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Human Spirit™

# Spinach Bake

12 servings

## INGREDIENTS

- 1 1/2 cups low-fat ricotta cheese
- 6 large eggs
- 1 Tbsp. minced onion
- 2 tsp. all-purpose flour
- 1/2 tsp. salt
- 1/2 tsp. dry mustard or 1 tsp. Dijon mustard (lowest sodium available)
- 1/4 tsp. ground nutmeg
- 10 oz. frozen chopped spinach, thawed, drained, and squeezed dry
- 1 tsp. minced pimiento, drained

## STEPS

1. Preheat oven to 350°F. Lightly spray a 2-quart casserole or baking dish with cooking spray.
2. In a medium bowl, beat ingredients from ricotta through nutmeg together.
3. Place spinach in the baking dish, spreading to cover the bottom. Pour the ricotta mixture over the spinach.
4. Bake 30 to 35 minutes, or until a knife inserted in the center comes out clean.
5. Remove from oven. Let cool before slicing. Garnish with pimiento.

**Spinach has just about everything your heart needs, including plenty of omega-3 fatty acids, antioxidants, B vitamins, and fiber.**

CKHHRC01 0120

Source: American Heart Association



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# Turkey Chili

6 servings

## INGREDIENTS

- 1 1/2 Tbsp. canola or corn oil
- 1 medium onion, chopped
- 2 large garlic cloves, minced
- 20 oz. ground turkey breast
- 2 tsp. chili powder
- 1/2 tsp. pepper, 1/2 tsp. ground cumin
- 1 can each, 15.5 oz. no-salt-added pinto beans and no-salt-added black beans (rinsed, drained)
- 14.5 oz. canned, no-salt-added, diced tomatoes (undrained)
- 1 3/4 cups fat-free, low-sodium chicken broth
- 1 cup frozen whole kernel corn
- 6 oz. canned, no-salt-added tomato paste
- 4 green onions (green part), sliced

## STEPS

1. Lightly spray a dutch oven with cooking spray. Add oil. Heat over medium-high heat, swirling to coat the bottom. Cook onion for 3 minutes, stirring until soft.
2. Reduce heat to medium. Add turkey. Cook for 5 minutes, or until browned, stirring frequently to break up turkey.
3. Add garlic and spices. Add remaining ingredients except the green onions. Cook for 5 to 7 minutes, or until heated through, stirring frequently. Before serving, sprinkle top with green onions.

**Swapping turkey for beef in recipes can make them more heart healthy and can help lower cholesterol.**

CKHHRC01 0120

Source: American Heart Association



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# Slow Cooker Barbeque Chicken

6 servings

## INGREDIENTS

### Barbecue sauce

- 14.5 oz. canned, no-salt tomato sauce
- 1 Tbsp. brown sugar (optional or flavor with a no calorie sweetener)
- 1/4 cup cider vinegar
- 1 Tbsp. yellow mustard
- 1/2 tsp. each garlic powder, onion powder, chili powder, and paprika
- 1/4 tsp. cayenne pepper
- 1 tsp. black pepper
- 1/4 tsp. cinnamon

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- 1 lb. boneless, skinless chicken breast, all visible fat discarded
  - 1 cup water

## STEPS

### Barbecue sauce

Whisk together all ingredients in bowl.

### Chicken

1. Place chicken in slow cooker, pour water and barbeque sauce over meat.
2. Cover and cook over low setting for 8–10 hours, or over high setting for 3–4 hours. Chicken may break apart easily with fork once cooked.

**Making low-sodium versions of classic favorites can reduce extra fluid in your body which benefits your heart and decreases blood pressure.**

CKHHRC01 0120

Source: American Heart Association



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# Apples with almond-apricot sauce

4 servings

## INGREDIENTS

- 2 Tbsp. water
- 2 large apples (about 8 ounces each), halved and cored, skin on
- 1/4 cup chopped almonds
- 2 Tbsp. chopped dried apricots
- 2 Tbsp. firmly packed dark brown sugar
- 1/4 tsp. ground ginger or 1/4 tsp. ground allspice
- 1/2 tsp. ground cinnamon
- 1/2 tsp. vanilla extract
- 1 Tbsp. plus 1 tsp. light tub margarine

## STEPS

1. Lightly spray the slow cooker with cooking spray, pour in water and add the apple halves cut-side up.
2. Stir together the remaining ingredients, except margarine. Spoon onto each apple half. Top each with 1 teaspoon margarine. Cook, covered, on low for 2 to 2 1/2 hours until just tender.
3. Transfer the apples to plates, leaving the sauce in the slow cooker. Stir the sauce, spoon over the apples and let cool completely.

**Fruit-based desserts help your heart by providing all of the flavor and sweetness of a post-meal treat without unhealthy fat and sugar.**

CKHHRC01 0120

Source: American Heart Association