



American  
Heart  
Association.

# HEART HEALTHY FAMILY COOKBOOK





We know you want to be Healthy for Good. We also know you don't want to spend a lot of time and money on being healthy.

The American Heart Association is here to help. The following pages are filled with delicious recipes for breakfast, lunch and dinner. There are even a few treats sprinkled in, just for you.

Best of all, every recipe was selected to help busy families save enough time to enjoy more of life's precious moments you get to spend together.

Enjoy!





# TABLE OF CONTENTS



## BREAKFAST

---

- 04 Green Eggs and Ham on the Go
- 05 Kid-Friendly Cottage Cheese  
Very Blueberry Pancakes

## SNACKS

---

- 06 Kid-Friendly Big Green  
Monster Smoothie
- 07 Cinnamon Sweet Tortilla Chips  
with Fruit Salsa



## LUNCH

---

- 08 Turkey Sliders with Avocado,  
Mushrooms, and Swiss Cheese
- 09 Kid-Friendly Chicken Enchiladas  
with Black Beans and Corn



## DINNER

---

- 10 Kid-Friendly Hawaiian Chicken  
Kebabs with Brown Rice
- 11 Simple Chicken Pot Pie

## TREATS

---

- 12 Homemade Frozen Yogurt Pops  
with Peaches
- 13 Chocolate Avocado-Chia Pudding



# GREEN EGGS AND HAM ON THE GO



Calories  
157 Per Serving



Protein  
20g Per Serving



Fiber  
2g Per Serving



Do you like green eggs and ham?  
Would you like them here or there?  
Would you? Could you? In a car?  
Eat them! Eat them! Here they are.  
Send your kids off with this  
on-the-go breakfast they can eat  
on their way to school.

## Ingredients:



Servings: 6 Serving Size: 1

- ☐ 32 oz liquid egg whites
- ☐ 1 medium avocado (mashed with a fork)
- ☐ 1 tsp pepper
- ☐ 4 oz lower-sodium, low-fat ham, diced into small cubes

## Directions:

- 1 Preheat the oven to 350°F. Place six 8-ounce disposable aluminum baking cups on a baking sheet.
- 2 In a medium bowl, briskly whisk together the egg whites, avocado, and pepper until very well combined and "creamy" in texture.
- 3 Put half the ham in the baking cups. Pour in the egg white mixture. Top each cup with the remaining ham.
- 4 Bake for 20 for 25 minutes, or until the tops are lightly browned and the eggs are set. Remove the baking sheet from the oven. Let stand to cool.



# KID-FRIENDLY COTTAGE CHEESE VERY BLUEBERRY PANCAKES



Calories  
248 Per Serving



Protein  
15g Per Serving



Fiber  
6g Per Serving



Blueberries lend sweetness to these American, good-for-you pancakes made with cottage cheese that your kids can help make.

## Ingredients:



Servings: 4

or

- ☐ 3 large egg whites
- ☐ 2 large eggs
- ☐ 3/4 cup 33 percent less sodium cottage cheese
- ☐ 1/2 cup skim milk
- ☐ 1 cup whole-wheat flour
- ☐ 1 tsp. baking soda
- ☐ 2 tsp. sugar
- ☐ 1, 12-oz. packaged, frozen blueberries (with liquid), thawed
- ☐ Cooking spray

## Directions:

- 1 Let kids crack eggs into a medium bowl. Then, let them measure and add cottage cheese and milk into the bowl, using a spoon to mix wet ingredients together.
- 2 Let kids measure and add the dry ingredients of flour, baking soda, and sugar into the wet ingredients. Have them stir with a spoon just until ingredients are combined—having some lumps is ok.
- 3 Let kids gently stir in blueberries into the batter.
- 4 Spray a large nonstick pan with cooking spray and warm over medium-high heat. Portion 1/4 cup amounts of batter into the pan—adding 3 to 4 pancakes without overcrowding. When bubbles appear on the edges of each pancake after about 2-3 minutes, flip over with spatula and slightly flatten each pancake with the back of a spatula. Cook until that side is browned, another 2-3 minutes.
- 5 Transfer cooked pancakes to a plate. Continue making pancakes with remaining batter, coating the pan with cooking spray between each batch, until all the batter has been used. Serve pancakes.



# KID-FRIENDLY BIG GREEN MONSTER SMOOTHIE



Calories  
53 Per Serving



Protein  
2g Per Serving



Fiber  
2g Per Serving



This yummy smoothie is a great way to get a lot of fruits and vegetables in at one time! Smoothies are great for kids and adults, so you can make a big one and share with the whole family.

## Ingredients:



Serving: 1

- ☐ 1 **green apple** (leave skin on), cored, cut into large chunks
- ☐ 1-2 handfuls of **spinach**, washed
- ☐ 1/4 large **cucumber** (peeled, cut into large chunks)
- ☐ 1 **kiwi**, peeled and cut into chunks
- ☐ 2 Tbsp. fresh **lemon juice**
- ☐ 1 cup **low-fat milk** (or milk substitute or water)
- ☐ 2 tsp. **honey**
- ☐ 1 cup **ice cubes**

## Directions:

- 1** Add all ingredients into a blender. Pulse until thoroughly blended. When blended to desired consistency, pour into cups and serve.



# CINNAMON SWEET TORTILLA CHIPS WITH FRUIT SALSA



Calories  
66 Per Serving



Protein  
1g Per Serving



Fiber  
2g Per Serving



The tropical flavor of the fruit salsa teams well with the crunchy texture of cinnamon sweetened tortilla chips.

## Ingredients:



Servings: 8 Serving Size: 6

- ☐ Cooking spray
- ☐ 2 tablespoons olive oil
- ☐ 12 drops cinnamon-flavored liquid stevia sweetener
- ☐ ½ packet stevia sweetener packet (organic or natural) or ¼ teaspoon stevia sweetener (organic or natural)
- ☐ 1/2 teaspoon ground cinnamon
- ☐ 1/8 teaspoon salt
- ☐ 8 6-inch corn tortillas, each cut into 6 wedges
- ☐ 1 medium orange, peeled and diced
- ☐ ½ cup diced mango (½ of a medium mango)
- ☐ 1 medium kiwifruit, peeled and diced
- ☐ ¼ cup pineapple tidbits, canned in their own juice, drained
- ☐ ¼ cup diced strawberries (about 2 large)
- ☐ 1 tablespoon chopped cilantro
- ☐ 1 teaspoon grated lime zest
- ☐ 2 squeezes tropical punch-flavored stevia water enhancer

## Directions:

- 1 Preheat oven to 400°F. Lightly spray a large baking sheet with cooking spray.
- 2 In a small bowl, stir together the oil, cinnamon-flavored liquid stevia sweetener, stevia sweetener, cinnamon, and salt.
- 3 Place half of the tortilla wedges in a medium bowl. Drizzle half of the oil mixture over the wedges. Repeat with the remaining tortilla wedges and oil mixture. Using a spoon or clean hands, toss the wedges with the oil mixture.
- 4 Arrange the wedges in a single layer on the baking sheet. Bake for 5 to 7 minutes. Using a spoon or clean hands, toss the wedges with the oil mixture.
- 5 Remove the baking sheet from the oven. Turn over the wedges. Bake for 5 to 7 minutes, or until the wedges are golden brown and crisp. Let cool for 10 minutes.
- 6 Meanwhile, in a small bowl, stir together the orange, mango, kiwifruit, pineapple, strawberries, cilantro, lime zest, and tropical punch-flavored stevia water enhancer. Serve with the tortilla chips.



# TURKEY SLIDERS WITH AVOCADO, MUSHROOMS, AND SWISS CHEESE



Calories  
470 Per Serving



Protein  
45g Per Serving



Fiber  
8g Per Serving



These mini turkey burgers just melt in your mouth thanks to gooey cheese, warm mushrooms, and creamy avocado.

## Ingredients:



Servings: 4 Serving Size: 2 sliders

- ☐ 8 whole-grain slider buns (lowest sodium available)
- ☐ 11/4 lbs ground, skinless turkey breast
- ☐ 1/4 tsp salt
- ☐ 1 cup sliced brown (crimini) mushrooms
- ☐ 8 slices low-fat Swiss cheese
- ☐ 4 small avocados (mashed with a fork)
- ☐ 1 medium tomato, cut into 8 slices (about 1/4-inch thick)

## Directions:

- 1 Preheat the oven to 450°F.
- 2 Arrange the buns with the cut side up in a single layer on a baking sheet. Set aside.
- 3 Using your hands or a spoon, shape the turkey into 8 patties, each about 3 inches in diameter. (The uncooked patties will be larger than the bun and will shrink as they cook.) Sprinkle the salt over each patty.
- 4 Heat a large nonstick skillet or griddle pan over medium-high heat.
- 5 Cook the patties for 2 to 3 minutes. Turn over the patties. Cook for 2 to 3 minutes, or until the patties are no longer pink in the center and register 165°F on an instant-read thermometer.
- 6 Transfer the patties to the bottoms of the buns.
- 7 In the same skillet, cook the mushrooms over medium heat for about 3 minutes, or until soft, stirring frequently.
- 8 Spoon the mushrooms onto each patty. Top with the Swiss cheese.
- 9 Spread the avocado over the Swiss cheese. Top with the tomato slices. Put the tops of the buns on the sliders.
- 10 Place the baking sheet on the middle rack of the oven. Bake the sliders for 1 to 2 minutes, or until the Swiss cheese is melted and the buns are heated through. Remove from the oven.
- 11 Using four short skewers, pierce two sliders with each skewer. Serve immediately.



# KID-FRIENDLY CHICKEN ENCHILADAS WITH BLACK BEANS AND CORN



Calories  
485 Per Serving



Protein  
41g Per Serving



Fiber  
12g Per Serving



Simple Cooking with Heart brings you this kid-friendly Mexican dinner recipe the kids will love to help make it and eat!

It's bursting with vitamins, minerals and fiber but most importantly, it tastes amazing.

## Ingredients:



Servings: 4

- ☐ 1 lb. **chicken breasts**, sautéed and cooled
- ☐ 15.5 oz. canned, low-sodium **black beans** (drained, rinsed)
- ☐ 10 oz. packaged, frozen **whole kernel corn**
- or ☐ 15 1/4 oz. canned, no-salt-added, or, low-sodium **corn** (drained, rinsed)
- ☐ 3 tsp. salt-free **mild chili powder** (divided use)
- ☐ 12 taco sized **whole wheat or corn tortillas**
- ☐ 12 **toothpicks**
- ☐ 14.5 oz. canned, no-salt-added, or, lower-sodium **tomato** (puree)
- ☐ 1/2 cup fat-free **sour cream**

## Directions:

- 1** Preheat oven to 400° F.
- 2** In a large bowl, add the cooled chicken. Let kids shred the chicken with their fingers. Then, have them add black beans, corn, and 1 teaspoon chili powder to bowl with chicken and let kids mix together with spoon.
- 3** Wrap 12 tortillas in 2 to 3 damp paper towels and heat in microwave until warm, about 1 to 1½ minutes.
- 4** Spray a baking dish with cooking spray. On a cutting board, place 1 warm tortilla and have kids add about 1½ spoonfuls of mixture in a line down the middle of the tortilla. Roll the tortilla up and use a toothpick to hold together. Place in the baking dish. Repeat with other tortillas. Any extra meat mixture leftover can be poured on top of rolled tortillas.
- 5** In a small bowl, have kids mix 2 teaspoons chili powder, tomato purée, and sour cream. Have them stir mixture and then pour on top of rolled tortillas. Bake in oven until warmed, about 15 to 20 minutes.



# KID-FRIENDLY HAWAIIAN CHICKEN KEBABS WITH BROWN RICE



Calories  
306 Per Serving



Protein  
29g Per Serving



Fiber  
5g Per Serving



Simple Cooking with Heart helps you travel to the islands with this recipe. Kids can help make them and because they'll be in the kitchen where all the action is, they're probably going to be excited to eat them, too.

## Ingredients for the Kebabs:



Servings: 4

- ☐ non-stick **Cooking spray**
- ☐ 36 **pineapple chunks** (packed in their own juice)
- ☐ 2 fresh, chopped **bell peppers** (chopped into 36 pieces)
- ☐ 1 pint **grape tomatoes** or **cherry tomatoes**
- ☐ 12-15 wooden **skewers**
- ☐ 2 cup **brown rice** (cooked to package instructions)
- or ☐ 2 8.8- oz. packaged, cooked **brown rice**

## Ingredients for the marinade:

- ☐ 1 lb. boneless, skinless **chicken breasts** (at least 36 pieces), all visible fat discarded, cut into bite-size pieces
- ☐ 2 Tbsp. low-sodium **soy sauce**
- ☐ 20 oz. canned, unsweetened juice from **pineapple chunks** can
- ☐ 2 clove fresh **garlic** (minced)
- or ☐ 1 tsp. jarred, minced **garlic**

## Directions for the kebabs:

- 1** Preheat oven to 400° F. Take chicken out of marinade and place in a bowl.
- 2** Spray a baking sheet with cooking spray. Have kids wash bell peppers and tomatoes before chopping peppers. For kid-friendly assembly, place the pineapple, chopped peppers, and tomatoes in 3 separate bowls.
- 3** Let kids add 1 tomato to the bottom of 1 skewer. Top with pineapple, chicken and bell pepper 3 times, letting kids add everything but the raw chicken. Let kids add 1 more tomato to top. Repeat with the rest of skewers.
- 4** After 12 skewers are made (and all the chicken has been used), have kids make their own skewers with any remaining pieces. Cook kabobs in oven until chicken is cooked, about 15 minutes. Serve with rice.

## Directions for the kebabs:

- 1** In a plastic bag, add chicken chunks.
- 2** Have kids add soy sauce, 1 cup pineapple juice, and garlic into the plastic bag. Seal and let chicken marinate in the fridge for about 15 minutes.



# SIMPLE CHICKEN POT PIE



Calories  
366 Per Serving



Protein  
38g Per Serving



Fiber  
4g Per Serving



Simple Cooking with Heart brings you this classic American comfort food recipe that is so easy and delicious, you may never pick the frozen version again.

It is bursting with colorful veggies and tender chicken; plus it's much lower in sodium and fat than the packaged variety.

## Ingredients:



Servings: 4



1 lb. boneless, skinless **chicken tenderloins** (all visible fat discarded, cut into 1-inch cubes)



1 small **Idaho potato** (about 3/4 cup), peeled, cut into bite-size pieces



2 clove minced, fresh **garlic**

or



2 tsp. jarred, minced **garlic**



3/4 cup frozen **peas** (thawed)



1/2 small **onion** (chopped)



3/4 cup chopped **carrots** (2 small carrots)



1 cup fresh **corn**, cut off cob (about one ear)

or



8 oz. canned, no-salt-added **corn**



1/2 cup **celery** (about 2 stalks), chopped



1/2 cup low-sodium **chicken broth**



1/2 tsp. dried, salt-free **Italian blend herbs**



1/4 cup **skim milk**



1 1/2 cup fat-free, plain **Greek yogurt**



1 tsp. **extra virgin olive oil**



7.5 oz. canned, low-fat 10-count refrigerated **buttermilk biscuits** (try to look for whole wheat)



non-stick **Cooking spray**

## Directions:

- 1 Preheat oven to 350° F.
- 2 Place chicken in medium saucepot and fill about halfway with water (enough to completely cover chicken). Bring to a boil, cover and reduce heat to a simmer and cook about 20 minutes. Remove from water, cool slightly and dice into bite size pieces cover and place in refrigerator. (Can be prepared a day ahead.)
- 3 In a medium saucepot, place potato pieces in cold water, turn heat on high and bring to a boil. Boil potatoes until fork tender, about 20 minutes. Remove from water and set aside.
- 4 Heat olive oil in a large saucepot, over medium low heat. Add garlic, peas, onion, carrots, corn, and celery. Cook, stirring frequently, for 5 minutes. Add chicken broth and herbs and continue cooking for 5-7 more minutes, until most of cooking liquid has been absorbed.
- 5 In a medium mixing bowl, stir together milk, yogurt, chicken and potatoes. Add yogurt mixture to hot vegetable mixture and remove from heat.
- 6 Keep biscuits cold until ready to use. Cut 5 biscuits into small 1/2 inch cubes.
- 7 Place mixture in a 9 x 9 baking dish coated with cooking spray. Scatter biscuit pieces, evenly spaced, over top of pot pie mixture.
- 8 Bake for about 20 minutes, or until biscuit dough is golden brown.



# HOMEMADE FROZEN YOGURT POPS WITH PEACHES



Calories  
66 Per Serving



Protein  
3g Per Serving



Fiber  
2g Per Serving



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

## Ingredients:



Serving: 6



16 oz. packaged, plain, no-sugar-added, frozen, sliced, thawed **peaches** (divided, no sauce added)



1 cup fat-free, **plain yogurt**



1 Tbsp. **honey**

## Directions:

- 1** In the bowl of a food processor, add 1 ½ cups thawed peaches from bag, yogurt, and honey. Process about 1 minute until mixture turns into a puree. (Alternatively, add ingredients into a bowl and puree with an immersion blender.)
- 2** Transfer puree to a bowl or large liquid measuring cup with a spout for easy pouring. Chop remaining peaches into bite-sized pieces and add into the bowl, along with any lingering peach liquid from the bag.
- 3** Divide mixture among popsicle molds, filling each one almost to the top. Place in the freezer overnight.
- 4** To remove from molds, hold under warm water until popsicle can be easily pulled free.



# CHOCOLATE AVOCADO CHIA PUDDING



Calories  
129 Per Serving



Protein  
3g Per Serving



Fiber  
5g Per Serving



Creamy avocado and chia seeds add a healthy boost to this delicious pudding dessert.

## Ingredients:



Servings: 6 Serving Size: 1/2 cup

- ☐ 2 medium ripe **avocados** (peeled, pitted)
- ☐ 1/2 cup unsweetened **almond milk**
- ☐ 1/4 cup unsweetened **Dutch-process cocoa powder**
- ☐ 1/4 cup fat-free, plain **Greek yogurt**
- ☐ 3 **Medjool dates** (pitted)
- ☐ 1 teaspoon **vanilla extract**
- ☐ 2 Tbsp **chia seeds**
- ☐ 1/4 cup plus 2 tablespoons unsalted chopped **almonds** or **walnuts** (optional)

## Directions:

- 1** In a food processor or blender, process all the ingredients except the almonds until smooth.
- 2** Transfer the pudding to serving dishes. Cover and refrigerate for at least 1 hour to allow the chia seeds to thicken.
- 3** Just before serving, sprinkle with the almonds if desired.