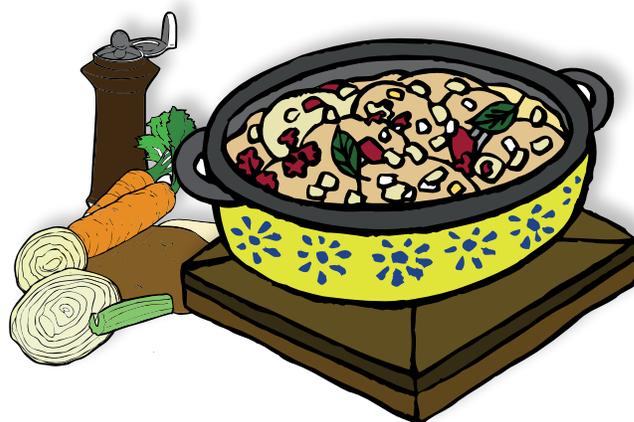


# Your Heart, Your Life — Heart Healthy Latino Recipes



# Turkey Meatloaf

This healthier version of an old dinner favorite is prepared with low-fat ground turkey. You'll love the flavor but not miss the fat!

## Ingredients

- 1 pound lean turkey, ground
- ½ cup regular oats, dry
- 1 large egg
- 1 tablespoon onion, dehydrated
- ¼ cup ketchup
- 2 celery stalks, chopped
- 2 garlic cloves, minced
- ½ green pepper, diced

## Directions

1. Combine all ingredients and mix well.
2. Bake in loaf pan at 350 °F for 25 minutes or until the internal temperature reaches 165 °F.
3. Cut into five slices and serve.

## Nutrition Information

Makes 5 servings

Serving size: 1 slice (3 oz)

Each serving provides:

Calories: 197

Total fat: 7 g

Saturated fat: 2 g

Cholesterol: 103 mg

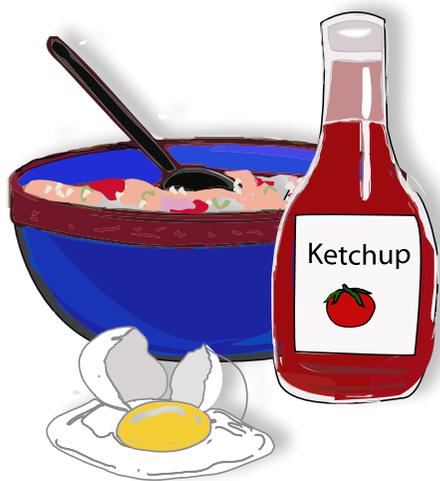
Sodium: 218 mg

Total fiber: 2 g

Protein: 23 g

Carbohydrates: 11 g

Potassium: 336 mg



# Chicken Stew

This makeover recipe has great flavor and plenty of vegetables!  
It uses chicken breast or legs instead of fatty meats.

## Ingredients

- 8 pieces chicken, breasts or legs
- 1 cup water
- 2 small garlic cloves, minced
- 1 small onion, chopped
- 1½ teaspoons salt
- ½ teaspoon ground black pepper
- 3 medium tomatoes, chopped
- 1 teaspoon parsley, chopped
- ¼ cup celery, finely chopped
- 2 medium potatoes, peeled and chopped
- 2 small carrots, chopped
- 2 bay leaves

## Directions

1. Remove the skin and any extra fat from the chicken and throw it away. In a large skillet, combine chicken, water, garlic, onion, salt (as little as possible), pepper, tomatoes, and parsley. Cover and cook over low heat for 25 minutes.
2. Add celery, potatoes, carrots, and bay leaves, and continue to cook for 15 more minutes or until chicken and vegetables are tender. Remove bay leaves before serving.

## Nutrition Information

Yield: 8 servings

Serving size: 1 piece of chicken

Each serving provides:

Calories: 206

Total fat: 6 g

Saturated fat: 2 g

Cholesterol: 75 mg

Sodium: 489 mg

Total fiber: 2 g

Protein: 28 g

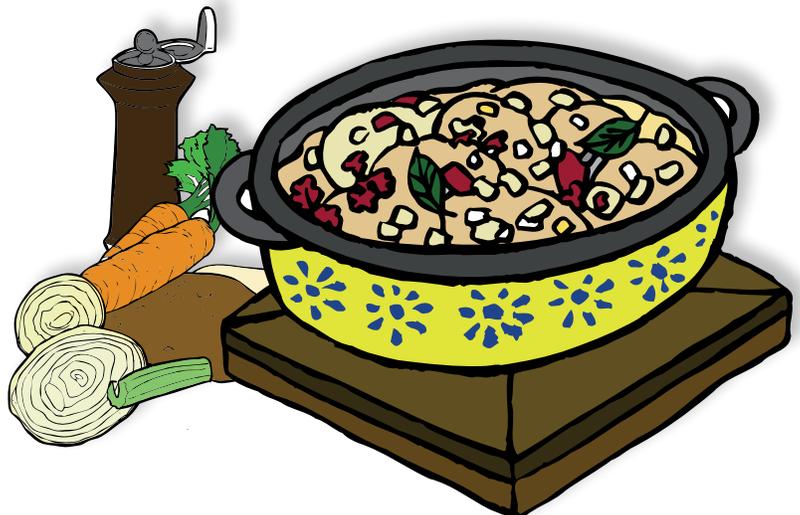
Carbohydrates: 10 g

Potassium: 493 g

## Quick Tip

This recipe is lower in saturated fat and cholesterol because:

- It is made with skinless chicken and extra fat is removed.
- No fat is added. It is flavored with vegetables and seasonings and is cooked slowly in water instead of fat.



# Fresh Cabbage and Tomato Salad

Your family will love this tasty salad. The small amount of olive oil, rice vinegar, fresh herbs, and spices adds flavor, but few calories.

## Ingredients

- 1 small head cabbage, sliced thinly
- 2 medium tomatoes, cut in cubes
- 1 cup radishes, sliced
- ¼ teaspoon salt
- 2 teaspoons olive oil
- 2 teaspoons rice vinegar (or lemon juice)
- ½ teaspoon black pepper
- ½ teaspoon red pepper
- 2 teaspoons fresh cilantro, chopped

## Directions

1. In a large bowl, mix together the cabbage, tomatoes, and radishes.
2. In another bowl, mix together the rest of the ingredients, and pour over the vegetables.

## Nutrition Information

Yield: 8 servings

Serving size: 1 cup

Each serving provides:

Calories: 41

Total fat: 1 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

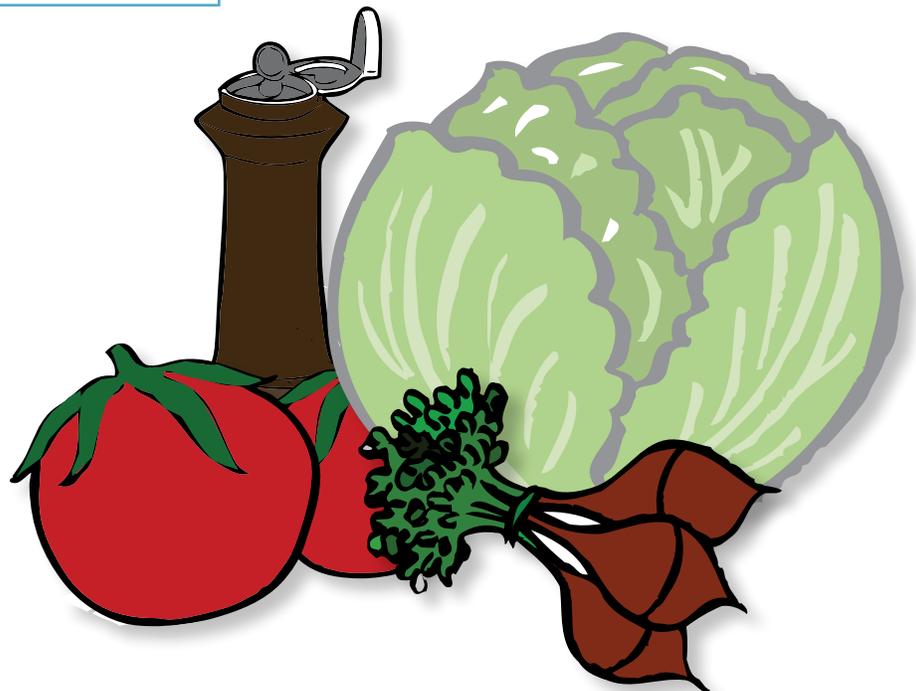
Sodium: 88 mg

Total fiber: 3 g

Protein: 2 g

Carbohydrates: 7 g

Potassium: 331 mg



# Strawberry and Pineapple Delight

This refreshing, healthy dessert will satisfy any sweet tooth.

## Ingredients

- 2 cups boiling water
- 1 package (8-serving sizes) sugar-free, low-calorie strawberry gelatin
- ½ teaspoon cinnamon powder
- 1 large can (20 ounces) pineapple chunks in fruit juice, not drained
- 16 large ice cubes
- 1 can (11 ounces) mandarin orange segments in fruit juice, drained

## Directions

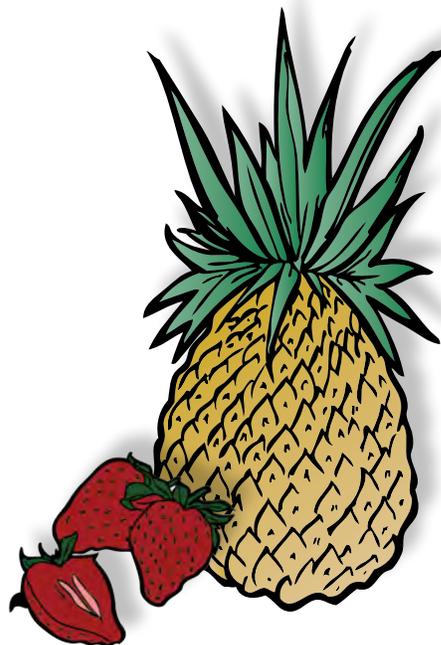
1. Pour boiling water in a large bowl. Add the gelatin and cinnamon powder to the water. Stir for at least 2 minutes, making sure the gelatin is completely dissolved.
2. Drain pineapple chunks, and save the juice. Add ice (or cold water) to the leftover juice to measure 1½ cups. Add gelatin. Stir until ice is completely melted.
3. Refrigerate about 45 minutes or until gelatin is slightly thickened (consistency of unbeaten egg white).
4. Reserve ¼ cup each of the pineapple and orange. Add the remaining pineapple and orange to gelatin. Pour into a 1½-quart serving bowl.
5. Refrigerate 4 hours or until firm. Garnish with the reserved pineapple and orange segments.

## Nutrition Information

**Yield:** 12 servings  
**Serving size:** ½ cup

**Each serving provides:**

**Calories:** 41  
**Total fat:** 0 g  
**Saturated fat:** 0 g  
**Cholesterol:** 0 g  
**Sodium:** 23 g  
**Total fiber:** 1 g  
**Protein:** 1 g  
**Carbohydrates:** 10 g  
**Sugars:** 9 g  
**Potassium:** 94 mg



# Veggie Wrap

You and your family will love this low-cost recipe with low-sodium ingredients. It is quick and easy to make and full of heart healthy flavor.

## Ingredients

- 1 red bell pepper, sliced
- 1 yellow pepper, sliced
- 1 onion, peeled and sliced
- 1 teaspoon canola oil
- 1 15-ounce can low-sodium black beans, drained and rinsed
- ½ avocado, peeled and diced
- Juice from one lime
- ½ cup chopped fresh cilantro
- 1 teaspoon of chili powder (*optional*)
- 1 cup fat-free sour cream
- 4 8-inch, whole-wheat tortillas
- 6 tablespoons of fresh salsa (recipe below)

## Directions

1. In a nonstick pan, saute the peppers and onion in the canola oil for 5 minutes over medium heat. Add beans and stir well. Reduce heat to low and simmer about 5 minutes, then set aside.
2. In a small bowl, combine the avocado, lime juice, cilantro, and chili powder. Reserve half of the mixture for topping.
3. Add sour cream to beans and mix well.
4. Warm tortillas in the microwave or on the stovetop.
5. Fill a warmed tortilla with ¼ bean mixture and ¼ avocado mixture. Drizzle 2 tablespoons of salsa over the bean and avocado mixture.
6. Fold ends of the tortilla over. Roll up to make a wrap. Top the veggie wraps with remaining avocado mixture. Follow this process for three other wraps.

## Fresh Salsa

- 6 tomatoes, chopped
- ½ medium onion, finely chopped
- 1 clove garlic, finely minced
- 2 serrano or jalapeño peppers, finely chopped
- 3 tablespoons cilantro, chopped
- Juice of 1 lime
- ⅛ teaspoon oregano, finely crushed
- ⅛ teaspoon salt
- ⅛ teaspoon pepper
- ½ avocado (black skin), diced

## Directions

1. Combine all of the ingredients in a glass bowl.
2. Serve immediately or refrigerate and serve within 4 or 5 hours.

## Nutrition Information

Yield: 4 servings  
Serving size: 1 wrap

### Each serving provides:

Calories: 367  
Total fat: 6 g  
Saturated fat: 1 g  
Cholesterol: 5 mg  
Sodium: 318 mg  
Total fiber: 14 g  
Protein: 16 g  
Carbohydrates: 66 g  
Potassium: 976 mg

# Quick Beef Casserole

This casserole is heart healthy because it uses lean ground beef. When you drain the meat after cooking, you lower the amount of fat and calories. Try it and you will be amazed at the flavors!

## Ingredients

- ½ pound lean ground beef
- 1 cup onion, chopped
- 1 cup celery, chopped
- 1 cup green pepper, cubed
- 3½ cups tomatoes, diced
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon paprika
- 1 cup frozen peas
- 2 small carrots, diced
- 1 cup uncooked rice
- 1½ cups water

## Directions

1. In a skillet, brown the ground beef and drain off the fat.
2. Add the rest of the ingredients. Mix well.
3. Cook over medium heat and cover skillet until boiling. Reduce to low heat and simmer for 35 minutes.
4. Serve hot.

## Nutrition Information

**Makes 8 servings**

**Serving size: 1⅓ cup**

**Each serving provides:**

**Calories: 201**

**Total Fat: 5 g**

**Saturated Fat: 2 g**

**Cholesterol: 16 mg**

**Sodium: 164 mg**

**Total Fiber: 3 g**

**Protein: 9 g**

**Carbohydrates: 31 g**

**Potassium: 449 mg**



## Quick Tip

This one-dish meal can be made and frozen over the weekend. Reheat when you don't have the time to cook.



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