

HAPPY HEART



HEART HEALTHY RECIPES



Public Health
Department
Alameda County Health

Healthy Living
...for life!
Nutrition Services • Alameda County Public Health Department

ABOUT

Happy Heart is a public health effort to promote healthy hearts.

The message is simple:

- **Know your blood pressure numbers, i.e. 120/80**
- **Eat more whole foods.**
- **Eat less processed foods.**

In this cookbook you will find a collection of recipes selected for their simplicity, variety and heart health. These recipes are full of flavor, while also being lower in saturated fats, sodium, and sugars. The recipe for spaghetti with turkey meat sauce, for example, uses chopped vegetables, herbs and spices in place of the added salt or sugar commonly used in jarred sauce.

Many of these recipes came from CalFresh Healthy Living (eatfresh.org), a resource for nutrition education and recipes. We hope you and your heart enjoy them!



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Breakfast Burrito

INGREDIENTS :

- 1 1/3 cup black beans, cooked, mashed with 1 teaspoon canola oil, or use canned vegetarian refried beans
- 2 Tbsp. red onion, chopped
- 1/2 cup tomatoes, chopped
- 4 corn tortillas
- 1/2 cup salsa, low sodium
- 4 Tbsp. yogurt, non-fat plain
- 2 Tbsp. cilantro, chopped

INSTRUCTIONS :

1. Mix beans with onion and tomatoes.
2. Microwave tortillas between the two sheets of slightly damp white paper towels on high for 15 seconds.
3. Divide bean mixture between the tortillas.
4. Fold each tortilla to enclose filling.
5. Place on microwave-safe dish and spoon salsa over each burrito.
6. Microwave on high for 15 seconds.
7. Serve topped with yogurt and cilantro.

NUTRITION :

(1 burrito)

Total calories 146 kcal

Total fat 1g

Saturated fat 0g

Cholesterol <1mg

Carbohydrates 28g

Total sugars 4g

Protein 7g

Fiber 7g

Sodium 270mg



Mango Chile Relleno al Carbón

INGREDIENTS :

- 4 small poblano peppers
- 2 large mangos peeled, pitted, and sliced, divided
- 4 Tbsp. of reduced fat cheddar & monterey jack shredded cheese
- ¼ red onion, finely chopped
- ¼ cup green bell pepper, chopped
- 1 Tbsp. lime juice
- 1 Tbsp. fresh cilantro, finely chopped
- ½ Tbsp. canned chipotle peppers in adobe sauce, finely chopped

INSTRUCTIONS :

1. Put poblano pepper in the oven and broil for a few minutes on each side to blacken skin. Place in a small paper bag and fold over the top; let stand for 5 minutes.
2. Rub off skins and carefully cut open to remove seeds, leaving stems attached.
3. Place about 2/3 of the mango slices inside peppers then place 1 tablespoon of cheese in each.
4. Chop remaining mango & place in a medium bowl with all remaining ingredients for the mango salsa.
5. Place stuffed peppers on a foil-lined baking sheet. Bake at 425F for 5 minutes or until cheese is melted.
6. Remove from oven and cover in mango salsa.

NUTRITION : (1 piece)

Total calories 150 kcal

Total fat 3g

Saturated fat 1g

Cholesterol 5mg

Carbohydrates 28g

Total sugars 16g

Protein 5g

Fiber 3g

Sodium 100mg



Chicken Vegetable Soup with Kale

INGREDIENTS :

- 2 tsp. vegetable oil
- ½ cup onion, chopped
- ½ cup carrot, chopped
- 1 tsp. thyme, ground
- 2 garlic cloves, minced
- 2 cups water, or chicken broth
- ¾ cup tomatoes, diced
- ½ cup brown rice, cooked
- 1 cup chicken, cooked, skinned and cubed
- 1 cup kale, chopped

INSTRUCTIONS :

1. Heat oil in a medium saucepan. Add onion and carrot. Sauté until vegetables are tender, about 5-8 minutes.
2. Add thyme and garlic. Sauté for one more minute.
3. Add water or broth, tomatoes, cooked rice, chicken and kale.
4. Simmer for 5-10 minutes.

NUTRITION : (1/3 of recipe)

Total calories 177 kcal

Total fat 5g

Saturated fat 1g

Cholesterol 44mg

Carbohydrates 17g

Total sugars 4g

Protein 16g

Fiber 3g

Sodium 257mg



Wonderful Stuffed Potatoes

INGREDIENTS :

- 4 potatoes (medium, baking)
- 3/4 cup cottage cheese (low-fat)
- 1/4 cup milk (low-fat 1%)
- 2 tablespoons margarine (soft tub)
- 1 teaspoon dill weed
- 3/4 teaspoon herb seasoning
- 1/4 teaspoon hot pepper sauce (or ~ 4 dashes)
- 2 tablespoons Parmesan cheese

INSTRUCTIONS :

1. Prick potatoes with fork. Bake at 425 °F for 60 minutes or until fork is easily inserted.
2. Cut potatoes in half lengthwise. Carefully scoop out potato, leaving about 1/2 inch of pulp inside shell. Mash pulp in large bowl.
3. Mix in by hand remaining ingredients except Parmesan cheese. Spoon mixture into potato shells.
4. Sprinkle top with 1/4 teaspoon of Parmesan cheese.
5. Place on baking sheet and return to oven. Bake 15 to 20 minutes or until tops are golden brown.

NUTRITION : (1/2 potato)

Total calories 134 kcal
Total fat 4g
Saturated fat 1g
Cholesterol 3mg
Carbohydrates 20g
Total sugars 2g
Protein 5g
Fiber 2g
Sodium 121mg



Spaghetti with Turkey Meat Sauce

INGREDIENTS :

- Nonstick cooking spray
- $\frac{3}{4}$ lb. lean ground turkey
- 2 (14 $\frac{1}{2}$ oz.) cans diced tomatoes, save juice
- 1 green bell pepper, finely chopped
- 1 cup onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 tsp. dried oregano, crushed
- 1 tsp. ground black pepper
- 1 lb. spaghetti noodles

INSTRUCTIONS :

1. Spray a large skillet with nonstick cooking spray. Preheat skillet over medium heat.
2. Add turkey and cook, stirring occasionally for 5 to 10 minutes or until cooked through. Drain fat.
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.
4. Meanwhile, cook spaghetti according to package directions; drain well. Serve sauce over spaghetti.

NUTRITION : (1 cup)

Total calories 290 kcal

Total fat 2g

Saturated fat <1g

Cholesterol 45mg

Carbohydrates 49g

Total sugars 6g

Protein 19g

Fiber 3g

Sodium 305mg



Tortilla Pizzas

INGREDIENTS :

- 12 corn tortillas, small (or flour tortillas)
- 1 tsp vegetable oil (or margarine)
- 1 can refried beans, fat-free, low-sodium (16 ounce)
- 1/4 cup onion (chopped)
- 2 ounces fresh or canned green chili peppers (diced)
- 3 Tbsp. red taco sauce
- 3 cups vegetables, such as broccoli, mushrooms, spinach, and red bell pepper (chopped)
- 1/2 cup cheese, shredded part-skim mozzarella
- 1/2 cup cilantro (chopped, fresh) (optional)

INSTRUCTIONS :

1. Brush one side of each of two tortillas with water. Press the wet sides of the tortillas together to form a thick crust for the pizza.
2. Brush the outside of the tortillas with a small amount of oil or margarine. Evenly brown both sides in a heated frying pan. Repeat with the rest of the tortillas. Set aside.
3. Heat refried beans, onion, and half of the chili peppers together in a medium saucepan, stirring occasionally. Remove from heat.
4. Spread about 1/3 cup of the bean mixture on each tortilla pizza. Sprinkle with 1 tablespoon taco sauce, then top with 1/2 cup of the chopped vegetables, 1 teaspoon chili peppers, and 1 tablespoon cheese for each pizza.
5. Return to frying pan and heat until cheese melts. Top with cilantro, if desired. Serve immediately.

NUTRITION : (1 prepared pizza)

Total calories 170 kcal
Total fat 4g
Saturated fat 2g
Cholesterol 5mg
Carbohydrates 25g
Total sugars 2g
Protein 9g
Fiber 6g
Sodium 292mg



Zesty Asian Chicken Salad

INGREDIENTS :

- 3 boneless, skinless chicken breasts, cooked and chilled
- 3 green onions, sliced
- 1½ cups small broccoli florets
- 2 medium carrots, peeled and cut into strips
- 1 red bell pepper, cut into strips
- 2 cups cabbage, shredded
- ½ cup fat-free Asian or sesame seed salad dressing
- ¼ cup 100% orange juice
- ¼ cup fresh cilantro, chopped

INSTRUCTIONS :

1. Cut chicken breast into small strips and place in medium bowl with onions, broccoli, carrots, bell peppers and cabbage.
2. In a small bowl, stir together dressing and juice.
3. Pour over salad and toss well to coat. Stir in cilantro.
4. Serve chilled or at room temperature.

NUTRITION : (1 cup)

Total calories 184 kcal

Total fat 5g

Saturated fat 1g

Cholesterol 55mg

Carbohydrates 13g

Total sugars 4g

Protein 22g

Fiber 4g

Sodium 456mg



Caribbean Crunch Slaw

INGREDIENTS :

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

INSTRUCTIONS :

1. In a large bowl mix cilantro, lime juice, cider vinegar, and sugar.
2. Add cabbage and mango. Toss well.

NUTRITION : (1 cup)

Total calories 54 kcal

Total fat <1g

Saturated fat 0g

Cholesterol 0g

Carbohydrates 17g

Total sugars 10g

Protein 1g

Fiber 2g

Sodium 16mg



Scrambled Tofu

INGREDIENTS :

- 1 (20 oz.) package tofu
- 1 Tbsp. butter
- 2 eggs
- pepper, to taste
- Add assorted veggies (optional)

INSTRUCTIONS :

1. Drain tofu. In a small bowl, dice or mash tofu. For optional ingredients, crush garlic and /or slice the veggies.
2. In a pan, melt butter. Add tofu. Add optional ingredients. Sauté over medium heat until lightly browned.
3. Beat eggs and add to tofu mixture. Cook until firm.
4. Sprinkle with pepper to taste.
5. Stir and cook until firm.

NUTRITION : (1/4 of recipe)

Total calories 140 kcal
Total fat 10g
Saturated fat 3.5g
Cholesterol 89mg
Carbohydrates 5g
Total sugars 3g
Protein 13g
Fiber 2g
Sodium 60mg



Garden Stir-Fry

INGREDIENTS :

- ½ cup chicken broth, low sodium
- ½ Tbsp. cornstarch
- 1 tsp soy sauce, low sodium
- 1 Tbsp. sesame oil
- 2 garlic cloves, minced
- 1 tsp ginger, freshly grated
- 2 cups broccoli
- 1¼ cups yellow squash, chopped
- 1¼ cups carrots, cut into matchsticks
- 1¼ cups sugar snap peas
- 1 cup onion, sliced
- 1 cup red bell pepper, sliced

INSTRUCTIONS :

1. In a medium bowl, whisk together chicken broth, cornstarch, & soy sauce. Set aside.
2. In a sauté pan over moderately high heat, warm the sesame oil. Add garlic & ginger. Cook for 1 minute.
3. Add the vegetables and cook until tender, 7 to 10 minutes.
4. Add the soy sauce mixture, reduce heat to moderate and continue cooking until the sauce is thickened

NUTRITION : (1/4 recipe)

Total calories 100 kcal

Total fat 4g

Saturated fat 1g

Cholesterol 0mg

Carbohydrates 15g

Total sugars 6g

Protein 4g

Fiber 4g

Sodium 171mg



Zucchini Muffins

INGREDIENTS :

- nonstick cooking spray
- 2 eggs
- ½ cup applesauce
- ¼ cup granulated sugar
- 1 tsp vanilla extract
- 1¼ cups whole wheat flour
- ¼ tsp salt
- 1 tsp baking soda
- 1½ tsp ground cinnamon
- ½ tsp ground ginger
- ¼ tsp ground cloves
- 2 cups grated zucchini (about 2 small zucchinis)
- ½ cup raisins
- ⅔ cup pecans or walnuts, toasted and chopped

INSTRUCTIONS :

1. Place an oven rack in the middle of the oven. Preheat oven to 350°F.
2. Spray muffin pan with nonstick cooking spray and set aside.
3. In a large bowl, stir together eggs, applesauce, granulated sugar, and vanilla extract.
4. In a separate bowl, stir together flour, salt, baking soda, cinnamon, ginger, and cloves.
5. Stir flour mixture into egg mixture until just barely blended.
6. Gently stir in zucchinis, raisins, and nuts.
7. Divide batter evenly among muffin cups.
8. Bake 20 minutes or until a wooden toothpick inserted in the center of a muffin comes out clean.
9. Remove muffin pans from oven and let muffins stand for 5 minutes.
10. Remove muffins from pan and place them on a wire rack to finish cooling. Serve warm or at room temperature.

NUTRITION : (1 muffin)

Total calories 142 kcal
Total fat 5g
Saturated fat 1g
Cholesterol 35mg
Carbohydrates 21g
Total sugars 10g
Protein 4g
Fiber 3g
Sodium 168mg



Banana Ice Cream

INGREDIENTS :

- 2 ½ bananas (ripe)
- 3 Tbsp. milk, 1%
- chocolate syrup (optional)

INSTRUCTIONS :

1. Peel and slice bananas into medium size round pieces. Place on a plastic wrap covered baking sheet and put in freezer overnight.
2. Place frozen bananas in a food processor or blender with a small splash of milk (not over ¼ cup total).
3. Pulse food processor or blender until bananas begin to break up. They will be tiny balls of bananas at this point.
4. Using a spoon or rubber spatula, scrape down the banana mixture. Continue running the food processor until the mixture is smooth and creamy. This may take a few minutes. The ice cream will look and taste like soft serve ice cream when finished.
5. Serve in an ice cream cone or in a small bowl with a small ribbon of chocolate syrup on top (optional)

NUTRITION : (1/3 recipe)

Total calories 94 kcal
Total fat 0g
Saturated fat 0g
Cholesterol 1mg
Carbohydrates 23g
Total sugars 13g
Protein 2g
Fiber 3g
Sodium 8mg



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Visit the Alameda County Nutrition Services website to learn more!

<https://acphd.org/nutrition-services/happy-heart/>



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