Nutrition Information** Serving Size: 1 1/2 cups

Total calories 237, Total fat 5g, Saturated fat 1g, Cholesterol 31mg, Sodium 152mg, Carbohydrate 49g, Fiber 4g, Total Sugar 5g, Protein 17g



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## HAPPY HEART RECIPE

# CARIBBEAN CRUNCH SLAW



### INGREDIENTS

- 1 Tbsp. cilantro
- 2 Tbsp. lime juice
- 1 Tbsp. apple cider vinegar
- 1 Tbsp. sugar
- 4 cups purple cabbage, shredded
- 1 cup mango (about 1 large mango), cut into slices

### DIRECTIONS

- **Step 1**  
In a large bowl mix cilantro, lime juice, apple cider vinegar, and sugar
- **Step 2**  
Add cabbage and mango and toss well

**Nutrition Information** Serving Size: 1 cup

Total calories 50, Total fat 0g, Saturated fat 0g, Cholesterol 0mg, Sodium 15mg, Carbohydrate 12g, Fiber 2g, Total Sugars 9g, Protein 1g



## HAPPY HEART RECIPE

# SUMMER BREEZE SMOOTHIE



### INGREDIENTS

- 1 cup nonfat plain yogurt
- $\frac{3}{4}$  cup strawberries (6 medium strawberries)
- 1 cup pineapple, crushed, canned in juice
- 1 medium banana
- 1 tsp. vanilla extract
- 4 ice cubes

### DIRECTIONS

- **Step 1**  
Place all ingredients in blender and puree until smooth.
- **Step 2**  
Pour into glasses and serve.

**Nutrition Information** Serving Size: 1 cup

Total calories 120, Total fat 0g, Cholesterol 2mg, Sodium 65mg, Carbohydrate 24g, Fiber 2g, Total Sugars 18g, Protein 6g



ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY  
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