

# Simple Steps to Better Health

## *Heart Healthy Recipes*



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**Dea Rash , Ext. Educator, FCS/4-H, Payne County**  
**Trinity Brown, Ext. Educator, FCS/4-H & CED, Pawnee County**

**Content Provided by:**  
**Dr. Janice Hermann, OSU Extension Nutrition Specialist,**  
**OCES**

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## Pico de Gallo Grilled Chicken Salad

### For the Pico De Gallo (fresh salsa):

Serves: 6

- 1 medium tomato (diced)
- 1 small onion (finely chopped)
- 1 seeded, finely chopped jalapeño (can use ½ to reduce spiciness)
- juice of 1 lemon
- 2 tsp. chopped, fresh cilantro
- 1/2 tsp. garlic, (minced)
- 1/8 tsp. black pepper



### For the Chicken Salad:

- 1 lb. boneless, skinless chicken breasts, cut into 1-inch cubes (or chicken tenderloins, whatever is on sale), all visible fat discarded or chicken tenderloins (whatever is on sale)
- non-stick cooking spray
- 8 cups green leaf or red leaf lettuce (approx. 8-10 leaves), washed, torn into pieces
- Cilantro or lemon/lime slices for garnish

Source: American Heart Association

## Tuscan Bean Soup

### Directions

1. In a large saucepan or Dutch oven, heat the oil over medium heat, swirling to coat the bottom. Cook the onion, celery, and garlic for 4 to 5 minutes, or until the onion and celery are soft.
2. Stir in the broth, beans, tomatoes with liquid, oregano, thyme, and red pepper flakes. Increase the heat to medium high and bring to a simmer, stirring occasionally. Reduce the heat and simmer, covered, for 20 minutes so the flavors blend.
3. Stir in the spinach. Simmer, covered, for 2 to 3 minutes, or until the spinach is wilted.
4. Just before serving, sprinkle the soup with Parmesan cheese.

<b>Calories</b>	100
<b>Total Fat</b>	2.0 g
	<b>Saturated Fat</b> 1.0 g
	<b>Trans Fat</b> 0.0 g
	<b>Polyunsaturated Fat</b> 0.0 g
	<b>Monounsaturated Fat</b> 1.0 g
<b>Cholesterol</b>	3 mg
<b>Sodium</b>	207 mg
<b>Total Carbohydrate</b>	14 g
	<b>Dietary Fiber</b> 4 g
	<b>Sugars</b> 5 g
<b>Protein</b>	7 g

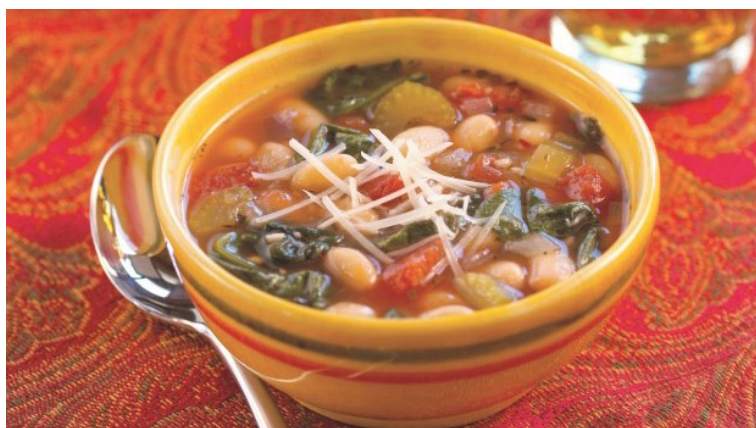
### Dietary Exchanges

1/2 lean meat, 1/2 starch, 1 vegetable

**Ingredients:****Tuscan Bean Soup**

Serves: 6

- 1 tsp. olive oil (extra virgin preferred)
- 1/2 small red onion (chopped)
- 1 medium celery rib (chopped)
- 1 medium garlic clove (minced)
- 2 cups fat-free, low-sodium chicken broth
- 15.5 oz. canned, no-salt-added Great Northern beans (rinsed, drained)
- 14.5 oz. canned, no-salt-added, diced tomatoes (undrained)
- 1 tsp. dried oregano (crumbled)
- 1/2 tsp. dried thyme (crumbled)
- 1/4 tsp. crushed red pepper flakes
- 2 cups fresh spinach
- 1/3 cup grated Parmesan cheese



Source: American Heart Association

**Pico de Gallo Grilled Chicken Salad****Directions**

For the Pico De Gallo (fresh salsa):

1. Combine all ingredients above chicken in medium bowl and stir.

For the Chicken Salad:

1. Spray a medium skillet with cooking spray. Add chicken to skillet and turn to medium-high heat.
2. Cook, stirring occasionally, for 10 minutes or until chicken is cooked through. Divide lettuce on to 4 plates, top with chicken.
3. Spoon Pico de Gallo over salads and serve. Garnish with cilantro or lemon/lime slices (optional)

<b>Calories</b>	154
<b>Total Fat</b>	3.0 g
<b>Saturated Fat</b>	0.5 g
<b>Trans Fat</b>	0.0 g
<b>Polyunsaturated Fat</b>	0.5 g
<b>Monounsaturated Fat</b>	1.0 g
<b>Cholesterol</b>	73 mg
<b>Sodium</b>	148 mg
<b>Potassium</b>	637 mg
<b>Total Carbohydrate</b>	4 g
<b>Dietary Fiber</b>	2 g
<b>Sugars</b>	2.4 g
<b>Added Sugars</b>	0 g
<b>Protein</b>	25 g
<b>Calcium</b>	33 mg

## Zippy Southwest Chicken Fajita Salad

### Pico de Gallo

Serves 4

- 2 tomatoes (chopped into small pieces)
- 1/2 small onion (finely diced)
- 1 finely chopped jalapeño (seeds can be removed to be milder), (optional)
- 1/4 cup chopped cilantro
- 2 tsp. lime or lemon juice



### Zippy Southwest Chicken Fajita Salad

- 2 1/2 cups cooked chopped chicken
- 16 oz. packaged, frozen bell pepper and onion stir-fry (thawed) **OR** use 1 fresh bell pepper and 1 fresh onion, sliced thin
- 15.5 oz. canned, no-salt-added, or, low-sodium black beans (drained, rinsed)
- 3/4 salt-free chili powder
- 1 chopped head lettuce (green leaf, red leaf or romaine)
- 2 whole-wheat tortillas (halved, optional)

Source: American Heart Association

## Spaghetti Pesto Sauce and Zucchini

### Directions

1. Trim the ends off the zucchini and discard the ends. Cut each zucchini into halves, thinly slicing each half for about 8 cups total chopped zucchini.
2. Coat a large nonstick pan with cooking spray. Add zucchini to the pan over medium-high heat. Stirring frequently with a spoon or spatula, sauté zucchini until softened, about 10 to 12 minutes. Remove zucchini from heat.
3. Bring a large pot of water to a boil. Add the spaghetti into the boiling water, cooking according to package directions (without adding salt). When pasta is cooked, drain it in a colander, making sure to save ¼ cup pasta water.
4. Meanwhile, make the pesto sauce. Into the bowl of a food processor, add 2 cups cooked zucchini along with basil leaves, garlic, nuts, chicken broth, oil, Parmesan, salt, and pepper. Process the mixture until blended, about 1 minute, adding another 1 to 2 tablespoons of chicken broth if needed for a thinner consistency.
5. In a large bowl, mix together drained spaghetti and pesto sauce, along with 1 to 2 tablespoons reserved pasta water for moisture (or more, if needed). Top with the rest of the cooked zucchini and serve.



Source: American Heart Association

## Spaghetti Pesto Sauce and Zucchini

### Ingredients

Serves: 6

- 4 medium zucchini (chopped)
- 12 oz. packaged, whole-wheat spaghetti (1 package)
- 1 bunch fresh basil (large, about 2 cups), washed
- 1 clove garlic (minced)
- 2 Tbsp. walnuts or almonds, unsalted
- 2 Tbsp. low-sodium chicken broth OR 2 Tbsp. water
- 1 1/2 Tbsp. extra-virgin olive oil or canola oil
- 1 1/2 Tbsp. Parmesan cheese, grated
- 1/4 tsp. salt

<b>Calories</b>	272
<b>Total Fat</b>	6.2 g
<b>Saturated Fat</b>	1.0 g
<b>Trans Fat</b>	0.0 g
<b>Polyunsaturated Fat</b>	1.1 g
<b>Monounsaturated Fat</b>	3.4 g
<b>Cholesterol</b>	1 mg
<b>Sodium</b>	132 mg
<b>Total Carbohydrate</b>	48 g
<b>Dietary Fiber</b>	9 g
<b>Sugars</b>	5 g
<b>Protein</b>	11 g

## Zippy Southwest Chicken Fajita Salad

### Directions:

#### Pico de Gallo

1. In a small bowl, add tomatoes, onion, jalapeño, cilantro and lime juice and combine.

#### Zippy Southwest Chicken Fajita Salad

1. In a heatproof bowl, add chicken, vegetables, beans, and chili powder. Stir and heat in microwave until warmed.
2. Pile lettuce onto plates. Top with chicken mixture and Pico de Gallo. Serve with tortilla halves, if desired.

<b>Calories</b>	305
<b>Total Fat</b>	5.5 g
<b>Saturated Fat</b>	1.0 g
<b>Trans Fat</b>	0.0 g
<b>Polyunsaturated Fat</b>	1.0 g
<b>Monounsaturated Fat</b>	2.5 g
<b>Cholesterol</b>	73 mg
<b>Sodium</b>	163 mg
<b>Total Carbohydrate</b>	29 g
<b>Dietary Fiber</b>	7 g
<b>Sugars</b>	11 g
<b>Protein</b>	33 g

## Ingredients

### Broccoli Beef Stir-Fry

Serves: 4

- 1 lb. lean sirloin steak (sliced across the grain quarter- inch thick, then cut into pieces 2 inches long, all visible fat discarded)
- 2 lb. broccoli (separated into florets and cut in half, peel stem and cut diagonally into 1/4 inch slices)
- 1 Tbsp. cornstarch
- 1 Tbsp. low-sodium soy sauce
- 2 Tbsp. sherry or wine (red or white)
- 1/4 tsp. sugar
- 1/2 tsp. honey
- 5 Tbsp. water
- cooking spray
- 3 cloves fresh garlic (minced)
- 3/4 cup low-sodium chicken broth
- 1 1/2 cups brown rice (cooked to package instructions)

## Directions

1. Prepare the beef and set aside.
2. Prepare the broccoli and set aside.
3. Combine the soy sauce, cornstarch, sherry or wine and honey in a medium sized bowl and marinate the beef in this mixture for 15-30 minutes.
4. Add the water to a 10-12 inch heavy skillet with a lid and bring to a boil. Add the broccoli, bring to a boil again, cover and reduce heat to steam for about 5 minutes. Broccoli should be starting to get tender, be bright green, but still crunchy.

## Directions

### Spicy Asian Salad Cups

1. In a medium mixing bowl, combine mayonnaise, mustard, and chili sauce.
2. Stir in chicken, chestnuts, onions, nuts, pepper, and lime juice.
3. Spoon equally into lettuce leaves "cups" and serve.

<b>Calories</b>	215
<b>Total Fat</b>	8.0 g
<b>Saturated Fat</b>	0.5 g
<b>Trans Fat</b>	0.0 g
<b>Polyunsaturated Fat</b>	4.5 g
<b>Monounsaturated Fat</b>	2.5 g
<b>Cholesterol</b>	59 mg
<b>Sodium</b>	297 mg
<b>Potassium</b>	301 mg
<b>Total Carbohydrate</b>	8 g
<b>Dietary Fiber</b>	2 g
<b>Sugars</b>	2.3 g
<b>Added Sugars</b>	0 g
<b>Protein</b>	26 g
<b>Calcium</b>	8 mg

## Ingredients

## Spicy Asian Salad Cups

Serves: 6

- 1/2 cup light mayonnaise
- 1 1/2 tsp. Dijon mustard
- 1 tsp. Chinese chili sauce
- 25 oz. canned, salt-free white meat chicken (packed in water, drained) **OR** 3 cups cooked chicken breasts, chopped
- 8 oz. canned water chestnuts (drained, chopped)
- 4 chopped green onions
- 2 Tbsp. unsalted, unroasted, chopped nuts (cashews, almonds, walnuts)
- 1/4 tsp. black pepper
- 2 tsp. lime juice **OR** juice from 1 fresh lime
- 12 lettuce leaves (green leaf, bib, etc.)



Source: American Heart Association

## Directions Cont.

## Broccoli Beef Stir-Fry

5. Remove the broccoli and remaining liquid from the pan and wipe clean.
6. Coat the pan with cooking spray and heat to medium high.
7. Add the beef, marinade liquid and garlic. Stir fry quickly for 1-2 minutes, until it loses most of its redness. Be careful not to burn the garlic, or it will taste bitter.
8. Add the broccoli and its cooking liquid, stir frying for 1 minute to reheat.
9. Pour in the broth and stir well, bring to a boil, then lower heat and simmer until the sauce starts to thicken, about 3-5 minutes.
10. Serve immediately with cooked rice.

<b>Calories</b>	503
<b>Total Fat</b>	8.0 g
<b>Saturated Fat</b>	2.4 g
<b>Trans Fat</b>	0.0 g
<b>Polyunsaturated Fat</b>	1.0 g
<b>Monounsaturated Fat</b>	2.8 g
<b>Cholesterol</b>	62 mg
<b>Sodium</b>	244 mg
<b>Total Carbohydrate</b>	73 g
<b>Dietary Fiber</b>	10 g
<b>Sugars</b>	6 g
<b>Protein</b>	36 g

## Dietary Exchanges

3 1/2 starch, 3 vegetable, 3 lean meat

Source: American Heart Association

## Ingredients

# Chicken Zucchini Enchiladas

- 4 medium zucchini
- 1 1/2 lb. skinless, boneless, thinly sliced chicken breast (cut into 1-inch strips)
- 2 teaspoons garlic powder (divided)
- 2 teaspoons ground ginger
- 1/4 teaspoon ground black pepper (divided)
- 1/8 teaspoon salt (divided)
- 3 teaspoons canola oil (divided)
- 1 (14.4-ounce) bag frozen broccoli stir-fry vegetables, thawed
- 2 Tbsp. low-sodium soy sauce
- 1/2 cup low-sodium chicken broth
- 1 Tbsp. corn starch
- 1/4 teaspoons red hot chile flakes (optional)
- 1/2 cup chopped green onion
- 2 cups fresh bean sprouts
- 1 1/2 teaspoons sesame seeds

## Directions

1. Place the shredder blade onto the spiralizer to cut zucchini into spaghetti-like threads. Spiralize each zucchini, and cut threads into 6- or 8-inch pieces so they are easier to eat. Add all the zucchini into a large bowl and reserve.
2. Place the chicken breast lengthwise onto a cutting board and cut 1-inch strips of chicken. Add to a bowl and continue slicing remaining chicken. Season with 1 teaspoon garlic powder, 1 teaspoon ginger, 1/8 teaspoon black pepper, and 1/8 teaspoon salt.

# Chunky Marinara with Pasta & Seared Chicken

## For the Pasta:

1. Prepare pasta to package directions.
2. Preheat oven to 350 degrees. Spray a 9x13 inch casserole dish with cooking spray. Lay tenderloins in dish, evenly spaced.
3. Lightly spray chicken with cooking spray.
4. Bake for 25 minutes, flipping halfway through cooking time.

## For the Marinara:

1. Spray saucepan with cooking spray and heat over medium heat. Add garlic and cook 3 minutes.
2. Add all remaining ingredients except parsley. Bring to boil, cover and reduce to simmer for 12-15 minutes.
3. Spoon pasta on to plate, top with marinara and chicken. Sprinkle with grated fat-free parmesan or grated mozzarella (optional)

<b>Calories</b>	287
<b>Total Fat</b>	2.5 g
<b>Saturated Fat</b>	0.5 g
<b>Trans Fat</b>	0.0 g
<b>Polyunsaturated Fat</b>	0.5 g
<b>Monounsaturated Fat</b>	0.5 g
<b>Cholesterol</b>	48 mg
<b>Sodium</b>	108 mg
<b>Total Carbohydrate</b>	43 g
<b>Dietary Fiber</b>	7 g
<b>Sugars</b>	6 g
<b>Protein</b>	24 g



## Chunky Marinara with Pasta & Seared Chicken

### For the Pasta:

Serves: 6

- non-stick cooking spray
- 10 oz. whole-wheat pasta (spaghetti, penne, rotini, elbow, etc.)
- 1 lb. chicken tenderloins
- grated, fat-free parmesan or mozzarella (optional)

### For the Marinara:

- 4 clove sliced garlic OR 2 tsp. minced garlic
- 2 Tbsp. chopped, fresh basil OR 2 tsp. dried basil
- 2 Tbsp. fresh oregano OR 2 tsp. dried oregano
- 1-28 oz. canned, low-sodium, diced tomatoes (undrained)
- 1/2 tsp. black pepper
- 2 Tbsp. chopped, fresh parsley



Source: American Heart Association

## Chicken Zucchini Enchiladas

3. Warm a large nonstick pan with 1 teaspoon oil over high heat. Add chicken; stirring frequently, sauté until chicken is fully-cooked, about 5 to 7 minutes depending on thickness. Remove from heat, transfer chicken to a plate, and cover with foil to keep warm.
4. Again warm 1 teaspoon oil in the large nonstick pan over high heat. Add thawed stir-fry vegetables, stirring constantly and cooking until vegetables are cooked and all the water has evaporated, around 6 to 8 minutes. Remove from heat and transfer to a bowl to reserve.
5. Make the sauce: In a small bowl, add soy sauce, chicken broth, cornstarch, 1 teaspoon garlic powder, 1 teaspoon ginger, 1/8 teaspoon black pepper, 1/8 teaspoon salt, and (optional) chile flakes. Stir together with a fork until cornstarch is dissolved. Also, chop the scallions.
6. Warm 1 teaspoon oil in the large nonstick pan over high heat. Add half the zucchini, using tongs to stir constantly, until zucchini is somewhat wilted, about 1 to 2 minutes. Stir in remaining zucchini along with the sauce, again using tongs to cook the zucchini and let it absorb the sauce. Cook until all the zucchini is tender, about 2 more minutes.
7. Quickly stir in reserved chicken and vegetables. Cook another minute. Remove from heat and add bean sprouts, scal-

**293** Calories per serving



**2.4 g** Sat. Fat per serving



**181 mg** Sodium per serving

Source: American Heart Association

## Tortilla Soup with Grilled Chicken

### Ingredients

Serves: 4

- cooking spray
- 2 6-inch corn tortillas, halved, cut into 1/4-inch-wide strips
- 2 cups fat-free, low-sodium chicken broth
- 2 cups water
- 8 oz. canned, no-salt-added tomato sauce
- 6 oz. cubed, skinless grilled chicken breast, cooked without salt, all visible fat discarded
- 1 small yellow summer squash (about 4 ounces), diced
- 1 small zucchini (about 4 ounces), diced
- 1/2 cup frozen whole kernel corn
- 1 tsp. salt-free, all-purpose seasoning blend
- 1 tsp. chili powder
- 1 tsp. onion powder
- 1 tsp. olive oil
- 1/2 tsp. ground cumin
- 1/4 tsp. dried oregano (crumbled)
- 1/4 tsp. salt

1/4 cup shredded, low-fat cheddar cheese

Source: American Heart Association

## Chicken Curry Skillet with Stir-Fry Veggies and Noodles

### Directions

1. Cook pasta according to package directions (omitting the salt and fat). Drain pasta in colander.
2. Coat a large pan with cooking spray. Add basil leaves, and cook over high heat until wilted, about 1 minute. Add chicken, breaking meat up with spatula. (If using dried basil, skip first step and add with meat.) Stir and cook until done, about 5 minutes.
3. Add water chestnuts and vegetables, and stir. Cook until warm, 3 to 4 minutes.
4. Add coconut milk and curry powder. Stir to combine and cook until just warm, about 1 minute. Remove from heat, add noodles, stirring to coat with mixture. Serve.

<b>Calories</b>	339
<b>Total Fat</b>	4.0 g
<b>Saturated Fat</b>	1.5 g
<b>Trans Fat</b>	0.0 g
<b>Polyunsaturated Fat</b>	0.5 g
<b>Monounsaturated Fat</b>	0.5 g
<b>Cholesterol</b>	30 mg
<b>Sodium</b>	79 mg
<b>Total Carbohydrate</b>	53 g
<b>Dietary Fiber</b>	10 g
<b>Sugars</b>	5 g
<b>Protein</b>	29 g

## Chicken Curry Skillet with Stir-Fry Veggies and Noodles

### Ingredients

Serves: 6

- 12 oz. packaged, whole-wheat angel hair or capellini pasta
- non-stick cooking spray
- 1 cup washed, fresh basil **OR**  
2 tsp. dried basil
- 1 lb. lean, ground chicken breast
- 8 oz. canned, no-salt-added water chestnuts (drained, rinsed)
- 16 oz. frozen stir-fry vegetables or mixed vegetables (thawed)
- 1 cup light coconut milk
- 2 tsp mild curry powder



Source: American Heart Association

## Tortilla Soup with Grilled Chicken

### Directions

1. Preheat the oven to 350°F. Lightly spray a baking sheet with cooking spray. Arrange the tortilla strips in a single layer on the baking sheet. Lightly spray with cooking spray.
2. Bake for 10 minutes, or until crisp.
3. Meanwhile, in a medium saucepan, bring the remaining ingredients except the Cheddar to a simmer over medium-high heat. Reduce the heat and simmer, covered, for about 15 minutes. Just before serving, sprinkle the soup with the tortilla strips and Cheddar.

<b>Calories</b>	168
<b>Total Fat</b>	4.5 g
<b>Saturated Fat</b>	1.0 g
<b>Trans Fat</b>	0.0 g
<b>Polyunsaturated Fat</b>	1.0 g
<b>Monounsaturated Fat</b>	2.0 g
<b>Cholesterol</b>	38 mg
<b>Sodium</b>	288 mg
<b>Total Carbohydrate</b>	15 g
<b>Dietary Fiber</b>	3 g
<b>Sugars</b>	5 g
<b>Protein</b>	19 g

### Dietary Exchanges

½ starch, 1 vegetable, 2 lean meat

## Creamy Spinach Feta

### Ingredients

Serves: 6

- 10.5 oz. frozen, chopped, packaged spinach
- 1/2 cup fat-free yogurt
- 1/2 cup reduced-fat sour cream
- 1/2 cup fat-free feta cheese (crumbled)
- 1 tsp. garlic (minced)
- 1/3 cup fresh, chopped parsley or dill or  
2 tsp dried parsley or dill
- 1/2 tsp black pepper
- 6 whole-wheat pitas (quartered)



Source: American Heart Association

## Sweet Potato Nachos

### Directions

1. Preheat the oven to 425°F. Cover the baking pans with foil and coat with nonstick cooking spray.
2. Peel and slice the sweet potatoes thinly (about quarter-inch rounds). In a bowl, toss the rounds with olive oil, chili powder, garlic powder and paprika. Spread evenly on prepared pan (might need two pans). Bake for 10 minutes and use a spatula to flip the sweet potato rounds. Bake for another 5-10 minutes or until crisp.
3. Remove the pan from the oven and sprinkle beans and cheese over the sweet potatoes. Return to oven until cheese melts, about 2 minutes. Sprinkle with tomato and avocado. Serve.

<b>Calories</b>	209
<b>Total Fat</b>	5.5 g
<b>Saturated Fat</b>	1.7 g
<b>Trans Fat</b>	0.0 g
<b>Polyunsaturated Fat</b>	0.6 g
<b>Monounsaturated Fat</b>	2.8 g
<b>Cholesterol</b>	5 mg
<b>Sodium</b>	194 mg
<b>Total Carbohydrate</b>	34 g
<b>Dietary Fiber</b>	6 g
<b>Sugars</b>	7 g
<b>Protein</b>	6 g

### Dietary Exchanges

2 1/2 starch, 3 lean meat

## Sweet Potato Nachos

### Ingredients

Serves: 6

- 3 medium sweet potatoes (about 2 pounds), makes about 6 cups of rounds
- 1 Tbsp. olive oil
- 1 tsp. chili powder
- 1 tsp. garlic powder
- 1 1/2 tsp. paprika
- 1/3 cup black beans (drained, rinsed)
- 1/3 cup reduced-fat, shredded cheddar cheese
- 1/3 cup chopped tomato (1 plum tomato) **OR**  
1/3 cup no-salt-added, canned, diced tomatoes (drained, rinsed)
- 1/3 cup chopped avocado



Source: American Heart Association

## Creamy Spinach Feta

### Directions

1. Cook spinach according to package directions and drain in colander (press with fork to drain completely).
2. Combine all ingredients in a bowl and mix well. Refrigerate for 1 hour and serve with pita slices.

<b>Calories</b>	63.6
<b>Total Fat</b>	2.7 g
	<b>Saturated Fat</b> 1.5 g
	<b>Trans Fat</b> 0.1 g
	<b>Polyunsaturated Fat</b> 0.1 g
	<b>Monounsaturated Fat</b> 0.7 g
<b>Cholesterol</b>	8.2 mg
<b>Sodium</b>	207.1 mg
<b>Potassium</b>	129 mg
<b>Total Carbohydrate</b>	5.5 g
	<b>Dietary Fiber</b> 1.5 g
	<b>Sugars</b> 2.2 g
	<b>Added Sugars</b> 0 g
<b>Protein</b>	5.5 g
<b>Calcium</b>	263.4 mg

## Mango, Avocado and Black Bean Salad/SALSA

### Ingredients

Serves: 6

- 15 oz. canned, no-salt-added black beans (1 can), drained, rinsed
- 15.25 oz. canned, no-salt-added or low-sodium whole kernel corn (1 can), drained, rinsed
- 1 cup avocado (1 medium or 2 small), halved, cut into 1/2 inch cubes
- 2 mangos (about 2 cups), cut into 1/2 inch cubes
- 2 green onions (cut into 1/2-inch pieces) OR
- 1/2 small red or white onion (about 1/4 cup), cut into 1/2-inch pieces
- 1 red or green bell pepper, seeded, cut into 1/2-inch pieces
- 1 or 1/2 jalapeño pepper, stems discarded, seeded, finely chopped, optional
- 1 head romaine lettuce (chopped)
- 3 Tbsp. fresh, or, bottled lime juice
- 1 Tbsp. olive oil
- 2 Tbsp. fresh cilantro (chopped)
- 1/2 tsp. chili powder
- 1/4 tsp. ground black pepper
- 1/4 tsp. salt

Source: American Heart Association

## Mango, Avocado and Black Bean Salad/SALSA

### Directions

1. Wash and dry lettuce, then chop or tear into 2 inch pieces and divide into 6 bowls or plates.
2. Combine the black beans, corn, mango, avocado, onions and jalapeño pepper. Do not mix until you add the dressing.
3. Combine the lime juice, olive oil, cilantro, chili powder, black pepper and salt together in a jar with a secure lid, shake together until mixed well and pour over the mango and avocado mixture.
4. Toss gently to coat and serve over the lettuce and mixed greens

<b>Calories</b>	218
<b>Total Fat</b>	6.9 g
<b>Saturated Fat</b>	1.0 g
<b>Trans Fat</b>	0.0 g
<b>Polyunsaturated Fat</b>	1.0 g
<b>Monounsaturated Fat</b>	4.3 g
<b>Cholesterol</b>	0 mg
<b>Sodium</b>	128 mg
<b>Total Carbohydrate</b>	36 g
<b>Dietary Fiber</b>	9 g
<b>Sugars</b>	14 g
<b>Protein</b>	7 g

### Dietary Exchanges

1 fat, 1/2 fruit, 1/2 lean meat, 1 1/2 starch, 1 vegetable