



# Heart-Smart Summer

G U I D E



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# Welcome

Summer is finally in full swing! For many people, the summer season is filled with hot days at the pool, tasty cookouts and family road trips. But before your next summer fun activity, you should think about your heart.

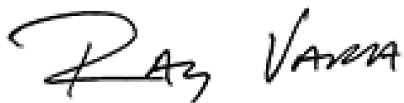
As your partner in health, we want to help you live heart healthy this summer — and all year long!

Inside this Heart-Smart Summer Guide, we've included an abundance of tips to help you navigate a healthy and stress-free summer. Of course, there's a bounty of delicious, nutritious recipes to enjoy too!

This special guide is our way of saying thank you for all you do to support the mission and help families and communities live longer heart-healthy lives.

Because of you, we're able to give more families more seasons together — and more moments that matter.

Sincerely,

A handwritten signature in black ink that reads "Ray Vara". The signature is written in a cursive, slightly slanted style.

Raymond P. Vara, Jr.  
Chairman of the Board  
Volunteer, 15 Years  
American Heart Association



# Heart-Smart Summer Is Here

As the days get longer and the temperature rises, summer is an ideal time to enjoy outdoor activities. Our simple tips can help you enjoy a heart-healthy season.

# 6 Tips to Beat the Heat While Staying Active

1

## Timing is key

Try to avoid exercising outside in the early afternoon. It's usually hottest between noon and 3 p.m.

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2

## Hydrate

Drink water before, during and after physical activity, even if you don't feel thirsty. Bring a bottle of water with you, or plan water stops along your route.

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3

## Dress for success

Wear lightweight, light-colored, loose-fitting clothes. Moisture-wicking fabric can also be a big help. Protect yourself from the sun with sunglasses, a hat or visor and plenty of sweat-resistant sunscreen.

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4

## Listen to your body

Take frequent breaks in the shade and drink water before you're thirsty. As you ease into being outside more, allow yourself time to adapt to the heat — some experts say that this can take about 4-14 days.

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## Doctor's orders

Check with your healthcare professional before starting an exercise routine or moving your workout outdoors if you have cardiovascular disease, diabetes, other chronic disease, or any other medical concerns.

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6

## Buddy up

If you can, work out with a partner for safety & fun!



## **Need a break? A vacation really can be good for you – if it’s done right**

Need another reason to take that vacation? It’s probably good for your heart and mind.

Research over the years has suggested that holidays – and breaking away from a stressful daily routine – reap more than just scenic photos and souvenirs.

Says Dr. Anand Rohatgi, a preventive cardiologist and associate professor of medicine at UT Southwestern Medical Center in Dallas: “Stress can raise your blood pressure, it can raise your pulse, it can lead to arrhythmia or make any of those conditions worse, and make them harder to manage.”

“There are clear cardiovascular implications of maintaining balance and diminishing stress. You need to do that on some level on a daily basis, but vacations are a nice way to fully unplug and disengage.”

**[Read the full article here.](#)**



# Sizzling Summer Cookout Recipes

Summer cookouts are the perfect way to reunite with friends and family. We're here to help you enjoy some familiar favorite foods with a heart-healthy twist.

# Grilled Tequila-Lime Chicken

with Grilled Asparagus



This summer favorite gets its smoky flavor from the adobo sauce and its tartness from the citrus marinade.

## Ingredients

- 1/4 cup tequila or mezcal OR 1/4 cup white vinegar
- 2 tsp. lime zest plus 1/2 cup fresh lime juice
- 2 medium garlic cloves, minced
- 1 Tbsp. chipotle pepper, canned in adobo sauce, minced, plus 2 Tbsp. adobo sauce
- 1 1/2 lbs. boneless, skinless chicken breasts
- Cooking spray
- 3 bunches asparagus spears, trimmed
- 1/4 tsp. salt
- 1/2 tsp. black pepper, divided use
- 2 Tbsp. canola oil OR 2 Tbsp. corn oil

## Directions

1. In a small bowl, stir together the tequila, lime zest, lime juice, garlic, chipotle pepper, and adobo sauce. Pour into a large resealable plastic bag or baking dish. Add the chicken, turning to

## Directions cont.

- coat. Refrigerate for 2 to 12 hours.
2. When time to cook, spray the grill with cooking spray. Preheat the grill on medium-high heat.
3. Meanwhile, add the asparagus to a large dish. Sprinkle it with salt and 1/4 tsp pepper. Drizzle with the oil. Turn over the asparagus to coat.
4. Remove the chicken from the marinade, discarding the marinade and wiping most of it off the chicken. Sprinkle the remaining 1/4 tsp pepper over the chicken. Grill for 8 to 12 minutes, or until the chicken is no longer pink in the center. Transfer to plate. Cover with foil.
5. Put the asparagus on the grill, laying them in the opposite direction of the grates. Grill for 7 minutes, or until tender crisp. Serve the asparagus with the chicken.

Get nutrition information [here](#).



# Lettuce Wraps

with Grilled Shrimp, Avocados and Mango



Grilling brings out the smoky flavor in several ingredients in these wraps, which are not only bursting with color but also deliciousness.

## Ingredients

- About 1 1/2 lbs. raw medium shrimp, peeled
- 1 Tbsp. plus 1 tsp. canola or corn oil
- About 2 medium heads Bibb lettuce leaves
- 1/2 cup chopped green onions
- 1 cup thinly sliced radishes
- 1 cup chopped fresh mint
- 2 medium fresh jalapeños
- 2 small avocados
- 2 medium mangoes

## Directions

1. Soak 18 8- to 10-inch wooden skewers in cold water for at least 10 minutes to prevent charring, or use metal skewers.
2. Preheat the grill on medium high.

## Directions cont.

3. Thread four shrimp on each skewer. Transfer to a large baking sheet. Using a basting brush, lightly coat both sides of shrimp with the oil.
4. Put the lettuce leaves, green onions, radishes, mint, jalapeños, avocado, and mango on a large platter.
5. Grill the shrimp for 2 to 3 minutes, or until the shrimp are pink on the outside. Transfer to a separate large platter.
6. Place three shrimp on each lettuce leaf. Top each with 1 tsp. green onions, 2 tsp. radish slices, 2 tsp. chopped mint, 2 jalapeño slices, 2 avocado pieces, and 2 mango pieces. Drizzle each with 1 scant tsp sauce.

Get nutrition information [here](#).

# Picnic Coleslaw



Perfect for a picnic or family barbecue, this classic summer salad is the perfect complement to grilled burgers or chicken.

## Ingredients

- 8 ounces packaged coleslaw
- 1 cup matchstick-size carrot strips
- 1 medium green bell pepper, chopped
- 1/2 cup finely chopped onion
- 6 medium radishes, thinly sliced and halved
- 1/4 cup white wine vinegar OR  
1/4 cup apple cider vinegar
- 3 Tbsp. sugar
- 1/2 tsp. salt
- 1/4 tsp. pepper

## Directions

1. In a large bowl, gently toss together all the ingredients. Cover with plastic wrap and refrigerate for 15 minutes to 1 hour for peak flavor and texture.

**Get nutrition information [here](#).**



# Satisfy Your Sweet Tooth

Beat the heat with some sweet summer treats. Seasonal fruits for dessert can satisfy your sweet tooth without sacrificing your health.

# Blackberry Cobbler



This comfort food is a delicious dessert for summertime family reunions with seasonal blackberries.

## Ingredients

- Cooking spray
- 4 cups blackberries
- 1/4 cup sugar substitute and 1/2 cup sugar substitute, divided use
- 1/4 cup water
- Juice from 1 medium lime
- 2 tsp. ground ginger
- 1 1/3 cups all-purpose flour
- 2 1/2 teaspoons baking powder
- 1/16 tsp. salt
- 1 1/4 cups fat-free milk
- 1/4 cup canola or corn oil
- 1/4 cup fat-free, plain Greek yogurt
- 1 tsp. vanilla extract

Get nutrition information [here](#).

## Directions

1. Preheat the oven to 350°F. Lightly spray a 13 x 9 x 2-inch baking pan with cooking spray.
2. In a bowl, gently stir together the berries, 1/4 cup sugar substitute, the water, lime juice, and ginger. Let the berry mixture stand for at least 15 minutes so the juices can accumulate.
3. In a small bowl, stir together the flour, baking powder, salt, and the remaining 1/2 cup sugar substitute.
4. In a large bowl, whisk together the milk, oil, yogurt, and vanilla.
5. Add the flour mixture to the milk mixture, stirring just until no flour is visible.
6. Pour the batter into the baking pan. Using a spatula, spread the batter in the pan. Top with the berry mixture.
7. Bake for 50 minutes, or until a wooden toothpick inserted comes out clean.

# Homemade Frozen Yogurt Pops with Peaches



Two cups of chopped fresh or frozen fruit can be subbed for the peaches, so you can constantly experiment with these refreshing popsicles.

## Ingredients

- 1 16-ounce package frozen unsweetened peach slices, thawed, divided use
- 1 cup fat-free, plain yogurt
- 1 Tbsp. honey

Get nutrition information [here](#).

## Directions

1. Put 1½ cups peaches, the yogurt and honey in the bowl of a food processor. Process for about 1 minute, or until the mixture is pureed. (You can also put the ingredients in a large bowl and use an immersion blender to puree.)
2. Transfer the puree to a bowl or large liquid measuring cup with a spout. Chop the remaining peaches into bite-size pieces. Stir into the puree, along with any liquid from the package.
3. Pour the mixture into popsicle molds, filling each one almost to the top. Freeze overnight.
4. At serving time, hold the popsicle molds under warm running water to loosen the popsicles.

# Strawberry-Lemonade Italian Ice



This fruit-centric, healthy dessert is a great frozen treat that can be made without the use of an ice cream machine.

## Ingredients

- 3 Tbsp. fresh lemon juice
- 2 Tbsp. sugar
- 1 1/2 lbs. ripe strawberries, hulled and halved
- 5 cups ice

Get nutrition information [here](#).

## Directions

1. In a small bowl, whisk together the lemon juice and sugar until the sugar is almost dissolved.
2. In a food processor or blender, process the strawberries and the lemon juice mixture until the strawberries are pureed.
3. Add the ice. Process until the mixture is completely smooth.
4. Pour into a 13 X 9 X 2-inch baking dish. Freeze for 30 minutes. Using a spoon, scrape along the edge of the dish, pushing the outer frozen chunks into the middle of the dish. Using the back of the spoon, spread the ice into an even layer. Freeze for 30 minutes. Repeat the scraping process. Freeze for 1 hour.
5. Using a spoon, scoop into serving cups.

**Have a heart-healthy  
summer season!**



**American  
Heart  
Association.**