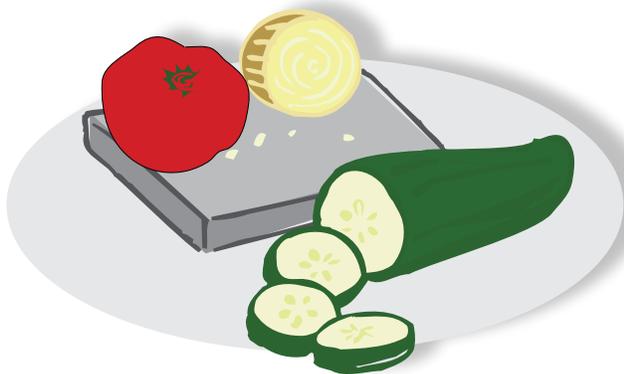
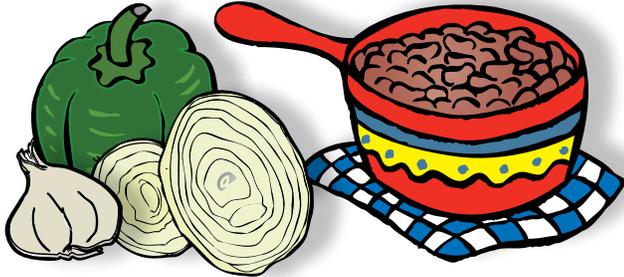


# Honoring Traditions with the Heart in Mind — Heart Healthy American Indian Recipes



# Pinto Beans

This delicious dish is heart healthy because beans are naturally low in sodium. You can also keep it lower in fat by not adding lard or other fat. Serve with rice that is cooked without salt.



## Ingredients

- 3 cups pinto beans, cooked
- ½ cup celery, chopped
- ½ cup onion, chopped
- 1 large green pepper, chopped
- 2 medium tomatoes, chopped
- 1 cup water
- 2 garlic cloves, chopped
- ⅛ teaspoon pepper

## Nutrition Information

Makes 16 servings

Serving size: ½ cup

Each serving provides:

Calories: 133

Total Fat: 0 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Sodium: 205 mg

Total Fiber: 6 g

Protein: 6 g

Carbohydrates: 20 g

## Directions

1. Cook dried beans as directed on package until they are soft.
2. Cook celery, onion, and green pepper in nonstick cooking spray in a large saucepan until soft, about 5 minutes.
3. Add tomatoes, water, and seasonings to vegetable mixture. Bring to a boil. Add beans and return to a boil.
4. Cover and cook over low heat until flavors are blended and liquid is absorbed, about 15 minutes. Stir once in a while to prevent beans from sticking.

## Quick Tip

This recipe is lower in salt and sodium than most bean dishes because it uses:

- Plain dry beans instead of regular canned beans
- Fresh tomatoes instead of regular canned tomatoes
- Fresh peppers, garlic, and onions for flavoring, instead of onion or garlic salt
- Herbs and seasoning instead of salt

Remember these tips to make other dishes lower in salt and sodium.

# Chicken Chile Stew

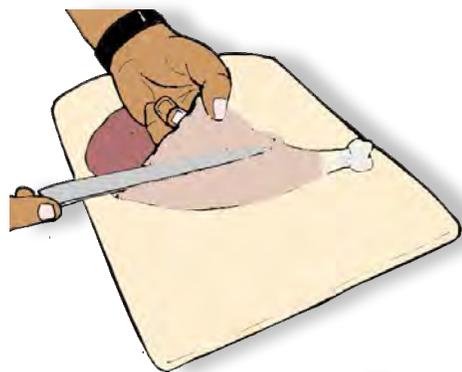
This recipe is low in saturated fat and cholesterol because it is made with chicken without the skin and any extra fat is taken off. It is flavored with vegetables and seasonings and cooked slowly in water instead of adding fats.

## Ingredients

- 3 lb chicken (breast or leg), cubed
- Nonstick cooking spray, as needed
- 3 stalks celery, chopped
- 1 medium tomato, diced
- 7 green chilies, roasted, peeled, seeded, chopped
- 4 garlic cloves, peeled and crushed
- Pepper to taste

## Directions

1. In batches, brown the chicken with nonstick cooking spray in a heavy iron skillet.
2. Place the meat in a 3 or 4 quart covered casserole and add the remaining ingredients.
3. Add the juice from the skillet to the casserole.
4. Barely cover the ingredients with water. Cover and simmer until the stew is thick and the meat is very tender, about 1½ hours.
5. Add pepper to taste before serving. Serve hot in a bowl or over rice.



## Nutrition Information

Makes 10 servings  
Serving size: ½ cup

Each serving provides:

Calories: 189  
Total Fat: 5 g  
Saturated Fat: 1 g  
Cholesterol: 82 mg  
Sodium: 90 mg  
Total Fiber: 1 g  
Protein: 30 g  
Carbohydrates: 5 g

# Zucchini Medley

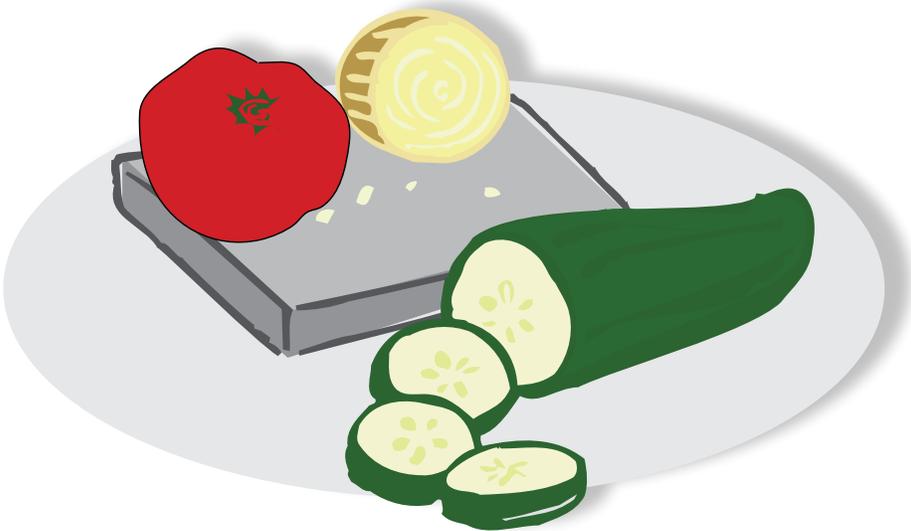
Your family will love this tasty vegetable side dish. The basil, onion, and small amount of low-fat cheese adds flavor but few calories.

## Ingredients

- 3 cups zucchini chunks
- 1 small yellow onion, sliced
- 1 medium tomato, diced
- ½ cup mushroom, chopped
- ½ teaspoon basil, ground
- 2 ounces (½ cup) low-fat cheddar cheese

## Directions

1. Place all ingredients except the cheese in a microwave-safe 2-quart casserole dish.
2. Microwave on high for 7 to 10 minutes or until vegetables are tender.
3. Add the cheese and microwave on high for 30 seconds.
4. Let stand for 2 to 3 minutes before serving.



## Nutrition Information

Makes 4 servings  
Serving size: 1 cup

Each serving provides:  
Calories: 52  
Total Fat: 1 g  
Saturated Fat: 0 g  
Cholesterol: 3 mg  
Sodium: 93 mg  
Carbohydrates: 6 g  
Dietary Fiber: 2 g  
Protein: 3 g  
Calcium: 79 mg

# Indian Corn Casserole

This is a delicious, low-cost recipe with low-sodium ingredients. The variety of seasonings and tasty vegetables and beans in this meal will delight your entire family.

## Ingredients

- 1 cup dry black beans
- About 15 dried cornhusks
- 2 cups frozen corn kernels, divided
- ½ cup fat-free milk
- 3 cups zucchini, grated
- 1 cup onion, minced
- ½ cup green chile, chopped
- Nonstick cooking spray, as needed
- ½ cup all-purpose flour
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- ½ teaspoon salt
- ½ teaspoon black pepper

## Directions

1. Preheat oven to 325° F.
2. Ahead of time, cook 1 cup of dried beans as directed on package, until they are soft. Set aside.
3. Soften dried cornhusks in simmering water for about 20 minutes.
4. Simmer ½ cup of corn in fat-free milk for 5 minutes. Remove from heat and let cool.
5. Blend corn and milk mixture in blender or food processor for about 2 minutes or until creamy. Add to rest of corn and mix well. Set aside.
6. Combine zucchini, onion, and chile in large nonstick skillet. Cover and cook over medium-low heat for 10 minutes, stirring occasionally.
7. While zucchini mixture is cooking, remove corn husks from hot water and pat dry. Line a 2-quart baking dish with husks, allowing excess to extend over sides of dish. Spray husks with nonstick cooking spray to prevent mixture from sticking when baking.
8. Add flour and remaining ingredients to zucchini mixture. Stir well. Add corn and beans, stir well. Cook, uncovered, over medium heat four minutes, stirring frequently.
9. Spoon mixture into baking dish. Fold free ends of husks toward center of baking dish. Cover top of mixture with any extra husks, overlapping.
10. Bake for 25 minutes.

## Nutrition Information

**Makes 6 servings**

**Serving size: 1 cup**

**Each serving provides\*:**

**Calories: 219**

**Total Fat: 1 g**

**Saturated Fat: 0 g**

**Cholesterol: 0 mg**

**Sodium: 115 mg**

**Total Fiber: 8 g**

**Protein: 11 g**

**Carbohydrates: 45 g**

**Calcium: 92 mg**

\*Nutrition content does not include the cornhusks.

# Quick Beef Casserole

This casserole is heart healthy because it uses lean beef which makes it lower in fat than a traditional beef casserole recipe. When you drain the meat after cooking, you also 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: 184  
Total Fat: 3 g  
Saturated Fat: 1 g  
Cholesterol: 15 mg  
Sodium: 125 mg  
Total Fiber: 4 g  
Protein: 10 g  
Carbohydrates: 31 g  
Calcium: 33 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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