

Host your own “Family Food Revolution”

Cook a healthy meal with family and friends while tuning into *Jamie Oliver’s Food Revolution* show; Premiers on ABC, April 12 (8/7c)

What is “Jamie Oliver’s Food Revolution?”

Emmy® Award-winning Jamie Oliver, impassioned British chef, TV personality and best-selling author, will bring his revolution to Los Angeles – and take on his biggest challenge yet when “*Jamie Oliver’s Food Revolution*” returns for a second season to ABC, TUESDAY, APRIL 12. In this inspiring six-part series, Jamie attacks the problems of obesity, heart disease and diabetes in this country – where our children may be the first generation not expected to live as long as their parents – and invites viewers to take a stand and change the way America feeds itself at home, in schools and on Main Street.

In the Season Two premiere, Jamie is raising the stakes for his *Food Revolution* by bringing it to one of America’s biggest cities, but almost immediately has to rethink his approach when the Los Angeles Unified School District (LAUSD), the nation’s second largest school district, rejects his wish to change the school lunch program. Jamie’s first order of business? To win the support of the parents and teachers of the LA community in hopes of appealing the LAUSD decision.

Can the Revolution be saved?



Where does the American Heart Association fit in?

The American Heart Association is blessed with millions of volunteers who give so willingly. A portion of the set kitchen featured in *Food Revolution* was generously provided by an American Heart Association supporter.

Beyond the show, the American Heart Association is working with Jamie Oliver’s Food Foundation to open Food Revolution Kitchens — community-based centers where people can learn basic culinary skills to make affordable and healthier family meals. Both Oliver and the American Heart Association share a common goal to fight obesity and improve the health of children, families and communities across America.

Research indicates that teaching parents basic home cooking skills can have a long-term impact on how families eat. These simple changes at home can translate into increased consumer demand for fresh food, replacing the low-nutrient foods, beverages and snacks that are the leading causes of obesity.

The goal is to open at least five kitchen centers within the next 18 months, with plans being developed in New York, Los Angeles, Cleveland, Chicago, Baltimore and Dallas.

What can I do to help?

Thank you for your support in aiding the American Heart Association's mission of building healthier lives free of cardiovascular diseases and stroke. In honor of the *Jamie Oliver's Food Revolution* series, we want you to host your own viewing party and "cook-in" on Tuesday, April 12. The following guide will help you plan a heart-healthy meal that your friends and family can help you prepare, all while watching Jamie Oliver in action!

Checklist to host your own "family food revolution"

- Get your family involved – tell your children about the family "cook-in" to watch the show and be inspired to eat healthy.
- Invite other family and friends to join you.
- Consider inviting friends or family who have been affected by heart disease or have a risk factor, such as diabetes, high blood pressure, high cholesterol, etc. Ask them to share their story and what positive eating habits they have made.
- Reference the study guide questions – are there others you want to add to make it personal?
- Review and select from the recipes provided. Shop for all the ingredients to make your healthy meal.

Showtime!

- Prepare your heart-healthy meal with friends and family together.
- Take video or pictures to post on the American Heart Association's Facebook page that show your dinner in real time and your reactions to Jamie's show.
- Encourage everyone to commit to making one healthy lifestyle change that will benefit their heart health.
- Ask those who attended to pledge to have their own "food revolution" at their homes, inspiring another round of family and friends to pay it forward.

Post-event checklist

- Review sample "thank you" letter and modify as appropriate.
- Let us know how your family reacted. Have you been cooking more at home and more healthfully? Were you inspired to make any other changes?
- Share photos and stories of your event at www.heart.org/jamieoliverfoodfoundation.
- Start a recipe sharing email. The following day, the host emails the heart-healthy recipe that was made at the party with the thank you. The guests will commit to forwarding the recipe to 10 of their other friends and family members who were not present at the party.

Recipes from the heart...

Review and select a recipe from the following list to determine what works best for your “family food revolution.”

Lemon Green Beans with Parsley and Almonds



My Heart. My Life.™

The lively taste of lemon and the wonderful crunch of dry-roasted almonds add the perfect accents to fresh green beans.

Serves 4; ½ cup per serving

- 8 ounces fresh green beans, trimmed, cut into 1½- to 2-inch pieces (about 2 cups)
- 2 tablespoons sliced almonds, dry-roasted
- 1 tablespoon finely snipped fresh parsley
- ½ teaspoon grated lemon zest
- 1 teaspoon fresh lemon juice
- ⅛ teaspoon pepper

In a large saucepan, steam the beans for 10 minutes, or until tender-crisp. Transfer to a serving bowl. Sprinkle with the remaining ingredients. Stir gently to coat. Serve immediately for the best texture.

Cook's Tip: Dry-roasting nuts brings out their flavor. Put the nuts in a single layer in an ungreased skillet. Dry-roast over medium heat for about four minutes, or until just fragrant, stirring frequently and watching carefully so they don't burn. Remove the skillet from the burner so the nuts don't continue to cook.

Nutrition Analysis (per serving)

Calories.....	35
Total Fat.....	1.5 g
Saturated Fat.....	0.0 g
Trans Fat.....	0.0 g
Polyunsaturated Fat.....	0.5 g
Monounsaturated Fat.....	1.0 g
Cholesterol.....	0 mg
Sodium.....	4 mg
Carbohydrates.....	5 g
Fiber.....	2 g
Sugars.....	1 g
Protein.....	2 g

Dietary Exchanges:

1 vegetable
½ fat

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Four-Onion Dip



Four sources of onion team up to create a robust dip reminiscent of the traditional onion soup party dip, but with much less sodium. Serve with colorful raw vegetables for dippers.

Serves 8; 2 tablespoons per serving

Start to finish: 22 minutes

- 2 tablespoons dehydrated minced onion
- 2 tablespoons water
- ½ cup fat-free sour cream
- ¼ cup fat-free plain yogurt
- 1 medium green onion (green and white parts), chopped
- 2 tablespoons grated sweet onion, such as Vidalia, OsoSweet, Maui, Walla Walla, or Texas 1015
- 2 tablespoons shredded carrot
- 2 tablespoons light mayonnaise
- 1 tablespoon salt-free onion-and-herb seasoning blend
- ½ teaspoon sugar
- ¼ to ½ teaspoon red hot pepper sauce
- ⅛ teaspoon garlic powder
- ⅛ teaspoon salt

In a small bowl, stir together the dehydrated onion and water. Let stand for five minutes.

Meanwhile, in a medium bowl, stir together the remaining ingredients. Stir in the rehydrated onion. Let stand for 10 minutes. Serve at room temperature or cover and refrigerate for up to two days. The dip will thicken during the refrigeration time.

Nutrition Analysis (per serving)

Calories	39
Total Fat	1.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	0.5 g
Cholesterol	4 mg
Sodium	87 mg
Carbohydrates	5 g
Fiber	0 g
Sugars	3 g
Protein	2 g

Dietary Exchanges:

½ carbohydrate

Salmon with Cilantro Pesto



Vibrant orange salmon fillets get a double dose of crunchy almonds, one in the pesto and one in the topping. The lovely green pesto is easy to make and gets a delightful flavor boost – without salt – from the garlic herb seasoning blend. For a quick and pretty dish, scatter the almonds over the surface, as instructed below. If you prefer a fancier presentation, after spreading the pesto over the salmon, slightly overlap the almonds on the fillets to resemble fish scales, then bake as directed.

Serves 4; 3 ounces fish and 1 tablespoon pesto per serving

Cooking spray (optional)

Cilantro Pesto

- ½ cup loosely packed fresh cilantro
- 3 tablespoons fat-free, low-sodium chicken broth
- 2 tablespoons sliced almonds
- 2 tablespoons shredded or grated Parmesan cheese
- 1 teaspoon salt-free garlic herb seasoning blend

Salmon Fillets

- 4 salmon fillets (about 4 ounces each), rinsed and patted dry
- ¼ cup sliced almonds

In a small bowl, stir together the dehydrated onion and water. Let stand for five minutes.

Preheat the oven to 400°F. Line a baking sheet with aluminum foil or lightly spray with cooking spray.

In a food processor or blender, process the pesto ingredients for 15 to 20 seconds, or until slightly chunky.

Place the fillets about two inches apart on the baking sheet. Spread the pesto evenly over the top of the fillets. Sprinkle with ¼ cup almonds.

Bake for 10 to 12 minutes, or until the fish flakes easily when tested with a fork.

Nutrition Analysis (per serving)

Calories.....	206
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.....	66 mg
Sodium.....	129 mg
Carbohydrates.....	2 g
Fiber.....	1 g
Sugars.....	0 g
Protein.....	28 g

Dietary Exchanges:

3½ lean meat

This recipe is brought to you by the American Heart Association's Go Red For Women movement. Recipe copyright © 2005 by the American Heart Association. Look for other delicious recipes in American Heart Association cookbooks, available from booksellers everywhere or online at americanheart.org/cookbooks.

For more heart-healthy recipes, visit www.deliciousdecisions.org

Questions/Discussion Guide

Sample intro:

Thank you for joining me and my family to be a part of food revolution history. I hope you enjoy the show, the healthy food and the good company that we will have while learning why we must all revolutionize our way of eating.

Sample questions:

- What is your reaction to the show?
- What is the one thing you plan to change to make your life healthier after tonight?
- Will you pledge to host your own “food revolution” next week?
- What else can you do to help the American Heart Association and Jamie Oliver’s Food Foundation get Americans healthier?

If you would like more information about the American Heart Association or want to know where to go to donate, visit www.heart.org/jamieoliverfoodfoundation.

Sample Thank You Letter

(feel free to personalize as you see fit):

Thank you for attending my “Family Food Revolution” dinner party last night. It was great to have family and friends over to watch Jamie Oliver in his fight to improve the health of children, families and communities across America.

For more resources, tools, tips, recipes or to donate to help the fight against obesity, visit www.heart.org/jamieoliverfoodfoundation.