Thank you for ordering *The Holistic Heart Book*

No matter your reason for doing so—maybe you just learned that your cholesterol or blood pressure is too high, or maybe your father recently had bypass surgery and you fear you’re next, or maybe you’ve felt a twinge of chest pain—the prescriptions you’ll find in *The Holistic Heart Book* can help make sure your heart keeps beating long into your old age. If you’re healthy, they can help you avoid heart disease.

If you’ve already been diagnosed or have undergone stenting or bypass surgery, they can halt the progression of your heart disease. If you’re diligent and adopt enough of them, they may even reverse your heart disease and help you grow younger.

While you wait for your book to arrive, here are a few simple prescriptions you can try right away to stop this killer in its tracks—plus, as your bonus free gift, 19 hearty and delicious recipes to lower your cholesterol and blood pressure, clear your clogged arteries, and strengthen your heart.
YOU CAN ESCAPE THE WORLD’S #1 KILLER

Despite the development of miracle medicines such as statins and beta-blockers and lifesaving procedures such as coronary bypass and angioplasty surgeries, heart disease remains the leading cause of death for men and women worldwide. But it doesn’t have to be. In fact, the vast majority of people who have heart attacks, strokes, and heart failure don’t need to suffer at all. **More than 75 percent of heart disease cases are preventable.**

Doctors are taught to test for risk factors like diabetes, high blood pressure, and high cholesterol. But what about the causes behind the causes? What about food toxins that irritate the linings of the arteries? What about how everything from air pollution to poor sleep to plastic bottles to stress affects our hearts?

The secret to preventing and reversing heart disease lies in the decisions you make every day about what you think, do, and eat. And yet despite hundreds of medical research studies and anecdotal support for the effectiveness of these easy-to-implement, low-cost actions, they are not routinely recommended by health care professionals.

In *The Holistic Heart Book*, you’ll find dozens of prescriptions for simple lifestyle changes you can make to strengthen your heart. You have more power over this killer than you realize. You can prevent and reverse blockages—and you can do it without expensive medications or traumatic surgeries.
FIVE THINGS YOU CAN DO RIGHT NOW TO PREVENT AND REVERSE HEART DISEASE

The natural prescriptions in *The Holistic Heart Book* serve as powerful weapons that halt inflammation, protect your cells from oxidation, and keep all of the tissues in your body young and healthy. Here are a few you can use to start reversing heart disease immediately:

1. **ADD SPICES TO EVERYTHING.** One of the easiest ways to protect your heart is also the tastiest. Herbs and spices contain the same protective chemicals plants use to ward off disease.

Indeed, at least a few of the most potent remedies for heart disease are already inside your house. Are there any vegetables in your refrigerator? Walking shoes in your closet? How about some sunshine outside your door? Can you breathe slowly and deeply? Yes, defeating heart disease can be as simple as eating a salad, walking in the sun, and taking a deep breath.

You do not need to get sick. You don’t need to have your chest cracked open so a surgeon can sew veins onto your diseased arteries. You don’t need to suffer from side effects of your medications, and you definitely don’t need to be disabled or die from heart disease decades before your time. Follow the prescriptions in *The Holistic Heart Book* to dodge this terrible killer today.
When you eat them, they protect your heart from disease, too. Sprinkle herbs and spices on everything you eat: Try apple pie spice (cinnamon, cloves, allspice, and nutmeg) on fruit and oatmeal, or even in your coffee. Add Italian seasonings (basil, oregano, rosemary, and thyme) or curry powder (cumin, turmeric, coriander, and cardamom) to soups, vegetables, and meats.

**2 WALK IN THE SUN FOR 15 MINUTES.** Exercise is just as effective as most prescription drugs at reducing the risk of heart disease. Couple that with a burst of sunlight, which stimulates your skin to make vitamin D (which helps prevent arterial damage) and nitric oxide (which helps lower blood pressure), and you’ve dealt heart disease a powerful one-two punch. Plus, walking outdoors can help decrease heart-harming stress and depression.

**3 BREATHE THROUGH ONE SIDE OF YOUR NOSE.** Alternate nostril breathing is common in many styles of yoga and researchers who have studied its effects found that it slowed pulse rates and stabilized irregular heart electrical activity. The simplest way to do this? Close one nostril with your thumb and breathe deeply through the other. Then, switch nostrils.

**4 KEEP YOUR PHONE AT ARM’S LENGTH.** Electromagnetic energy emitted by cell phones appears to increase oxidation and damage our DNA. In one recent study, when phones were placed over patients’ hearts, they caused more heart rhythm disturbances than when they were placed at their waists. Carry your phone as far away from your heart as you can, and use a headset whenever possible. Also, phones emit less energy when you send a text than when you make a call, so opt for texting more often.
5 SWALLOW SOME BACTERIA (TRY PROBIOTICS). We harbor more than three pounds of bacteria in our GI tract. Some produce harmful toxins that can irritate our blood vessels, setting the stage for heart disease. Look for a probiotic supplement that contains at least 10 billion organisms and take it once daily to add helpful disease-preventing microbes. Also, eat more fermented foods like sauerkraut and kimchi, which contain healthy probiotics.

DON’T WAIT! ENJOY THE MOST DELICIOUS PRESCRIPTION FOR A HEALTHY HEART

Of all the prescriptions in *The Holistic Heart Book*, the nutritional recommendations have the greatest and fastest impact on your heart health. That’s why we’ve included 19 Delicious Heart-Smart Recipes for you to enjoy while your book is on its way. These extra recipes are an exclusive free gift available only to friends like you who purchased the book through our special website.

The mouthwatering meals on the following pages aren’t available anywhere else!

Dr. Joel Kahn, the preventive cardiologist behind *The Holistic Heart Book*, has reviewed all the latest nutrition research and tried different approaches personally and with his patients. Based on his more than 20 years of experience, he believes that the best diet for optimal heart health is a low-fat, plant-based, vegan
diet. That’s the diet he prescribes to his patients and that he follows himself. But he understands that this approach is not for everyone, at least not right away. That’s why you will find meat, dairy, and eggs in some of the following recipes. But you’ll see that we’ve opted for lower-fat, non-processed, hormone- and antibiotic-free versions of these foods and use them sparingly. And, for anyone who wishes, vegan options are given for all nonvegan ingredients.

With all of the recipes, you’ll enjoy a much higher proportion of tasty fruits, vegetables, and whole grains, all chock-full of heart-protecting fiber and antioxidants. To avoid potential toxins that may harm your heart, steer clear of foods that are genetically modified (soy and corn products, for instance, are frequently genetically modified). And, if you use any canned ingredients, such as beans, make sure the cans they come in are labeled “BPA-free”; BPA, or bisphenol-A, has been linked to a variety of health issues, including heart problems.

Now get ready to heal your heart—and tickle your taste buds at the same time! Browse the table of contents on the next page to find something delicious and click any recipe title to jump right to that page. Enjoy!
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Mango-Berry Green Shake

PREP TIME: 10 MINUTES + TOTAL TIME: 15 MINUTES + MAKES 4 SERVINGS

The research is clear: The more fruits and vegetables you consume, the healthier your heart. Aim for a minimum of five servings, but twice that is even better. To make it easier, try drinking your produce. Making your own shakes and smoothies is quick and satisfying and allows you to avoid the added sugar you may find in store-bought versions.

1 large mango, peeled, pitted, and cut into wedges (about 2 cups)
1 cup fresh spinach
1 package (12 ounces or 340 grams) frozen unsweetened raspberries
1/2 cup unsweetened soy milk
2 tablespoons lime juice
1 tablespoon honey (optional)
1 teaspoon vanilla extract
1 teaspoon ground ginger

Combine all ingredients in a blender, working in 2 batches if necessary. Blend until smooth.

PER SERVING: 130 calories, 2g protein, 1g total fat, 0g saturated fat, 30g total carbohydrates, 6g fiber, 19 mg sodium, 0mg cholesterol
Cherry-Oatmeal Muffins
Cherry-Oatmeal Muffins

PREP TIME: 15 MINUTES + COOLING TIME + TOTAL TIME: 55 MINUTES + MAKES 12 SERVINGS

Using olive oil in the batter here replaces heart-harming saturated fat with heart-healthy monounsaturated fat, while the whole grains bump up the fiber quotient.

1 cup old-fashioned rolled oats
1 1/2 cups whole wheat flour
1/3 cup toasted wheat germ
1/4 cup sugar
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 1/3 cups low-fat (1%) buttermilk (for a vegan option, add 1 tablespoon vinegar to 1 1/3 cups unsweetened soy milk)
1 tablespoon olive oil
1 large egg (for a vegan option, mix 1 1/2 tablespoons ground flaxseed with 1/3 cup water)
1 tablespoon grated orange zest
3/4 cup unsweetened dried cherries, cranberries, or raisins
1 tablespoon ground cinnamon

1. Preheat the oven to 375°F (190°C). Line twelve 2 1/2-inch muffin cups with paper liners.
2. Toast the oats in a jelly-roll pan until golden brown and crisp, stirring occasionally, about 10 minutes. Transfer to a large bowl and let cool to room temperature.
3. Add the whole wheat flour, wheat germ, sugar, baking powder, baking soda, and salt to the oats, stirring to combine.
4. Whisk together the buttermilk, oil, egg, and orange zest in a small bowl until blended.
5. Make a well in the center of the dry ingredients and pour in the buttermilk mixture. Stir just until the dry ingredients are moistened. Fold in the cherries, using a wooden spoon.
6. Spoon the batter into the muffin cups. Sprinkle the top of each muffin with 1/4 teaspoon cinnamon. Bake until golden brown and a toothpick inserted in the center of a muffin comes out clean, about 30 minutes. Remove the muffins from the pan to a wire rack to cool.

PER SERVING: 159 calories, 6g protein, 3g total fat, 0g saturated fat, 30g total carbohydrates, 3g fiber, 227mg sodium, 19mg cholesterol
Breakfast Sausage Patties

PREP TIME: 10 MINUTES + TOTAL TIME: 20 MINUTES + MAKES 12 SERVINGS

Processed meats, including lunch meat, hot dogs, bacon, and sausages, are the most deadly type of meat you could possibly ingest. To get the flavor of a breakfast sausage without the artery-hardening saturated fat, sodium, and preservatives, try these patties. Pureed prunes, also sold as prune butter, replace the fat in this recipe. Serve with eggs and potatoes, if desired.

1 pound (450 grams) skinless, boneless turkey breast
(for a vegan option, substitute 1/2 cup textured vegetable protein)
3/4 cup cooked brown rice
1/4 cup pureed prunes
1 tablespoon Dijon mustard
1/2 teaspoon salt
1/2 teaspoon rubbed sage
1/2 teaspoon dried rosemary, minced

1. Spray a broiler pan with nonstick cooking spray. Preheat the broiler.

2. Cut the turkey breast or textured vegetable protein into large chunks. Place in a food processor and pulse until coarsely ground.

3. Transfer the ground turkey to a medium bowl. Add the rice, pureed prunes, mustard, salt, sage, and rosemary, and stir to just combine.

4. Shape the mixture into twelve 2-inch patties. Place the patties on the broiler pan and broil 4 inches from the heat, turning once, until cooked through, about 3 minutes per side.

PER SERVING: 62 calories, 10g protein, 0g total fat, 0g saturated fat, 4g total carbohydrates, 0g fiber, 166mg sodium, 23mg cholesterol
Mushroom-Barley Soup
Mushroom-Barley Soup

PREP TIME: 20 MINUTES + TOTAL TIME: 1 HOUR 20 MINUTES
+ MAKES 6 SERVINGS

This robust soup makes a complete one-dish meal, with the complex carbs provided by the barley and vegetables balancing out the beef nicely. You can also substitute brown rice for the barley.

1. Coat a soup pot or large, heavy saucepan with nonstick cooking spray and set it over medium-high heat until hot but not smoking. Sauté the beef until brown, about 5 minutes. Transfer with a slotted spoon to a double layer of paper towels to drain. (If you are using the beans instead, you can skip this step.)

2. Sauté the onions and mushrooms in the pan drippings until the onions are golden, about 7 minutes. Return the beef to the pot. (If you are using the beans instead, add them to the pot at this stage.)

3. Stir in the carrots, barley, broth, wine, salt, and pepper and bring to a boil.

4. Reduce the heat to medium-low. Simmer, partially covered, until the beef and barley are tender, about 45 minutes.

5. Stir in the peas and cook, uncovered, until tender, about 5 minutes. Remove from the heat; stir in the lemon juice.

PER SERVING: 266 calories, 23g protein, 4g total fat, 1g saturated fat, 31g total carbohydrates, 6g fiber, 372mg sodium, 31mg cholesterol

NOTE: If you opt for the vegan version, you save 3 grams of total fat and more than 40 calories per serving!

12 ounces (340 grams) lean beef chuck, cut into 1-inch cubes (for a vegan option, substitute one 15-ounce or 425-gram can of no-salt-added kidney or cannellini beans)

3 medium onions, coarsely chopped

10 ounces (280 grams) mushrooms, sliced

3 large carrots, sliced

1/2 cup pearl barley

7 cups low-sodium beef broth (for a vegan option, use vegetable broth)

1 cup dry red wine or no-salt-added tomato juice

1/2 teaspoon salt

1/2 teaspoon black pepper

1 cup frozen green peas

2 teaspoons fresh lemon juice
**Chinese-Style Noodle Soup**

**PREP TIME: 25 MINUTES + TOTAL TIME: 55 MINUTES + MAKES 4 SERVINGS**

**Dark green, leafy vegetables provide good amounts of beta-carotene, as well as the B vitamins niacin, folate, and B₆, which are all important for heart health.**

1. Heat the oil in a large saucepan over high heat. Add the leek and cook until slightly softened, about 5 minutes.

2. Add the carrot, red pepper, garlic, and fresh ginger. Continue cooking for about 5 minutes, stirring occasionally.

3. Stir in the bok choy, and cover the pan. Cook until the greens are slightly softened, about 2 minutes, then pour in the broth. Add the soy sauce. Season to taste with black pepper. Bring to a boil.

4. Lower the heat to medium. Add the tofu, then simmer until the bok choy is just tender, about 5 minutes.

5. Meanwhile, cook the spaghetti in boiling water according to the package instructions until al dente, 10 to 12 minutes. Drain well.

6. Divide the pasta among 4 serving bowls. Ladle the soup into the bowls and sprinkle with the scallion and cilantro, if using. Serve immediately.

**PER SERVING:** 346 calories, 11g protein, 8g total fat, 1g saturated fat, 54g total carbohydrates, 3g fiber, 386mg sodium, 0mg cholesterol

**NOTE:** You can substitute napa cabbage, watercress, or spinach for the bok choy, or use a combination of your favorite leafy greens!

- 2 tablespoons olive oil
- 1 leek, white part only, cut into thin strips
- 1/2 carrot, thinly sliced
- 1/2 red pepper, chopped
- 4 cloves garlic, chopped
- 1–2 tablespoons peeled, finely chopped fresh ginger
- 4 ounces (115 grams) bok choy, very finely shredded
- 6 cups low-sodium vegetable broth
- 1 tablespoon low-sodium soy sauce
- Black pepper
- 3 ounces (85 grams) firm tofu, cut into small cubes
- 8 ounces (230 grams) spaghetti
- 1-2 scallions, sliced (optional)
- 1 bunch fresh cilantro, chopped (optional)
Corn, Tomato and Quinoa Salad
Heat the water in a medium saucepan over medium heat. Add the quinoa and salt and bring to a boil. Reduce the heat to low, cover, and simmer until the liquid is absorbed and the quinoa is tender, about 15 minutes. Transfer to a large bowl and let cool for 15 minutes.

Meanwhile, in a measuring cup, whisk together the lime juice, olive oil, flaxseed oil, honey (if using), and red pepper.

Add the corn, tomato, and avocado to the quinoa. Drizzle with the vinaigrette and toss to coat well.

PER SERVING: 329 calories, 8g protein, 15g total fat, 1.8g saturated fat, 44g total carbohydrates, 3g fiber, 390mg sodium, 6mg cholesterol

**Corn, Tomato, and Quinoa Salad**

**PREP TIME:** 20 MINUTES + **TOTAL TIME:** 35 MINUTES + **MAKES 4 SERVINGS**

Known as “the supergrain,” quinoa (KEEN-wah) is considered a complete protein and is higher in unsaturated fat and lower in carbohydrates than other grains. When preparing quinoa, be sure to rinse it well to remove the bitter saponin coating.

2 cups water
1 cup quinoa, rinsed well
1/2 teaspoon salt
1/4 cup lime juice
1 tablespoon olive oil
1 tablespoon flaxseed oil
1 teaspoon honey (optional)
1/8–1/2 teaspoon crushed red pepper
1 cup fresh or frozen and thawed corn kernels
4 cherry tomatoes, halved
1 avocado, peeled, seeded, and chopped

SOUPS, SALADS, AND SANDWICHES

**THE HOLISTIC HEART BOOK** [www.HolisticHeart.com](http://www.HolisticHeart.com)
Honey-Mustard Turkey Burgers
Honey-Mustard Turkey Burgers

PREP TIME: 20 MINUTES + TOTAL TIME: 35 MINUTES + MAKES 4 SERVINGS

Next time you’re in the mood for a burger, try this flavorful patty and you’ll never miss the beef! Look for ground turkey breast, which is leaner than ground turkey that uses dark meat.

1/4 cup coarse-grain mustard
2 tablespoons honey
1 1/2 teaspoons Worcestershire sauce
1 pound (450 grams) lean ground turkey breast
(For a vegan option, substitute one 12-ounce or 340-gram package of meatless ground “turkey” such as Yves)
1 tablespoon non-fat plain yogurt
(For a vegan option, use Vegenaise)
1 clove garlic, minced
1/4 teaspoon freshly ground black pepper
4 whole wheat hamburger rolls, split
Optional garnishes: lettuce leaves, sliced tomato, sliced red or yellow onion, cucumber, ketchup, reduced-fat mayonnaise

1. Stir the mustard, honey, and Worcestershire sauce together in a medium bowl. Reserve 2 tablespoons of this mixture to use as a glaze.

2. Add the ground turkey, yogurt, garlic, and pepper to the mustard mixture remaining in the bowl. Mix with a potato masher. Divide the mixture into 4 portions, then form each into a 1/2-inch-thick patty.

3. Lightly oil a grill rack by rubbing the surface with a piece of oil-soaked paper towel. Preheat the grill to medium-high.

4. Grill the patties for 4 minutes. Turn the patties over and brush the cooked sides with the reserved glaze. Cook for 4 minutes. Turn the patties over and brush again with the glaze. Cook about 2 to 4 minutes longer, until the juices run clear and an instant-read thermometer inserted in the center registers 165°F (75°C).

5. Just before the patties are cooked, place the rolls, cut side down, on the grill until lightly toasted, 30 to 60 seconds. Place a patty on the bottom half of each roll, top, and garnish as desired.

PER SERVING (without garnishes): 285 calories, 26g protein, 10g total fat, 2.6g saturated fat, 25g total carbohydrates, 3g fiber, 450mg sodium, 80mg cholesterol

NOTE: The meatless option is leaner still—you’ll save 7 grams of total fat and all of the saturated fat, not to mention about 70 calories!
Tuna and Carrot Sandwich on Rye

PREP TIME: 20 MINUTES + TOTAL TIME: 20 MINUTES + MAKES 2 SERVINGS

1. Combine the carrot, lemon juice, oil, scallion and dill or parsley in a small bowl. Toss with a fork to mix.
2. Mix the tuna, celery, and 1 tablespoon of the yogurt in a small bowl.
3. Spread the remaining 1 tablespoon yogurt over the bread slices. Spread the tuna mixture over 2 of the bread slices. Top with the carrot salad and lettuce. Set the remaining bread slices over the filling. Cut each sandwich in half.

PER SERVING: 254 calories, 17g protein, 7g total fat, 1g saturated fat, 32g total carbohydrates, 4g fiber, 412mg sodium, 13mg cholesterol

Tuna is an excellent source of heart-healthy omega-3 fat. This recipe uses canned light tuna, which tends to be much lower in mercury than fresh. In addition, a lemony grated carrot salad adds crunch and appeal while squeezing some vegetable into your sandwich. We’ve put it on rye bread, which can actually help lower your blood sugar.

2/3 cup shredded carrot (1 medium)
2 teaspoons lemon juice
2 teaspoons extra-virgin olive oil
1 tablespoon chopped scallion
1 tablespoon chopped fresh dill or parsley
1 can (3 ounces or 85 grams) water-packed chunk light tuna, drained and flaked (for a vegan option, substitute one 15-ounce or 425-gram can of chickpeas, drained and smashed)
1/4 cup finely chopped celery
2 tablespoons non-fat yogurt, divided (for a vegan option, use Vegenaise)
4 slices rye bread
4 lettuce leaves, rinsed and dried
3
ENTRÉES
Pork Fajitas
Pork Fajitas

Prep Time: 30 Minutes + Marinating Time ❖ Total Time: 1 Hour 15 Minutes ❖ Makes 4 Servings

Lean pork marinated in a Mexican spice and citrus mixture is as succulent and satisfying as classic beef fajitas. Here, the fajitas are topped with a fresh avocado salsa, rich in heart-healthy monounsaturated fat.

**Citrus Marinade**
- 3 cloves garlic, minced
- Juice of 1 lime
- Juice of 1 grapefruit or 1 small blood orange
- 1 teaspoon olive oil
- 2 teaspoons mild chili powder
- 1 teaspoon paprika
- 1/2 teaspoon ground cumin
- 1/4 teaspoon dried oregano or mixed herbs such as herbes de Provence
- Pinch of ground cinnamon
- 3 scallions, chopped

**Avocado and Radish Salsa**
- 1 avocado, halved, pitted, and peeled
- 3 radishes, diced
- 1 clove garlic, minced
- 1 ripe tomato, diced
- Juice of 1/2 lime, or to taste
- 1 scallion, chopped
- 1 tablespoon chopped fresh cilantro
- Black pepper to taste

**Ingredients**
- 14 ounces (400 grams) pork tenderloin, trimmed of fat
- (for a vegan option, try “chicken” scallopini cutlets such as Gardein)
- 2 onions, thickly sliced
- 2 red or yellow bell peppers, seeded and cut into chunks
- 4 (10-inch) whole wheat tortillas
Pork Fajitas

1. Mix all of the ingredients for the marinade in a shallow dish. Add the pork tenderloin and turn to coat. Cover and marinate for at least 30 minutes, or overnight.

2. To prepare the salsa, mash the avocado flesh in a bowl. Add the remaining salsa ingredients and mix well, then season to taste with the black pepper. Cover and chill until serving time.

3. Preheat the oven to 350°F (180°C) (unless you choose the microwave option in Step 6).

4. Heat a large nonstick skillet over medium-high heat until hot. Remove the meat from the marinade and pat it dry with a paper towel. Coat the pan with cooking spray, add the pork, and cook it on all sides until brown.

5. Push the pork to the side and add the onions and bell peppers to the pan. Cook until the vegetables are tender and lightly charred and the pork is cooked through, about 12 to 15 minutes.

6. Meanwhile, stack the tortillas, wrap them in foil, and warm them in the oven for 5 to 10 minutes. (Alternatively, you can stack them between paper towels and microwave them on medium power for 1 minute.)

7. Remove the skillet from the heat. Remove the pork and cut it into thin strips, then return it to the pan and mix it well with the onions and peppers.

8. To serve, pile the pork, onions, and peppers into the tortillas, roll into cone shapes, and top with the salsa.

PER SERVING: 423 calories, 30g protein, 10g total fat, 1.7g saturated fat, 58g total carbohydrates, 11g fiber, 403mg sodium, 66mg cholesterol
Turkey Ragu with Spaghetti
Turkey Ragu with Spaghetti

PREP TIME: 15 MINUTES + TOTAL TIME: 1 HOUR 30 MINUTES + MAKES 6 SERVINGS

A simple homemade pasta sauce studded with vegetables and low-fat ground turkey breast helps you avoid the added sugar lurking in most commercially prepared sauces while boosting your antioxidant quotient.

1 tablespoon olive oil
2 carrots, finely chopped
1 onion, finely chopped
1 red bell pepper, finely chopped
2 cloves garlic, minced
12 ounces (340 grams) 93% ground turkey breast
(for a vegan option, substitute one 12-ounce or 340-gram package of meatless ground “turkey” such as Yves)
1/2 cup white wine or low-sodium vegetable broth
1 can (28 ounces/800 grams) no-salt-added crushed tomatoes
1 can (6 ounces/170 grams) no-salt-added tomato paste
1 teaspoon salt-free Italian seasoning
1/4 teaspoon salt
12 ounces (340 grams) whole wheat spaghetti

1. Heat the oil in a large saucepan over medium heat. Add the carrots, onion, and bell pepper and cook until lightly browned, about 5 minutes. Add the garlic and turkey and cook, stirring, until the turkey is no longer pink, about 5 minutes. Add the wine and cook for 4 minutes, or until the liquid is absorbed.

2. Add the tomatoes, tomato paste, Italian seasoning, and salt. Reduce the heat to low, cover, and simmer until well blended, about 1 hour.

3. About 15 minutes before serving, cook the spaghetti according to package directions.

4. Remove the sauce from the heat. Serve over the hot pasta.

PER SERVING: 373 calories, 21g protein, 8g total fat, 1.7g saturated fat, 59g total carbohydrates, 3g fiber, 200mg sodium, 42mg cholesterol

NOTE: If you go for the vegan option, you save about 50 calories and 5 grams of total fat (and all of the saturated fat).
Roasted Salmon with Sautéed Greens

PREP TIME: 5 MINUTES  TOTAL TIME: 15 MINUTES  MAKES 4 SERVINGS

Balsamic vinegar adds a natural sweetness without adding many calories, and is a perfect partner for savory salmon. Salmon is a rich source of heart-healthy omega-3 fats and is usually low in mercury. Beware of farm-raised salmon, though, which may be contaminated with other toxins. Also, genetically modified salmon has recently been approved; while the effects of genetically modified foods on humans are not completely known, studies have shown that some of these foods raise markers of heart-harming inflammation.

1/4 cup balsamic vinegar
2 tablespoons brown sugar
1 teaspoon mustard powder
1/4 teaspoon salt
1 1/4 pounds (570 grams) wild-caught Atlantic salmon, cut into 4 pieces
1 tablespoon olive oil
1 large red onion, cut into thin strips
8 ounces (225 grams) baby spinach

1. Preheat the broiler or grill. In a small bowl, combine the vinegar, brown sugar, mustard powder, and salt. Brush half of the mixture over the salmon. Broil or grill the salmon until opaque, 4 to 5 minutes.

2. Meanwhile, heat the oil in a large skillet over medium heat. Add the onion and cook until lightly browned, about 2 minutes. Cover and cook until tender, about 2 minutes. Add the spinach and cook, stirring, for 1 minute or until almost wilted. Add the remaining vinegar mixture and cook, stirring, for 1 minute longer or until the spinach is wilted and the sauce thickens slightly.

3. Divide the spinach mixture equally among 4 dinner plates. Top each serving with a piece of salmon.

PER SERVING: 302 calories, 30g protein, 13g total fat, 1.9g saturated fat, 15g total carbohydrates, 2g fiber, 260mg sodium, 78mg cholesterol
Couscous Casablanca
**Couscous Casablanca**

**PREP TIME: 40 MINUTES + STANDING TIME ✔ TOTAL TIME: 1 HOUR 15 MINUTES ✔ MAKES 4 SERVINGS**

Couscous is a staple in much of North Africa, where it is often served topped with vegetables and a traditional hot sauce called harissa. Couscous is a good source of fiber, lean protein, and the B vitamins necessary for heart health, while the beans contribute filling fiber that can also help to drive down cholesterol levels. The spices will heal your heart, too. Turmeric will help improve the function of your arteries, ginger can help drop cholesterol levels, and cinnamon can help lower your blood sugar.

### Vegetable Stew

- 1 tablespoon olive oil
- 2 large onions, chopped
- 4 cloves garlic, chopped
- 4 teaspoons ground cumin
- 1 teaspoon chili powder
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground ginger
- 1 can (14.5 ounces/410 grams) no-salt-added chopped tomatoes, undrained
- 5 cups low-sodium vegetable broth
- 1 cup pumpkin, cut into 1/2-inch pieces
- 1 small sweet potato, cut into 1/2-inch pieces
- 2 stalks celery, sliced
- 1 carrot, sliced
- 1 turnip, cut into 1/2-inch pieces
- 1 cup green beans, cut into 1/2-inch pieces
- 1 can (15 ounces/425 grams) no-salt-added chickpeas, drained
- Salt to taste
- Black pepper to taste

### Couscous

- 1 1/4 cups couscous
- 1 cup raisins
- 1 cup boiling water
- Pinch of ground cinnamon
- 1/2 teaspoon grated orange zest

### Harissa

- 1 teaspoon ground cumin
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon lemon juice
- Chili sauce to taste
Couscous Casablanca

1. Start with the vegetable stew. Heat the oil in a large saucepan or stockpot over medium-high heat. Add the onions and half of the garlic, and cook until slightly softened, about 4 minutes. Stir in the cumin, chili powder, cinnamon, turmeric, cloves, coriander, and ginger. Cook for a few seconds.

2. Add the tomatoes with their juice, the vegetable broth, pumpkin, sweet potato, celery, carrot, turnip, and green beans. Bring to a boil, then reduce the heat and simmer until the vegetables are just tender, about 15 to 20 minutes.

3. Stir in the zucchini, chickpeas, and remaining garlic. Cook until all of the vegetables are tender, about 15 minutes. Season lightly with salt and pepper if needed.

4. Meanwhile, place the couscous and raisins in a large bowl. Add the boiling water and mix well. Soak for 5 minutes.

5. When the vegetables have finished cooking, ladle 2 cups of the hot liquid from the stew over the couscous. Cover and soak for 10 minutes. Cover the pan of vegetables and remove from the heat.

6. To make the harissa sauce, ladle a cup of hot cooking liquid from the vegetables into a bowl, and stir in the ground cumin, chopped cilantro, and lemon juice. Add the chili sauce.

7. To serve, reheat the vegetable stew if necessary. Fluff the couscous with a fork, then mound it on a platter or in a large bowl, and sprinkle it with the cinnamon and the orange zest. Ladle some of the vegetable stew over the couscous and serve the rest separately. Serve the spicy harissa sauce on the side.

PER SERVING: 427 calories, 12g protein, 4g total fat, 1g saturated fat, 87g total carbohydrates, 11g fiber, 288mg sodium, 0mg cholesterol
Tofu-Stuffed Bell Peppers
Tofu-Stuffed Bell Peppers

1 tablespoon olive oil
Pinch of grated fresh nutmeg
3/4 teaspoon paprika
3/4 teaspoon dried marjoram
2 large cloves garlic, crushed
1 package (14 ounces/400 grams) firm tofu
4 large green bell peppers
24 cherry tomatoes
1 teaspoon fennel seeds
6 cups mixed spinach greens

1. Mix the oil, nutmeg, paprika, marjoram and 1 crushed clove of garlic in a shallow dish just large enough to hold the block of tofu. Add the tofu and turn it to coat both sides, then cover and set aside to marinate for 1 hour.

2. Preheat the grill to the hottest setting. Cut each bell pepper in half and remove the seeds. Grill, cut sides down, for 3 to 4 minutes, until blistered but not blackened. Turn the pieces cut sides up and grill for a further 2 minutes, or until juicy and just tender.

3. Cut each tomato in half and mix with the fennel seeds and remaining crushed clove garlic in a bowl. Remove the tofu from the marinade and slice it into 8 strips, then make one cut across those 8 strips to make a total of 16 equal-sized strips. Reserve the marinade.

4. Divide the tomatoes among the pepper halves and grill for 2 minutes. Place 2 pieces of tofu in each pepper half, nestling them at an angle among the tomatoes. Drizzle the remaining marinade over the tofu and grill for a further 4 to 5 minutes, or until the tofu is just beginning to brown. Divide the salad among 4 plates, place 2 pepper halves on top of each, and serve.

PER SERVING: 159 calories, 10g protein, 7g total fat, 1g saturated fat, 17g total carbohydrates, 5g fiber, 86mg sodium, 0mg cholesterol
SIDES AND SNACKS
Lemony Sugar Snap Peas

PREP TIME: 10 MINUTES + TOTAL TIME: 20 MINUTES
+ MAKES 4 SERVINGS

The very essence of early summer, emerald-green sugar snaps are so tender you can eat them up—pods and all. Sugar snap peas and other edible podded peas (such as snow peas) supply three times as much vitamin C as shelled peas. For a simple, heart-smart meal, serve the sugar snaps with grilled chicken or tofu steaks and steamed new potatoes—another early summer delicacy.

1 1/2 pounds (680 grams) sugar snap peas
2 teaspoons olive oil
3 shallots, thinly sliced
1 clove garlic, minced
1 tablespoon grated lemon zest
1/4 teaspoon salt

1. Remove the strings from both sides of the sugar snap peas. Heat the oil in a large nonstick skillet over medium heat. Add the shallots and garlic and cook, stirring, until the shallots are softened, about 3 minutes.
2. Add the sugar snaps, lemon zest, and salt to the skillet and cook, stirring, until the peas are just tender, about 4 minutes.

PER SERVING: 96 calories, 6g protein, 3g total fat, 0g saturated fat, 13g total carbohydrates, 5g fiber, 150mg sodium, 0mg cholesterol
Toasted Buckwheat Pilaf with Dried Fruit
Toasted Buckwheat Pilaf with Dried Fruit

PREP TIME: 15 MINUTES + TOTAL TIME: 45 MINUTES + MAKES 4 SERVINGS

Toasting brings out the flavors of many ingredients, especially nuts and grains. This pilaf calls for whole buckwheat grains (called “groats”) that have been pre-toasted. This form of buckwheat is sold in most supermarkets as “kasha” and comes in both whole grain and cracked versions.

1/2 cup walnuts
1 tablespoon olive oil
1 red bell pepper, diced
4 cloves garlic, minced
1 cup whole grain toasted buckwheat groats (kasha)
1/2 cup red lentils
3 cups boiling water
3/4 teaspoon dried rosemary, minced
1/8 teaspoon salt
1/2 teaspoon black pepper
2/3 cup dried apricots, diced
2/3 cup dried figs, diced
1/4 cup chopped parsley

1. Preheat the oven to 350°F (180°C). Toast the walnuts for 7 minutes, or until crisp and fragrant. When cool enough to handle, coarsely chop.

2. In a large skillet, heat the oil over medium heat. Add the bell pepper and garlic and cook for 4 minutes, or until the pepper is tender.

3. Stir in the buckwheat and red lentils and cook for 3 minutes, or until the buckwheat is well coated.

4. Add the boiling water, rosemary, salt, and black pepper; bring to a boil. Reduce to a simmer; cover and cook for 15 minutes, or until the buckwheat is tender. Stir in the walnuts, apricots, figs, and parsley.

PER SERVING: 441 calories, 14g protein, 13g total fat, 1.5g saturated fat, 74g total carbohydrates, 12g fiber, 273mg sodium, 0mg cholesterol
Crisped Potato Skins with Veggie Salsa

PREP TIME: 15 MINUTES  TOTAL TIME: 1 HOUR 25 MINUTES  MAKES 4 SERVINGS

Crunchy and crispy are two food textures we crave, especially when it comes to snacks. Potato skins are high in vitamin C and are an excellent source of fiber. Paired with a flavor-rich and nutrient-packed vegetable salsa with just a small amount of shredded cheese melted on top, this snack is a win-win on all fronts.

1. Preheat the oven to 400°F (200°C). Place the potatoes directly on the oven rack and bake until tender, about 55 minutes. Let cool.

2. Stir together the tomato, corn, bell pepper, onion, cilantro or basil, jalapeño, and lime juice in a small bowl until blended.

3. Preheat the broiler. Halve the potatoes lengthwise and scoop out the cooked potato flesh, leaving about 1/4 inch (0.5 centimeter) of the potato and skin intact. Reserve the potato flesh for another use. Cut each potato shell lengthwise into 3 strips. Lightly coat both sides of the strips with cooking spray. Place the potato skins, cut side down, on a baking sheet.

4. Position an oven rack so that the potatoes are 3 to 4 inches (7 to 10 centimeters) from the broiler. Broil the potatoes until crisp, 2 to 3 minutes. Turn them cut side up and broil until they are browned and crisp, about 2 minutes longer. Remove the baking sheet from the oven and spoon the salsa evenly into the potato skins. Sprinkle with the cheese, dividing evenly. Broil until the cheese is melted, about 1 minute.

PER SERVING: 183 calories, 7g protein, 2g total fat, 1g saturated fat, 37g total carbohydrates, 5g fiber, 55mg sodium, 0mg cholesterol

2 large (about 15 ounces or 425 grams each) russet potatoes, washed, skins pierced with a fork
1 cup cored, chopped tomato
1/2 cup corn kernels
1/4 cup chopped green bell pepper
1/4 cup chopped red onion
2 tablespoons minced fresh cilantro or basil
1 tablespoon seeded, deveined, and chopped jalapeño chile pepper (wear gloves when handling), or to taste
2 teaspoons fresh lime juice
1/4 cup shredded part-skim mozzarella

SIDES AND SNACKS
DESSERTS
Mixed Berry Tarts

PREP TIME: 20 MINUTES + COOLING TIME ◆ TOTAL TIME: 3 HOURS ◆ MAKES 6 TARTS

Sweet berries and flaky crust add up to an irresistible dessert rich in antioxidants and fiber. Use a blend of berries or just one type. Vary the flavors by using lime juice instead of lemon juice and ginger instead of cinnamon.

1/4 cup ice-cold water
3 tablespoons low-fat plain yogurt
   (for a vegan option, use soy or rice yogurt)
1 cup whole grain pastry flour
1/2 cup whole wheat flour
1 tablespoon + 1/3 cup sugar
1/4 teaspoon ground cinnamon
1/4 teaspoon salt
7 tablespoons light buttery spread
   (for a vegan option, try a dairy-free spread such as Earth Balance)
5 cups mixed berries, such as blueberries, raspberries, and strawberries
2 tablespoons cornstarch
1 tablespoon lemon juice

1. In a measuring cup, whisk together the water and yogurt. In a food processor, combine the flours, 1 tablespoon sugar, cinnamon, and salt. Add the buttery spread and pulse until the mixture resembles coarse crumbs. With the motor running, gradually add the yogurt mixture and process just until the ingredients come together. Gather the dough into a ball. Wrap in plastic and refrigerate for at least 2 hours.

2. Preheat the oven to 350°F (180°C). In a large bowl, combine the berries, cornstarch, lemon juice, and 1/3 cup sugar and toss gently.

3. Shape the dough into 6 small balls. Roll out each ball on a lightly floured work surface to about a 6-inch circle. Use the dough to line six 4-inch tart pans with removable bottoms. Evenly distribute the fruit mixture among the pans.

4. Bake until the filling is bubbling and the crust is browned, about 15 to 20 minutes. Transfer to a rack for 15 minutes. Remove the tarts from the pans and cool completely.

PER TART: 294 calories, 6g protein, 8g total fat, 2g saturated fat, 56g total carbohydrates, 6g fiber, 200mg sodium, 0mg cholesterol
Chocolate Chip Oatmeal Cookies
Chocolate Chip Oatmeal Cookies

PREP TIME: 15 MINUTES ☀️ TOTAL TIME: 35 MINUTES ☀️ MAKES 36 COOKIES

These delectable cookies have half the fat of traditional chocolate chip cookies, plus old-fashioned oats give them a fiber boost. Oats are also a great source of vitamins B₁, B₂, and E, as well as a long list of phytochemicals that fight heart disease and diabetes. For a tart twist, add 1/2 cup unsweetened dried cherries to the batter. Cherries and chocolate are a great flavor combination.

1 cup whole wheat flour
1/2 teaspoon baking soda
1/2 teaspoon salt
1 cup old-fashioned oats
4 tablespoons light buttery spread (for a vegan option, try a dairy-free spread such as Earth Balance)
2/3 cup packed light brown sugar
1/2 cup granulated sugar
1 large egg (for a vegan option, mix 1 1/2 tablespoons ground flaxseed with 1/3 cup water)
1 1/2 teaspoons vanilla extract
1/3 cup reduced-fat sour cream (for a vegan option, use dairy-free sour cream)
3/4 cup semisweet chocolate chips

1. Preheat the oven to 375°F (190°C). Line 2 large baking sheets with parchment paper. Whisk the flour, baking soda, and salt in a medium bowl. Stir in the oats.

2. Cream the buttery spread, brown sugar, and granulated sugar in a large bowl with an electric mixer at high speed until well blended. Add the egg and vanilla and beat until light yellow and creamy, about 3 minutes. Blend in the sour cream with a wooden spoon, then add the flour mixture all at once, just until combined (don’t overmix or the cookies may become tough). Stir in the chocolate chips.

3. Drop the dough by heaping teaspoonfuls 2 inches apart onto the baking sheets. Bake the cookies until golden, about 10 minutes. Cool on the baking sheets for 2 minutes, then transfer to wire racks and cool completely. Store in an airtight container for up to 2 weeks or freeze for up to 3 months.

PER COOKIE: 74 calories, 1g protein, 2g total fat, 1g saturated fat, 13g total carbohydrates, 1g fiber, 64mg sodium, 0mg cholesterol
Peanut Butter Brownies with Walnuts and Cranberries
Peanut Butter Brownies with Walnuts and Cranberries

PREP TIME: 20 MINUTES + TOTAL TIME: 50 MINUTES + MAKES 8 BROWNIES

Peanut butter and olive oil replace the butter in these brownies, and walnuts and cranberries add some healthful phytochemicals.

2/3 cup whole wheat flour
2/3 cup unsweetened cocoa powder
1 teaspoon baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
3/4 cup firmly packed light brown sugar
1/4 cup creamy, reduced-sodium peanut butter
3 tablespoons light olive oil
1 large egg (for a vegan option, mix 1 1/2 tablespoons ground flaxseed with 1/3 cup water)
2 teaspoons vanilla extract
1/3 cup chopped walnuts
1/3 cup dried cranberries or cherries
1 ounce semisweet chocolate, chopped

1. Preheat the oven to 350°F (180°C). Lightly grease an 8-inch-square metal baking pan. On a sheet of wax paper, combine the flour, cocoa powder, baking powder, baking soda, and salt.

2. In a medium bowl, with an electric mixer, beat together the brown sugar, peanut butter, oil, and egg until well combined. Beat in the vanilla. On low speed, add the flour mixture. Fold in the walnuts, cranberries, and chocolate.

3. Bake for 25 to 30 minutes, or until a toothpick inserted in the center comes out clean, but with some crumbs clinging to it. Cool in the pan on a wire rack before cutting into 8 brownies.

PER BROWNIE: 262 calories, 6g protein, 15g total fat, 3g saturated fat, 32g total carbohydrates, 5g fiber, 224mg sodium, 26mg cholesterol