

## Directions

1. Lightly spray a large skillet with cooking spray. Heat over medium-high heat. Cook the broccoli and water for 4 to 5 minutes, or until the broccoli is tender. Remove from the heat. Transfer the broccoli to a dish. Using paper towels, wipe the skillet clean.
2. In a large bowl, whisk together the egg whites, milk, and pepper until combined.
3. Meanwhile, lightly spray the skillet with cooking spray. Heat over medium-high heat. Pour in the egg white mixture. Cook for 2 to 3 minutes, or until almost firm, stirring constantly with a spatula. Stir in the broccoli and Cheddar. Remove from the heat.
4. Just before serving, split and toast each English muffin. Transfer to plates. Spoon the egg mixture onto the muffins.



**Add Color Swap:** Broccoli isn't the only vegetable that can be used in this recipe. Red bell peppers, green beans, and zucchini also work well. Just chop the vegetables finely so they'll cook for the same amount of time.



**Cook's Tip:** Substitute corn tortillas for the English muffins to turn this dish into breakfast tacos. You can even cook 1 chopped tomato and 1 chopped fresh jalapeño with the broccoli to give the filling a Mexican flair.



**Cook's Tip on Scrambled Eggs:** The secret to perfectly cooked scrambled eggs is removing them from the heat just before they're fully cooked. The heat they've retained will continue to cook them for another minute.

### NUTRITION ANALYSIS Per serving

Calories .....	139
Total Fat.....	1.0 g
Saturated Fat.....	0.0 g
Trans Fat.....	0.0 g
Polyunsaturated Fat .....	0.5 g
Monounsaturated Fat.....	0.0 g
Cholesterol .....	2 mg
Sodium .....	338 mg
Carbohydrates.....	18 g
Fiber .....	3 g
Sugars .....	5 g
Protein .....	15 g
Dietary Exchanges: 2 lean meat, 2 starch	



To see the cooking video for this recipe, go to [heart.org/recipes](http://heart.org/recipes).



## Tuna-Stuffed **Avocados** with Corn Salsa

Serves 6

### Ingredients

#### *Salsa*

- |   |  |
|---|--|
| 2 medium ears of corn, husks and silk discarded, kernels cut off, or 1 cup frozen corn, slightly thawed | 2 tablespoons finely chopped red onion                               |
| 1 tablespoon water  | 2 tablespoons fresh lime juice, plus more if desired                 |
| 1 medium tomato, chopped  | 1 tablespoon finely chopped fresh jalapeño, seeds and ribs discarded |
| ½ cup chopped fresh cilantro  |  |

## Tuna

- |  |   |
|--|---|
| <p>2 6.4-ounce pouches very low sodium chunk light tuna, packed in water, drained</p> <p>½ cup chopped celery</p> <p>⅓ cup fat-free plain Greek yogurt</p> | <p>1 tablespoon fresh lemon juice, plus more if desired</p> <p>¼ teaspoon pepper (freshly ground preferred)</p> <p>*****</p> <p>3 medium avocados</p> <p>1 tablespoon fresh lemon juice</p> |
|--|---|

## Directions

- Put the corn in a microwaveable container. Add 1 tablespoon water. Microwave on 100% power (high) for 1 to 2 minutes, or until cooked through. Remove from the microwave. Let stand to cool.
- In a medium bowl, stir together the remaining salsa ingredients. Stir in the corn. Let stand to allow the flavors to blend.
- In a separate medium bowl, stir together the tuna ingredients. Stir in the salsa.
- Halve the avocados. Remove the pits (if removing the pit doesn't create enough of a cup for the tuna, spoon out a bit of the avocado flesh). Sprinkle the inside of the avocado with the lemon juice to keep the flesh from turning brown.
- Spoon the tuna mixture into the cavity of each avocado half, packing the tuna mixture tightly. Serve immediately or cover and refrigerate to serve chilled.



### Add Color Hack on Corn:

To remove the kernels from the cob without making a mess, invert a small bowl inside a large bowl. Stand the cob on the small bowl, and using a sharp knife, slowly slice down the cob, letting the kernels fall into the large bowl.

### NUTRITION ANALYSIS Per serving

Calories .....	273
Total Fat.....	16.0 g
Saturated Fat.....	2.5 g
Trans Fat.....	0.0 g
Polyunsaturated Fat .....	2.0 g
Monounsaturated Fat .....	10.0 g
Cholesterol .....	32 mg
Sodium .....	292 mg
Carbohydrates.....	18 g
Fiber .....	8 g
Sugars .....	5 g
Protein .....	19 g

Dietary Exchanges: 2 fat, 2 lean meat, ½ starch, 2 vegetable



To see the cooking video for this recipe, go to [heart.org/recipes](http://heart.org/recipes).



To see the cooking video for this recipe, go to [heart.org/recipes](https://heart.org/recipes).

# Overnight Banana Oatmeal

Serves 4

## Ingredients

- 2½ cups fat-free milk
- 1 tablespoon honey
- 1 teaspoon vanilla extract
- 3½ cups uncooked oatmeal (not instant or quick-cooking)
- 2 medium bananas, peeled, halved lengthwise, and sliced crosswise
- ¼ cup chopped unsalted pecans or walnuts

## Directions

1. In a large, resealable container or bowl, stir together the milk, honey, and vanilla. Stir in the oatmeal. Cover and refrigerate overnight.
2. Remove the oatmeal from the refrigerator. Spoon it into bowls. Top each serving with the bananas and pecans.



### Add Color Hack on Bananas:

To ripen green bananas, remove any plastic wrapping and store them at room temperature until ripe. Store ripe bananas in the refrigerator; their peel will darken, but the fruit will remain fresh. Peel and freeze overripe bananas to use in smoothies or baking.



### Cook's Tip on Raw Oats:

Baking raw, dry oats for 1 hour at 250°F will destroy any bacteria that may cause a foodborne illness.

## NUTRITION ANALYSIS Per serving

Calories .....	443
Total Fat.....	9.5 g
Saturated Fat.....	1.5 g
Trans Fat.....	0.0 g
Polyunsaturated Fat .....	3.0 g
Monounsaturated Fat.....	4.0 g
Cholesterol .....	3 mg
Sodium .....	68 mg
Carbohydrates.....	74 g
Fiber .....	10 g
Sugars .....	21 g
Protein .....	18 g

Dietary Exchanges: 1 fat-free milk, 1 fruit, 3 starch



# Teriyaki Salmon

## with Cauliflower Rice

Serves 4

### Ingredients

#### *Marinade*

- 2 tablespoons soy sauce  
(lowest sodium available)
- 1 tablespoon water
- 1 tablespoon dry sherry or  
balsamic vinegar
- 1 tablespoon toasted sesame oil
- 1 large garlic clove, minced,  
or 1 teaspoon bottled minced  
garlic
- 1 teaspoon minced peeled  
gingerroot (1 2-inch piece)
- 1 teaspoon white vinegar
- ½ teaspoon sugar substitute

\*\*\*\*\*

- 4 6-ounce wild salmon fillets, skin  
discarded, rinsed and patted dry
- 1 2-pound head cauliflower,  
coarsely chopped
- ½ medium onion, peeled and  
coarsely chopped
- 1 teaspoon canola or corn oil
- ⅛ teaspoon salt
- 1 cup chopped fresh cilantro
- 1 teaspoon sesame seeds
- 2 medium green onions,  
finely chopped

## Directions

1. In an ovenproof 8-inch square pan, whisk together the marinade ingredients. Add the fish, turning to coat. Cover and refrigerate for at least 1 hour or up to 24 hours, turning occasionally. (Turn just once if you're refrigerating for only 1 hour.)
2. Put the cauliflower and onion in a large bowl. Stir to combine.
3. Transfer a small amount of the cauliflower mixture to a food processor or blender. Pulse until the mixture resembles couscous. (The key to achieving the right consistency is not overloading the food processor.) Transfer each batch of the processed mixture to a medium bowl until the rice is made. Cover and refrigerate until the fish is ready to bake.
4. When the fish has marinated, remove the pan from the refrigerator. Preheat the oven to 450°F.
5. Bake the fish and marinade for 10 to 12 minutes (depending on the thickness), or until the desired doneness, turning once halfway through. Remove from the oven. Transfer the fish to a baking sheet. Increase the heat to broil or turn on the broiler. Broil the fish for 2 to 4 minutes until browned on the outside, turning once halfway through.
6. Meanwhile, in a large nonstick saucepan, heat the oil over medium-high heat, swirling to coat the bottom. Add the cauliflower mixture. Stir in the salt. Cook for 5 to 6 minutes, or until the cauliflower is tender, stirring frequently. Remove from the heat.
7. Stir in the cilantro. Transfer the cauliflower mixture to a platter.
8. Using a spatula, place the fish fillets on the cauliflower mixture.
9. Spoon the sauce from the baking pan over the fish. Sprinkle the sesame seeds and green onions over the sauce.



### Cook's Tip on Chopping

**Onions:** To minimize tears when chopping onions, leave the root as intact as possible. It also helps to refrigerate the onions for 30 minutes before chopping them.



### Cook's Tip on Salmon:

Confused by the salmon choices at the seafood counter? Remember that wild salmon has less calories and about half the saturated fat of farm-raised salmon.

### NUTRITION ANALYSIS Per serving

Calories .....	311
Total Fat.....	13.0 g
Saturated Fat.....	2.0 g
Trans Fat.....	0.0 g
Polyunsaturated Fat .....	3.5 g
Monounsaturated Fat.....	4.5 g
Cholesterol .....	80 mg
Sodium .....	430 mg
Carbohydrates.....	9 g
Fiber .....	3 g
Sugars .....	4 g
Protein .....	38 g

Dietary Exchanges: 5 lean meat,  
2 vegetable



To see the cooking video for this recipe, go to [heart.org/recipes](http://heart.org/recipes).



## Couscous-Stuffed Portobello Mushroom Caps

Serves 4

### Ingredients

- |  |  |
|--|--|
| 8 portobello mushrooms (with caps that are about 5 inches in diameter) | 1½ tablespoons canola or corn oil            |
| ¾ cup uncooked couscous  | 1 tablespoon balsamic vinegar                |
| 1½ cups chopped plum (Roma) tomatoes (about 3)                         | ¼ teaspoon pepper (freshly ground preferred) |
| ¾ cup chopped green onions   | 1¼ cups boiling water                        |
| 2 tablespoons chopped black olives, drained                            | 3 ounces shredded fat-free mozzarella cheese |



## Directions

1. Preheat the oven to 400°F. Line a large baking sheet with aluminum foil.
2. Remove and discard the stems from each mushroom. Using a spoon, scrape the black gills from the underside of each mushroom cap. Transfer the caps to the baking sheet with the cavities up.
3. Bake for 20 minutes, or until the mushrooms are soft.
4. Put the couscous in a medium bowl. Put the tomatoes, green onions, and olives on the couscous.
5. In a small bowl, whisk together the oil, vinegar, and pepper. Pour over the couscous and vegetables.
6. Pour the water over all, stirring to combine. Cover the bowl tightly. Let stand to steam for 10 to 15 minutes, or until the couscous is fully cooked. Fluff with a fork.
7. When the mushroom caps are baked, use a paper towel to blot up any extra moisture on the mushrooms. Spoon the couscous mixture into the caps, filling each one. Sprinkle the mozzarella over the couscous mixture.
8. Return the baking sheet to the oven. Bake for 10 minutes, or until the mozzarella melts. Serve immediately.



**Cook's Tip:** When shopping for the mushrooms to use in this recipe, choose mushrooms with caps deep enough to hold the stuffing. Instead of discarding the mushroom stems, you can always freeze them to use later when making chicken or vegetable stock.

### NUTRITION ANALYSIS Per serving

Calories .....	261
Total Fat.....	6.5 g
Saturated Fat.....	0.5 g
Trans Fat.....	0.0 g
Polyunsaturated Fat .....	2.0 g
Monounsaturated Fat.....	3.5 g
Cholesterol .....	4 mg
Sodium .....	311 mg
Carbohydrates.....	37 g
Fiber .....	6 g
Sugars .....	5 g
Protein .....	14 g

Dietary Exchanges: ½ fat, 1 lean meat,  
2 starch, 2 vegetable



To see the cooking video for this recipe, go to [heart.org/recipes](http://heart.org/recipes).



## Grilled Cuban Mojo Pork **Tenderloin** with Plantains

Serves 4

### Ingredients

- ½ cup tightly packed fresh cilantro
- ½ cup fresh orange juice (juice from 1 medium orange)
- 2 medium green onions, coarsely chopped
- ¼ cup fresh lemon juice (from 1 to 2 medium lemons)
- ¼ cup fresh lime juice (from 2 to 3 medium limes)
- 8 medium garlic cloves
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano, crumbled
- 1¼ pounds pork tenderloin, all visible fat discarded
- 1½ tablespoons canola or corn oil and 1½ teaspoons canola or corn oil, divided use
- ⅛ teaspoon pepper and ⅛ teaspoon pepper (freshly ground preferred), divided use
- ⅛ teaspoon salt
- 2 ripe plantains, peeled and cut diagonally into slices about ½-inch thick

Cooking spray

## Directions

1. In a food processor or blender, process the cilantro, orange juice, green onions, lemon juice, lime juice, garlic, cumin, and oregano. Process for about 1 minute, or until smooth. Transfer the marinade to a large shallow dish, reserving ¼ cup. Add the pork, turning to coat. Cover and refrigerate for 2 to 24 hours, turning occasionally.
2. About 30 minutes before the pork is ready to grill, preheat the oven to 450°F and preheat the grill on medium high.
3. In a large bowl, whisk together 1½ tablespoons oil, ⅓ teaspoon pepper, and the salt until combined. Add the plantain slices, turning to coat.
4. Cover a large baking sheet and two smaller ones with aluminum foil. Lightly spray all three sheets with cooking spray. Arrange the plantains in a single layer on the baking sheets. Bake for 15 minutes. Remove from the oven.
5. Turn over the plantains. Bake for 10 to 15 minutes, or until the plantains are crisp and caramelized on the outer edges. Watch carefully so they don't burn.
6. Meanwhile, drain the pork, gently wiping off most of the marinade. Discard the marinade.
7. Sprinkle the remaining ⅓ teaspoon pepper over the pork. Using a basting brush, brush the remaining 1½ teaspoons oil over the pork. Transfer to the grill.
8. Grill the pork for 15 to 20 minutes, or until the thickest part of the pork reaches an internal temperature of 145°F, turning every few minutes.
9. Transfer the pork to a cutting board. Let stand for at least 5 minutes. Cut into slices. Transfer to a large platter. Spoon the reserved marinade over the pork. Serve with the plantains.



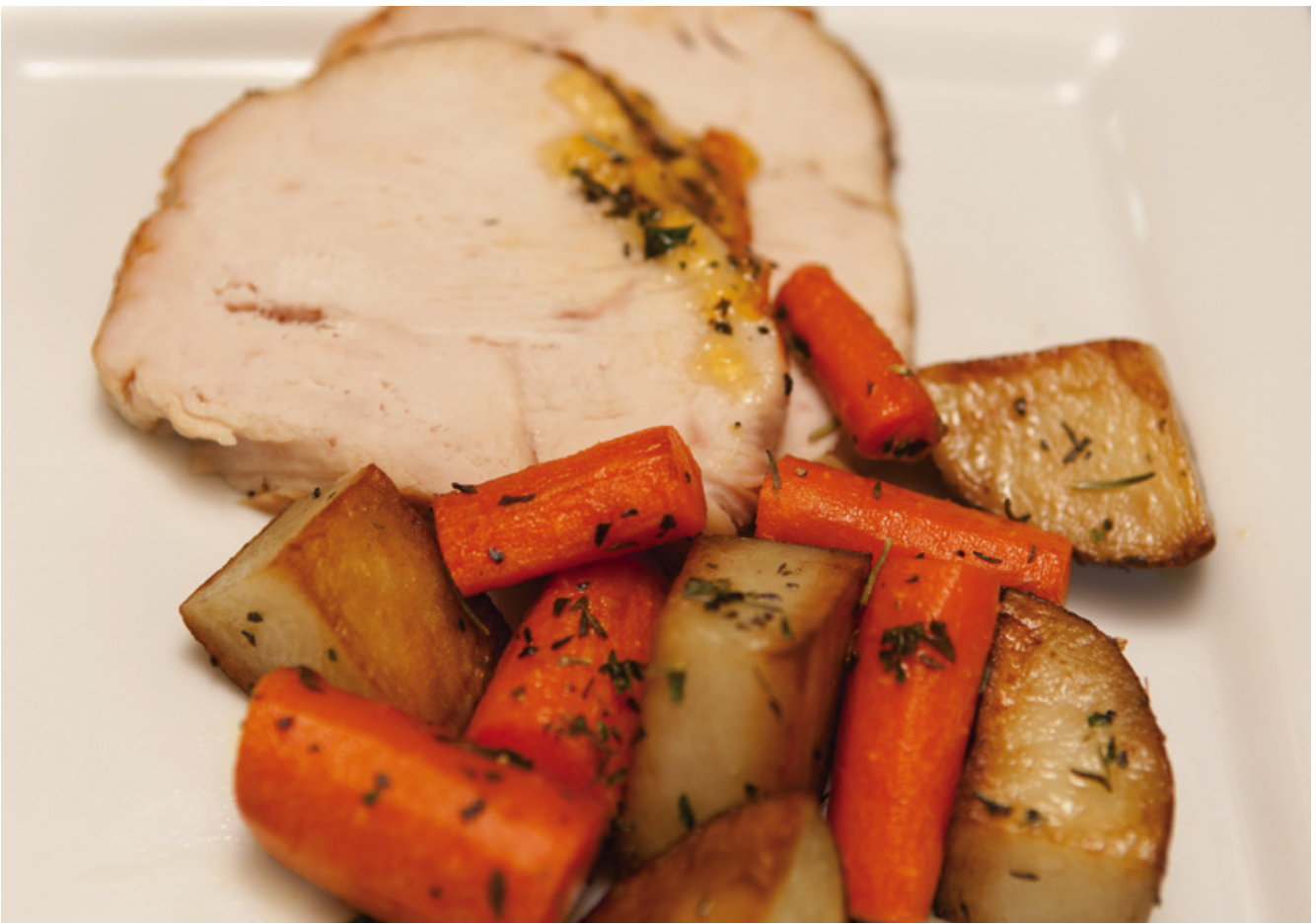
### Add Color Hack on Citrus:

If your citrus fruit, such as oranges, lemons, or limes, is hard or dry, microwave it on 100 percent power (high) for 20 to 30 seconds before juicing it to get a better yield.

NUTRITION ANALYSIS	Per serving
Calories .....	317
Total Fat.....	11.0 g
Saturated Fat.....	2.0 g
Trans Fat.....	0.0 g
Polyunsaturated Fat .....	2.5 g
Monounsaturated Fat.....	6.0 g
Cholesterol .....	75 mg
Sodium .....	135 mg
Carbohydrates.....	29 g
Fiber .....	2 g
Sugars .....	13 g
Protein .....	28 g
Dietary Exchanges: 2 fruit, 4 lean meat	



To see the cooking video for this recipe, go to [heart.org/recipes](http://heart.org/recipes).



## Orange-Glazed

# Turkey

## with Potatoes and Carrots

Serves 6

### Ingredients

#### Cooking spray

- |   |   |
|---|---|
| 1 1½- to 1¾-pound boneless, skinless turkey breast, all visible fat discarded   | ½ teaspoon pepper                                   |
| 2 teaspoons dried mixed herbs (a combination of any/all, including rosemary, basil, parsley, tarragon, chives, thyme, and sage) | ½ teaspoon garlic powder                            |
| ¾ teaspoon salt   | 3 tablespoons orange marmalade                      |
|   | 1 pound potatoes (any type), cut into 2-inch cubes  |
|   | 4 medium carrots, peeled and cut into 2-inch pieces |
|   | 1 tablespoon olive oil (extra virgin preferred)     |

## Directions

1. Preheat the oven to 375°F.
2. Lightly spray a 13 x 9 x 2-inch casserole dish with cooking spray. Place the turkey in the dish.
3. In a small bowl, stir together the herbs, salt, pepper, and garlic powder. Rub half the mixture all over the turkey.
4. Spread the marmalade over the turkey.
5. In a large bowl, stir together the potatoes, carrots, and oil with the remaining herb mixture. Place the vegetables around the turkey in the dish. Roast for 1 hour.
6. Remove from the oven. Let stand for 5 to 10 minutes to allow the juices to redistribute.



**Cook's Tip on Fresh Carrots:** Cut off the feathery greenery on fresh carrots as soon as you can. As long as it remains attached, it continues to remove moisture and vitamins from the carrot.

### NUTRITION ANALYSIS Per serving

Calories .....	257
Total Fat.....	3.5 g
Saturated Fat.....	0.5 g
Trans Fat.....	0.0 g
Polyunsaturated Fat .....	0.5 g
Monounsaturated Fat.....	2.0 g
Cholesterol .....	76 mg
Sodium .....	389 mg
Carbohydrates.....	23 g
Fiber .....	3 g
Sugars .....	7 g
Protein .....	32 g

Dietary Exchanges: 4 lean meat, 1 starch,  
1 vegetable



To see the cooking video for this recipe, go to [heart.org/recipes](http://heart.org/recipes).



## Ginger-Pumpkin Bisque

Serves 4

### Ingredients

- |   |  |
|---|--|
| 1½ teaspoons canola or corn oil                                     | ⅛ teaspoon salt                                      |
| 1 medium onion, finely minced                                       | 1 tablespoon all-purpose flour                       |
| ¾ tablespoon minced peeled gingerroot or ½ teaspoon ground ginger   | 1¾ cups fat-free, low-sodium vegetable broth         |
| 2 medium garlic cloves, minced, or 1 teaspoon bottled minced garlic | 1 cup water  |
| ½ teaspoon dried thyme, crumbled                                    | 2 15-ounce cans solid-pack pumpkin (not pie filling) |
| ¼ teaspoon ground cinnamon  | 1 cup fat-free milk                                  |
| ¼ teaspoon pepper (freshly ground preferred)                        | ¼ cup fat-free sour cream (optional)                 |
|   | 2 tablespoons chopped chives (optional)              |

## Directions

1. In a large heavy pot, heat the oil over medium-high heat, swirling to coat the bottom. Cook the onion for 6 to 8 minutes, or until very soft, stirring occasionally.
2. Stir in the ginger, garlic, thyme, cinnamon, pepper, and salt. Cook for 1 minute, stirring constantly. Stir in the flour. Pour in the broth and water. Using a spatula, scrape the bottom of the pot to dislodge any browned bits. Stir in the pumpkin. Bring the mixture to a boil. Reduce the heat to low and simmer for 10 minutes.
3. Stir in the milk. Remove from the heat. Ladle the soup into bowls. Garnish with the sour cream and chives.



**Cook's Tip:** If you prefer to dice or chop the onion rather than finely mince it, you can purée the soup with an immersion blender when it's finished cooking.



**Cook's Tip on Pumpkin Purée:** Refrigerate leftover pumpkin purée in a tightly sealed container for up to one week. Just give it a quick whisk to reincorporate any liquid that has separated. You can stir a small amount of purée into your morning oatmeal for added nutrition.

### NUTRITION ANALYSIS Per serving

Calories .....	138
Total Fat.....	2.5 g
Saturated Fat.....	0.0 g
Trans Fat.....	0.0 g
Polyunsaturated Fat .....	0.5 g
Monounsaturated Fat.....	1.0 g
Cholesterol .....	1 mg
Sodium .....	199 mg
Carbohydrates.....	27 g
Fiber .....	10 g
Sugars .....	14 g
Protein .....	6 g

Dietary Exchanges: 1½ starch, 1 vegetable,  
½ fat



To see the cooking video for this recipe, go to [heart.org/recipes](https://heart.org/recipes).



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# FRUITS & VEGETABLES



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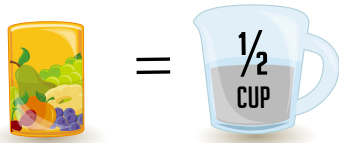
TRY FOR 4-5 SERVINGS OF EACH PER DAY.\*  
WHAT COUNTS AS A SERVING?

## FRUITS

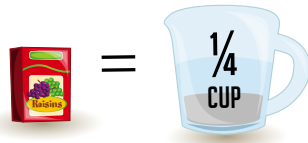
### ONE MEDIUM FRUIT



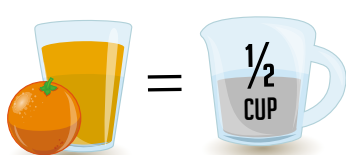
### FRESH, FROZEN OR CANNED FRUIT



### DRIED FRUIT

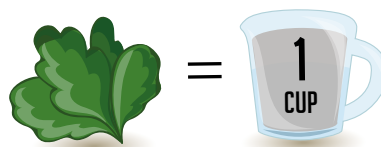


### FRUIT JUICE\*\*

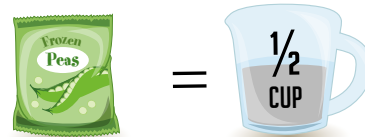


## VEGETABLES

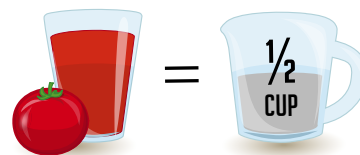
### RAW LEAFY VEGETABLE



### FRESH, FROZEN OR CANNED VEGETABLE



### VEGETABLE JUICE\*\*



\*Recommended daily goal based on 2,000 calorie/day eating pattern.

\*\*Fruit and vegetable juices can be part of a healthy diet. One serving of 100 percent juice can fulfill one of your recommended daily servings of fruits and vegetables, but watch for calories and added sugars or sodium. Choose 100 percent juice (or 100 percent juice and water) instead of sweetened juice or juice drinks.



[HEART.ORG/ADDCOLOR](http://HEART.ORG/ADDCOLOR)



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REASONS TO



ADD COLOR

Turns out mom was right. We need to eat our fruits and veggies. But why are these colorful, nutritious and delicious foods so important?

# 1. FULL OF THE GOOD



Fruits and vegetables provide many beneficial nutrients, including vitamins, minerals, healthy fats, protein, calcium, fiber, antioxidants and phytonutrients. Add fruits and veggies to meals and snacks for a nutritional power boost.



# 2. FREE OF THE BAD

Fruits and vegetables typically contain no trans fat, low saturated fat and very little or no sodium. The natural sugars they contain don't affect your health the same way added sugars do, especially if you eat the whole fruit or vegetable and not just the juice.

# 3. WON'T WEIGH YOU DOWN



Fruits and vegetables tend to be low in calories, so they can help you manage your weight while still filling you up, thanks to the fiber and water they contain. Replacing higher-calorie foods with fruits and vegetables is an easy first step to a healthier eating plan.

# 4. SUPER FLEXIBLE SUPER FOODS



All forms of fruits and vegetables – fresh, frozen, canned, dried and 100% juice – can be part of a healthy diet. They can be eaten raw or cooked, whole or chopped, organic or not, and alone or in combination with other foods. They are among the most versatile, convenient and affordable foods you can eat.

# 5. A WHOLE BODY HEALTH BOOST



A healthy eating plan rich in fruits and vegetables can help lower your risk of many serious and chronic health conditions, including heart disease, stroke, obesity, high blood pressure, high blood cholesterol, diabetes, kidney disease, osteoporosis and some types of cancer. They're also essential to many daily functions of a healthy body.

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