

We Heart You!



12  
EASY  
RECIPES

Your Guide to a Heart-Healthy Life

Inside: How to Be Fit,  
Reduce Stress, Be Your Best Weight,  
Lower Your Risk, and Start Today



# DISTANCE MAKES THE HEART GROW STRONGER!

**WE HAVE ALL HAD SOME PERSONAL TIME DURING THE PAST YEAR TO REFLECT ON WHAT'S IMPORTANT TO US.** Health and wellness are at the top of many of our lists and are directly impacted by our life experiences and the people and community that surround us. This includes our families and our friends—all the people we care about. And don't forget about school. And jobs. And clean air. And having our voices heard, and respected. It's been a long, hard year. A year during which so many people have lost so much.

But the thing about loss is that when you strip so much away, you reveal what you truly have—the things that can't be taken away. Love. Character. And heart.

Even with wearing masks, social distancing, and staying close to home, you can't hide heart. We wear it on our sleeves. And for all the doctors and caregivers who are part of Providence Heart Institute, it's our promise to you.

Know that we are here for you—for your care and for your wellness, even when we are physically distanced. Throughout these next few pages, learn how we are extending our care to you, wherever you are. These virtual programs, classes and events show we can continue to work together. We can continue to support one another. We can continue to move forward, together.



**Dr. James Beckerman**  
Medical Director, Heart Programs  
Providence Heart Institute



## DISTANCE CAN'T KEEP US APART

Over the past three years, [Basecamp Prevention + Wellness](#), part of Providence Heart Institute, has celebrated our community by moving together, learning together and supporting each other. In 2020 we explored new ways to continue our connection with you, so we took Basecamp everywhere to meet you where you are. We are grateful for this opportunity to grow our community—inviting more friends, neighbors and folks across the country to join us in living our best, healthiest lives.

Join us online to support your wellness journey and find classes, education and community that will surely benefit your physical heart and your compassionate heart—no matter where you are, no matter how far away. Basecamp is everywhere and you can connect with us from anywhere—because distance can't keep us apart.

Visit [WelcomeToBasecamp.org](https://www.welcometobasecamp.org). Take your next step by checking out our calendar of 2021 online classes and programs.

### BE FIT

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Stretch, sweat and dance with our free fitness classes such as heart-pumping Zumba, strength-building mat Pilates, eight-week Tai Chi for better balance, and yoga.

Get moving with our free **Heart to Start** training program. Train to walk or run a 5K with an inspiring and inclusive virtual community! ([HeartToStart.org](https://www.hearttostart.org))

Learn family-friendly prevention + wellness tools through **The FIT Project**, a col-

lection of free lifestyle training programs to help families become their healthiest through a community approach to wellness, fitness and nutrition education. There's something to "fit" your family's needs—weekend workshops, an eight-week interactive series and a six-month training program. ([TheFITProject.org](http://TheFITProject.org))

## REDUCE STRESS

Engage in free weekly drop-in yoga, meditation and breath-work classes for restoration and relaxation.

Practice **Mindfulness-based Stress Reduction** through our 6-week series cultivating awareness and resilience.

Take part in the **Practice of Loving Kindness**, a monthly gathering to meet uncertainty with the qualities of loving-kindness, compassion, joy and equanimity.

## BE YOUR BEST WEIGHT

Gain knowledge and tools for heart-healthy cooking with our free nutrition program, **In the Kitchen with Jamie**. Our registered dietitian offers weekly tips for nutritious meals and snacks, a monthly live nutrition conversation and even shares a monthly recipe to try at home.

Make an appointment with our registered dietitian who will provide one-on-one nutritional counseling and help you create an individualized nutrition plan. Visits can be held by phone or online through telehealth. Clients may self-refer to our service or request a referral from a medical provider. Individual appoint-

ments can be billed through insurance or clients may opt to self-pay.

Get in a little movement on Mondays to take with you throughout the week. Exercising makes us eat better, naturally. Our **Monday Movement** video series gets the heart rate up as well as your metabolism. Videos are shared on our website and Facebook page every Monday morning, but it's flexible allowing you to set a time that works best for your schedule.

## LOWER YOUR RISK

Join us online the first Tuesday of each month for **Women's Tea & Talk**, a physician-led conversation centered on women's heart health and wellness. This monthly event is free and open to women of all adult ages.

Open your mind to the world of wellness by joining our **Wellness is for Everyone** community, a six-week series offered throughout the year providing an enlightening approach to your personal wellness.

**Play Smart** and keep your kids healthy, active and safe with our free youth heart screenings (ages 12-18). Offered by appointment at some Providence hospitals and clinics in Oregon and SW Washington. ([PlaySmartGetScreened.org](http://PlaySmartGetScreened.org))

Doing good makes you feel better! Choose to **Heal it Forward** in your local community. There's scientific evidence that volunteerism reduces your risk for heart disease. Get involved and be inspired! ([HealItForward.org](http://HealItForward.org))



Submit a **Saves for Lives** request for a free AED (automated external defibrillator) for your community organization or recommend a group near and dear to your heart (serving communities in Oregon and Southwest Washington). ([SavesForLives.org](https://www.savesforlives.org))

## **START TODAY**

Whatever goal you choose, start today and join our community—open to everyone, again, everywhere.

Visit [WelcomeToBasecamp.org](https://www.WelcomeToBasecamp.org) to learn more. Or give us a call, 503-216-0880.



## BASICS OF A HEALTHY LIFESTYLE

**Up to 80% of chronic illness can be prevented by the lifestyle choices we make every day.** Research shows longevity is highest, and chronic illness such as cardiovascular disease, diabetes, cancer, and metabolic syndrome are lowest in populations that:

- 1 Eat a heart-healthy plant-focused diet full of whole foods.
- 2 Walk outside throughout the day.
- 3 Slow down and destress with friends and family.
- 4 Get enough sleep.
- 5 Know your fitness and weight goals.



Long-term stress can increase inflammation, sleep disturbances, and the risk of chronic disease. A majority of Americans report feeling stress daily.

## 9 WAYS TO DE-STRESS

- 1 Go outdoors regularly.
- 2 Reduce caffeine intake.
- 3 Listen to calming music.
- 4 Connect with others: laugh, cuddle, play, dine.
- 5 Learn to say "No."
- 6 Write, paint, try other forms of artistic expression.
- 7 Take slow, steady breaths for 5 minutes.
- 8 Practice gratitude.
- 9 Spend time with a pet.

I WILL  
SPEND TIME  
OUTDOORS  
EVERY DAY

# GET MOVING

Find something that is fun and easy to become part of your daily routine. Stretch, move, lift! Aim for 30–60 minutes daily:

- Get up during commercials on TV.
- Do housework: sweep, mop, vacuum, dust, garden.
- Be active outside: walk the dog, play, do yoga, tai chi.
- Stand during phone calls and meetings.



The more you move, the more you:

- Reduce chronic inflammation
- Prevent cardiovascular disease
- Lower cholesterol and blood pressure
- Manage stress, improve mood
- Support immune system
- Decrease risk of depression and memory loss
- Improve sleep
- Control weight
- Ease chronic back pain
- Prevent osteoporosis





## CHOOSE WATER

At least half of your daily fluid intake should be water.

Tips:

- The lighter the color of your urine, the better hydrated you are.
- Don't lean on caffeine. It can interfere with normal sleep cycles.
- Eat fruits and vegetables: 20% of your daily water intake comes from fresh foods.

## GET MORE SLEEP

Studies continue to show that sleep deprivation can increase inflammation and the risk of chronic disease. Get 7 to 9 hours, and you will:


- Help maintain healthy weight
- Decrease risk of diabetes
- Strengthen immune system
- Lower risk of high blood pressure
- Reduce stress, elevate mood



I WILL  
AIM FOR  
7-9 HOURS OF  
SLEEP NIGHTLY

# WHAT ARE YOUR NUMBERS?

These guidelines are based on large population studies, but each person has a unique health profile. It is important to create a partnership with your healthcare provider to understand what your particular numbers mean for you. Note the new guidelines for blood pressure that call for treating patients with lower numbers to prevent later complications. See below.



	<i>Me</i>	Desirable	At Risk	High Risk
Fasting Blood Sugar		Lower than 100	100-125	126 and higher
Blood Pressure Systolic		Lower than 120	ELEVATED: 120-129 STAGE 1: 130-139	STAGE 2: 140 and higher
Diastolic		Lower than 80	STAGE 1: 80-89	STAGE 2: 90 and higher
Waist Circumference Women		Less than 35 inches	35 inches or more	
Men		Less than 40 inches	40 inches or more	
Total Cholesterol		Less than 200	200-239	240 and higher
LDL		Lower than 100	100-159	160 and higher
HDL		60 and higher	41-59	40 and lower
Triglycerides		Lower than 150	150-199	200 and higher

Sources: National Heart Lung and Blood Institute, American College of Cardiology Foundation 2017, American Heart Association

# WATCH FOR THESE RISK FACTORS



**High**  
Blood  
Pressure



**High**  
Fasting Blood  
Sugar



**High**  
Triglycerides



**Large**  
Waist  
Circumference



**Low**  
HDL  
Cholesterol

Three or more of these risk factors can indicate metabolic syndrome, which can lead to chronic diseases such as Type 2 diabetes, vascular disease, and coronary heart disease. Long-term risks include stroke, heart attack, dementia, cancer, and fatty liver disease.

**I WILL**  
BE MY BEST  
WEIGHT



These diseases are usually preventable and often reversible with food and lifestyle changes. They are associated with overweight and sedentary lifestyles and are only partially genetic in origin.

# MAKE YOUR DIET A WAY OF LIFE

Health is a choice we make each day, many times a day. And a big part of that is the food we choose. Do we order fast food, or make time to cook together? Do we have a cup of herbal tea after dinner to ease the stress we're feeling, or eat a pint of ice cream?



A Mediterranean-style diet and similar plant-focused diets can play a big role in preventing heart disease and stroke, reducing risk factors such as obesity, diabetes, high cholesterol and high blood pressure.

# The Mediterranean Food Pyramid

**Poultry, Eggs,  
Cheese, Yogurt**

Moderate portions,  
daily to weekly

*Wine in moderation*

**Fish,  
Seafood**

Often, at least  
twice weekly

*Drink water  
often*

**Meats, Sweets**

Less often

**Fruits, Vegetables,  
Whole Grains,  
Olive Oil, Beans,  
Nuts, Legumes,  
Seeds, Herbs,  
Spices**

Base every meal  
around these



*A Mediterranean lifestyle is the foundation of this diet.  
Enjoy meals with friends and family.  
Be physically active every day.*

# MOSTLY PLANTS ON YOUR PLATE

Making fruits and vegetables the focal point of every meal will help you meet your recommended amount each day. Fill half your plate with non-starchy produce.



Beans, legumes, and lentils fit into both the whole grain and lean protein groups.



## EAT A RAINBOW OF WHOLE FOODS

Variety matters! Color equals nutrition, and a full range of color offers a full range of vitamins, minerals, and nutrients.

I WILL  
EAT AT LEAST  
3 COLORS  
AT EACH MEAL

Apples, beets, cranberries, cherries, kidney beans, radishes, raspberries, red lentils, red peppers, rhubarb, strawberries, tomatoes.

Apricot, carrots, grapefruit, mango, oranges, papaya, pumpkin, sweet potatoes, yams, cantaloupe, persimmons, peaches.

Summer squash, winter squash, yellow lentils, yellow peppers, pineapple, yellow tomato, rutabaga, bananas, lemons.

Artichokes, asparagus, broccoli, Brussels sprouts, bok choy, kiwi, cabbage, collards, kale, okra, peas, edamame, avocado, grapes.

Blackberries, blueberries, plums, purple grapes, purple cabbage, currants, eggplant, purple carrots, dates, figs, prunes, taro.

Almonds, walnuts, pecans, hazelnuts, sunflower seeds, sesame seeds, chia, whole wheat, brown rice, oats, pinto beans, bulgur.

White beans, cauliflower, parsnips, turnips, garlic, ginger, jicama, shallots, kohlrabi, onions.

# BE SMART ABOUT SUGAR, SALT, AND FAT

Added sugar and salt can lead to inflammation and chronic diseases. And, yes, fats are essential for good health.



## HOW MUCH ADDED SUGAR?

### LESS SODIUM, MORE POTASSIUM

Highly processed foods account for more than 80% of our sodium intake. If you eliminate processed foods, your sodium is reduced dramatically.

Focus on eating foods high in potassium and magnesium, minerals that regulate blood sugar, nerve function, and blood pressure.



## THE TRUTH ABOUT FATS

Fat is an essential nutrient for optimal health.



**I WILL  
CUT BACK ON  
ADDED SUGARS**

Limit added sugar; it has no nutritional value. When reading a nutrition label, remember 4 grams of sugar = 1 teaspoon.

**Aim daily for less than 24 grams (6 tsp) for women and 36 grams (9 tsp) for men.**

Check ingredient lists on packages for any added sugars. It's not just in cookies and cakes—it's also in breads, tomato sauces, flavored yogurts, salad dressings, cereals.



**Potassium rich foods:** sweet potatoes, squash, coconut water, bananas, avocado, spinach, Swiss chard, legumes.

**Magnesium rich foods:** leafy greens, sesame and pumpkin seeds, legumes, whole grains.

Focus on getting fat from natural sources like olives, avocados and nuts and the oils produced from them. Omega-3 fats can reduce inflammation and lower risk of certain chronic diseases.



**More omega-3s:**

- Oily fish: salmon, herring, sardines
- Flaxseed
- Walnuts
- Grass-fed meat and dairy products
- Pasture-raised chicken and eggs

# THE BIG DEAL ABOUT FIBER

If you make just one change to your diet, eat more foods high in fiber. Here are six ways fiber works for you.

- 1 Feel full longer.
- 2 Aids in healthy gut bacteria that may prevent inflammation.
- 3 Supports regular bowel movements and colon health.
- 4 Reduces risk of diabetes and heart disease.
- 5 Helps promote and maintain weight loss.
- 6 Lowers LDL cholesterol levels.



I WILL  
AIM FOR  
21-25 GRAMS  
OF FIBER DAILY  
(WOMEN)

I WILL  
AIM FOR  
30-38 GRAMS  
OF FIBER DAILY  
(MEN)

- 10g Artichoke (1 medium)
- 6-9g Lentils, split peas, beans (1/2 cup); pear (1 raw)
- 4-5g Green peas, garbanzo beans, bulgur (1/2 cup cooked); avocado, carrots, raspberries, blackberries (1/2 cup); apple (1 medium); sweet potato (1 medium w/skin)
- 3-4g Collards, parsnips, winter squash (1/2 cup cooked); banana, orange (1 medium); almonds, pistachios, walnuts, pumpkin seeds, flaxseed (1 oz); chia seeds (1 Tbsp)
- 2-3g Brussels sprouts, broccoli, cauliflower, carrots, spinach, amaranth, barley, quinoa, brown rice, oatmeal, buckwheat groats (1/2 cup cooked)



## START WITH A PANTRY UPDATE

As you do more cooking, you'll want to make sure to have ingredients for a healthy diet within reach.

**Frozen fruits and vegetables:** blueberries, peas, spinach, broccoli.

**Plain yogurt:** for snacking and cooking.

**Whole grain pastas and breads.**

**Bulk grains:** oats, brown rice, barley, quinoa.

**Dry legumes:** lentils, kidney beans, chickpeas, pinto beans.

**Seeds:** pumpkin, sunflower, sesame, flax, chia.

**Nuts and dried fruits:** for snacking, cooking, and baking.

**Canned whole foods:** black beans, kidney beans, cannellini beans, diced tomatoes, tuna, salmon, sardines.

**Healthy oils:** olive oil, avocado, peanut oil, safflower oil

**Healthy sweeteners:** honey, maple syrup, dates, raisins, applesauce

**Dried herbs and spices.**

# A MORE HELPFUL NEW LABEL

The Nutrition Facts label has been improved to help you make better-informed choices.

I WILL  
CHECK THE  
LABELS FOR  
HIGH SODIUM

The **serving size** is more realistic

**Calories** are easier to read

The **5/20 Rule**:  
5% or less of the Daily Value is low and 20% or more is high

Limit these **fats, sodium**

Limit **added sugars** (this is new)

Ingredients are listed in **descending order** by weight

Watch for **added sugars (in bold)**

<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size</b>	<b>1 cup (226g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>170</b>
% Daily Value*	
<b>Total Fat</b> 3g	<b>6%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 5mg	<b>1%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Total Sugars</b> 18g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 10g	
Vitamin D 4mcg	<b>20%</b>
Calcium 260mg	<b>20%</b>
Iron 2mg	<b>45%</b>
<b>Potassium</b> 470 mg	<b>12%</b>
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
<b>Ingredients:</b> Cultured Pasteurized Grade A Milk, <b>Sugar</b> , Peaches, Modified Corn Starch, <b>Aspartame</b> , Potassium Sorbate added to maintain freshness, <b>Acesulfame Potassium</b> , Citric Acid, Vitamin A Acetate, Vitamin D <sub>3</sub>	

Source: USDA. Note: The food label improvements won't be in effect for all labels until 2021.



## WHERE TO FIND PLANT PROTEINS

Most Americans eat enough protein but we could make leaner and more varied selections—beyond the usual meat and dairy. Plants offer protein sources high in healthy fiber. Try these:

I WILL  
SUBSTITUTE  
SOME PLANT-  
BASED PROTEINS

Tofu	1/2 cup	10g
Lentils	1/2 cup	9g
Black beans	1/2 cup	8g
Pumpkin seeds	1 ounce	9g
Chickpeas	1/2 cup	8g
Peanut butter	2 Tbsp	8g
Almonds, pistachios	1 ounce	6g
Flax, sunflower seeds	1 ounce	6g
Green peas	1/2 cup	4g
Quinoa	1/2 cup	4g
Whole wheat bread	1 slice	3.6g
Spinach, cooked	1/2 cup	2.5g

Source: USDA

# HOW TO COOK GRAINS AND LEGUMES



**GRAINS:** Bring water and grains to a boil. Turn heat to low, cover and simmer. Grains are done when water is absorbed, they are slightly chewy, and you can fluff them with a fork. \*gluten-free grains

1 cup dry	Liquid	Time	Yield
Barley, pearly	2½ cups	40 minutes	3½ cups
Barley, with hull	3 cups	45-60 minutes	3½ cups
Bulgur	1 ¾ cups	Add to boiling water. Cover and remove from heat, let sit 10-15.	2½ cups
Brown Rice*	2 cups	50 minutes	3 cups
Oats*	2 cups	5-10 minutes	2 cups
Buckwheat groats*	2 cups	15-20 minutes. Let stand for 5-10.	2½ cups
Farro	3 cups	40-50 minutes	3 cups
Quinoa*	1½ cups	12-15 minutes	3 cups

**LEGUMES:** Bring water and legumes to a boil. Cover pot and reduce heat to a simmer. When tender yet firm, drain. Note: Soaking dry beans 24 hours when possible will reduce cooking time.

1 cup dry	Liquid	Time	Yield
Lentils, brown	3 cups	20-25 minutes	2¼ cups
red	3 cups	10 minutes	2½ cups
French puy	3 cups	25-30 minutes	2 cups
Split peas	3 cups	30-40 minutes	2 cups
Black beans	4 cups	45 minutes	2 cups
Chickpeas	6 cups	1½ hours	3 cups



Butternut  
Lentil Curry  
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## 12 RECIPES TO CELEBRATE YOUR HEALTHY START

**Real Food. More plants. Less meat.** There's so much we can do to heal our bodies and keep them healthy. The focus of a Mediterranean-style diet is vegetables, fruits, herbs, nuts, beans, and whole grains, with moderate amounts of seafood, dairy, poultry, and eggs. These 12 recipes show heart-healthy meals can be easy—and delicious.

I WILL  
TRY NEW WHOLE  
GRAINS, BEANS,  
NUTS, AND SEEDS

# Blueberry Breakfast Blast



Don't be fooled by the size of the tiny chia seed—they pack a powerful nutritional punch. Just 2 tablespoons contain 11 grams of fiber, 4 grams of protein, 5 grams of omega-3 fats. And a bonus! You get nearly 20% of your daily calcium just from the chia seeds.

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## Serves 2

- 1 cup **blueberries**, fresh or frozen
- 1 cup **plain yogurt**
- 1 medium **ripe banana**, roughly chopped
- 2 Tablespoons **chia seeds**  
**fresh mint** for garnish

Soak 2 tablespoons in 4 tablespoons water for about 5 minutes. Blend all ingredients until smooth. Add ice for a thinner blend.

*Per serving: 205 calories, 9g protein, 31g carbohydrate (9g fiber), 5g fat (0g sat, 5g mono/poly), 88mg sodium*



# Good Morning Hot Cereal



Quinoa isn't just for dinner. It's a protein-packed, gluten-free source of breakfast fiber, antioxidants and magnesium. Mix and match your favorite fruits, nuts, and seeds for variety.

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## Serves 4

- |               |                               |               |                                |
|---------------|-------------------------------|---------------|--------------------------------|
| 1             | $\frac{3}{4}$ cups water      | 2             | cups blueberries               |
| 1             | cup quinoa                    | 1             | Tablespoon maple syrup         |
| 2             | Tablespoons ground flax seeds | $\frac{1}{2}$ | cup shopped almonds or walnuts |
| $\frac{1}{2}$ | cup almond milk               |               |                                |
| 2             | bananas, sliced               |               |                                |

Soak quinoa then drain. Bring water, quinoa, and flax seeds to a boil. Cover and simmer on low about 10-15 minutes, until water is absorbed. Stir in almond milk and maple syrup.

Serve topped with bananas, blueberries, and nuts.

*Per serving: 370 calories, 12g protein, 59 carbohydrate (9g fiber), 12g fat (1g sat, 11g mono/poly), 22mg sodium*

# Nordic Flourless Nut Bread



These protein-packed and portable slices are perfect for a lunch on the go. A snack while hiking. Toasted for breakfast. Substitute your favorite nuts or add dried cranberries.

## Makes 16 slices

1 cup	<b>almonds, chopped</b>	1/2 cup	<b>sesame seeds</b>
1 cup	<b>walnuts, chopped</b>	2/3 cup	<b>ground flax seeds</b>
1 cup	<b>hazelnuts, chopped</b>	2 tsp	<b>salt</b>
2/3 cup	<b>pumpkin seeds</b>	1/2 cup	<b>extra virgin olive oil</b>
2/3 cup	<b>chia seeds</b>	1/2 cup	<b>water</b>
		5	<b>eggs</b>

In a large bowl, combine all dry ingredients. In a small bowl, whisk eggs, oil, and water. Combine in the big bowl and mix well.

Line a loaf pan with parchment paper. Pour in the batter and smooth. Set oven to 350 degrees. Place the pan in the oven while it is still cold. Bake for 60 minutes (don't pre-heat the oven). Let the bread cool completely before removing it from the pan.

To serve, slice thinly and top with avocado, smoked salmon or nut butters.

*Per slice: 358 calories, 11g protein, 9g carbohydrate (6g fiber), 33g fat (4g sat, 23g mono/poly), 23mg sodium*

# Smoked Salmon Split Pea Chowder



When peas are dried, they split naturally. They are a nutritionally mighty member of the legume family: a good source of cholesterol-lowering fiber, they also help balance blood sugar and provide steady, slow-burning energy.

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*Makes 8 cups*

- |   |  |
|---|--|
| 2 cups <b>yellow split peas</b>                   | 6 cups <b>water or vegetable stock</b> |
| 1 <i>Tablespoon</i> <b>extra virgin olive oil</b> | 1/3 cup <b>Dijon mustard</b>           |
| 2 cups <b>onion, diced</b>                        | 8 ounces <b>smoked salmon,</b>         |
| 1 cup <b>carrot, diced</b>                        | <i>roughly chopped</i>                 |
| 2 <b>bay leaves</b>                               | <i>freshly ground</i> <b>pepper</b>    |
|   | <b>fresh chives</b>                    |

Soak peas in cold water at least an hour. Set aside.

In a medium pot, heat oil and sauté onion, carrots, and bay leaves until onions are translucent, about 5 minutes. Drain split peas add to pot along with 6 cups fresh water. Bring to boil. Cover and reduce to simmer, stirring occasionally until peas break down into a thick puree, about 45-60 minutes. Add water as necessary for consistency.

Remove bay leaves. Blend, if you prefer a creamier texture. Then stir in 6 ounces of the salmon, mustard, and pepper. Ladle into bowls and top with fresh herbs and the remaining salmon.

*Per 8 ounce serving: 280 calories, 22g protein, 40g carbohydrate (14g fiber), 5g fat (1g sat, 4g mono/poly), 380mg sodium*

# Tuscan Black Bean Tuna Salad



Add high-fiber artichoke hearts and black beans to your tuna salad. One cup of black beans gives you 15 grams of protein, 15 grams of fiber, and 20% of your day's iron needs.

Serves 3

- 2 cups cooked **black beans**, drained
- 1 stalk **celery**, chopped, including leaves
- 1 6-ounce can **high-quality tuna**, drained
- 6 **marinated artichoke hearts** quarters
- 1/3 cup **red onion**, diced
- 1/3 cup **parsley**, minced to serve

## Dressing

- 1 Tablespoon **extra virgin olive oil**
- 1 Tablespoon **red wine vinegar**
- 1 teaspoon **Dijon mustard**
- pepper to taste**

Quarter the artichoke hearts. Combine salad ingredients, careful not to mash the beans. Combine dressing ingredients and toss with the salad. Serve with parsley.

Per serving: 189 calories, 17g protein, 23g carbohydrate (8g fiber), 3g fat, 1g sat, 2g mono/poly), 317mg sodium

# Butternut and Lentil Curry



Lentils love curry powder, and they're a great source of plant-based protein. One cup of lentils gives you nearly 18 grams of protein and 15 grams of fiber.

Serves 4

- |  |   |
|--|---|
| 1 cup <b>French puy lentils</b>                            | 1 <b>Tablespoon curry powder</b>          |
| 1 <b>Tablespoon olive oil</b>                              | 1 <b>bay leaf</b>                         |
| 1 <b>medium onion, chopped</b>                             | 2 <b>Tablespoon lemon juice</b>           |
| 2 <b>garlic cloves, minced</b>                             | 1/4 <b>cup dry white wine</b>             |
| 1 <b>pound butternut squash, peeled, seeded, and cubed</b> | 3/4 <b>cup vegetable or chicken stock</b> |
| 1 <b>tomato, diced</b>                                     | 1/4 <b>cup raisins</b>                    |
| 1 <b>medium carrot, chopped</b>                            | 1/4 <b>cup cilantro, chopped</b>          |
| 1 <b>celery stalk, chopped</b>                             | 1/2 <b>cup plain yogurt</b>               |

Simmer lentils covered in 3 cups of water until tender, about 20 minutes. Drain and set aside.

Heat olive oil in a large pot and sauté onions and garlic until golden. Add squash, tomatoes, carrots, celery and cook about 5 minutes. Add curry powder and bay leaf. Then add lemon juice, wine, and stock. Cover and simmer until vegetables are tender, stirring occasionally, about 25 minutes.

Add cooked lentils and raisins and cook for an additional 5-10 minutes, until flavors are blended. Stir in chopped cilantro, and top each serving with yogurt.

Per serving: 332 calories, 18g protein, 60g carbohydrate (20g fiber), 4g fat (1g sat, 3g mono/poly), 136mg sodium

# Sizzling Noodle Stir-Fry



Any stir fry benefits from sesame seeds, so always keep some handy in the kitchen. Not only are they sources of protein and fiber, but also calcium.

Serves 6

8 ounces <b>rice noodles</b>	1 cup <b>bean sprouts</b>
4 teaspoons <b>peanut oil</b> , divided	2 Tablespoons <b>sesame seeds</b>
2 <b>garlic cloves</b> , sliced	½ cup <b>cilantro</b> , chopped
1 <b>small onion</b> , thinly sliced	
2 <b>carrots</b> , thin sliced	<b>Sauce</b>
1 cup <b>cucumber</b> , thinly sliced	2 Tablespoons <b>soy sauce</b>
½ pound <b>napa cabbage</b> , shredded	2 Tablespoons <b>rice vinegar</b>
1 <b>small red pepper</b> , thinly sliced	2 teaspoons <b>sugar</b>
	½ teaspoon <b>chili garlic sauce</b>

Soak dried noodles in warm water until soft, about 15 minutes. Drain just before cooking.

Combine sauce ingredients and set aside. Prepare vegetables into separate piles.

Heat 2 teaspoons of oil in a large skillet over medium-high heat. Add garlic and onion. Then add carrots and bell peppers. Stir occasionally, about 5 minutes. Add cucumber, cabbage, bean sprouts. Cook until just wilted. Remove from pan.

Heat remaining 2 teaspoons oil. Add sesame seeds. Then add noodles and press them down into the pan for about 30 seconds or until slightly crispy. Turn noodles over for another 30 seconds. Add the sauce and return vegetables to pan. Toss and mix lightly. Top with cilantro.

Per serving: 249 calories, 6g protein, 47g carbohydrate (5g fiber), 4g fat (1g sat, 3g mono/poly), 263mg sodium

# Slow-Cooked Vegetarian Chili



Kidney beans are one of the most commonly consumed beans. One cup has 13 grams of protein and 13 grams of fiber, which slows the absorption of sugar into the blood and helps reduce spikes after a meal.

Serves 10

- |     |                                      |   |   |
|-----|--------------------------------------|---|---|
| 1   | large onion, diced                   | 4 | cups cooked <b>black beans</b> , drained  |
| 2   | green or red peppers, diced          | 4 | cups cooked <b>kidney beans</b> , drained |
| 6   | garlic cloves, minced                | 1 | <b>sweet potato</b> , peeled and cubed    |
| 2   | Tablespoons <b>chili powder</b>      | 1 | cup <b>water</b>                          |
| 2   | teaspoon <b>cumin</b>                |   |   |
| 1   | Tablespoon <b>unsweetened cocoa</b>  |   | <i>Topping suggestions:</i>               |
| 2   | teaspoons <b>cinnamon</b>            |   | Green onions                              |
| 1/2 | teaspoon <b>salt</b>                 |   | Cilantro                                  |
| 1/4 | teaspoon <b>black pepper</b>         |   | Plain yogurt                              |
| 1   | 28-ounce can <b>crushed tomatoes</b> |   |   |

In a slow cooker, combine all ingredients. Cover and cook on low 7-8 hours. Alternatively, on a regular stove top, simmer on medium-low 4-5 hours.

Top with fresh cilantro, green onions, or Greek yogurt.

Per serving: 225 calories, 14g protein, 36g carbohydrate (12g fiber), 3g fat (2g sat, 1g mono/poly), 415mg sodium

# Pacific Northwest Salmon Cakes



Substitute ground flax seeds for bread crumbs. One tablespoon contains 2 grams of polyunsaturated fatty acids (includes the omega 3s).

Serves 4 (8 cakes)

1 pound **cooked salmon**  
4 **green onions**, finely chopped,  
2 reserved for serving  
2 **eggs**  
 $\frac{1}{2}$  cup **corn**  
 $\frac{1}{2}$  **red pepper**, finely diced  
1 teaspoon **Dijon mustard**  
1 teaspoon **cayenne pepper**

$\frac{1}{4}$  cup **ground flax seeds**  
1 **Tablespoon avocado oil**

**Yogurt sauce**  
 $\frac{1}{4}$  cup **plain yogurt**  
2 **teaspoons Dijon mustard**  
 $\frac{1}{2}$  **teaspoon garlic powder**  
1 **Tablespoon parsley**, minced

Flake salmon and mix with next six ingredients. Add ground flaxseeds and mix well. Form into eight cakes, about 3 inches. Refrigerate for at least 30 minutes.

Heat oil in a skillet on medium heat. Cook the salmon cakes until outside is golden brown, approximately 3 minutes on each side.

In a small bowl, mix yogurt, mustard, and garlic powder. To serve, top with yogurt sauce and diced green onions.

Salmon per serving: 215 calories, 27g protein, 16g carbohydrate (2g fiber), 5g fat (1g sat, 4g mono/poly), 217mg sodium. Aioli per serving: 12 calories, 1g protein, 2g carbohydrate (0g fiber), 0g fat (0g sat, 0g mono/poly), 44mg sodium



# Mediterranean Chicken Peperonata



Rather than thicken sauces with flour, consider mashed white beans—they help reduce cholesterol, decrease blood sugar, and increase healthy gut bacteria.

Serves 4

4	<b>chicken breasts</b> , boneless and skinless, about 5 ounces each	1	14-oz can <b>diced tomatoes</b>
2	Tablespoons <b>olive oil</b> , divided	6-8	ounces <b>chicken stock</b>
1	<b>medium onion</b> , thinly sliced	1	Tablespoon <b>dried oregano</b>
1	<b>yellow bell pepper</b> , sliced	1	teaspoon <b>sweet paprika</b>
1	<b>red bell pepper</b> , sliced	1	cup cooked <b>cannellini beans</b> , mashed or pureed
½	cup <b>fresh parsley</b> , minced	½	cup <b>fresh basil leaves</b> , chopped
2	<b>garlic cloves</b> , minced		

In a large pot, heat 1 tablespoon olive oil on medium-high. Sear the chicken on both sides. Remove and set aside.

Heat another tablespoon olive oil, then add onion, peppers, parsley, garlic. Cook until onions are translucent, 3-5 minutes. Add tomatoes, chicken stock, oregano, paprika. Then nestle the chicken and any juices into the mixture. Cover and simmer on low, about 30 minutes.

Mash or puree the beans, adding stock or water as needed. Stir the puree into the stew to thicken. Top with fresh basil and serve.

Per serving: 424 calories, 28g protein, 29g carbohydrate (6g fiber), 8g fat (2g sat, 6g mono/poly), 293mg sodium

# No-Bake Berry Tart



High in dietary fiber, dates and oats are a creative substitute for traditional flour and butter crusts and refined sugar. Dates are also high in iron and potassium. This tart can be made as bars also.

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Serves 8

- 3 cups **dates**, pitted and finely chopped
- 1/4 cup **rolled oats**
- 1/2 cup **slivered almonds**
- 1 cup **mashed berries**: strawberries, raspberries, or blueberries
- 1 cup **fresh berries**

In a food processor, pulse almonds until finely chopped. Add dates and oats and pulse until all ingredients are well mixed.

Press mixture into an 8-inch round baking dish. A tart pan with removable sides works well. Top with mashed berries. Cover and let sit at least 30 minutes. Then top with fresh berries.

To serve, top slices with fresh mint and a dab of Greek yogurt.

*Per serving: 235 calories, 4g protein, 49g carbohydrate (7g fiber), 5g fat (0g sat, 3g mono/poly), 31mg sodium*

# Chocolate Almond Olive Oil Cake



Almond meal, olive oil, and dark chocolate turn into a delicate, decadent gluten-free dessert—with a few health benefits.

Serves 12

1/2 cup <b>almond meal</b>	4 <b>large eggs</b> , separated, room temperature
2 <b>Tablespoons cassava flour</b> or all purpose flour	3/4 cup <b>sugar</b> , divided
6 <b>ounces 70% cacao chocolate</b> , such as Callebaut	1/4 <b>teaspoon baking powder</b>
1/2 cup <b>extra virgin olive oil</b>	<i>Topping suggestions:</i>
1/4 <b>teaspoon salt</b>	<i>unsweetened cocoa and olive oil</i>

Preheat the oven to 350°F. Brush a little olive oil onto an 8-inch round springform pan.

Heat chocolate, oil, and salt over a double boiler until chocolate is creamy. Remove from heat. Whisk in 1/2 cup sugar, almond flour, and cassava flour. Whisk in egg yolks. Set aside.

In a stand mixer with whisk attachment, beat egg whites and baking powder on medium high until foamy. Then add remaining 1/4 cup sugar until soft peaks hold.

Use a rubber spatula to stir about a third of the whipped whites into the chocolate mixture. Then gently fold in the rest of the whipped whites until the chocolate and whites are just combined. Pour batter into the oiled pan. Bake 30–40 minutes. Let cake cool completely before releasing the sides.

*Per serving: 270 calories, 4g protein, 22g carbohydrate (2g fiber), 19g fat (5g sat, 12g mono/poly), 49mg sodium*

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The best way to make big changes is by committing to small, realistic changes. And when you surround yourself with healthy options, you are more likely to make the daily choices that lead to a lifestyle change.

**I WILL**  
TRY A NEW  
PHYSICAL  
ACTIVITY

**I WILL**  
GO FOR A WALK  
AT LUNCH TIME

**I WILL**  
TURN OFF  
ELECTRONICS  
AN HOUR  
BEFORE BED

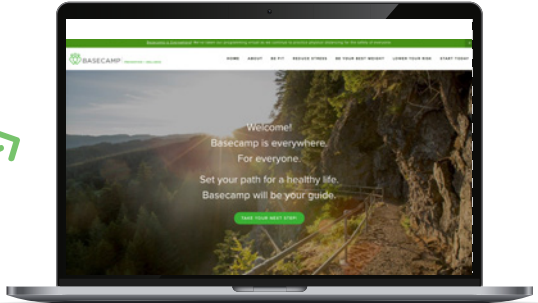


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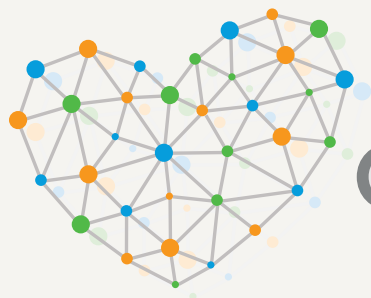
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