

Made From Scratch

Helping Your Heart



A healthy diet and lifestyle are key ways to help manage heart health. Start helping your heart with some of these heart smart recipes.

Overnight No-Cook Banana Oatmeal

Ingredients:

- 2 1/2 c. fat-free milk
- 1 tbsp. honey
- 1 tsp. vanilla extract
- 3 1/2 uncooked oatmeal (not instant or quick-cooking)
- 2 medium bananas, peeled, halved, and sliced
- 1/4 c. chopped unsalted pecans or walnuts

Instructions:

1. In a resealable container, stir milk, honey, and vanilla together. Stir in the oatmeal, cover, and refrigerate overnight.
2. Remove the oatmeal from the refrigerator. Spoon it into four bowls. Top each serving with the bananas and pecans.



Nutrition facts | Servings: 4

Per serving | Calories: 443 | Fat: 9.5 g | Saturated Fat: 1.5 g | Fiber: 10 g | Carbs: 74 g | Protein: 18 g | Sodium: 68 mg

Cooking Tip: If you prefer your oatmeal a little on the thick side, add some extra oatmeal. If you like it more on the thin side, add a few more splashes of milk.

Did you know baking raw, dry oats for one hour at 250° will destroy any bacteria that may cause any foodborne illness.

Sliced Fruit with Honey-Vanilla Yogurt dip

Ingredients:

- 2 c. green or red grapes
- 2 medium bananas, sliced
- 1 medium red or green apple cored and sliced
- 1 1/2 c. fat-free, plain Greek yogurt
- 1 tbsp. honey
- 1 tsp. vanilla extract

Instructions:

1. Arrange the grapes and banana and apple slices on a large plate or platter.
2. In a small bowl, stir together the yogurt, honey, and vanilla extract. Serve with the fruit.



Nutrition facts | Servings: 4 | Serving Size: 1/2 cup

Per serving | Calories: 194 | Fat: .5 g | Saturated Fat: 0 g | Fiber: 3 g | Carbs: 42 g | Protein: 9 g | Sodium: 35 mg

Cooking Tip: Greek yogurt has a thicker consistency than regular yogurt, it makes for the better choice for a dip. However, plain yogurt can be substituted—just expect a slightly thinner dip.

Did you know flavored yogurts often contain added sugar? Try making your own by stirring in a handful of your favorite fruit into fat-free, plain yogurt. If you need a touch of extra sweetness, try adding a dash of vanilla extract or a little cinnamon.

Looking for great-tasting, healthy dishes? WebMD's recipes make it easy to meet your nutritional needs. Each recipe includes step-by-step instructions, nutritional information, healthy ingredients, and helpful preparation tips to make delicious meals.

Sweet Potato Shepherd's Pie

Ingredients:

- 1 lb. sweet potatoes or 45 oz. canned, unsweetened yams or sweet potatoes in water, rinsed
- 1/2 c. skim milk
- 1/2 tsp. ground cinnamon or nutmeg
- 1 medium onion (any color), chopped
- 1 lb. extra lean, fat-free, ground turkey (95%-99% lean)
- 1/2 tsp. dried thyme or basil
- 16 oz. frozen vegetable melody, thawed
- 1 c. low-sodium beef broth
- 2 tsp. cornstarch

Instructions:

1. Preheat oven to 400°.
2. Wash and peel sweet potatoes, and chop into 1-inch pieces. (Skip to step 4 if using canned yams or sweet potatoes.)
3. Add to a large pot and cover them with water. Bring to a boil over high heat until potatoes are very tender, about 12 to 15 minutes. Drain in a colander.
4. Add sweet potatoes to a pot and add milk, cinnamon, or nutmeg. Mash with a fork or potato masher until smooth.
5. Spray a large pan with cooking spray. Add chopped onion and bell pepper and cook over medium-high heat until softened for about 5 minutes. Add meat and thyme, cooking until meat is no longer pink.
6. Add vegetables, beef broth, and cornstarch, stirring to combine. Cook for a few minutes until the sauce has thickened. Remove from heat.
7. Add turkey mixture into an 8- or 9-inch baking dish. Spread sweet potatoes evenly on top of turkey and vegetables. Cook in the oven until entirely heated, about 15 minutes depending on your oven.



Nutrition facts | Servings: 4

Per serving | Calories: 352 | Fat: 6.5 g | Saturated Fat: 2.5 g | Fiber: 9 g | Carbs: 46 g | Protein: 31 g | Sodium: 196 mg

Cooking Tip: Spice this recipe up by substituting one 14.4 oz bag of frozen pepper stir fry for the fresh onion.

Did you know sweet potatoes are full of minerals and vitamins, making them a healthy starch alternative, and cinnamon has been shown to help regulate blood sugar levels and improve heart health.

Slow Cooker Vegetable Turkey Soup

Ingredients:

- 1 lb. ground skinless turkey breast
- 3 large carrots, sliced crosswise into rounds
- 2 medium zucchini, halved lengthwise and sliced
- 1 small onion, chopped
- 1 28 oz. can no-salt-added tomato sauce
- 2 garlic cloves, minced
- 1 15.5 oz. can no-salt-added cannellini beans, rinsed and drained
- 1 tbsp. dried Italian seasoning
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 4 c. fat-free, low sodium chicken broth

Instructions:

1. Put all ingredients in a slow cooker, stirring to combine and break up the turkey.
2. Cook, covered, on low for 8 hours, or until turkey is no longer pink.



Nutrition facts | Servings: 6 | Serving Size: 2 cups

Per serving | Calories: 224 | Fat: 2 g | Saturated Fat: .5 g | Fiber: 7 g | Carbs: 27 g | Protein: 26 g | Sodium: 314 mg

Make ahead tip and freeze, in a large bowl, stir together all the ingredients except the broth. Transfer to a one-gallon resealable plastic freezer container or bag and place flat in the freezer. To cook, thaw the container overnight in the refrigerator. Pour the soup and broth into slow cooker, stirring to combine. Cook as directed.