

Healthy Living For All

Welcome to Simple Cooking with Heart! You are going to learn how to prepare easy, affordable, tasty meals using free American Heart Association recipes. Home-prepared meals have heart-health benefits that'll keep your family fit, lower the risk of heart disease and stroke for your family and loved ones, and help balance your food budget.

Simple Cooking with Heart began with a commitment between the American Heart Association and Walmart to teach you all the skills to get you started and inspired to cook at home – and have fun! This booklet will give you a brief introduction to delicious heart-healthy cooking and a sample recipe to help you get started. Then, you'll want to visit heart.org/simplecooking to choose a recipe to cook and check out the cooking videos for each recipe – or even cook along with each recipe video. There more than 50 free, heart-healthy recipes your family will love. And every single recipe is easy, delicious and budget-friendly.

Committing to cook and eat more meals at home is a great step in improving your diet and heart health. And remember to have fun! Practice your new skills and you'll impress your family by serving up home-cooked meals more often.

Enjoy! Bon appétit! ¡Buen provecho! Guten appetit! Buon appetito!

Why It's Important

The obesity crisis in America has no one single cause, but usually it comes down to the fact that we eat more food than our bodies need. Why? There are many reasons, including the fact that we've become an extremely inactive society. We spend long hours sitting at computers and in cars. We eat nearly half of our meals in restaurants or from packages — food that generally has more calories, and fewer fruits, vegetables and fiber-rich whole grains. Also, these foods often contain unhealthy nutrients such as saturated fat, trans fat, cholesterol, sodium and added sugars. All those things suggest that we're not shopping for healthy foods and cooking in our own kitchens, or eating at home. As a nation, we simply no longer have the time or skills to cook healthy meals.

It's such a crisis that the American Heart Association, with the help of Walmart, is prioritizing a return to the kitchen as a part of our most pressing national goal: to improve the cardiovascular health of all Americans by 20 percent, and to reduce deaths from cardiovascular diseases and stroke by 20 percent by the year 2020.

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- · More information, recipes and heart-healthy cooking ideas

When we cook at home we tend to eat healthier — consuming more fruits, vegetables and fiber-rich whole grains and less saturated fat, trans fat, cholesterol, added sugars, salt and calories.



The American Heart Association's Heart-Healthy Diet Recommendations

As a reminder, at the heart of heart-healthy meals are our Healthy Diet Recommendations. All of our recipes and cooking demonstrations are designed with these, and your health, in mind. The Recommendations, based on a 2,000 calorie diet, include:

- Balance the number of calories you eat and physical activity to maintain a healthy body weight (this means not eating more calories than you need).
- Make your diet rich in fruits and vegetables. A typical adult should try for 8–10 servings (at least 4½ cups) of fruits and vegetables every day.
- Choose fiber-rich whole grains (at least three 1 oz. servings per day with a minimum of 1.1 g of fiber per 10 g of carbohydrate). A diet rich in fiber can help manage your weight because fiber keeps you feeling fuller longer, so you eat less.
- Eat fish, especially oily fish like salmon, trout or herring, at least twice a week to get omega-3 fatty acids.
- Limit saturated fat, trans fat and cholesterol by choosing lean meats and poultry without skin, selecting fat-free (skim), 1 percent and lowfat dairy products, liquid vegetable oils and soft or liquid margarines and avoiding partially hydrogenated and hydrogenated fats (hard margarine, shortening, partially hydrogenated/hydrogenated cooking oils and the foods made from them).



- A person needing 2,000 calories each day should consume less than 15 grams (g) saturated fat, less than 2 g trans fat and between 56 and 77 g of total fat and limit cholesterol to less than 300 milligrams (mg) each day.
- Limit the amount of added sugars you consume in food and beverages
 to no more than half of your daily discretionary calorie allowance. For
 most American women, this is no more than 100 calories per day
 and no more than 150 calories per day for men (or approximately 6
 teaspoons/day for women and 9 teaspoons/day for men).
- Limit sugar-sweetened beverages to no more than 450 calories (36 oz.) per week.
- Choose and prepare foods with little or no salt (sodium) to maintain a healthy blood pressure. Keep sodium intake to less than 1,500 mg per day or less.
- Try to avoid processed meat (such as sandwich meat, sausage and hot dogs), and have no more than two servings or less per week.
- Eat at least four servings per week of unsalted nuts, seeds or legumes (beans).
- If you choose to consume alcohol, do so in moderation. This means an average of one to two drinks per day for men and one drink per day for women.
- If you eat out, pay attention to portion size and the number of calories in your meal.



Basic Kitchen Equipment Checklist

When you have the right tools, cooking at home is easy. You may be surprised to discover that you already have some essential equipment in your kitchen. If you're missing a few of the staple items below, buy a few here and there as your budget permits. Shop garage sales and thrift stores for gently-used items.

POTS AND PANS

and choose the best pan for the job from a variety of brands and types.
8-quart pot with lid. For boiling pasta, steaming vegetables (with a steamer insert) and making soups and stews. Don't get one that's so heavy you can't lift it when it's full of liquid.
Steamer insert. A collapsible one will fit into a variety of pan sizes.
2-quart saucepan with lid. For cooking rice or other grains, making

You don't have to buy a whole set of matching cookware. You can pick

□ 12-inch nonstick skillet. For sautéing meats and vegetables. If you get a deep one with rounded sides, it will work great for stir-fries, too.

sauces, heating up canned goods and leftovers.

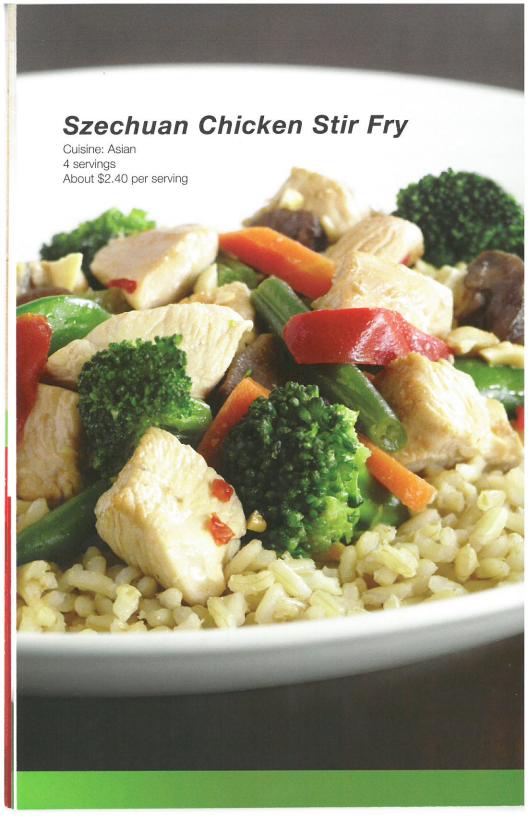
SHARP STUFF

A good knife cuts food easier, quicker, neater and with less chance of injury. Most professional-grade knives are high-carbon stainless steel; they don't rust or deteriorate. Quality knives will have the metal continuing up through the handle. Like good pots and pans, they can last a lifetime.

last a lifetime.
Chef's knife. 8- or 10-inch for chopping
Paring knife. 4- or 6-inch for coring
Serrated knife. 8-inch, great for slicing
Cutting board. Buy two: a plastic one for raw meat and a wooden one for breads, fruit and vegetables.
Vegetable peeler. Get one with a comfortable handle.
Can opener. The smooth-cut kind opens the can from the outside edge, so the lid won't fall in and there are no sharp edges.

MIXING AND LIFTING

MIXING AND EN TING
You don't have to keep all your utensils in a drawer. Find a wide-mouthed container to hold your utensils within easy reach on the countertop.
■ Wooden spoons. They're inexpensive, so get several.
□ Slotted spoon. Stainless steel, wood or plastic, for stirring and dipping into hot and cold liquids.
■ Ladle. For serving soups and stews. A standard size ladle holds ½ cup, for easy portion measuring.
□ Spatula. Get a nonmetal one that won't damage your nonstick cookware.
■ Whisk. Great for salad dressings and sauces. Also useful for combining dry ingredients in baking.
■ Tongs. Like having an extra hand in the kitchen – but one that doesn't ge burned or freeze! Get spring-loaded tongs, which open and close easily.
OTHER GOOD STUFF
These tools will make cooking at home a breeze. No need to get the best of the best here; any brand or variety will get the job done!
☐ Baking dish. A 9-by-13-inch glass or metal dish is great for roasting vegetables or baking fish, meat or poultry.
☐ Baking sheet. For roasting meats and vegetables in the oven. Look for a sturdy one with raised edges – also called a half sheet pan.
☐ Mixing bowls. For easy storage, get nesting bowls in at least three sizes.
■ Measuring cups. Get nesting ones for dry ingredients and a 2-cup spouted glass cup for liquids.
■ Measuring spoons. With 1-tablespoon through 1/8-teaspoon sizes.
■ Timer. Yes, there's one on your stove, but what if you're cooking more than one thing at a time? It's helpful to have a portable timer if you step out of the kitchen while something is cooking.
■ Colander. For straining and draining. A wire mesh one can also be used as a sifter.
□ Instant-read thermometer. For food safety and perfectly cooked meats.
Oven mitts or pot holders, kitchen towels, apron.



Szechuan Chicken Stir Fry

Prep time: 10 minutes Cook time: 25-30 minutes

INGREDIENTS

Cooking spray

- 1 pound boneless, skinless chicken breasts or tenderloins, visible fat removed, cut in to 1-inch cubes (can substitute lean pork or lean beef)
- 2 teaspoons cornstarch
- 1 tablespoon low-sodium soy sauce
- 1 teaspoon garlic minced from jar
- 1/4 teaspoon red pepper flakes
- 1/4 teaspoon ground ginger
- 1 16-ounce bag frozen stir-fry vegetables
- 1/4 cup low-sodium chicken broth
- 2 tablespoons chopped unsalted peanuts
- 1½ cups brown rice, prepared to package instructions

PREPARATION

- 1. Spray a medium skillet with cooking spray. In a medium skillet, toss chicken, corn starch, soy sauce, ginger, garlic and red pepper flakes.
- 2. Cook chicken over medium-high heat for 5 minutes, until no longer pink.
- 3. Add vegetables and broth to skillet, reduce heat to medium, cover and cook 20 minutes, stirring occasionally.
- Top with peanuts and serve over brown rice.

Per serving:	
Calories	455
Total Fat	7.0 g
Saturated Fat	1.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat	2.5 g
Cholesterol	73 mg
Sodium	265 mg
Carbohydrates	64 g
Dietary Fiber	7 g
Added Sugars	0 g
Protein	34 g
Potassium	777 mg
Calcium	61 mg

SHOPPING AND SUPPLIES

Check your pantry before you head to the store as Simple Cooking with Heart recipes use many basic ingredients you may already have on hand.

SHOPPING LIST FOR SZECHUAN CHICKEN STIR FRY

Note: The recipe makes four servings. If you need to halve or double the recipe, adjust your shopping list accordingly. Cooking enough for leftovers makes an easy lunch for the next day!

Cooking spray

1 pound boneless, skinless chicken breasts

or tenderloins

Cornstarch

Low-sodium soy sauce

Garlic minced from jar

Red pepper flakes

Ground ginger

1 bag frozen stir-fry

vegetables

Low-sodium chicken broth

Unsalted peanuts

Brown rice, prepared to package instructions

SUPPLIES TO HAVE ON HAND FOR THIS RECIPE

Measuring spoons

Measuring cups

Paring knife

Cutting board

12-inch nonstick skillet with lid

TIP: you can cover the skillet with aluminum foil if you don't have a skillet with a lid.

Using food labels as a shopping aid

- A good rule of thumb with labels is less is more, meaning the fewer ingredients, the better. Look for ingredients that you can pronounce easily.
- Many breads and cereals are now labeled on the front as "high-fiber" or
 ""whole-grain."" Pick these and check the back of the packaging, too.
 Whole grains—whole-wheat flour, for example—should be listed as one of
 the first ingredients. The nutritional information also lists the percentage of
 your daily fiber in one serving size. The higher that number, the better.
- Pick foods that are low in sodium, cholesterol and saturated fats and high
 in fiber, iron and vitamins. You can start by reading the nutrition label for
 more information about the nutrients you want to limit and those you want
 to increase.

GENERAL INGREDIENTS TO HAVE ON HAND FOR HEART-HEALTHY COOKING

The following are some general ingredients that are great to have on hand in your pantry or refrigerator. Not only do they show up in many of the online Simple Cooking with Heart recipes, they're also the basis of many other recipes.

Apple cider vinegar

Balsamic vinegar

Canned and frozen vegetables (low-sodium if canned and no added sauces or salty seasonings if frozen)

Cooking spray

Yellow mustard

Dijon mustard

Extra-virgin olive oil, canola oil, corn oil and/or vegetable oil

Jarred minced garlic or fresh garlic cloves

Lemons or lemon juice

Long-grain brown rice

Low-sodium chicken broth

Low-sodium canned beans (pinto, black, red, navy, garbanzo, kidney)

Low-sodium soy sauce

Onions

Nonfat milk

Spices like: garlic powder, cumin, salt-free Italian seasoning, ginger, paprika, salt, pepper, red pepper flakes, chili powder, basil, salt-free Cajun seasoning, coriander, cinnamon

Whole-wheat pastas

- Pick foods with zero trans fats.
- Foods labeled low-fat often have higher levels of added sugar, so be sure
 to check the nutritional information on the back of the packaging. Limit the
 amount of added sugar you consume by making sure sugar, fructose,
 corn syrup and high-fructose corn syrup are not primary ingredients on
 the ingredient list. The nutrition label will include both natural sugars, like
 those found in milk and fruit, and any added sugars in the total amount of
 grams of sugar. Avoid added sugar and stick to natural sugars.
- Pay attention to the serving size on the back of the package. A food may appear to be low in fats and calories due to a very small serving size, but may not actually be.

Overview of Basic Healthy Cooking Skills

To broil or to boil: That is the question! Knowing common cooking terms can improve your healthy cooking skills and turn anyone into a home chef!

Bake: To cook in the oven. When you bake, food cooks slowly with gentle heat, causing the natural moisture to evaporate slowly, enhancing flavor.

Blend: To mix two or more ingredients together to make sure they are equally distributed throughout the mixture.

Boil: To cook food in heated water or other liquid, like water or broths that is bubbling vigorously.

Broil: To cook food directly under the heat source. In the oven, this means only the top heating element is on at a very high temperature.

Broth or stock: A flavorful liquid made by gently cooking meat, seafood or vegetables (and/or their by-products, such as bones and trimmings), often with herbs, in liquid (usually water).

Chop: To cut into irregular pieces.

Coarsely chopped are bite-sized pieces.

Finely chopped are smaller.

Dice: To cut into cubes or square shapes. Fine dice is 1/8-inch. Small dice is 1/4-inch. Medium dice is 1/2-inch.

These are just some basic terms to get you started.

To learn more, visit heart.org/simplecooking

Marinate: To coat or immerse foods in a liquid or dry rub, to add flavor before cooking and eating.

Mince: To cut food into tiny, irregular pieces. The smallest form of chopped.

Puree: To mash or blend food into a thick liquid.

Roast: To cook uncovered in the oven.

Sauté: To cook food quickly in a small amount of oil in a skillet or frying pan over direct heat.

Season: To enhance the flavor of foods by adding ingredients like pepper, oregano, basil, cinnamon and a variety of other herbs, spices, condiments and vinegars.

Simmer: A very low boil that cooks food in a liquid at a low enough temperature so that small bubbles begin to break the surface and form around the edge of the pot.

Steam: To cook over boiling water in a covered pan. This method keeps foods' shape, texture and nutritional value intact better than methods such as boiling. Best to use a wire basket for this.

Stir-fry: The fast cooking of small pieces of meat and vegetables over very high heat with continual and rapid stirring.

What's a Serving Size?

In our quest to eat nine servings of fruit and vegetables a day, knowing exact serving sizes are a big help. Some choices are obvious—a serving of an apple is one apple (medium size). But it isn't always that simple. You'll probably discover that serving sizes are a lot smaller than you thought.

Vegetables: 1 cup of raw leafy vegetables; ½ cup of other vegetables, raw or cooked; ½ cup juice

Fruits: 1 medium fruit (about the size of a baseball); ½ cup chopped, cooked or unsweetened canned fruit; ½ cup small fruit, like berries or grapes; ½ cup juice

Meat, poultry, fish, eggs: 2 to 3 ounces of cooked lean meat, skinless poultry or fish (about the size of a deck of cards); 1 egg, 2 egg whites or ¼ cup liquid egg substitute

Beans and nuts: $\frac{1}{2}$ cup cooked beans, lentils or peas; $\frac{1}{4}$ cup unsalted nuts; 2 tablespoons nut butter

Fiber-rich whole grains: 1 slice of bread, 1 ounce of ready-to-eat cereal, ½ cup of cooked cereal, rice or pasta

Milk, yogurt and cheese: 1 cup of fat-free or low-fat milk or yogurt, 1.5 ounces low sodium, fat-free or low-fat cheese; ½ cup low sodium, fat-free or low-fat cottage cheese



Cooking Healthy On a Budget

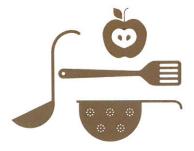
It's not true that eating healthy foods will cost more; cooking at home will save you dollars from the start. Plus, you're in control of the portion sizes. Here are a few suggestions to save you money and improve your health, too!

Shop smart: Plan your meals for the week before you go shopping, but be flexible if you find an unexpected sale item. Buy more fruits and vegetables, and less meat. Instead of meat, use beans in some recipes, like burritos, tacos, soups and pasta dishes.

Load up on produce: Fresh fruits and vegetables are cheapest when they're in season. Frozen fruits and veggies, without added sauces, cost less and are just as healthy as fresh produce. Plus, they are great to have in your freezer when you're low on funds or don't feel like heading to the store.

Go whole: Even if a loaf of whole-grain bread costs more the spongy white stuff, you're getting more nutritional bang for your buck. The whole-grain bread has more vitamins and more fiber, which satisfies your hunger longer. The same is true of whole-grain pastas and crackers, and brown rice instead of white. Cook your own plain rice, because it's much cheaper, and healthier, than the mixes.

Serve and store: After everyone has taken his or her desired portion of your home-cooked dinner, immediately put the leftovers in containers and store them in the fridge. They could add up to another dinner. That leftover chili would taste great tomorrow over baked potatoes, for example. Leftovers also equal instant lunches.



Resources

We want you to be successful in your goal of cooking more at home, with heart. Don't forget to go to heart.org/simplecooking to learn more, and download all the heart-healthy recipes to share with friends and loved ones. Just a few things you'll find there:

- How to pick good produce
- · How to store/freeze leftovers
- · Eating healthy on the run
- · Healthy substitutions for common foods
- And more!

More quick, healthy and budget-friendly recipes you can find when you visit heart.org/simplecooking:

Moroccan Chicken, Creamy Spinach Feta Dip, Mediterranean Salad, Oven Fried Chicken with Roasted Potatoes, Green Bean Casserole, Quick Chicken Fajitas with Beans and Spanish Rice and many more!

Simple Cooking with Heart Release

The enclosed information, recipes and instructions are provided to you to help you learn to cook healthy at home. Please follow safe, responsible practices and use caution when cooking. By using the information provided in this Demonstration, you acknowledge that there are inherent risks in cooking, including but not limited to the risk of allergic reaction to foods and personal injury. YOU UNDERSTAND AND AGREE THAT YOUR USE OF THE ENCLOSED INFORMATION, RECIPES AND INSTRUCTIONS IS AT YOUR SOLE RISK. Further, you agree on behalf of yourself and your heirs, beneficiaries and estate, not to hold the American Heart Association, Inc. and its sponsors, officers, agents, employees ("Released Parties") responsible for any accidents and loss or damage to your property and person, and you release and discharge the Released Parties from all damages, actions, claims and liabilities of any nature, specifically including, but not limited to, damages, actions, claims and liabilities arising from or related to cooking at home.

