

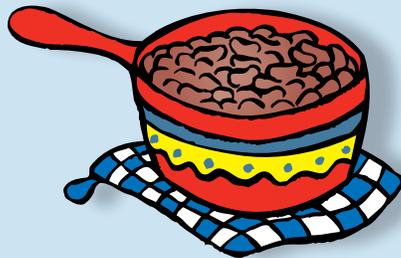
Cooking With Less Saturated Fat

Enjoy the same foods you eat now, but with less saturated fat. This will help you keep your cholesterol in check which is important for good heart health.

Try out these cooking ideas and then, over time, make them a habit.

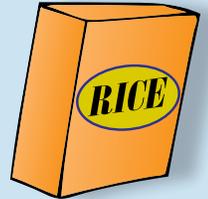
New Orleans Red Beans

1. In a 5-quart pot, combine dry red beans, water, onion, celery, and bay leaves. Bring to a boil, then reduce heat.
2. Cover and cook over low heat for 4½ hours or until beans are tender.
3. If desired, stir and mash beans against the side of the pan (New Orleans style). Add green pepper, garlic, parsley, thyme, and black pepper.
4. Cook uncovered over low heat until creamy, about 30 minutes.
5. Remove bay leaves before serving.



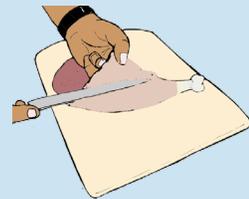
Boiled Brown Rice

1. Bring 2 cups of water to a boil and add 1 cup of brown rice.
2. Cover and cook over low heat for 30-40 minutes.



Poultry and Meat

1. Remove the skin from chicken and turkey, and throw it away. Cut off chunks of fat from beef and pork, and throw the fat away.
2. Add your favorite seasonings, such as garlic, onion powder, sage, or cracked black pepper.
3. Cook meat by baking, broiling, or grilling—not frying.



Fish and Seafood*

1. Clean fresh seafood and fish. If your seafood or fish is canned, rinse thoroughly to reduce the amount of sodium.
2. Season with seafood spices such as basil, chili powder, dill, marjoram, parsley, rosemary, and thyme to taste. Lemon juice or fresh lemon wedges will add a nice flavor to many seafood dishes.
3. Cook fish and seafood by baking, broiling, braising, stewing, or grilling—not frying—and use vegetable oil spray to coat pans.



*Pregnant and nursing mothers: Talk to your health care provider to find out the types of fish you can eat that are lower in mercury.

Spaghetti With Turkey Meat Sauce

1. Coat a large skillet with vegetable oil spray. Preheat over high heat. Add ground turkey (1 pound). Cook, stirring occasionally, for 5 minutes. Drain off fat.
2. Stir in a 28-ounce can of diced tomatoes (low- or no-sodium variety), chopped green peppers, onion, garlic, oregano, and black pepper. Bring to a boil, then reduce heat. Simmer covered for 15 minutes, stirring occasionally.
3. Remove cover, and simmer for an additional 15 minutes.
4. Meanwhile, cook spaghetti (or other whole-grain pasta variety) according to package directions, and drain well. Serve sauce over spaghetti with crusty, whole-grain bread.



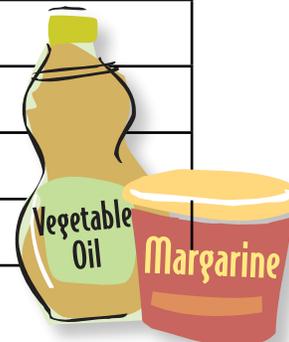
Fruit Smoothie

1. Place the following ingredients in a blender and puree until smooth:
 - 1 cup plain, non-fat yogurt or fat-free milk*
 - 6 medium strawberries
 - 1 cup canned, crushed pineapple in juice
 - 1 medium banana
 - 1 teaspoon vanilla extract
 - 4 ice cubes
2. Serve in a frosted glass.

*Or use a lactose-free alternative.

Try these recipe substitutes

When the Recipe Calls For:	Use These Heart Healthy Choices Instead:
1 whole egg	2 egg whites or 1/4 cup egg substitute
1 cup butter	1 cup soft margarine or 2/3 cup vegetable oil
1 cup shortening or lard	1 cup soft margarine or 2/3 cup vegetable oil
1 cup whole milk	1 cup fat-free milk
1 cup cream	1 cup evaporated fat-free milk
1 cup sour cream	1 cup fat-free sour cream



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