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Introduction

Good food is one of life’s great joys. Good meals are a shared pleasure at the heart of African American family life and special celebrations. This recipe book brings together many African American favorite recipes, prepared in a heart-healthy way, lower in saturated fat, sugar, and sodium! It shows how to prepare dishes in ways that help protect you and your friends and family from heart disease and stroke. Heart disease is the leading cause of death for African Americans. The risk of having a first stroke is nearly twice as high for African Americans as for whites. By making small changes in the way you and your family eat, you can help reduce your risk for heart disease and stroke.

Look for more recipes on the National Heart, Lung, Blood Institute Delicious Heart-Healthy Eating website at healthyeating.nhlbi.nih.gov.
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Good-for-You Cornbread

This is not only good for you, but good in you—making it a healthy comfort food.

1 cup cornmeal
1 cup flour
¼ cup white sugar
1 teaspoon baking powder
1 cup buttermilk, fat-free or low-fat (1%)
1 medium egg, whole
¼ cup soft tub margarine

vegetable oil (to coat baking pan)

1. Preheat oven to 350 °F.
2. Mix together cornmeal, flour, sugar, and baking powder.
3. In another bowl, combine buttermilk and egg. Beat lightly.
4. Slowly add buttermilk and egg mixture to the dry ingredients.
5. Add margarine and mix by hand or with a mixer for 1 minute.

Makes 10 servings
Serving size: 1 piece
Calories: 178
Total Fat: 6 g
Saturated Fat: 1 g
Cholesterol: 22 mg
Sodium: 94 mg
Dietary Fiber: 1 g
Protein: 4 g
Total Carbohydrates: 27 g
Potassium: 132 mg
Homestyle Biscuits

Update your homestyle biscuits with this easy, low-fat recipe.

2 cups all-purpose flour
2 teaspoons baking powder
¼ teaspoon baking soda
¼ teaspoon salt
2 tablespoons sugar
⅔ cup low-fat (1%) buttermilk
3 tablespoons + 1 teaspoon vegetable oil

1. Preheat oven to 450 °F.
2. In medium bowl, combine flour, baking powder, baking soda, salt, and sugar.
3. In small bowl, stir together buttermilk and oil. Pour over flour mixture and stir until well mixed.
4. On lightly floured surface, knead dough gently for 10-12 strokes. Roll or pat dough to ¾-inch thickness. Cut with a 2-inch round biscuit or cookie cutter, dipping cookie cutter in flour between cuts. Transfer biscuits to an ungreased baking sheet.
5. Bake for 12 minutes or until golden brown. Serve warm.

Makes 15 servings
Serving size: 1 biscuit
Calories: 99
Total Fat: 3 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Sodium: 72 mg
Dietary Fiber: 1 g
Protein: 2 g
Total Carbohydrates: 15 g
Potassium: 102 mg
Savory Potato Salad

Here’s a potato salad that’s both traditional and new—with great taste and a low-fat twist.

6 medium potatoes (about 2 pounds)
2 stalks celery, finely chopped
2 scallions finely chopped
¼ cup red bell pepper, coarsely chopped
¼ cup green bell pepper, coarsely chopped
1 tablespoon onion, finely chopped
1 large egg hard boiled, chopped
6 tablespoons reduced fat mayonnaise
1 teaspoon mustard
½ teaspoon salt
¼ teaspoon ground black pepper
¼ teaspoon dried dill weed

1. Wash potatoes, cut in half, and place in saucepan of cold water.
2. Cook covered over medium heat for 25 to 30 minutes or until tender.
3. Drain and dice potatoes when cool.
4. Add vegetables and egg to potatoes and toss.
5. Blend together mayonnaise, mustard, salt, pepper, and dill weed.
6. Pour dressing over potato mixture and stir gently to coat evenly.
7. Chill for at least 1 hour before serving.

Makes 10 servings
Serving size: ½ cup
Calories: 98
Total Fat 2 g
Saturated Fat 0 g
Cholesterol 21 mg
Sodium 212 mg
Total Fiber 2 g
Protein 2 g
Carbohydrates 18 g
Potassium 291 mg
Candied Yams
A bit of margarine and some orange juice make this dish sweet.

3 medium yams (1½ cups)
¾ cup brown sugar, packed
1 teaspoon flour
¼ teaspoon salt
¼ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
¼ teaspoon orange peel, grated
1 teaspoon soft tub margarine
½ cup orange juice

1. Preheat oven to 350 °F.
2. Cut yams in half, and boil until tender but firm (about 20 minutes). When cooled enough to handle, peel and slice into 1/4-inch slices.
3. Combine sugar, flour, salt, cinnamon, nutmeg, and grated orange peel.
4. Place half of the sliced yams in the dish. Sprinkle with spiced sugar mixture.
5. Dot with half the amount of margarine.
6. Add a second layer of yams, using the rest of the ingredients in the same order as above. Add orange juice.
7. Bake uncovered in oven for 20 minutes.

Makes 6 servings
Serving size: 1/4 cup
Calories: 110
Total Fat: <1 g
Saturated Fat: <1 g
Cholesterol: 0 mg
Sodium: 115 mg
Dietary Fiber: 2 g
Protein: 1 g
Total Carbohydrates: 25 g
Potassium: 344 mg
Smothered Greens

These healthy greens get their rich flavor from smoked turkey, instead of fatback.

- **3 cups** water
- **¼ pound smoked** turkey breast, skinless
- **1 tablespoon** hot pepper, chopped
- **¼ teaspoon** cayenne pepper
- **¼ teaspoon** cloves, ground
- **2 cloves** garlic, crushed
- **½ teaspoon** thyme
- **1 scallion**, chopped
- **1 teaspoon** ginger, ground
- **¼ cup** onion, chopped
- **2 pounds** greens (mustard, turnip, collard, kale, or a mixture)

1. Prepare greens by washing thoroughly and removing stems.
2. Tear or slice greens into bite-sized pieces.
3. Place all ingredients except greens into large saucepan and bring to a boil.
4. Add greens. Cook 20 to 30 minutes until tender.

**Makes 5 servings**

- Serving size: 1 cup
- Calories 80
- Total Fat 2 g
- Saturated Fat <1 g
- Cholesterol 16 mg
- Sodium 378 mg
- Total Fiber 4 g
- Protein 9 g
- Carbohydrates 9 g
- Potassium 472 mg
Limas and Spinach
Your family will love vegetables cooked this way.

2 cups frozen lima beans
1 tablespoon vegetable oil
1 cup fennel bulb, rinsed and cut into 4-inch strips
½ cup onion, chopped
¼ cup low-sodium chicken broth
1 bag (10 oz.) leaf spinach, rinsed
1 tablespoon distilled vinegar
⅛ teaspoon black pepper
1 tablespoon dried chives

1. In a saucepan, steam or boil lima beans in unsalted water for about 10 minutes. Drain.
2. In sauté pan, sauté onions and fennel in oil.
3. Add beans and broth to sauté pan, and cover. Cook for 2 minutes.
4. Stir in spinach. Cover and cook until spinach has wilted, about 2 minutes.
5. Stir in vinegar and pepper. Cover and let stand for 30 seconds.
6. Sprinkle with chives and serve.

Makes 7 servings
Serving size: ½ cup
Calories 93
Total Fat 2 g
Saturated Fat 0 g
Cholesterol 0 mg
Sodium 84 mg
Total Fiber 6 g
Protein 5 g
Carbohydrates 15 g
Potassium 452 mg
Vegetable Stew

Here’s a great new way to use summer vegetables. **You can add your other favorite vegetables such as broccoli, cauliflower, or string beans.**

**3 cups** water  
**1 cube** vegetable bouillon, low sodium  
**2 cups** white potatoes cut in 2-inch strips  
**2 cups** carrots, sliced  
**4 cups** summer squash, cut in 1-inch squares  
**1 cup** summer squash, cut in four chunks  
**2 ears** fresh corn (1½ cups)  
**1 teaspoon** thyme, ground  
**2 cloves** garlic, minced  
**1 stalk** scallion, chopped  
**½ small** hot red pepper, chopped  
**1 cup** onion, coarsely chopped  
**1 cup** tomatoes, diced

1. Heat water and bouillon in a large pot, and bring to a boil.  
2. Add potatoes and carrots to the broth, and simmer for 5 minutes.  
3. Cut the corn off the cob.  
4. Add the remaining ingredients, except for the tomatoes, and continue cooking for 15 minutes over medium heat.  
5. Remove the four chunks of squash, and puree in a blender.  
6. Return pureed mixture to the pot, and let it cook for 10 minutes more.  
7. Add tomatoes, and cook for another 5 minutes.  
8. Remove from heat, and let it sit for 10 minutes to allow stew to thicken.

**Make It a Meal**

To make this dish a meal, serve it with a green salad that includes lettuce (romaine) or spinach, cucumber, and other fresh vegetables. Use a light dressing, such as a vinaigrette, or a low-fat or fat-free dressing. Serve with whole-grain bread or rolls.

**Makes 8 servings**  
Serving size: 1⅛ cups  
Calories: 100  
Fat: 1 g  
Saturated fat: 0 g  
Cholesterol: 0 mg  
Sodium: 37 mg  
Total Fiber: 5 g  
Protein: 3 g  
Carbohydrates: 23 g  
Potassium: 607 mg
Classic Macaroni and Cheese

This recipe proves you don’t have to give up your favorite dishes to eat heart-healthy meals. Here’s a lower-fat version of a true classic.

2 cups macaroni
1/2 cup chopped onions
1/2 cup evaporated, fat-free milk
1 medium egg, beaten
1/4 teaspoon black pepper
1 1/4 cups (4 oz.) reduced-fat, natural, sharp cheddar cheese, shredded

1. Cook macaroni according to package directions. (Don’t add salt to the cooking water.) Drain and set aside.
2. Preheat oven to 350 °F.
3. Heat 1 teaspoon of oil in saucepan.
4. Add onions to saucepan and sauté for about 3 minutes.
5. In another bowl, combine macaroni, onions, and the remaining ingredients. Mix thoroughly.
6. Transfer mixture into casserole dish.
7. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Makes 8 servings
Serving size: 1/2 cup
Calories: 205
Total Fat: 5 g
Saturated Fat: 2 g
Cholesterol: 34 mg
Sodium: 120 mg
Dietary Fiber: 1 g
Protein: 11 g
Total Carbohydrates: 29 g
Potassium: 119 mg
Autumn Salad
This fresh and tasty salad will delight all.

1 Granny Smith apple, rinsed and sliced thinly (with skin)
2 tablespoons lemon juice
1 bag (about 5 cups) mixed lettuce greens (or your favorite lettuce), rinsed
½ cup dried cranberries
¼ cup walnuts, chopped
¼ cup unsalted sunflower seeds
½ cup low-fat raspberry vinaigrette dressing

1. Sprinkle lemon juice on the apple slices.
2. Mix the lettuce, cranberries, apple, walnuts, and sunflower seeds in a bowl.
3. Toss with raspberry vinaigrette dressing, to lightly cover the salad, and serve.

Makes 6 servings
Serving size: 1 cup
Calories: 138
Total Fat: 7 g
Saturated Fat: 1 g
Cholesterol: 0 mg
Sodium: 41 mg
Total Fiber: 3 g
Protein: 3 g
Carbohydrates: 19 g
Potassium: 230 mg
Flavorful Green Beans
These seasonings are perfect companions to the green beans.

2 pounds fresh green beans
1/3 cup chopped onions
2 cloves garlic, chopped
1/2 teaspoon black pepper
1 teaspoon dried basil
1 teaspoon vegetable oil

1. Rinse green beans, and snap tips off.
2. Steam the green beans for 5 to 7 minutes.
3. Sauté chopped onions in vegetable oil for 5 to 7 minutes or until they are tender and very lightly browned.
4. Add green beans, garlic, and ground black pepper to onions, sauté for another 3 to 5 minutes or until green beans are tender but not soft.
5. Sprinkle dried basil flakes over green beans, and serve.

Makes 7 servings
Serving size: 1 cup
Calories: 46
Total Fat: 1 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Sodium: 12 mg
Dietary Fiber: 4 g
Protein: 2 g
Total Carbohydrates: 9 g
Potassium: 179 mg
Caribbean Casserole

This tropical-inspired dish is gently spiced for a rich flavor.

1 medium onion, chopped
½ green pepper, rinsed and diced
1 tablespoon canola oil
1 can (14½-ounce) stewed tomatoes
1 can (15½-ounce) low sodium black beans (or beans of your choice)
1 teaspoon dried oregano
½ teaspoon garlic powder
1½ cups instant brown rice, uncooked

1. Sauté onion and green pepper in canola oil, in a large pan, until tender. Do not brown.
2. Add tomatoes and beans (include liquid from both), as well as oregano and garlic powder. Bring to a boil.
3. Stir in rice and cover. Reduce heat to simmer for 5 minutes. Remove from heat and let stand for 5 minutes before serving.

Makes 10 servings
Serving size: 1 cup
Calories: 185
Total Fat: 1 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Sodium: 297 mg
Total Fiber: 7 g
Protein: 7 g
Carbohydrates: 37 g
Potassium: 292 mg
Spicy Okra
You will love this zesty okra dish.

2 packages (10-ounce each) frozen, cut okra
1 tablespoon vegetable oil
1 medium onion, coarsely chopped
1 can (14½-ounce) no-salt diced tomatoes
1 fresh jalapeño pepper (or habanero chile pepper), pierced 3 times with a fork
½ teaspoon salt
¼ teaspoon black pepper

1. Rinse okra in a colander under hot water.
2. Heat oil in a 10-inch heavy skillet over moderately high heat. Add onion and sauté for about 3 minutes.
3. Add tomatoes (including juice) and jalapeno pepper, and bring to a boil. Stir the mixture for 8 minutes.
4. Add okra and cook, gently stirring, until okra is tender, about 5 minutes.
5. Stir in salt and black pepper, and discard the jalapeno pepper before serving.

Makes 10 servings
Serving size: ½ cup
Calories: 99
Total Fat: 4 g
Saturated Fat: 1 g
Cholesterol: 0 mg
Sodium: 133 mg
Dietary Fiber: 5 g
Protein: 4 g
Total Carbohydrates: 15 g
Potassium: 563 mg

Heart-Healthy Home Cooking
Main Dishes

- Crispy Oven-Fried Chicken
- Mouth-Watering Oven-Fried Fish
- Finger-Licking Curried Chicken
- Poached Salmon
- Jamaican Jerk Chicken
- Baked Pork Chops
- Jumpin’ Jambalaya
- Scrumptious Meat Loaf
- Spicy Southern Barbecued Chicken
Crispy Oven-Fried Chicken
Kids will love this chicken—and it’s good for the heart.

½ cup fat-free milk or buttermilk
1 teaspoon poultry seasoning
1 cup cornflakes, crumbled (or breadcrumbs)
1½ tablespoons onion powder
1½ tablespoons garlic powder
2 teaspoons black pepper
2 teaspoons dried hot pepper, crushed
1 teaspoon ginger, ground
8 pieces chicken, skinless (4 breasts, 4 drumsticks)
¼ teaspoon paprika

1. Preheat oven to 350 °F.
2. Add ½ teaspoon of poultry seasoning to milk.
3. Combine remaining ½ teaspoon of poultry seasoning and all other spices, except paprika, with corn flake crumbs (or breadcrumbs), and place in a plastic bag.
4. Dip chicken into milk, shake to remove excess liquid, then quickly shake chicken in the bag with seasoning and crumbs.
5. Refrigerate for 1 hour.
6. Remove from refrigerator and sprinkle lightly with paprika for color.
7. Place chicken on wire rack, and place rack on top of a baking pan that you have lined with foil. The chicken pieces should be spaced evenly apart.
8. The crumbs will form a crispy “skin.” Don’t turn the chicken during baking.
9. Bake 40 minutes. Rotate the pan and continue baking for an additional 30 to 40 minutes or until the meat can be easily pulled away from the bone with a fork. The juices should run clear and the meat should not be pink. The drumsticks may require less baking time than the breasts.

Makes 6 servings
Serving size: ½ breast or 2 small drumsticks
Calories: 256
Total Fat: 5 g
Saturated Fat: 1 g
Cholesterol: 34 mg
Sodium: 286 mg
Dietary Fiber: 1 g
Protein: 30 g
Total Carbohydrates: 22 g
Potassium: 339 mg
Mouth-Watering Oven-Fried Fish

This heart-healthy dish can be made with many kinds of fish—to be enjoyed over and over.

2 pounds fish fillets
1 tablespoon lemon juice
¼ cup fat-free or 1% buttermilk
2 drops hot sauce
1 teaspoon fresh garlic, minced
¼ teaspoon ground white pepper
¼ teaspoon salt
¼ teaspoon onion powder
½ cup cornflakes, crumbled, or regular bread crumbs
1 tablespoon vegetable oil
1 fresh lemon, cut in wedges

1. Preheat oven to 475 °F.
2. Clean and rinse fish. Wipe fillets with lemon juice and pat dry.
3. Combine milk, hot sauce, and garlic in a mixing bowl.
4. Combine white pepper, salt, and onion powder with cornflakes or bread crumbs, and spread on a plate.
5. Let fillets sit briefly in milk mixture. Remove a fillet, and coat on both sides with seasoned cornflakes or bread crumbs, and let stand briefly until coating sticks to each side of fish. Repeat for all fillets.
6. Arrange fillets on lightly oiled shallow baking dish.
7. Place dish on middle rack. Bake for 20 minutes without turning.
8. Cut into six pieces. Serve with fresh lemon.

Makes 6 servings
Serving size: 1 cut piece
Calories: 183
Total Fat: 2 g
Saturated Fat: 0 g
Cholesterol: 80 mg
Sodium: 325 mg
Total Fiber: 1 g
Protein: 30 g
Carbohydrates: 10 g
Potassium: 453 mg
Finger-Licking Curried Chicken

The name tells all—ginger and curry powder make it irresistible.

1½ teaspoons curry powder
1 teaspoon thyme
1 stalk scallion (green onion), chopped
1 tablespoon hot pepper, chopped
½ tsp ground cayenne pepper
1 teaspoon ground black pepper
8 cloves garlic, crushed
1 tablespoon grated ginger
¾ teaspoon salt
8 pieces skinless chicken (4 breasts, 4 drumsticks)
1 tablespoon olive oil
1 cup water
1 medium white potato, diced
1 large onion, chopped

1. Wash chicken and pat dry.
2. In a bowl, mix together curry powder, thyme, scallion, hot pepper, cayenne pepper, black pepper, garlic, ginger, and salt.
3. Toss chicken in seasoning mixture.
4. Marinate for at least 2 hours in the refrigerator.
5. Heat oil in a skillet over medium heat. Add chicken, and sauté.
6. Add water and allow chicken to cook over medium heat for 30 minutes.
7. Add diced potatoes and cook for an additional 30 minutes.
8. Add onions and cook for 15 minutes more or until meat is tender. Serve warm.

Makes 10 servings
Serving size: ½ breast or 2 small drumsticks
Calories: 134
Total Fat: 4 g
Saturated Fat: 1 g
Cholesterol: 49 mg
Sodium: 279 mg
Dietary Fiber: 1 g
Protein: 17 g
Total Carbohydrates: 7 g
Potassium: 302 mg
**Poached Salmon**
The tomato relish adds just the right amount of flavor.

**Spicy Tomato Relish**

2 medium tomatoes, chopped  
2 tablespoons finely chopped yellow onion  
2 tablespoons finely chopped fresh parsley  
1 teaspoon red pepper flakes, or to taste  
¼ cup red wine vinegar  
2 tablespoons olive oil  
ground black pepper, to taste

**Salmon**

4 salmon steaks, 5 ounces each  
3 cups water  
4 black peppercorns  
1 lemon, thickly sliced  
3 parsley sprigs  
1 small onion, thickly sliced  
2 bay leaves

1. To prepare relish, combine all the ingredients in a bowl and set aside.
2. Using a pan large enough to hold the four salmon steaks, bring water to a boil and add peppercorns, lemon slices, parsley, onion, and bay leaf.
3. Lower the heat to a gentle simmer, cover, and let flavors infuse for 5 minutes. Add salmon steaks and make sure they are covered with water. Add additional water if needed.
4. Cook, uncovered, for 10 to 12 minutes or until fish flakes easily with a fork in the thickest part (minimum internal temperature of 145 °F). Never let water boil or fish will toughen.
5. Serve each salmon steak with the relish.

**Makes 4 servings**  
Serving size: 1 salmon steak and ¼ cup relish  
Calories: 246  
Total Fat: 10 g  
Saturated Fat: 3 g  
Cholesterol: 93 mg  
Sodium: 94 mg  
Total Fiber: 2 g  
Protein: 31 g  
Carbohydrates: 7 g  
Potassium: 945 mg
Jamaican Jerk Chicken

The spices and peppers in this dish will transport you to a whole new taste.

½ teaspoon ground cinnamon
1½ teaspoons ground allspice
1½ teaspoons ground black pepper
1 tablespoon chopped hot pepper
1 teaspoon dried hot pepper
2 teaspoons crushed oregano
2 teaspoons dried thyme
½ teaspoon salt
6 cloves garlic, finely chopped
1 cup onion, pureed or finely chopped
¼ cup vinegar
3 tablespoons brown sugar
8 pieces skinless chicken (4 breasts, 4 drumsticks)

1. Wash chicken and pat dry.
2. In a large bowl, combine all ingredients except chicken.
3. Rub seasonings over chicken and marinate in refrigerator for 6 hours or longer.
4. Preheat oven to 350 °F. Space chicken evenly on a nonstick or lightly greased baking pan.
5. Cover with aluminum foil and bake for 40 minutes. Remove foil and continue baking for an additional 30 to 40 minutes or until the meat can easily be pulled away from the bone with a fork.
Baked Pork Chops

You can really sink your chops into these—they’re made moist and spicy with egg whites, evaporated milk, and a lively blend of herbs.

**6 lean center-cut pork chops,**
½-inch thick

**1 egg white** (or substitute liquid egg white)

**1 cup** fat-free evaporated milk

**¾ cup** cornflake crumbs

**¼ cup** bread crumbs

**4 teaspoons** paprika

**2 teaspoons** oregano

**¾ teaspoon** chili powder

**½ teaspoon** garlic powder

**½ teaspoon** ground black pepper

**½ teaspoon** cayenne pepper

**½ teaspoon** ground cayenne pepper

**⅛ teaspoon** dry mustard

**⅛ teaspoon** salt

**cooking spray**

1. Preheat oven to 375 °F.

2. Trim fat from pork chops.

3. Beat together egg white and evaporated milk. Place pork chops in milk mixture and let stand for 5 minutes, turning once.

4. Meanwhile, mix cornflake crumbs, bread crumbs, spices, and salt.

5. Spray cooking spray on 13 x 9-inch baking pan.

6. Remove pork chops from milk mixture and coat thoroughly with crumb mixture.

7. Place pork chops in pan and bake at 375 °F for 20 minutes. Turn pork chops and bake for an additional 15 minutes or until pork is fully cooked (to a minimum internal temperature of 160 °F).

**Note:** Try the recipe with skinless, boneless chicken or turkey parts, or fish—bake for just 20 minutes.

**Makes 6 servings**

*Serving size: 1 pork chop
Calories: 216
Total Fat: 8 g
Saturated Fat: 3 g
Cholesterol: 62 mg
Sodium: 346 mg
Total Fiber: 1 g
Protein: 25 g
Carbohydrates: 10 g
Potassium: 414 mg*
Jumpin’ Jambalaya

Here is a jambalaya that your family can enjoy. It has lots of flavor, veggies, and tasty low-fat meats! Green salad is a nice side dish.

14 ounces low-fat turkey kielbasa
1 pound boneless, skinless chicken breast
nonstick cooking spray
1 medium celery stalk, chopped
2 small onions, chopped
4 cloves garlic, chopped
1 small bunch green onions, chopped
1 medium green bell pepper, chopped
1 can (14½-ounce) no-salt-added diced tomatoes
1½ cups uncooked brown rice
4 cups water
2 cubes low-sodium chicken bouillon
1 bay leaf
1½ teaspoons cayenne pepper
3 tablespoons parsley, finely chopped

1. Wash chicken and pat dry. Cut the chicken breast and kielbasa into 1-inch chunks.
2. Spray a medium-sized pot with nonstick cooking spray. Brown the kielbasa and chicken over medium heat and remove from the pot.
3. Add next 6 ingredients to the same pot and cook over medium heat for 10 minutes.
4. Return the cooked meat to the pot; add the rice, water, bouillon, bay leaf, and cayenne pepper. Bring to a boil. Cover, reduce heat, and let simmer for about 50 minutes* or until the water is evaporated.
5. Stir in parsley and serve warm.

*Instant brown rice will take less time to cook.

Makes 9 servings
Serving size: 1 cup
Calories: 250
Total Fat: 4 g
Saturated Fat: 1 g
Cholesterol: 53 mg
Sodium: 531 mg
Dietary Fiber: 5 g
Protein: 22 g
Total Carbohydrates: 31 g
Potassium: 427 mg
**Scrumptious Meatloaf**

Got the meatloaf blahs? This recipe transforms the ordinary into the extraordinary.

- **1 pound** extra-lean ground beef
- **½ cup** tomato paste
- **4 cups** chopped onion
- **4 cups** chopped green pepper
- **4 cups** chopped red pepper
- **1 cup** fresh tomatoes, blanched
- **2 teaspoons** low-sodium mustard
- **4 teaspoons** ground black pepper
- **2 teaspoons** chopped hot pepper
- **2 cloves** garlic, chopped
- **2 scallions (green onions),** chopped
- **2 teaspoons** ground ginger
- **8 teaspoons** ground nutmeg
- **1 teaspoon** grated orange rind
- **2 teaspoons** crushed thyme
- **4 cups** bread crumbs

1. Preheat oven to 350 °F.
2. Mix all ingredients together.
3. Place in a loaf pan (preferably with drip rack) and bake, covered, for 50 minutes.
4. Uncover pan and continue baking for 12 minutes.
5. Cut into six even slices and serve.

**Makes 6 servings**

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<thead>
<tr>
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<th>Calories: 193</th>
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<tr>
<td>Cholesterol: 45 mg</td>
<td>Sodium: 91 mg</td>
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<td>Total Fiber: 2 g</td>
<td>Protein: 17 g</td>
</tr>
<tr>
<td>Carbohydrates: 11 g</td>
<td>Potassium: 513 mg</td>
</tr>
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Spicy Southern Barbecued Chicken
Let yourself fall under the spell of this Southern-style, sweet barbecue sauce.

**5 tablespoons** tomato paste  
**1 teaspoon** ketchup  
**2 teaspoons** honey  
**1 teaspoon** molasses  
**1 teaspoon** Worcestershire sauce  
**4 teaspoons** white vinegar  
**¾ teaspoon** cayenne pepper  
**⅛ teaspoon** black pepper  
**¼ teaspoon** onion powder  
**2 cloves** garlic, minced  
**⅛ teaspoon** grated ginger  
**8 pieces** skinless chicken  
(4 breasts, 4 drumsticks)

1. Combine all ingredients except chicken in saucepan. Simmer for 15 minutes.
2. Wash chicken and pat dry. Place it on a large platter and brush with half the sauce mixture.
3. Cover with plastic wrap and marinate in refrigerator for 1 hour.
4. Place chicken on baking sheet lined with aluminum foil and broil for 10 minutes on each side to seal in juices.
5. Remove from broiler and brush chicken pieces with remaining sauce. Cover with aluminum foil and bake at 350 °F for 30 minutes.

Makes 6 servings
Serving size: ½ breast or 2 small drumsticks  
Calories: 176  
Total Fat: 4 g  
Saturated Fat: 0 g  
Cholesterol: 81 mg  
Sodium: 199 mg  
Total Fiber: 1 g  
Protein: 27 g  
Carbohydrates: 7 g  
Potassium: 392 mg
Desserts

1-2-3 Peach Cobbler
Heart-Healthy Sweet Potato Pie
Southern Banana Pudding
Summer Breeze Smoothie
Fruit Salad
# 1-2-3 Peach Cobbler

What could be better than peach cobbler straight from the oven? Try this healthier version of the classic favorite.

½ teaspoon ground cinnamon
1 tablespoon vanilla extract
2 tablespoons cornstarch
1 cup peach nectar
¼ cup pineapple juice or peach juice (if desired, use juice reserved from canned peaches)
2 cans (16-ounce) peaches, packed in juice, drained, (or 1½ pounds fresh peaches)
1 tablespoon tub soft margarine
1 cup dry pancake mix
¾ cup all-purpose flour
½ cup sugar
¾ cup fat-free evaporated milk
½ teaspoon nutmeg
1 tablespoon brown sugar, and nonstick cooking spray as needed.

1. Preheat oven to 400 °F.
2. Combine cinnamon, vanilla, cornstarch, peach nectar, and juice in saucepan over medium heat. Stir constantly until mixture thickens and bubbles.
3. Add sliced peaches to mixture. Reduce heat and simmer for 5 to 10 minutes.
4. In another saucepan, melt margarine and set aside.
5. Lightly spray 8-inch-square glass dish with cooking spray. Pour hot peach mixture into dish.
6. In a mixing bowl, combine pancake mix, flour, sugar, and melted margarine. Stir in evaporated milk. Quickly spoon this mixture over peach mixture.
7. Combine nutmeg and brown sugar in a small bowl. Sprinkle mixture on top of batter.
8. Bake for 15 to 20 minutes or until golden brown.
9. Cool and cut into eight squares.

## Makes 8 servings
Serving size: 1 square
Calories: 271
Total Fat: 4 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Sodium: 263 mg
Dietary Fiber: 2 g
Protein: 4 g
Total Carbohydrates: 54 g
Potassium: 284 mg
Heart-Healthy Sweet Potato Pie

There’s nothing fake about the flavor in this heart-healthy treat.

Crust Ingredients
1¼ cups flour
¼ teaspoon sugar
½ cup fat-free milk
2 tablespoons vegetable oil

Filling Ingredients
¼ cup white sugar
¼ cup brown sugar
½ teaspoon salt
¼ teaspoon nutmeg
3 large eggs, beaten
¼ cup evaporated fat-free milk, canned
1 teaspoon vanilla extract
3 cups sweet potatoes (cooked and mashed)

Crust Preparation
1. Preheat oven to 350 °F. Combine flour and sugar in a bowl.
2. Add milk and oil to flour mixture.
3. Stir with fork until mixed. Then form pastry into a smooth ball with your hands.
4. Roll the ball between two 12-inch squares of waxed paper using short, brisk strokes until pastry reaches edges of paper.
5. Peel off top paper and invert crust into 9-inch pie plate.

Filling Preparation
1. Combine sugars, salt, spices, and eggs.
2. Add milk and vanilla. Stir.
3. Add sweet potatoes and mix well.
4. Pour mixture into pie crust.
5. Bake for 60 minutes or until crust is golden brown.
6. Cool and cut into 16 slices.

Makes 16 servings
Serving size: 1 slice
Calories: 147
Total Fat: 3 g
Saturated Fat: 1 g
Cholesterol: 40 mg
Sodium: 98 mg
Dietary Fiber: 2 g
Protein: 4 g
Total Carbohydrates: 27 g
Potassium: 293 mg
Southern Banana Pudding

This traditional dessert with a healthy twist will please your entire family.

3⅜ cups cold, fat-free milk, divided
2 small packages (4-serving size each) of fat-free, sugar-free instant vanilla pudding and pie filling mix
32 reduced-fat vanilla wafers
2 medium bananas, sliced
2 cups fat-free, whipped topping, divided

1. Mix 3⅜ cups of the milk with the pudding mixes. Beat the pudding mixture with a wire whisk for 2 minutes, until it is well blended. Let stand for 5 minutes.

2. Fold 1 cup of the whipped topping into the pudding mix.

3. Arrange a layer of wafers on the bottom and sides of a 2-quart serving bowl. Drizzle 2 tablespoons of the remaining milk over the wafers. Add a layer of banana slices and top with one-third of the pudding.

4. Repeat layers, drizzling each wafer layer with remaining milk and ending with pudding. Spread the remaining whipped topping over the pudding.

5. Refrigerate for at least 3 hours before serving.

Makes 10 servings
Serving size: ¾ cup
Calories: 143
Total Fat: 2 g
Saturated Fat: 1 g
Cholesterol: 2 mg
Sodium: 329 mg
Dietary Fiber: 1 g
Protein: 4 g
Total Carbohydrates: 29 g
Potassium: 237 mg
Summer Breeze Smoothie
Here’s a perfect low-fat thirst quencher.

1 cup nonfat plain yogurt
6 medium strawberries
1 cup pineapple, crushed, canned in juice
1 medium banana
1 teaspoon vanilla extract
4 ice cubes

1. Place all ingredients in blender and puree until smooth.
2. Serve in frosted glass.

Makes 3 servings
Serving size: 1 cup
Calories: 121
Total Fat: 0 g
Saturated Fat: 0 g
Cholesterol: 1 mg
Sodium: 64 mg
Dietary Fiber: 2 g
Protein: 6 g
Total Carbohydrates: 24 g
Potassium: 483 mg
Fruit Salad
What a great way to enjoy fruit!

1 teaspoon lemon juice
1 medium apple, cored and chopped
1 can (8 ounces) pineapple chunks in juice, drained
1 can (15 ounces) peaches in juice, drained
1 cup grapes, halved
½ cup plain, nonfat Greek yogurt
2 tablespoons walnuts (shelled and chopped)

1. Cut up the apples and grapes.
2. Drain the pineapple chunks and peaches.
3. Combine fruit in a large bowl.
4. Stir in Greek yogurt and walnuts until combined.
5. Refrigerate and serve when chilled.

Makes 12 servings
Serving size: ½ cup
Calories: 65
Total Fat: 1 g
Saturated fat: 0 g
Cholesterol: 1 mg
Sodium: 6 mg
Dietary Fiber: 1 g
Protein: 2 g
Total Carbohydrates: 14 g
Total Sugars: 11 g
# Recipe Substitutions for Heart-Healthy Cooking

Use the suggestions below to lower saturated fat and calories in your favorite recipes. Add herbs and spices instead of salt to enhance flavor.

<table>
<thead>
<tr>
<th>When the recipe calls for:</th>
<th>Substitute:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole milk</td>
<td>• Fat-free or low-fat (1%) milk</td>
</tr>
<tr>
<td>Cream</td>
<td>• Evaporated fat-free milk</td>
</tr>
<tr>
<td></td>
<td>• Mix equal amounts low-fat (1%) milk and fat-free evaporated milk</td>
</tr>
<tr>
<td>Sour cream</td>
<td>• Fat-free or low-fat sour cream</td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>• Fat-free or low-fat mayonnaise</td>
</tr>
<tr>
<td>1 cup of butter</td>
<td>• 1 cup soft tub margerine</td>
</tr>
<tr>
<td></td>
<td>• ¾ cup vegetable oil</td>
</tr>
<tr>
<td>Oil (for baking)</td>
<td>• Equal amounts of applesauce or prune puree</td>
</tr>
<tr>
<td>Oil (for sautéing)</td>
<td>• Water</td>
</tr>
<tr>
<td></td>
<td>• Nonstick cooking spray</td>
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<tr>
<td></td>
<td>• Low-sodium broth</td>
</tr>
<tr>
<td>1 whole egg</td>
<td>• ¼ cup egg substitute or 2 egg whites</td>
</tr>
<tr>
<td>1 egg to thicken</td>
<td>• 1 tablespoon of flour</td>
</tr>
<tr>
<td>Ground beef (all types)</td>
<td>• Extra lean ground beef or turkey (10% or less fat)</td>
</tr>
<tr>
<td></td>
<td>• Turkey (10% or less fat)</td>
</tr>
<tr>
<td>Sausage</td>
<td>• Turkey sausage (10% or less fat)</td>
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<tr>
<td></td>
<td>• Vegetarian sausage</td>
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<tr>
<td>Salad dressing</td>
<td>• Fat-free or low-fat dressing</td>
</tr>
<tr>
<td></td>
<td>• Flavored vinaigrette</td>
</tr>
<tr>
<td></td>
<td>• Flavored vinaigrette (made with olive oil, water and vinegar, or lemon juice)</td>
</tr>
<tr>
<td>Cream soup</td>
<td>• Fat-free or low-fat canned cream soup</td>
</tr>
<tr>
<td></td>
<td>• Homemade broth after removing the fat</td>
</tr>
<tr>
<td></td>
<td>• Fat-free broth mixed with fat-free milk or fat-free evaporated milk</td>
</tr>
</tbody>
</table>
Is It Done Yet?
Temperature Rules for Safe Cooking
Is It Done Yet? Temperature Rules for Safe Cooking

Make sure you cook and keep foods at the correct temperature to ensure food safety. To keep foods safe, keep cold foods cold and hot foods hot. Use a clean thermometer and measure the internal temperature of cooked food to make sure meat, poultry, and egg dishes are cooked to the temperatures listed below.

You can’t tell from looking. Use a food thermometer to be sure.

<table>
<thead>
<tr>
<th>USDA Recommended Safe Minimum Internal Temperatures (<a href="https://bit.ly/3aBzF7h">https://bit.ly/3aBzF7h</a>)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Steaks &amp; Roasts</strong></td>
</tr>
<tr>
<td>Beef, Veal, Lamb</td>
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<tr>
<td>145 °F</td>
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<tr>
<td><strong>Pork</strong></td>
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Tips for Eating Right
When Time or Money Is Tight
Tips for Eating Right When Time or Money Is Tight

What can you do to save time in meal preparation?

• Get help from your family members.
• Cook several dishes at one time and freeze some to eat later.
• Make enough to have leftovers for lunch.
• Pack lunches the night before.
• Learn simple, fast recipes.
• Use a slow cooker.

How can you stretch a limited food budget and still eat healthy?

• **Before you shop:**
  – Make a monthly food budget.
  – Plan your meals for the week, and think about how you’ll use the leftovers.
  – See what you already have in your freezer, cabinets, and refrigerator.
  – Look for coupons, including in your local newspaper and online.
  – Make a shopping list of what you need to buy for the week. It should have a mix of canned, fresh, and frozen fruits and vegetables. Don’t forget inexpensive protein foods like beans and peas.
  – Plan how you’ll get to the supermarket, so you don’t have to shop at a convenience store.
Tips for Eating Right When Time or Money Is Tight (continued)

- **At the store:**
  - Use your list and your coupons.
  - Stores often stock the priciest items at eye level, so look at the upper and lower shelves.
  - If a sale item has run out, ask the store for a rain check.
  - Join your store’s loyalty program to get discounts.
  - With fresh food, like vegetables, buy only the amount that you or your family can use before it spoils.
  - Try not to shop when you’re hungry.
  - Buy store brands as often as possible.
  - Check your receipt for errors at the cash register.
For More Information

For more heart-healthy recipes from NHLBI, visit [healthyeating.nhlbi.nih.gov](http://healthyeating.nhlbi.nih.gov).

For more information about heart health, visit [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov) or contact the NHLBI Center for Health Information:

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