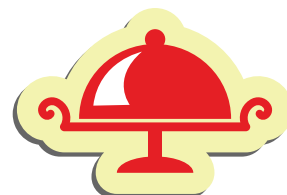


Heart-Friendly Dinners



Your heart is the reason you're alive. Why not show it some gratitude with these delicious dinners? These colorful, blood-pressure-lowering entrées contain a rich selection of hearty vegetables including carrots, onions, tomatoes, broccoli, and everything in between. Some of these recipes are also made with lean meats such as chicken, fish, and pork chops, which help, lower cholesterol and make your heart proud.

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Heart-Friendly Dinners

Preparation time: 10 min Cooking time: 30 min Servings: 4



Chicken & Rice Medley

INGREDIENTS

- 2 cups water
- 1 lb boneless, skinless chicken breasts, cut into strips
- $\frac{3}{4}$ cup uncooked long-grain rice
- $1\frac{1}{2}$ tbsp chicken bouillon granules, or 4 chicken-flavor bouillon cubes
- 1 lb vegetable medley, (broccoli, cauliflower, and carrots)

COOKING DIRECTIONS

Spray surface of large nonstick skillet with vegetable cooking spray. Over medium-high heat, stir-fry chicken until brown. Add water, rice, and bouillon; bring to a boil.

Reduce heat; cover and simmer 15 minutes. Stir in vegetables; cover and simmer 10-15 minutes or until rice and vegetables are tender. Refrigerate leftovers.

NUTRITION FACTS

Calories 390

% Calories From Fat 11.3%

Total Fat 4.9g

Saturated Fats 1.3g

Monounsaturated Fats 1.5g

Polyunsaturated Fats 1.2g

Cholesterol 96mg

Sodium 170mg

Total Carbohydrates 43g

Dietary Fiber 5g

Sugar 0.1g

Protein 41g

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Heart-Friendly Dinners

Preparation time: 10 min Cooking time: 25 min Servings: 4



Snapper Ragu with Tomatoes and Olives

INGREDIENTS

2 tbsp parsley, minced
1 cup dry white wine or fish stock
1 tsp orange zest, minced
½ cup green olives
2 tsp tarragon or 2 tbsp fresh
2 tbsp dry white wine or fish stock
1½ lb snapper fillets, or cod, skinless, cut into 1 inch cubes
1½ cups Italian-style peeled tomatoes, drained and chopped
1 tbsp olive oil
⅓ cup all-purpose flour
Salt and pepper, to taste

COOKING DIRECTIONS

Heat oil in a heavy nonstick skillet over medium-high heat. Lightly dust fish cubes with flour. Shake off excess and sauté 3-4 minutes, stirring occasionally, until golden. Transfer to a platter and set aside. Stir tarragon, tomatoes, orange zest, and wine into same skillet. Reduce heat to low.

Cover and simmer 20-25 minutes. If stew becomes too thick, add a little water. Return fish to skillet. Season with salt and pepper, to taste. Simmer 2 minutes. Stir in olives, sprinkle with parsley and serve.

NUTRITION FACTS

Calories 330

% Calories From Fat 22.9%

Total Fat 8.4g

Saturated Fats 1.4g

Monounsaturated Fats 4.4g

Polyunsaturated Fats 1.6g

Cholesterol 80mg

Sodium 250mg

Total Carbohydrates 13g

Dietary Fiber 1.9g

Sugar 2.3g

Protein 47g

Heart-Friendly Dinners

Preparation time: 10 min Cooking time: 10 min Servings: 8



INGREDIENTS

1 jalapeño pepper, sliced lengthwise in half, seeds removed and discarded
1 15 oz can black beans, rinsed and drained
2 lb canned pork and beans
1 small red onion, thinly sliced
1 lb canned corn, drained
1 15 oz can white beans, drained
1½ cups canned chili style chunky tomatoes
½ cup sour cream
Salt and pepper, to taste

COOKING DIRECTIONS

Combine all ingredients, except sour cream, in a heavy nonreactive saucepan over medium-high heat. Season with salt and pepper, to taste. Bring to a boil.

Reduce heat to low and simmer 3-4 minutes, or until corn and onions are tender. Serve with sour cream.

NUTRITION FACTS

Calories 320

% Calories From Fat 14.6%

Total Fat 5.2g

Saturated Fats 2.5g

Monounsaturated Fats 1g

Polyunsaturated Fats 0.6g

Cholesterol 11mg

Sodium 980mg

Total Carbohydrates 57g

Dietary Fiber 14g

Sugar 9.4g

Protein 15g

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Heart-Friendly Dinners

Preparation time: 15 min Cooking time: 40 min Servings: 4



Spaghetti Squash Primavera

INGREDIENTS

1 cup yellow squash, cut into julienne strips
2 cups broccoli florets
5 oz sugar snap peas or pea pods
¼ cup scallions, sliced
1 cup mushrooms, sliced
2 cups spaghetti squash, cooked
3 tbsp balsamic vinegar
2 garlic cloves, crushed
1 tbsp parsley, chopped
¾ tsp basil
1 tbsp olive oil
2 tbsp grated Parmesan cheese
Salt and pepper, to taste

COOKING DIRECTIONS

Preheat oven to 350°F. To cook squash, halve lengthwise and discard seeds. Place squash, cut side down, in a baking dish. Add ½ inch of water. Bake 40-45 minutes, or until squash is tender. Remove squash from water and cool. Remove the spaghetti-like strands by scraping squash with a fork.

Microwave Directions: Place squash, cut side down, in a baking dish and add ¼ cup water. Cover the dish with heavy-duty plastic wrap and make vent holes. Microwave on high for 15 minutes, or about 5 minutes per 1 lb, until squash is tender.

While squash is cooking, place broccoli, yellow squash, and peas in a steamer basket over boiling water. Cover saucepan and steam 1 minute. Remove steamer basket. Rinse under cold running water and drain well. Combine with scallions, mushrooms, and cooked spaghetti squash in a bowl.

Combine balsamic vinegar, garlic cloves, parsley, basil, and olive oil in a jar with a tight-fitting lid. Season with salt and pepper, to taste. Shake vigorously. Pour over vegetable mixture. Sprinkle with Parmesan cheese and toss gently. Serve chilled or at room temperature.

NUTRITION FACTS

Calories 140
% Calories From Fat 33.4%

Total Fat 5.2g
Saturated Fats 1.2g
Monounsaturated Fats 2.8g
Polyunsaturated Fats 0.8g

Cholesterol 2.7mg

Sodium 100mg

Total Carbohydrates 20g
Dietary Fiber 6.2g
Sugar 8.1g

Protein 6.3g

Heart-Friendly Dinners

Preparation time: 10 min Cooking time: 15 min Servings: 4



Sauté Artichoke Hearts and Potatoes

INGREDIENTS

16 new potatoes, peeled and halved
1¼ lb jarred artichoke hearts in olive oil
1⅓ tbsp fresh thyme, chopped
2 garlic cloves, crushed
1 small onion, finely chopped

COOKING DIRECTIONS

Place potatoes in a steamer basket over boiling water. Cover pan and steam for 10 minutes, or until tender. Drain. Drain artichoke hearts, reserving ¼ cup of the oil. Cut artichokes in half. Heat reserved oil in pan and add thyme, garlic, and onion.

Cook, stirring occasionally, until onion is soft. Add potatoes and artichokes. Cook, stirring occasionally, until vegetables are heated through and potatoes are lightly browned.

NUTRITION FACTS

Calories 510

% Calories From Fat 1.8%

Total Fat 1g

Saturated Fats 0.2g

Monounsaturated Fats 0g

Polyunsaturated Fats 0.4g

Cholesterol 0mg

Sodium 110mg

Total Carbohydrates 120g

Dietary Fiber 21g

Sugar 6.4g

Protein 13g

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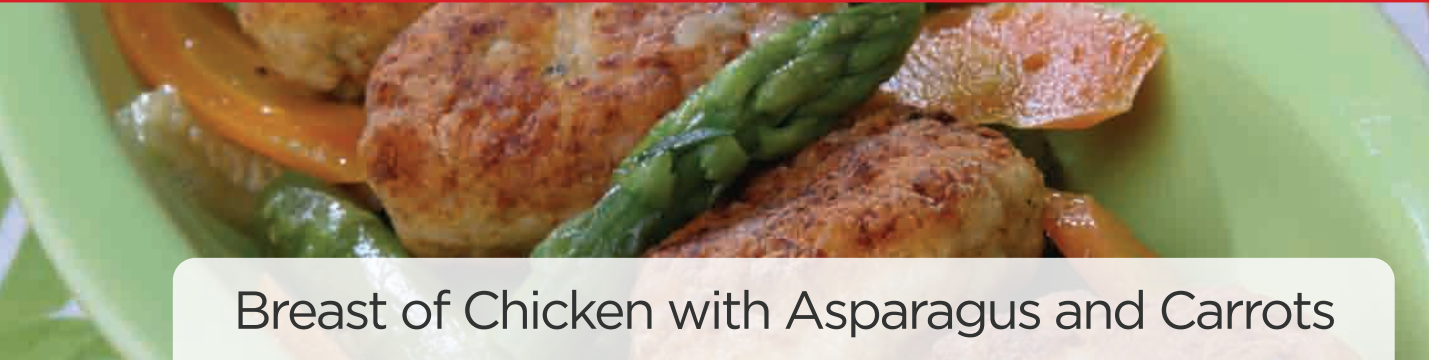


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Heart-Friendly Dinners

Preparation time: 15 min Cooking time: 20 min Servings: 4



INGREDIENTS

- Heavy duty aluminum foil
- 4 boneless, skinless chicken breast halves, cut crosswise into ¼ inch strips
- ½ lb asparagus, trimmed and cut into 1 inch lengths
- 1 carrot, cut into ⅛ inch rounds
- 1 small onion, thinly sliced
- 2 tbsp unsalted butter, melted
- ⅓ tsp cayenne pepper
- 2 tsp lemon juice
- ½ tsp tarragon
- Salt and pepper, to taste

COOKING DIRECTIONS

Preheat oven to 450°F. Tear off 1 large piece of foil for each serving. Arrange sliced chicken in center of lower half of each length of foil. Season with salt and pepper, to taste. Top with equal amounts of asparagus, carrot, and onion.

Combine butter, cayenne pepper, lemon juice, tarragon, and salt to taste in a bowl. Pour equal amounts of butter mixture over each piece. Fold two ends of foil together and tightly fold 3 or 4 times. Repeat process with ends to seal packet tightly.

Arrange foil packets in a single layer on a baking sheet. Bake 20 minutes and serve.

NUTRITION FACTS	
Calories 220	Cholesterol 88mg
% Calories From Fat 36.8%	Sodium 73mg
Total Fat 9g	Total Carbohydrates 4.9g
Saturated Fats 4.5g	Dietary Fiber 1.8g
Monounsaturated Fats 2.6g	Sugar 2.2g
Polyunsaturated Fats 0.9g	Protein 28g

Heart-Friendly Dinners

Preparation time: 5 min Cooking time: 20 min Servings: 4



INGREDIENTS

- 1 tbsp orange marmalade
- 1 mahi-mahi, or red snapper fillets, about 24 oz each
- ¼ cup orange juice
- 1 tbsp lemon zest
- 2 tbsp lemon juice
- 1½ tbsp water
- ¾ tsp cornstarch
- Salt and pepper, to taste

COOKING DIRECTIONS

Preheat oven to 400°F. Spray a non-reactive baking dish with cooking spray. Arrange fish fillets in dish. Drizzle with orange and lemon juice. Season with salt and pepper, to taste. Set aside 10-15 minutes, turning once to marinate.

Bake fish 12-15 minutes or until fish flakes easily. Transfer fish fillets to a platter; cover and keep warm. Pour fish juice from baking dish into a heavy saucepan. Dissolve cornstarch in water. Stir into fish juice. Add marmalade and lemon zest.

Stir over medium-high heat 3-4 minutes or until sauce thickens. Serve sauce over fish.

NUTRITION FACTS	
Calories 62	Cholesterol 32mg
% Calories From Fat 13.9%	Sodium 31mg
Total Fat 1g	Total Carbohydrates 6.3g
Saturated Fats 0.2g	Dietary Fiber 0.3g
Monounsaturated Fats 0.3g	Sugar 4.5g
Polyunsaturated Fats 0.3g	Protein 7.2g

Heart-Friendly Dinners

Preparation time: 10 min Cooking time: 15 min Servings: 4



Balsamic Eggplant with Mushrooms

INGREDIENTS

- 1½ tbsp olive oil
- 3½ tbsp balsamic vinegar
- 4 eggplants, halved lengthwise, thinly sliced
- ½ lb mushrooms, quartered
- 1 tbsp parsley, chopped
- Salt and pepper, to taste

COOKING DIRECTIONS

Heat a heavy nonstick skillet over medium heat. Add half the oil to skillet. Working in batches if necessary, add eggplant slices. Reduce heat to low. Cover and cook 4 minutes or until eggplant is softened and browned. Add 2 tbsp balsamic vinegar and boil 10 seconds or until vinegar is evaporated and eggplants are glazed.

Transfer eggplants to a serving platter cut side up. Season with salt and pepper, to taste. Set aside and keep warm. Add remaining oil to skillet over medium heat. Sauté mushrooms 3 minutes or until browned and softened. Sprinkle with remaining balsamic vinegar.

Cook about 10 seconds or until glazed and liquid is reduced slightly. Season mushrooms with pepper to taste. Spoon mixture over eggplants and sprinkle with parsley.

NUTRITION FACTS	
Calories 200	Cholesterol 0mg
% Calories From Fat 26.1%	Sodium 16mg
Total Fat 5.8g	Total Carbohydrates 37g
Saturated Fats 0.8g	Dietary Fiber 20g
Monounsaturated Fats 3.4g	Sugar 16g
Polyunsaturated Fats 1g	Protein 6.9g

Heart-Friendly Dinners

Preparation time: 10 min Cooking time: 35 min Servings: 4



Black Beans Tuscanese

INGREDIENTS

- 2 tsp virgin olive oil
- ¼ cup onions
- 1 clove garlic, crushed
- 1 15 oz can black beans, rinsed and drained
- ½ cup canned crushed tomatoes
- 1 tbsp sage, crumbled
- 2 tbsp celery leaves, chopped
- 2 tsp lemon juice
- ⅛ tsp pepper

COOKING DIRECTIONS

Heat oil in a heavy saucepan over medium heat. Sauté onion and garlic 3-4 minutes or until onion softens. Add beans, tomatoes, sage, and celery leaves.

Cover saucepan and simmer 25-30 minutes, stirring occasionally. Remove cover and simmer 5-10 minutes or until thickened. Stir in lemon juice and pepper.

NUTRITION FACTS

Calories 130

% Calories From Fat 18.7%

Total Fat 2.7g

Saturated Fats 0.4g

Monounsaturated Fats 1.7g

Polyunsaturated Fats 0.4g

Cholesterol 0mg

Sodium 480mg

Total Carbohydrates 22g

Dietary Fiber 8.1g

Sugar 1.9g

Protein 7g

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Heart-Friendly Dinners

Preparation time: 10 min Cooking time: 50 min Servings: 4



Sweet & Savory Brown Rice

INGREDIENTS

1 cup long-grain brown rice, rinsed and drained
2½ cups water
⅓ cup golden raisins, or black
½ tsp curry powder
1 tart apple, peeled, cored, and finely diced
1 tsp unsalted butter
Pepper, to taste

COOKING DIRECTIONS

Heat oil in a heavy saucepan over medium heat. Sauté onion and garlic 3-4 minutes or until onion softens. Add beans, tomatoes, sage, and celery leaves.

Cover saucepan and simmer 25-30 minutes, stirring occasionally. Remove cover and simmer 5-10 minutes or until thickened. Stir in lemon juice and pepper.

NUTRITION FACTS

Calories 120

% Calories From Fat 11.2%

Total Fat 1.5g

Saturated Fats 0.7g

Monounsaturated Fats 0.4g

Polyunsaturated Fats 0.2g

Cholesterol 2.5mg

Sodium 10mg

Total Carbohydrates 27g

Dietary Fiber 2g

Sugar 12g

Protein 1.9g

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Heart-Friendly Dinners

Preparation time: 10 min Cooking time: 30 min Servings: 4



INGREDIENTS

3 cups canned crushed tomatoes
1 lb zucchini, chopped
4 cups vegetable broth
2 tbsp unsalted butter
3 tbsp all-purpose flour
1 tbsp parsley, chopped
 $\frac{3}{4}$ tsp nutmeg
 $\frac{3}{4}$ tsp pepper
 $\frac{3}{4}$ tsp salt (optional)
 $\frac{1}{2}$ tsp sugar
1 cup seasoned croutons

COOKING DIRECTIONS

Combine tomatoes, zucchini, and half the broth in a heavy non-reactive saucepan. Bring to a boil over high heat, stirring frequently. Reduce heat to medium-low and simmer 15-20 minutes or until zucchini is soft.

Melt butter in a small heavy saucepan over medium heat. Stir in flour with a wooden spoon to make a smooth paste. Stir in $\frac{1}{4}$ cup of the soup liquid; mix thoroughly. Transfer flour mixture to soup and simmer 2-3 minutes or until soup is thickened and smooth. Increase heat to medium-high.

Stir in remaining stock, stirring constantly until mixture comes to a boil. Remove from heat and add remaining ingredients, except croutons. Serve soup sprinkled with croutons.

NUTRITION FACTS

Calories 200

% Calories From Fat 37.8%

Total Fat 8.4g

Saturated Fats 4.4g

Monounsaturated Fats 2.5g

Polyunsaturated Fats 0.7g

Cholesterol 16mg

Sodium 1900mg

Total Carbohydrates 30g

Dietary Fiber 4g

Sugar 12g

Protein 4.9g

Heart-Friendly Dinners

Preparation time: 5 min Cooking time: 25 min Servings: 4



Chicken Parmigiana

INGREDIENTS

- 1/3 cup dry breadcrumbs
- 2 tbsp grated Parmesan cheese
- 1/2 tsp garlic powder
- 3/4 tsp Italian seasoning
- 3/4 cup mozzarella cheese, shredded
- 1 cup tomato sauce
- 1 egg, beaten
- 1 lb boneless, skinless chicken breast halves

COOKING DIRECTIONS

Preheat oven to 375°F. Combine breadcrumbs, Parmesan cheese, garlic powder, and Italian seasoning in a shallow bowl. Dip each chicken breast in beaten egg, then roll in breadcrumb mixture to evenly coat. Place chicken on a flat pan.

Bake 10 minutes. Turn chicken over and bake another 10-12 minutes, or until chicken is thoroughly cooked. Spoon tomato sauce over chicken. Sprinkle cheese over top. Bake 3 minutes or until cheese is melted.

NUTRITION FACTS

Calories 340

% Calories From Fat 31.8%

Total Fat 12g

Saturated Fats 5.1g

Monounsaturated Fats 3.9g

Polyunsaturated Fats 1.6g

Cholesterol 170mg

Sodium 690mg

Total Carbohydrates 11g

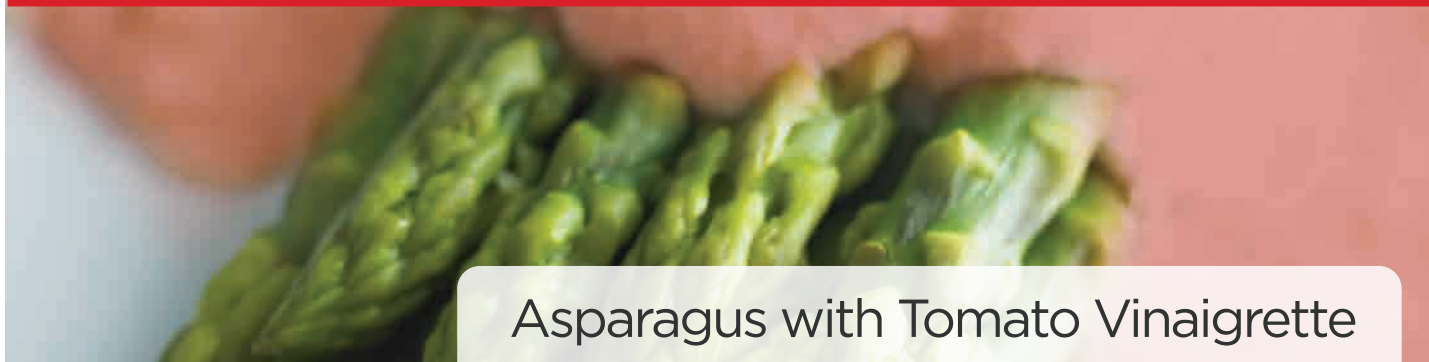
Dietary Fiber 1.4g

Sugar 3.8g

Protein 45g

Heart-Friendly Dinners

Preparation time: 10 min Cooking time: 10 min Servings: 4



Asparagus with Tomato Vinaigrette

INGREDIENTS

1½ lb asparagus, tough ends discarded
¼ cup lemon juice
2 tbsp tomato paste
2 tbsp virgin olive oil
¾ tsp lemon zest
2 cloves garlic, crushed
3 tbsp rice vinegar or red wine vinegar
1 pinch white pepper
¼ tsp dry mustard
3 tbsp pimentos, chopped
Salt, to taste

COOKING DIRECTIONS

Place asparagus in a steamer basket over boiling water. Cover saucepan and steam 5-7 minutes, or until asparagus is tender. Rinse under cold water. Drain thoroughly and set aside.

Combine lemon juice, tomato paste, olive oil, lemon zest, garlic, pepper, mustard, and salt in a jar with a tight-fitting lid. Shake vigorously. Arrange asparagus spears in a shallow dish. Pour dressing over asparagus and toss gently. Top with pimento.

NUTRITION FACTS

Calories 110

% Calories From Fat 58.1%

Total Fat 7.1g

Saturated Fats 1g

Monounsaturated Fats 5g

Polyunsaturated Fats 0.8g

Cholesterol 0mg

Sodium 13mg

Total Carbohydrates 11g

Dietary Fiber 4.3g

Sugar 4.9g

Protein 4.4g

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Heart-Friendly Dinners

Preparation time: 5 min Cooking time: 5 min Servings: 4



Black Bean, Corn and Tomato Salad

INGREDIENTS

¼ cup fresh lemon juice
3 tbsp olive oil
2 cups corn kernels, thawed if frozen
2 15 oz cans black beans, rinsed and drained
4 plum tomatoes, seeded and chopped
¼ cup parsley, minced
2 scallions, minced
⅛ tsp cayenne pepper
8 lettuce leaves
Salt and pepper, to taste

COOKING DIRECTIONS

Combine lemon juice, oil, and salt, to taste, in a jar with a tight-fitting lid. Shake vigorously. Place corn in a steamer basket over boiling water. Cover pan and steam 3-4 minutes, or until just cooked.

Drain and combine with black beans, tomatoes, parsley, scallions, and cayenne pepper. Season with salt and pepper, to taste. Set aside 15 minutes, stirring occasionally. Serve salad over lettuce leaves.

NUTRITION FACTS

Calories 390

% Calories From Fat 27.7%

Total Fat 12g

Saturated Fats 1.7g

Monounsaturated Fats 7.8g

Polyunsaturated Fats 1.9g

Cholesterol 0mg

Sodium 820mg

Total Carbohydrates 61g

Dietary Fiber 18g

Sugar 5.1g

Protein 17g

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