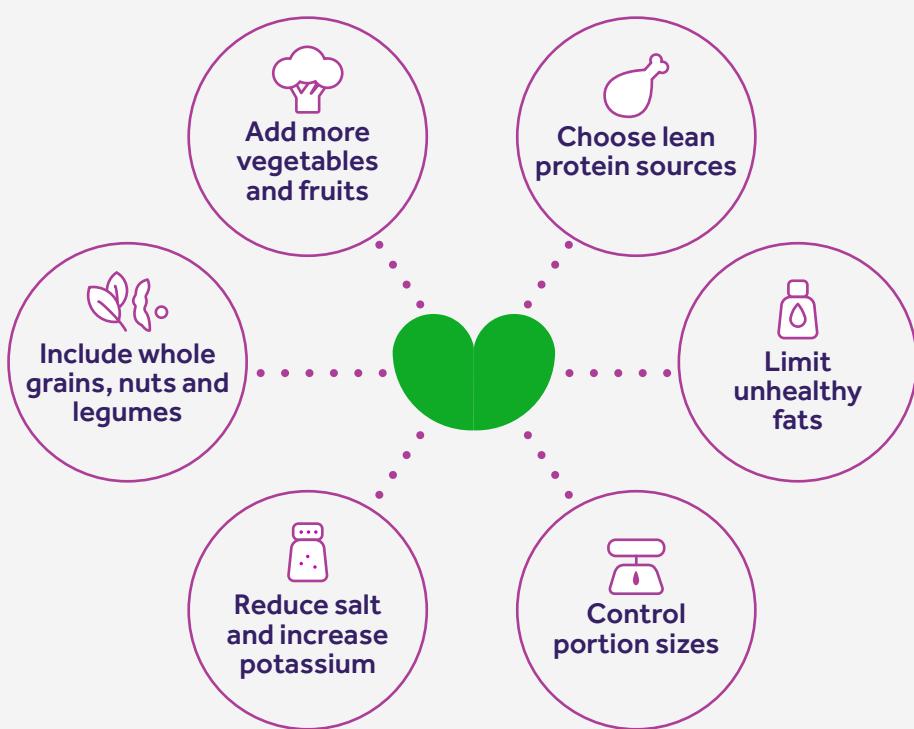


# Heart-healthy recipes that are not a sad salad

Eating heart-healthy does not have to be the same old sad salad that's been prescribed forever. A meal plan consisting of dry greens, no toppings and a simple diet dressing is an invitation to eat indulgent cheat meals.

It's good news, then, that heart-healthy meals can be super delicious if you pay attention to your ingredients. To make a meal heart-healthy,<sup>1</sup> follow these simple guidelines:



This doesn't sound like the end of the world. In fact, the following heart-healthy recipes will prove that **healthy can be delicious**.

# Pasta fagioli

**Makes: 4-6 servings | Prep: 5 mins | Cook: 1 hour**

This vegan dish is super versatile. By controlling how much pasta water you add, it can be soup, thicker like a stew or a hearty pasta dish, especially if you substitute rotini or ziti for the ditalini. Finish with a sprinkle of nutritional yeast or parmesan cheese (making it vegetarian).<sup>2</sup>



## Ingredients

- 1-2 Tbsp olive oil, for sautéing the onion and garlic
- ½ small white or yellow onion, chopped
- 3 garlic cloves, minced
- ¼-½ tsp crushed red pepper flakes
- 1 28-oz can plain tomato sauce

- ½ bunch fresh parsley, finely chopped
- 2 14-oz cans northern white beans, drained and rinsed
- ½ lb ditalini pasta
- Grated parmesan cheese or nutritional yeast if desired

## Preparation

In a large pot or Dutch oven, heat the olive oil over medium heat and add the chopped onion along with a pinch of salt. Sauté until onion is translucent, about 5 minutes. Stir in the garlic and red pepper flakes and cook another minute or so, stirring constantly and taking care not to burn the garlic. Add the tomato sauce, parsley and beans. Reduce heat to low and simmer for 1 hour. Stir occasionally to keep from sticking or scorching. While the sauce is cooking, cook the ditalini pasta in lightly salted boiling water. Once the pasta is al dente, drain and reserve 2-3 cups pasta water. When ready to serve, add pasta to the tomato and bean sauce and thin it with pasta water. Add ½ cup at a time, stir and add more to reach your desired consistency.

## Nutrition

Per serving



Calories: 371 | total fat: 6 g | saturated fat: 1 g | sodium: 593 mg | cholesterol: 0 mg  
total carbs: 66 g | fiber: 11 g | sugars: 6 g | protein: 17 g | potassium: 1,129 mg



# Baked apples and pears with almonds

**Makes: 4 servings | Prep: 15 mins | Cook: 45 mins**

The flavor of these baked fruits is deliciously sweet and complex with the addition of honey and spice.<sup>3</sup>

## Ingredients

- 4 small apples and/or pears (any variety will work)
- ½ tsp ground cinnamon
- 2 tsp honey
- ¼ cup unsalted almonds, chopped
- 2 Tbsp dried, unsweetened cranberries and/or raisins

## Preparation

Preheat the oven to 400°F. Fill a small baking dish with ¼ inch of water. Set aside. Cut ½ inch off the top of the apples (and/or pears). Reserve the tops. Using a spoon or paring knife, core out the fruits, leaving the bottoms intact. In a small bowl, combine the almonds, cranberries (and/or raisins) and cinnamon, stirring gently. Drizzle the honey over the almond mixture, stirring until the almonds and cranberries are coated. Spoon the almond mixture into the fruit cavities. Replace the tops. Place the fruit in the baking dish. Cover loosely with aluminum foil and bake for 30 minutes. Remove the foil. Bake for an additional 15 minutes or until the fruit is tender and lightly golden.

## Nutrition

Per serving



Calories: 164 | total fat: 4 g | saturated fat: 0 g | sodium: 2 mg | cholesterol: 0 mg  
total carbs: 33 g | fiber: 5 g | sugars: 25 g | protein: 2 g | potassium: 261 mg



# Lemon-garlic salmon with green beans and new potatoes

**Makes: 4 servings | Prep: 10 mins | Cook: 30-40 mins**

These complete meals in a packet are easy from start to finish. Pro tip: If the green beans are extra long, cut them in half so they fit more easily in the foil packets.<sup>4</sup>

## Ingredients

- 1 lb new potatoes, halved lengthwise and sliced into  $\frac{1}{8}$ -inch slices
- 2 tsp minced garlic
- 1 lb fresh green beans, trimmed
- 2 Tbsp extra virgin olive or avocado oil
- $\frac{1}{4}$  tsp salt
- $\frac{1}{4}$  tsp ground black pepper
- 4 skinless salmon fillets (about 4 oz each)
- 8 lemon slices (1 to 2 medium lemons)

## Preparation

Preheat the oven to 400°F. Cut 4 sheets of aluminum foil about 30 inches long. Fold the foil in half widthwise so it's extra sturdy.

Put the potatoes and garlic in a microwaveable bowl, stirring to combine. Microwave, covered, for 1½ to 3 minutes, or until about halfway tender. Transfer to a large bowl. Stir in the green beans, oil, salt and pepper.

Place a fourth of the potato mixture in the center of each foil square, arranging the green beans in the same direction. Place the fish on the potato mixture. Top with 2 lemon slices. Repeat with the remaining 3 salmon fillets and vegetables.

Wrap the foil loosely, but seal the edges tightly. Place packets on a large baking sheet. Bake for 20 minutes, then carefully open one packet. If the fish flakes easily when tested with a fork, open the remaining packets and serve. If the fish isn't cooked enough, close the packet and bake all the packets for an additional 3 to 5 minutes.

## Nutrition

Per serving



Calories: 453 | total fat: 21 g | saturated fat: 4 g | sodium: 229 mg | cholesterol: 71 mg  
total carbs: 36 g | fiber: 10 g | sugars: 4 g | protein: 30 g | potassium: 1,275 mg

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<sup>1</sup><https://nutritionsource.hsph.harvard.edu/disease-prevention/cardiovascular-disease/preventing-cvd/>

<sup>2</sup><https://www.delishknowledge.com/healthy-pasta-fagioli/#recipe>

<sup>3</sup><https://recipes.heart.org/en/recipes/baked-apples-and-pears-with-almonds>

<sup>4</sup><https://recipes.heart.org/en/recipes/lemon-garlic-salmon-foil-pack-with-green-beans-and-new-potatoes>

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