

# Made From Scratch

## Heart Smart Recipes

High blood pressure is known as the ‘silent killer’ when left untreated. The damage it causes to the circulatory system is a big factor for heart attack, stroke, and other health threats. With the right treatment and management, you can control your blood pressure to help you live a longer and healthier life. Try one of these heart smart recipes to help you keep your heart healthy!

### Edamame and penne salad with feta

#### Ingredients:

- 4 oz dried, whole-grain penne pasta
- 2 cups frozen edamame (shelled, drained, rinsed)
- 1/2 (15 oz) can no salt added black beans (drained, rinsed)
- 1/2 green onion (chopped)
- 2 fresh parsley (snipped)
- 1 tbsp grated lemon zest
- 2 tbsp fresh lemon juice
- 1 tbsp extra virgin olive oil
- 1 clove fresh garlic (minced)
- 1 1/2-2 tsp fresh rosemary (finely chopped) or 1/2 tsp dried rosemary (crushed)
- 1/4 tsp salt
- 3 oz low-fat feta cheese (crumbled)

#### Instructions:

1. Prepare the pasta using the package directions, omitting the salt and oil. Drain in a colander. Run the pasta under cold water for about 20 seconds to stop the cooking process. Drain well in a colander.
2. Meanwhile, in a medium bowl, stir together the remaining ingredients except the feta. Using a rubber scraper, fold the pasta and feta into the mixture.

#### Nutrition facts | Servings: 4

**Calories:** 320 | **Fat:** 10 g | **Saturated fat:** 2 g | **Fiber:** 9 g | **Carbohydrates:** 38 g | **Protein:** 21 g | **Sodium:** 453 mg

*Did you know* that nine out of 10 Americans consume too much sodium? The American Heart Association recommends no more than 2,300 mg a day, with an ideal limit of no more than 1,500 mg per day for most adults.

### Szechuan chicken stir fry

#### Ingredients:

- 1 lb. boneless, skinless chicken breasts or tenderloins (all visible fat discarded, cut into 1-inch cubes)
- 2 tsp cornstarch
- 1 tbsp low-sodium soy sauce
- 1 tsp jarred, minced garlic
- 1/4 tsp red pepper flakes
- 1/4 tsp ground ginger
- 16 oz frozen, packaged stir fry vegetables
- 1/4 cup low-sodium chicken broth
- 2 tbsp unsalted, unroasted peanuts (chopped)
- 1 1/2 cups brown rice (cooked to package instructions)



#### Instructions:

1. Spray a medium skillet with cooking spray. Mix together the chicken, cornstarch, soy sauce, ginger, garlic and red pepper flakes.
2. Cook chicken over medium-high heat for 5 minutes until no longer pink.
3. Add vegetables and broth to skillet, reduce heat to medium, cover, and cook 20 minutes, stirring occasionally.
4. Top with peanuts and serve over brown rice.

#### Nutrition facts | Servings: 4

**Calories:** 455 | **Fat:** 7 g | **Saturated fat:** 1.5 g | **Fiber:** 7 g | **Carbohydrates:** 64 g | **Protein:** 34 g | **Sodium:** 265 mg

Looking for great-tasting, healthy dishes? WebMD's recipes make it easy to meet your nutritional needs. Each recipe includes step-by-step instructions, nutritional information, healthy ingredients, and helpful preparation tips to make delicious meals.

## Cumin lime shrimp over creamy cauliflower risotto

### Ingredients:

- 2 tbsp olive oil (divided)
- 8 medium (8 oz) shrimp (peeled, deveined, and tails removed)
- 1 tsp cumin
- 1 fresh lime (zested, juiced)
- 1/4 tsp salt
- 1 package (10 oz) frozen "riced" cauliflower
- 1/2 cup white onion (finely chopped)
- 1 clove garlic (minced)
- 1 ripe, fresh avocado (halved, pitted, peeled, diced)



### Instructions:

1. Microwave frozen "riced" cauliflower according to package directions, usually about 5-6 minutes; set aside.
2. Heat one tablespoon olive oil in a medium, nonstick pan over medium heat. Add the shrimp and cook for 2 to 3 minutes per side until light pink and opaque. Put shrimp in a small bowl and season with cumin, lime zest, and salt.
3. Add the remaining oil to the pan. Add onion and cook, stirring occasionally, until onion is soft, about 2 minutes. Add garlic and avocado and cook for one minute, until heated through.
4. Transfer avocado onion mixture into a blender or food processor and add lime juice. Cover and blend until smooth, stirring the mixture with a spatula if needed.
5. Transfer heated "riced" cauliflower into the pan and top with pureed avocado onion mixture. Cook over medium heat, stirring gently until cauliflower has a beautiful green color.
6. Divide into two bowls and top with cooked shrimp.

**Nutrition facts** | Servings: 2 | Serving size: 1 1/4 cup risotto and four shrimp

**Calories:** 390 | **Fat:** 25 g | **Saturated fat:** 3.5 g | **Fiber:** 9 g | **Carbohydrates:** 18 g | **Protein:** 28 g | **Sodium:** 180 mg

*Recipe tips:* Garnish with freshly chopped cilantro and additional avocado slices if desired.

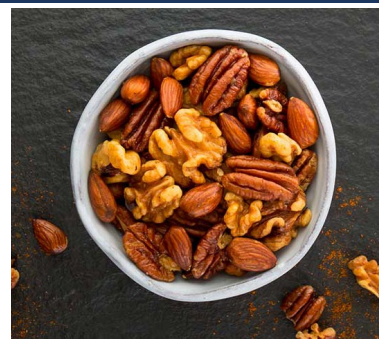
## Sweet and fiery roasted nuts

### Ingredients:

- 2 tsp olive oil
- 1/2 tsp stevia sweetener or 1 stevia packet
- 10 drops cinnamon-flavored liquid stevia sweetener
- 1/2 tsp ground cumin
- 1/8 tsp cayenne
- 1/3 cup walnut halves
- 1/3 cup pecan halves
- 1/3 cup almonds

### Instructions:

1. Preheat the oven to 350°F.
2. In a small bowl, stir together the oil, stevia sweetener, liquid stevia sweetener, cumin, and cayenne. Add walnuts, pecans and almonds, stirring to coat.
3. Pour the nut mixture into an 8-inch square baking pan (no cooking spraying needed). Bake for 5 minutes. Remove the pan from the oven. Stir the nut mixture. Bake for 2 to 3 minutes or until the nuts are golden brown. Transfer to a bowl. Let cool for 5 minutes. Serve warm or at room temperature.



**Nutrition facts** | Servings: 4 | Serving size: 1/4 cup

**Calories:** 208 | **Fat:** 20.5 g | **Saturated fat:** 2 g | **Fiber:** 3 g | **Carbohydrates:** 5 g | **Protein:** 5 g | **Sodium:** 3 mg