

Heart Healthy Recipes

Heart Healthy Turkey Burger Recipe

INGREDIENTS

- 1 lb. ground turkey
- 1 large egg, beaten
- 2 cloves garlic, minced
- 1 tbsp. Worcestershire sauce
- 2 tbsp. freshly chopped parsley
- Kosher salt
- Freshly ground black pepper
- 1 tbsp. extra-virgin olive oil
- Hamburger buns, preferably whole wheat
- Lettuce
- Sliced tomatoes
- Light Mayonnaise



DIRECTIONS

1. In a large bowl, mix together turkey, egg, garlic, Worcestershire sauce, and parsley, then season with salt and pepper. Form mixture into four flat patties.
2. In a medium skillet over medium heat, heat oil. Add patties and cook until golden and cooked through, 5 minutes per side. Serve on a bun with desired toppings.

Slow-Cooker Bean and Spinach Enchiladas

Ingredients

- 1 15.5-ounce can black beans, rinsed
- 1 10-ounce package frozen chopped spinach, thawed and squeezed of excess liquid
- 1 cup frozen corn
- ½ tsp. ground cumin
- 6 ounces sharp reduced fat Cheddar cheese, grated (2 cups)
- salt and black pepper
- 2 16-ounce jars salsa (3 ½ cups)
- 8 6-inch corn tortillas, warmed
- 1 medium head romaine lettuce, chopped (6 cups)
- 4 radishes, cut into matchsticks
- ½ cup grape tomatoes, halved
- ½ cucumber, halved and sliced
- 3 tbsp. fresh lime juice
- 2 tbsp. olive oil
- sliced scallions, for serving

Directions

1. In a medium bowl, mash half the beans. Add the spinach, corn, cumin, 3 oz of the Cheddar, the remaining beans, ½ teaspoon salt, and ¼ teaspoon pepper and mix to combine.
2. Spread 1 jar of the salsa in the bottom of a 4- to 6-quart slow cooker. Dividing evenly, roll up the bean mixture in the tortillas (about ½ cup each) and place the rolls seam-side down in a single layer in the slow cooker. Top with the remaining salsa and cheese.
3. Cover and cook until heated through, on low for 2½ to 3 hours.
4. Before serving, toss the lettuce, radishes, tomatoes, and cucumber in a large bowl with the lime juice, oil, and ½ teaspoon each salt and pepper. Serve with the enchiladas and sprinkle with the scallions.



Lentil Soup

INGREDIENTS

- 1/4 cup extra virgin olive oil
- 1 medium yellow or white onion, chopped
- 2 carrots, peeled and chopped
- 4 garlic cloves, pressed or minced
- 2 teaspoons ground cumin
- 1 teaspoon curry powder
- 1/2 teaspoon dried thyme
- 1 large can (28 ounces) diced tomatoes, lightly drained
- 1 cup brown or green lentils
- 4 cups low sodium vegetable broth
- 2 cups water
- Salt, to taste
- Pinch of red pepper flakes
- Freshly ground black pepper, to taste
- 1 cup spinach or chopped fresh collard greens or kale, tough ribs removed
- 1 to 2 tablespoons lemon juice (1/2 to 1 medium lemon), to taste



INSTRUCTIONS

1. Warm the olive oil in a large Dutch oven or pot over medium heat.
2. Once the oil is shimmering, add the chopped onion and carrot and cook, stirring often, until the onion has softened and is turning translucent, about 5 minutes.
3. Add the garlic, cumin, curry powder and thyme. Cook until fragrant while stirring constantly, about 30 seconds. Pour in the drained diced tomatoes and cook for a few more minutes, stirring often, in order to enhance their flavor.
4. Pour in the lentils, broth and the water. Add 1 teaspoon salt and a pinch of red pepper flakes. Season generously with freshly ground black pepper. Raise heat and bring the mixture to a boil, then partially cover the pot and reduce the heat to maintain a gentle simmer. Cook for 25 to 30 minutes, or until the lentils are tender but still hold their shape.

5. Transfer 2 cups of the soup to a blender. Securely fasten the lid, protect your hand from steam with a tea towel placed over the lid, and purée the soup until smooth. Pour the puréed soup back into the pot. (Or, use an immersion blender to blend a portion of the soup.)
6. Add the chopped greens and cook for 5 more minutes, or until the greens have softened to your liking. Remove the pot from the heat and stir in 1 tablespoon of lemon juice. Taste and season with more salt, pepper and/or lemon juice to your liking.

Salmon Patties

Ingredients

- 2 tablespoons oil
- ½ cup onion finely diced
- 2 cans salmon 6 ounces each, or 2-3 cups leftover flaked salmon
- 1 cup breadcrumbs divided
- 1 teaspoon old bay seasoning
- 2 eggs
- 1 lemon juiced and zested
- 2 tablespoons fresh dill chopped
- 2 tablespoons parsley chopped
- 2 tablespoons olive oil



Instructions

1. Sauté onion in oil until softened, about 3-4 minutes. Cool.
2. In a bowl, combine drained salmon, ½ cup breadcrumbs, old bay seasoning, eggs, lemon, dill, and parsley. Add cooked onions and mix.
3. Refrigerate mixture 15 minutes. Remove from fridge and form salmon mixture into patties.
4. Place remaining ½ cup breadcrumbs in a shallow dish. Dip the salmon patties into the breadcrumbs and gently press to adhere. Place in a refrigerator for at least 20 minutes or up to 1 hour (this helps them to hold their shape).
5. Preheat skillet or cast iron pan over medium heat. Add olive oil to pan and cook salmon patties until golden.
6. Serve with tartar sauce and additional herbs if desired.