



Recipes for Heart Health

Here are some recipes to help you cook up a week of tasty, heart healthy meals. If you're following the DASH eating plan at 1,500 milligrams of sodium per day or just want to reduce your sodium intake, use the suggested recipe changes.

Day 1

Chicken Salad

3 ¹ / ₄	cups	chicken breast, cooked, cubed, and skinless
1/4	cup	celery, chopped
1	Tbsp	lemon juice
1/2	tsp	onion powder
1/8	tsp	salt*
3	Tbsp	mayonnaise, low-fat

1. Bake chicken, cut into cubes, and refrigerate.
2. In a large bowl combine rest of ingredients, add chilled chicken and mix well.

Makes 5 servings
Serving Size: 3/4 cup
Per Serving:

Calories	176	Carbohydrate	2 g
Total Fat	6 g	Calcium	16 mg
Saturated Fat	2 g	Magnesium	25 mg
Cholesterol	77 mg	Potassium	236 mg
Sodium	179 mg	Fiber	0 g
Protein	27 g		

* To reduce sodium, omit the 1/8 tsp of added salt.
New sodium content for each serving is 120 mg.

Day 2

Vegetarian Spaghetti Sauce

2	Tbsp	olive oil
2	small	onions, chopped
3	cloves	garlic, chopped
1 ^{1/4}	cups	zucchini, sliced
1	Tbsp	oregano, dried
1	Tbsp	basil, dried
1	8 oz can	tomato sauce
1	6 oz can	tomato paste*
2	medium	tomatoes, chopped
1	cup	water

1. In a medium skillet, heat oil. Sauté onions, garlic, and zucchini in oil for 5 minutes on medium heat.
2. Add remaining ingredients and simmer covered for 45 minutes. Serve over spaghetti.

Makes servings
Serving Size: $\frac{3}{4}$ cup
Per Serving:

Calories	105	Carbohydrate	15 g
Total Fat	5 g	Calcium	49 mg
Saturated Fat	1 g	Magnesium	35 mg
Cholesterol	0 mg	Potassium	686 mg
Sodium	479 mg	Fiber	4 g
Protein	3 g		

* To reduce sodium, use a 6-oz can of low-sodium tomato paste. New sodium content for each serving is 253 mg.

Day 2

Vinaigrette Sa α re ing

1	bulb	garlic, separated and peeled
1/2	cup	water
1	Tbsp	red wine vinegar
1/4	tsp	honey
1	Tbsp	virgin olive oil
1/4	tsp	black pepper

1. Place the garlic cloves into a small saucepan and pour enough water about 1/2 cup to cover them.
2. Bring water to a boil, then reduce heat and simmer until garlic is tender, about 15 minutes.
3. Reduce the liquid to 2 Tbsp and increase the heat for 3 minutes.
4. Pour the contents into a small sieve over a bowl, and with a wooden spoon, mash the garlic through the sieve into the bowl.
5. Mix the vinegar into the garlic mixture incorporate the oil and seasoning.

Makes 4 servings
 Serving Size: 1 sp
 Per Serving:

Calories	33	Carbohydrate	1 g
Total Fat	3 g	Calcium	3 mg
Saturated Fat	1 g	Magnesium	1 mg
Cholesterol	0 mg	Potassium	6 mg
Sodium	1 mg	Fiber	0 g
Protein	0 g		



Day

e tat Sa a

16	small	new potatoes	5 cups
2	Tbsp	olive oil	
1/4	cup	green onions, chopped	
1/4	tsp	black pepper	
1	tsp	dill weed, dried	

1. Thoroughly clean potatoes with vegetable brush and water.
2. oil potatoes for 20 minutes or until tender.
3. rain and cool potatoes for 20 minutes.
4. Cut potatoes into uarters and mi with olive oil, onions, and spices.
5. efrigerate until ready to serve.

Makes 5 servings
Serving Size: cup
Per Serving:

Calories	196	Carbohydrate	34 g
Total Fat	6 g	Calcium	31 mg
Saturated Fat	1 g	Magnesium	46 mg
Cholesterol	0 mg	Potassium	861 mg
Sodium	17 mg	Fiber	4 g
Protein	4 g		



Day

Picnic en español

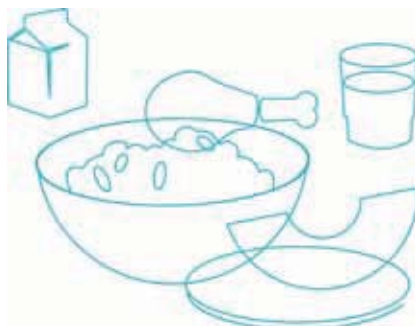
1	cup	onions, chopped
3/4	cup	green peppers
2	tsp	vegetable oil
1	8 oz can	tomato sauce*
1	tsp	parsley, chopped
1/2	tsp	black pepper
1 1/4	tsp	garlic, minced
5	cups	cooked brown rice cooked in unsalted water
3 1/2	cups	chicken breasts, cooked, skin and bone removed, and diced

1. In a large skillet, sauté onions and green peppers in oil for 5 minutes on medium heat.
2. Add tomato sauce and spices. eat through.
3. Add cooked rice and chicken. eat through.

Makes 5 servings
Serving Size: 1/2 cup
Per Serving:

Calories	428	Carbohydrate	52 g
Total Fat	8 g	Calcium	50 mg
Saturated Fat	2 g	Magnesium	122 mg
Cholesterol	80 mg	Potassium	545 mg
Sodium	341 mg	Fiber	8 g
Protein	35 g		

* To reduce sodium, use one 4-oz can of low-sodium tomato sauce and one 4-oz can of regular tomato sauce. New sodium content for each serving is 215 mg.



Day

una Sa a

2	6 oz cans	tuna, water pack
1/2	cup	raw celery, chopped
1/3	cup	green onions, chopped
6 1/2	Tbsp	mayonnaise, low fat

1. Inse and drain tuna for 5 minutes. Break apart with a fork.
2. Add celery, onion, and mayonnaise and mix well.

Makes 5 servings
Serving Size: 1/3 cup
Per Serving:

Calories	138	Carbohydrate	2 g
Total Fat	7 g	Calcium	17 mg
Saturated Fat	1 g	Magnesium	19 mg
Cholesterol	25 mg	Potassium	198 mg
Sodium	171 mg	Fiber	0 g
Protein	16 g		

Day

ur e eat a

1	pound	lean ground turkey
1/2	cup	regular oats, dry
1	large	egg, whole
1	Tbsp	onion, dehydrated flakes
1/4	cup	ketchup*

1. Combine all ingredients and mix well.
2. Bake in a loaf pan at 350 F for 25 minutes or to an internal temperature of 165 F.
3. Cut into five slices and serve.

Makes 5 servings
Serving Size: 1 slice (3 oz)
Per Serving:

Calories	191	Carbohydrate	9 g
Total Fat	7 g	Calcium	24 mg
Saturated Fat	2 g	Magnesium	33 mg
Cholesterol	103 mg	Potassium	268 mg
Sodium	205 mg	Fiber	1 g
Protein	23 g		

* To reduce sodium, use low-sodium ketchup.
New sodium content for each serving is 74 mg.

Day

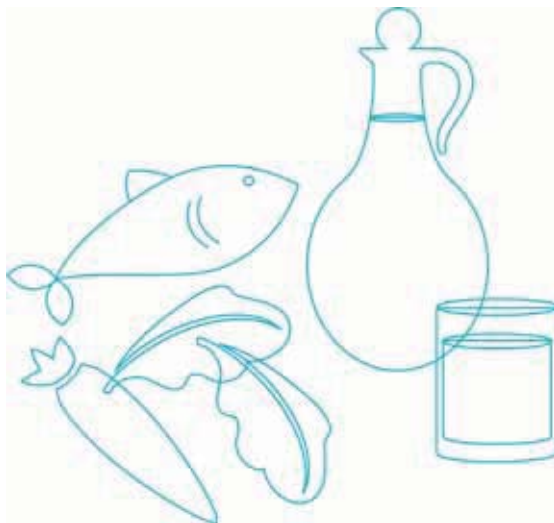
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8	oz	plain yogurt, fat free
1/4	cup	mayonnaise, low fat
2	Tbsp	chives, dried
2	Tbsp	dill, dried
2	Tbsp	lemon uice

Mi all ingredients in bowl and refrigerate.

Makes 5 servings
Serving Size: sp
Per Serving:

Calories	39	Carbohydrate	4 g
Total Fat	2 g	Calcium	76 mg
Saturated Fat	0 g	Magnesium	10 mg
Cholesterol	3 mg	Potassium	110 mg
Sodium	66 mg	Fiber	0 g
Protein	2 g		



Day

Spicy Salmon

- 1 pound salmon or other fish fillet
- 1 Tbsp olive oil
- 1 tsp spicy seasoning, salt free

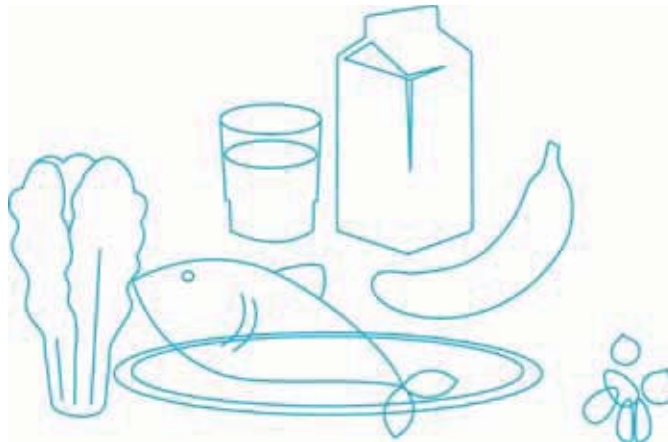
1. Preheat oven to 350 F. Spray a casserole dish with cooking oil spray.
2. Wash and dry fish. Place in dish. Mix oil and seasoning and drizzle over fish.
3. Bake uncovered for 15 minutes or until fish flakes with fork. Cut into 4 pieces. Serve with rice.

Makes 4 servings

Serving Size: piece 3 oz

Per Serving:

Calories	192	Carbohydrate	1 g
Total Fat	11 g	Calcium	18 mg
Saturated Fat	2 g	Magnesium	34 mg
Cholesterol	63 mg	Potassium	560 mg
Sodium	50 mg	Fiber	0 g
Protein	23 g		



Day

Scallion Rice

4½ cups cooked brown rice cooked in unsalted water
 1½ tsp bouillon granules, low sodium
 ¼ cup scallions green onions, chopped

1. Cook rice according to directions on the package.
2. Combine the cooked rice, scallions, and bouillon granules and mix well.
3. Measure 1 cup portions and serve.

Makes 5 servings
 Serving Size: cup
 Per Serving:

Calories	200	Carbohydrate	41 g
Total Fat	2 g	Calcium	23 mg
Saturated Fat	0 g	Magnesium	77 mg
Cholesterol	0 mg	Potassium	92 mg
Sodium	18 mg	Fiber	6 g
Protein	5 g		



Day

zucchini alla agnina

1/2	pound	cooked lasagna noodles, cooked in unsalted water
3/4	cup	part skim mozzarella cheese, grated
1 1/2	cups	cottage cheese,* fat free
1/4	cup	Parmesan cheese, grated
1 1/2	cups	raw zucchini, sliced
2 1/2	cups	low sodium tomato sauce
2	tsp	basil, dried
2	tsp	oregano, dried
1/4	cup	onion, chopped
1	clove	garlic
1/8	tsp	black pepper

1. Preheat oven to 350 F. Lightly spray a 9 by 13 inch baking dish with vegetable oil spray.
2. In a small bowl, combine 1/8 cup mozzarella and 1 Tbsp Parmesan cheese. Set aside.
3. In a medium bowl, combine remaining mozzarella and Parmesan cheese with all the cottage cheese. Mix well and set aside.
4. Combine tomato sauce with remaining ingredients. Spread a thin layer of tomato sauce in the bottom of the baking dish. Add a third of the noodles in a single layer. Spread half of the cottage cheese mixture on top. Add a layer of zucchini.
5. Repeat layering. Add a thin coating of sauce. Top with noodles, sauce, and reserved cheese mixture. Cover with aluminum foil.
6. Bake 30 to 40 minutes. Cool for 10 to 15 minutes. Cut into 6 portions.

Makes 6 servings
Serving Size: 1 piece
Per Serving:

Calories	200	Carbohydrate	24 g
Total Fat	5 g	Calcium	310 mg
Saturated Fat	3 g	Magnesium	46 mg
Cholesterol	12 mg	Potassium	593 mg
Sodium	368 mg	Fiber	3 g
Protein	15 g		

* To reduce sodium, use low-sodium cottage cheese.
New sodium content for each serving is 165 mg.