



American Heart Association.
Healthy for Good™

Fall Family Foods

10 Quick and Easy Recipes
to Cook and Eat Together



Kroger® is a national sponsor of the American Heart Association's Healthy for Good™ initiative.

#HEALTHYFORGOOD

EAT SMART MOVE MORE BE WELL

HEART.ORG/HEALTHYFORGOOD

A Message from Our Sponsor

At Kroger, Fresh for Everyone™ is our commitment that everyone should have access to fresh, affordable and delicious food. That is why Kroger Health is proud to support the American Heart Association's Healthy for Good initiative. Together we are inspiring and empowering all people to live healthier lives. Eating smart is an important part of an overall healthy life — both physically and mentally — for everyone in the family. Enjoying meals together contributes to the family's well-being.

Eating nutritious and affordable meals with your family shouldn't be a privilege or out of reach. By providing educational content and tools — like this recipe booklet — Kroger Health and the American Heart Association aim to help consumers like you shop, cook and eat healthier, whatever your budget or schedule is.

Nourishment is a vital foundation for you and your family to live your best life. We hope you find this recipe booklet to be a valuable resource for cost-effective, wholesome and flavorful food for you and your family, and, as a result, you enjoy more meals and meaningful moments together around the kitchen table.

Helping Everyone Live Healthier Lives,



Dr. Marc Watkins
Kroger Health



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Food, Family Meals and Mental Health

There are long-term mental health effects to eating well. When you're feeling down, healthy foods can pick you up. Research has shown that making healthy choices that include fruits, vegetables, whole grains and lean proteins can help keep depression at bay. Research has also shown that foods full of fat and sugar only increase the likelihood of depression and anxiety.

Good Mood Foods

"An apple a day keeps the doctor away" is an adage commonly used to refer to physical health, but it's also appropriate for mental health. Eating fruits, like those in [Apple Nachos](#), and vegetables, as in [Pork Tenderloin with Greens](#), have been linked to greater happiness. And, because low levels of omega-3 fatty acids have been correlated to depression and impulsivity, it's important to include foods high in these good fats, such as tuna and walnuts, in your eating plan. Try our [Warm Cinnamon Raisin Apples](#) and [Mom's Tuna Pasta Casserole](#) to improve your omega-3s.

Eating Together

The link between good nutrition and good mental health is important for everyone, including the [kids](#). Eating together with your family for just 20 minutes three to five times a week is all it takes to reap the benefits. Here are some tips to make the most of family time around the kitchen table:

- **Plan.** Create a family calendar with everyone's work and activity schedules. Pick at least two days where everyone has time to join a family meal. Eating breakfast or lunch together over the weekend counts, too.
- **Unplug.** Make the family dinner table a device-free zone — for everyone. Without these distractions, it's easier to focus on each other.
- **Talk.** Ask everyone to share something about their day. Or think of a topic or question for a conversation starter, such as: *What did you do today that you really enjoyed doing? What did you have for lunch in school? What friends did you talk to today? What was the best part of your day?* Or start a round of knock-knock jokes. Conversation can be silly and lighthearted, especially with kids.

Cooking Together

Meal planning and cooking together contribute to the well-being of the family. Benefits can include spending quality time together, doing something positive for your body, experiencing an enjoyable activity, relieving stress, learning healthy eating and building healthy habits from a young age. Plus, you'll have at least one extra pair of hands helping at mealtime, too!

Here are five ideas on how to spend quality time with your **kids in the kitchen**:

- **Give them age-appropriate tasks.** For the younger kids, ask them to help measure, stir, mash and juice citrus, for example. Older kids can separate eggs and peel fruits and vegetables.
- **Make it fun.** Buy or make homemade aprons for each family member and play music while cooking.
- **Create teachable moments.** Look for opportunities to reinforce your kids' reading, math and life skills. Ask kids to read the recipe aloud, write the shopping list and use telling time skills.
- **Encourage creativity.** Let the kids design a weekly family menu or family meal calendar to hang on the refrigerator. Have the little ones garnish the plates. Let them have fun and make it their own restaurant.
- **Talk about what your thankful for.** Gratitude is a habit and practice that may actually help your well-being. Talk with your kids about **simple ways to express gratitude**.

For more information, visit heart.org/healthyforgood.



10 Supper-Time Timesavers

Here are some tips on how to save time or money — or both — and reduce the stress at mealtime.

1. **Buy pre-chopped produce.** Use onions or garlic often? Try buying frozen chopped onions or jarred minced garlic.
2. **Prep once, use twice — or more.** If you prefer to buy whole produce, think ahead when prepping it. For example, need only half an onion for tonight's dinner? Chop the whole onion, use half for tonight's meal and freeze the other half. Measure the quantity, divide into airtight freezer-friendly containers and label with the contents, the amount and the date.
3. **Cook once, eat twice.** Cook in quantity and freeze the extra amount or use in a different way later in the week. For example, use the remaining chicken (thighs and drumsticks) from [Oven-Fried Chicken with Roasted Potato Wedges](#) for another meal, such as [Apple and Walnut Chicken Salad with Green Salad](#). Or use the extra chicken to replace the tuna in [Mom's Tuna Pasta Casserole](#). Double the salsa recipe in [Turkey and Bean Tostadas](#) and use it in [Tailgate Chili](#).
4. **Buy in bulk or on sale.** Buy extra of what you know your family likes and eats often, such as chicken, when it goes on sale and freeze it. Here are some more ways to [shop smart and save](#).
5. **Shop for seasonal produce.** Buying [what's in season](#) can help save money.
6. **Build a well-stocked pantry.** This helps you easily put together a nutritious meal without having to run to the grocery store as often.
7. **Substitute what you have on hand.** Don't have black beans for the [Turkey and Bean Tostadas](#)? Don't stress. Use whatever beans you have in your pantry, such as pinto or kidney. Replace the almonds with pecans or walnuts, if that's what you have on hand, for the [Apple Nachos](#).
8. **Use labor-saving devices.** When you are tight on time, use a [slow cooker](#) — it's one of the easiest cooking appliances to use. You simply set it and forget it. Try [Slow Cooker Creamy Tomato Indian Chicken](#). Enjoy these other delicious [slow cooker recipes](#), too. Use other kitchen tools, such as an apple slicer to quickly slice apples and a food processor to chop nuts and onions, to help ease the work.
9. **Make cooking a family activity.** Let mealtime be a time to bring the family together. [Get the kids involved](#).
10. **Spend time now, save time later.** [Planning ahead](#) can really pay off when you're juggling work, kids, school, activities and more.



CHECK FOR THE HEART-CHECK MARK

The Heart-Check mark is a simple tool to help you **Eat Smart**. When you see it, you can be confident that a product aligns with the **American Heart Association's recommendations** for an overall healthy eating pattern.



The Heart-Check mark makes it easy for you to find heart-healthy foods at the grocery store. So look for the Heart-Check mark when shopping for foods for you and your family, and if you don't see it, ask your grocer. Want to know if your favorite foods or brands are certified? Check out our **Heart-Check Certified Product List**.

Hundreds of products carry the Heart-Check mark. Look for the Heart-Check wherever you shop!

To learn more, visit [heart.org/heartcheck](https://www.heart.org/heartcheck).



About the Recipes

- The recipes in this booklet are designed to help you easily put healthy food on the table for your family. The recipes fall into one or more of the following categories:
 - Seasonal
 - Kid-friendly
 - Cooks in under 30 minutes
 - One-pot dish
 - Set it and forget it
 - Budget-friendly
 - Pantry-friendly
- Each recipe uses 10 ingredients or less, not including cooking spray, salt, pepper, water or optional ingredients.
- The icon  suggests steps in the recipes kids can help do.
- Each recipe has at least one accompanying video. Look for the  at the end of the recipes. Click on the links to watch the recipe being made or to learn or review a cooking skill that corresponds to that particular dish.
- Because of the many variables in analyzing recipes, the serving sizes and nutritional values should be considered approximate.
- Each analysis is for a single serving.
- Garnishes or optional ingredients aren't included in the analyses.
- When more than one ingredient option is listed, the first one is analyzed.
- Fat values in the analyses are rounded to the nearest half gram. Because of the rounding, values for saturated, trans, monounsaturated and polyunsaturated fats may not add up to the amount shown for total fat value.
- Meats are analyzed as lean, with all visible fat discarded.
- We use the abbreviations "g" for gram and "mg" for milligram.



Apple Nachos

Serves 6

Ingredients

- | | |
|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|
| 1/3 cup dried unsweetened cranberries or raisins | 1 to 2 teaspoons fresh lemon juice |
| 1/4 cup sliced unsalted almonds | 2 tablespoons water |
| 2 tablespoons unsalted shelled sunflower seeds | 1/4 cup smooth low-sodium peanut butter |
| 3 medium green or red apples, such as Red Delicious and Granny Smith, cored and thinly sliced into about 12 wedges each | 1 tablespoon honey |

Directions



1. In a small bowl, stir together the cranberries, almonds and sunflower seeds.



2. Layer half the apples on a large plate or platter. Sprinkle the lemon juice over the apples to keep them from browning.

3. In a small microwaveable bowl, microwave the water on 100% power (high) for 2 minutes, or until boiling (or boil on the stovetop and pour into a small bowl). Add the peanut butter and honey, stirring until the mixture is smooth.



4. Using a spoon, drizzle half the peanut butter mixture over the apple wedges. Sprinkle with half the cranberry mixture. Layer the remaining apples over the cranberry mixture. Drizzle the remaining peanut butter mixture over all. Sprinkle the remaining cranberry mixture over all.



Cook's Tip: *If you don't have an apple corer, halve the fruit and use either a melon baller or a sturdy, rounded metal ½-teaspoon measuring spoon to scoop out the core and seeds.*



Look for the Heart-Check mark on **certified foods** while shopping for ingredients in this recipe.



Check out the **cooking video** for this recipe.

Nutrition Analysis (per serving)

Calories	167
Total Fat	7.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.5 g
Monounsaturated Fat	3.5 g
Cholesterol	0 mg
Sodium	66 mg
Carbohydrates	22 g
Fiber	4 g
Sugars	15 g
Protein	4 g

Dietary Exchanges

1½ fruit, ½ lean meat, 1 fat



Ginger Pumpkin Soup

Serves 4

Ingredients

- | | | | |
|----|-------------------------------------------------------------------|----|----------------------------------------------------|
| 1½ | teaspoons canola or corn oil | ⅓ | 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 gingerroot, 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.



4. 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 puree the soup with an immersion blender when it's finished cooking. Or you can process the soup in a food processor or blender (vent the blender lid) until smooth.*



Look for the Heart-Check mark on **certified foods** while shopping for ingredients in this recipe.



Check out the **cooking skills video** on peeling gingerroot.

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
Dietary Fiber	10 g
Sugars	14 g
Protein	6 g

Dietary Exchanges

1½ starch, 1 vegetable, ½ fat



Maple-Glazed Sweet Potato Casserole

Serves 6

Ingredients

- | | | | |
|---|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|-------------------------------|
| 1 | 40-ounce can chopped sweet potatoes or yams in syrup, drained, or 40 ounces frozen chopped sweet potatoes, cooked, or 5 cups peeled, cooked and chopped fresh sweet potatoes (1½ to 2 pounds) | 1 | teaspoon vanilla extract |
| 1 | teaspoon pumpkin pie spice and ¼ teaspoon pumpkin pie spice, divided use | ¼ | teaspoon salt |
| | | 2 | large egg whites |
| | | ¼ | cup unsalted pumpkin seeds |
| | | 2 | tablespoons pure maple syrup |
| | | 2 | tablespoons all-purpose flour |
| | | 1 | tablespoon olive oil |

Directions

1. Preheat the oven to 400°. Lightly spray a 1½-quart baking dish with cooking spray.



2. In a large bowl, using a potato masher or fork, mash the potatoes. (Alternatively, put the sweet potatoes in a large resealable plastic bag. Securely seal the bag. Using your hands, mash the sweet potatoes. Transfer to a large bowl.) Stir in 1 teaspoon pumpkin pie spice, vanilla and salt until well blended. Transfer the sweet potato mixture into the baking dish.



3. In a large metal or glass mixing bowl, using an electric mixer on high speed, beat the egg whites for 3 to 4 minutes, or until stiff peaks form (the peaks don't fall when the beaters are lifted). (Alternatively, using a fork or hand whisk, whisk the egg whites until frothy.) Using a spatula, gently fold the egg whites into the sweet potato mixture.



4. In a small bowl, stir together the pumpkin seeds, maple syrup, flour, oil and remaining ¼ teaspoon pumpkin pie spice. Sprinkle over the sweet potatoes.

5. Bake for 20 to 25 minutes, or until the sweet potatoes are fluffy and the topping is golden brown.



Cook's Tip: *Even a single drop of egg yolk will prevent egg whites from forming peaks when beaten, so separate eggs very carefully. If you're using more than one egg, crack just one egg and drain the white into a small bowl. Pour the yolk into a separate bowl. Pour the white into the mixing bowl. Repeat with the remaining eggs. That way you won't spoil the entire bowl of whites if a yolk breaks. If you do get a speck of yolk in the white, blot the yolk up with the corner of a paper towel.*



Look for the Heart-Check mark on **certified foods** while shopping for ingredients in this recipe.



Check out the **cooking video** for this recipe.

Nutrition Analysis (per serving)

Calories	249	Carbohydrates	46 g
Total Fat	5.5 g	Dietary Fiber	5 g
Saturated Fat	1.0 g	Sugars	13 g
Trans Fat	0.0 g	Protein	5 g
Polyunsaturated Fat	1.5 g	Dietary Exchanges	
Monounsaturated Fat	2.0 g	½ fat, 3 starch	
Cholesterol	0 mg		
Sodium	176 mg		



Mom's

Tuna Pasta Casserole

Serves 4

Ingredients

4 ounces dried whole-wheat rotini pasta (about 1½ cups)

Cooking spray

16 ounces frozen mixed vegetables, thawed

1 11-ounce pouch low-sodium chunk light tuna or 1 12-ounce can very low sodium albacore tuna, packed in water, drained and flaked

1 10.75-ounce can low-fat, low-sodium condensed cream of chicken soup (lowest sodium available)

½ cup chopped roasted red bell peppers, drained if bottled

½ cup fat-free half-and-half

1 teaspoon all-purpose salt-free seasoning blend

¾ cup crushed whole-grain crackers (lowest sodium available)

¼ cup shredded or grated Parmesan cheese

Directions

1. Prepare the pasta using the package directions, omitting the salt. Drain well in a colander. Transfer to a large bowl.
2. Meanwhile, preheat the oven to 350°F. Lightly spray a 2-quart glass baking dish with cooking spray.
3. Stir the mixed vegetables, tuna, soup, roasted peppers, half-and-half and seasoning blend into the pasta until combined. Transfer to the baking dish. Top with the crackers and Parmesan.
4. Bake, uncovered, for 25 to 30 minutes, or until the casserole is warmed through and the topping is golden brown.



Look for the Heart-Check mark on **certified foods** while shopping for ingredients in this recipe.



Check out the **cooking skills video** on roasting peppers.

Nutrition Analysis (per serving)

Calories	400
Total Fat	7.0 g
Saturated Fat	2.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat	2.0 g
Cholesterol	30 mg
Sodium	537 mg
Carbohydrates	52 g
Dietary Fiber	8 g
Sugars	7 g
Protein	32 g

Dietary Exchanges

3 lean meat, 1½ vegetable, 3 starch



Slow Cooker






Creamy Tomato Indian Chicken

Serves 6

Ingredients

- | | | | |
|---|-------------------------------------------|---|-------------------------------------------------------------------------------------|
| 1 | 28-ounce can no-salt-added diced tomatoes | 2 | tablespoons cornstarch and 1 tablespoon cornstarch, divided use |
| 2 | tablespoons garam masala | 6 | boneless, skinless chicken breasts (about 4 ounces each), all visible fat discarded |
| 2 | tablespoons mild curry powder | 1 | cup fat-free plain Greek yogurt |
| 2 | teaspoons minced peeled gingerroot | ¼ | cup plus 2 tablespoons coarsely chopped fresh cilantro (optional) |
| 1 | teaspoon bottled minced garlic | | |
| ¼ | teaspoon salt | | |
| ¼ | teaspoon pepper | | |
| 3 | tablespoons water | | |

Directions

-  1. Put the tomatoes, garam masala, curry powder, gingerroot, garlic, salt and pepper in a slow cooker, stirring to combine.
-  2. In a small bowl, whisk together the water and 2 tablespoons cornstarch, whisking until the cornstarch is dissolved. Stir into the tomato mixture.
-  3. Put the chicken in the slow cooker, pushing it down halfway into the tomato mixture.
4. Cook, covered, for 4 hours on high or 8 hours on low, or until the chicken is no longer pink in the center.
-  5. Once the chicken is cooked, in a small bowl, stir together the yogurt and remaining 1 tablespoon cornstarch until well blended.
6. Stir into the chicken mixture.
7. Transfer the chicken and sauce to shallow bowls or plates.
-  8. Sprinkle with the cilantro.



Look for the Heart-Check mark on **certified foods** while shopping for ingredients in this recipe.



Check out the **cooking video** for this recipe.



Check out the **cooking skills video** on chopping or mincing garlic.

Nutrition Analysis (per serving)

Calories	249
Total Fat	4.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	1.5 g
Cholesterol	98 mg
Sodium	321 mg
Carbohydrates	14 g
Dietary Fiber	2 g
Sugars	7 g
Protein	36 g

Dietary Exchanges

½ starch, 1 vegetable, 4½ lean meat



Oven-Fried Chicken and Roasted Potato Wedges

Serves 4

Ingredients • Chicken

Cooking spray	1	teaspoon paprika
1 cup low-fat buttermilk	½	teaspoon pepper
1 large egg, lightly beaten with a fork	1	4-pound whole chicken, skin and all visible fat, neck and giblets discarded, cut into 8 pieces (2 breasts, 2 thighs, 2 drumsticks and 2 wings)
Red hot-pepper sauce to taste (optional)		
½ cup whole-wheat flour		

Ingredients • Potato Wedges

Cooking spray	½	teaspoon garlic powder
2 large baking potatoes, peeled if desired and cut into 1-inch wedges	½	teaspoon dried parsley, crumbled
	½	teaspoon pepper

Directions

1. Preheat the oven to 425°F. Lightly spray a large wire rack with cooking spray. Place the rack on a large baking sheet.



2. In a shallow dish, whisk together the buttermilk, egg and hot-pepper sauce.

3. In a separate shallow dish, stir together the flour, paprika and ½ teaspoon pepper.
4. Set the dishes and baking sheet in a row, assembly-line fashion. Dip each chicken piece in the buttermilk mixture, then in the flour mixture, turning to coat at each step and gently shaking off any excess. Transfer to the wire rack on the baking sheet. Lightly spray the chicken pieces with cooking spray.
5. Bake for 30 minutes. Turn over the chicken. Bake for 20 minutes, or until the chicken is no longer pink in the center. (Be sure all pieces register 165°F on an instant-read thermometer.)
6. While the chicken is baking, lightly spray a second large baking sheet with cooking spray. Arrange the potato wedges on the baking sheet in a single layer. Lightly spray with cooking spray.
7. In a small bowl, stir together the garlic powder, parsley and remaining ½ teaspoon pepper. Sprinkle over the potatoes.
8. Once the chicken has baked for 20 minutes, place the baking sheet with the potatoes in the oven. Bake for 15 minutes. Turn over the potatoes. Bake for 15 minutes, or until the wedges pierce easily with a fork.



Cook's Tip: A 4-pound whole chicken provides about 1 pound of breast meat, which is a healthy portion for serving four people. Enjoy the remaining chicken pieces during the week.



Look for the Heart-Check mark on **certified foods** while shopping for ingredients in this recipe.



Check out the **cooking video** for this recipe.



Check out the **cooking skills video** on cutting a whole chicken.

Nutrition Analysis (per serving)

Calories	461	Carbohydrates	43 g
Total Fat	7.5 g	Dietary Fiber	4 g
Saturated Fat	2.0 g	Sugars	2 g
Trans Fat	0.0 g	Protein	55 g
Polyunsaturated Fat	2.0 g	Dietary Exchanges	
Monounsaturated Fat	2.0 g	5 lean meat, 1½ starch	
Cholesterol	167 mg		
Sodium	209 mg		



Turkey and Bean Tostadas

Serves 5

Ingredients • Salsa

- | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|
| 2 cups chopped tomatoes (about 2 medium tomatoes) | 1 to 2 medium fresh jalapeños, seeds and ribs discarded, finely chopped |
| 1 medium avocado, halved, pitted and diced (optional) | 2 tablespoons finely chopped onion (red preferred) |
| 1 large ear of corn, husks and silk discarded, and kernels removed from the cob or 1 cup frozen whole-kernel corn, thawed and drained (optional) | 2 tablespoons fresh lime juice |

Ingredients • Tostadas

- | | |
|----------------------------------------|----------------------------------------------------------------|
| Cooking spray | 1 teaspoon ground coriander |
| 5 6-inch corn tortillas | 1 15.5-ounce can no-salt-added black beans, rinsed and drained |
| 8 ounces ground skinless turkey breast | 2 tablespoons water |
| 2 teaspoons chili powder | |
| 1 teaspoon ground cumin | |

Directions



1. In a small bowl, stir together all the salsa ingredients. Set aside.
2. Preheat the oven to 400°F.



3. Line a baking sheet with aluminum foil. Lightly spray the foil with cooking spray. Place the tortillas on the baking sheet. Lightly spray the tortillas with cooking spray. Using a fork, pierce the tortillas a few times to prevent them from filling with air.
4. Bake the tortillas for 5 to 6 minutes on each side, or until golden brown.
5. Meanwhile, in a medium nonstick saucepan, cook the turkey, chili powder, cumin and coriander over medium-high heat for 5 to 6 minutes, or until the turkey is no longer pink, stirring occasionally to turn and break up the turkey.
6. Add the beans and water. Cook for 5 minutes, or until the beans are heated through. Using a potato masher, coarsely mash the beans. Remove from the heat.



7. To assemble the tostadas, spread the turkey mixture over each tortilla. Spoon the salsa over all.



Look for the Heart-Check mark on **certified foods** while shopping for ingredients in this recipe.



Check out the **cooking video** for this recipe.



Check out the **cooking skills video** on working with an avocado.

Nutrition Analysis (per serving)

Calories	260	Protein	19 g
Total Fat	7.5 g	Dietary Exchanges	
Saturated Fat	1.0 g	2 starch, 1 vegetable, 2 lean meat	
Trans Fat	0.0 g		
Polyunsaturated Fat	1.0 g		
Monounsaturated Fat	4.5 g		
Cholesterol	18 mg		
Sodium	60 mg		
Carbohydrates	33 g		
Dietary Fiber	8 g		
Sugars	7 g		



Tailgate Chili

Serves 4

Ingredients • Chili

Cooking spray

- 1 pound extra-lean ground beef, ground skinless chicken or ground skinless turkey breast
- 1 medium onion, chopped
- 1 medium green bell pepper, chopped
- 1 medium fresh jalapeño, seeds and ribs discarded, chopped (optional)
- 1 tablespoon chili powder
- 1 tablespoon ground cumin
- 4 medium garlic cloves, minced, or 2 teaspoons bottled minced garlic
- ½ teaspoon ground coriander
- 1 15.5-ounce can no-salt-added pinto or kidney beans, rinsed and drained
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- ¾ cup salsa (lowest sodium available)

Ingredients • Garnishes (optional)

- ½ medium avocado, thinly sliced
- ¼ cup fat-free sour cream or fat-free plain Greek yogurt
- ½ cup chopped green onions
- ¼ cup fat-free or low-fat shredded cheddar cheese
- ¼ cup chopped fresh cilantro

Directions



1. Lightly spray a large skillet with cooking spray.
2. Cook the beef and onion over medium-high heat for 5 to 7 minutes, stirring frequently to turn and break up the beef.
3. Stir in the bell pepper, jalapeño, chili powder, cumin, garlic and coriander. Cook for 5 minutes, stirring occasionally.
4. Stir in the remaining chili ingredients. Bring to a boil. Reduce the heat and simmer, covered, for 20 minutes.
5. Ladle the chili into large mugs or soup bowls.



6. Top with the garnishes.



Look for the Heart-Check mark on **certified foods** while shopping for ingredients in this recipe.



Check out the **cooking video** for this recipe.



Check out the **cooking skills video** on chopping a jalapeño.

Nutrition Analysis (per serving)

Calories	394	Carbohydrates	23 g
Total Fat	15.0 g	Dietary Fiber	5 g
Saturated Fat	2.0 g	Sugars	4 g
Trans Fat	0.0 g	Protein	40 g
Polyunsaturated Fat	3.5 g	Dietary Exchanges	
Monounsaturated Fat	7.0 g	5 lean meat, 1 starch, 2 vegetable	
Cholesterol	80 mg		
Sodium	286 mg		



Pork Tenderloin


with Greens

Serves 6

Ingredients

- ¼ cup whole-wheat flour
- ¼ teaspoon pepper
- 1 pound pork tenderloin, all visible fat discarded, cut into slices (each about 1 inch thick)
- ¼ cup balsamic vinegar
- ¼ cup fat-free, low-sodium chicken broth and 1 tablespoon fat-free, low-sodium chicken broth, divided use
- 1 tablespoon olive oil
- 1 bunch Swiss chard (about 6 to 8 cups depending on the size of the bunch), stems separated from leaves, chopped into ¾-inch pieces, or other greens (See Cook's Tip on page 25.)
- 3 tablespoons raisins
- 2 medium garlic cloves, minced
- Cooking spray
- 3 tablespoons slivered almonds, dry-roasted

Directions

-  1. Put the flour and pepper in a large resealable plastic bag. Seal tightly, shaking to combine. Add the pork, shaking well to coat. Transfer the pork to a plate. Set aside.



- In a small bowl, whisk together the balsamic vinegar and ¼ cup broth. Set aside.
- In a heavy large skillet, heat the oil over medium-high heat for 1 minute, swirling to coat the bottom. Cook the stems for 5 minutes.
- Stir in the leaves. Cook for 3 minutes. Stir in the raisins, garlic and remaining 1 tablespoon broth. Cook, covered, for 1 to 2 minutes, or until the greens are wilted.
- Meanwhile, lightly spray a separate heavy large skillet with cooking spray. Cook the pork on medium heat for 2 minutes on each side, or until browned and tender. Also, check that the pork registers 145°F on an instant-read thermometer. Transfer the pork to a large platter or plates. Let stand for 3 minutes.
- In the same skillet, bring the vinegar mixture to a boil over medium-high heat, whisking constantly, for 3 to 4 minutes, or until about half the liquid evaporates. Drizzle over the pork.



- Sprinkle the almonds over the greens. Serve with the pork.



Cook's Tip: *If you prefer, you can substitute another green, such as spinach or collards, for the Swiss chard. The spinach will cook quickly; the collards will take longer to become tender. If using collards, be sure to discard the stems. You can save the stems for homemade stock. Cook as directed. If the greens are too bitter, add a dash of vinegar or lemon juice. Drizzle with red hot-pepper sauce or sprinkle with crushed red pepper flakes if desired.*



Cook's Tip: *To dry-roast nuts, heat them in a skillet over medium heat for 3 to 4 minutes, stirring occasionally.*



Look for the Heart-Check mark on **certified foods** while shopping for ingredients in this recipe.



Check out the **cooking video** for this recipe.



Check out the **cooking skills video** on working with collard greens.

Nutrition Analysis (per serving)

Calories	280	Carbohydrates	18 g
Total Fat	13.0 g	Dietary Fiber	3 g
Saturated Fat	2.0 g	Sugars	9 g
Trans Fat	0.0 g	Protein	25 g
Polyunsaturated Fat	2.0 g	Dietary Exchanges	
Monounsaturated Fat	7.5 g	½ fruit, 1 fat, 3 lean meat, ½ other carbohydrate	
Cholesterol	60 mg		
Sodium	144 mg		



Warm Cinnamon Raisin Apples

Serves 4

Ingredients

- | | | | |
|---|--------------------------------------------------------------|---|----------------------------------------------------------------------------------------------------------|
| 1 | tablespoon light or dark brown sugar | 2 | medium Braeburn, Rome Beauty or Golden Delicious apples, peeled if desired, thinly sliced and patted dry |
| 2 | teaspoons cornstarch | 2 | tablespoons raisins (golden preferred) |
| 1 | teaspoon ground cinnamon | ¼ | cup chopped walnuts, dry-roasted (See Cook's Tip on page 25.) |
| ¼ | teaspoon ground nutmeg | | |
| ⅓ | cup 100% apple juice and ⅔ cup 100% apple juice, divided use | | |
| 2 | teaspoons canola or corn oil | | |

Directions



1. In a small bowl, stir together the brown sugar, cornstarch, cinnamon and nutmeg. Stir in $\frac{1}{3}$ cup apple juice. Set aside.
2. Heat a large skillet or wok over high heat. Pour in the oil, swirling to coat the bottom. Cook the apples for 2 to 3 minutes, or until tender and lightly browned, stirring constantly.
3. Stir in the raisins and the remaining $\frac{2}{3}$ cup apple juice. Stir in the brown sugar mixture. Cook for 4 to 6 minutes, or until the sauce is thickened, stirring constantly.



4. Just before serving, sprinkle with the walnuts.



Look for the Heart-Check mark on **certified foods** while shopping for ingredients in this recipe.



Check out the **cooking video** for this recipe.

Nutrition Analysis (per serving)

Calories	172
Total Fat	7.5 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	4.0 g
Monounsaturated Fat	2.0 g
Cholesterol	0 mg
Sodium	4 mg
Carbohydrates	28 g
Dietary Fiber	2 g
Sugars	21 g
Protein	2 g

Dietary Exchanges

2 fruit, $1\frac{1}{2}$ fat



American Heart Association,
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visit heart.org/healthyforgood.