

# HEART HEALTHY RECIPES

## Grilled pork fajitas

This recipe uses pork tenderloin — a tender, lean meat. Traditionally, fajitas are made with skirt (flank) beef steak, which has twice the fat and three times the amount of saturated fat.

### Ingredients

1 tablespoon chili powder  
 1/2 teaspoon oregano  
 1/2 teaspoon paprika  
 1/4 teaspoon ground coriander  
 1/4 teaspoon garlic powder  
 1 pound pork tenderloin, cut into strips  
 1/2 inch wide and 2 inches long  
 1 small onion, sliced  
 8 whole-wheat flour tortillas, about 8 inches in diameter  
 1/2 cup shredded sharp cheddar cheese  
 4 medium tomatoes, diced  
 4 cups shredded lettuce  
 1 cup salsa

### Directions

1. Prepare a hot fire in a charcoal grill or heat a gas grill or broiler to medium-high or 400 F.
2. In a small bowl, stir together the chili powder, oregano, paprika, coriander and garlic powder. Dredge the pork pieces in the seasonings, coating completely.
3. Place the pork strips and onions in a cast-iron pan or grill basket. Grill or broil at medium-high heat, turning several times, until browned on all sides, about 5 minutes.
4. To serve, spread an equal amount of pork strips and onions on each tortilla. Top each with 1 tablespoon cheese, about 2 tablespoons tomatoes, 1/2 cup shredded lettuce and 2 tablespoons salsa. Fold in both sides of each tortilla up over the filling, then roll to close. Serve immediately.

### Serves 8

#### Nutritional Analysis (per serving)

Serving size: 1 fajita  
 Calories 234  
 Cholesterol 45 mg  
 Protein 18 g  
 Sodium 309 mg  
 Carbohydrate 23 g

Fiber 5 g  
 Total fat 8 g  
 Potassium 508 mg  
 Saturated fat 3 g  
 Calcium 115 mg  
 Monounsaturated fat 3 g  
**Weight Watchers Pts: 5**

## Cheesecake - Hearth Healthy version

### Ingredients

2 tablespoons cold water  
 1 envelope unflavored gelatin  
 2 tablespoons lemon juice  
 1/2 cup skim milk, heated almost to boiling  
 Egg substitute equivalent to 1 egg, or 2 egg whites  
 1/4 cup sugar  
 1 teaspoon vanilla  
 2 cups low-fat cottage cheese  
 Lemon zest (optional)

### Directions

1. Combine water, gelatin and lemon juice in blender container. Process on low speed 1 to 2 minutes to soften gelatin.
2. Add hot milk, processing until gelatin is dissolved. Add egg substitute, sugar, vanilla and cheese to blender container.
3. Process on high speed until smooth.
4. Pour into 9" pie plate or round flat dish.
5. Refrigerate 2 to 3 hours. If you wish, top with grated lemon zest just before serving.

### Serves 8

#### Nutritional Analysis (per serving)

Serving size: 1 slice  
 Calories 80  
 Cholesterol 3 mg  
 Protein 9 g  
 Sodium 200 mg  
 Carbohydrate 10 g  
 Fiber trace  
 Total fat trace  
 Potassium 89 mg  
 Saturated fat trace  
 Calcium 55 mg  
 Monounsaturated fat trace  
**Weight Watchers Pts: 2**



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 Heart Health Guide*

## Nutritional Therapy for High Blood Pressure-Reducing Sodium

### Remove Temptation

Take the salt shaker off the table. Avoid temptation to automatically salt food before tasting it. Cut back on salt added to food by adding herbs, spices, lemon juice or other seasonings.

### Skip the Processed Foods

Not only is home-cooked food tastier than processed food, but preparing your own foods has an added benefit when you want to reduce salt.

Some high sodium you want to avoid are:

- Pickles, olives and other foods processed in brine.
- Processed lunch meats such as salami and bologna
- Chips, crackers and salted nuts
- Cheeses
- Soy sauce
- Smoked meats such as bacon and ham
- Bottled sauces and dressings
- Some soft drinks (check the label)
- Most canned foods
- Packaged soups
- Frozen prepared meals (TV dinners)

### Read the Label

Of course, you can't avoid all prepared foods. When you do choose a canned or processed food, read the label salt may be listed as sodium or NaCl. The label may show the milligrams of sodium in a serving of the product. It may also show the percentage of your daily allowance of sodium that serving contains.

### The DASH Diet

The DASH diet-which stands for "Dietary Approaches to Stop Hypertension"- is becoming increasingly popular as a safe and easy way to combat hypertension. The principle behind the diet plan is that a

combination of certain foods, which contains elevated amounts of particular nutrients, can effectively reduce high blood pressure. The plan stresses the consumption of fruits, vegetables, grains and low-fat dairy, and food low in saturated fat, total fat and cholesterol. The emphasized foods are naturally high in magnesium, potassium, calcium, protein and fiber, and researchers believe that these nutrients are key to lowering hypertension.

### Quit Smoking

Many smokers can't taste the subtle flavors in foods. If you smoke and have high blood pressure, you have two reasons to quit. One is that smoking and high blood pressure give your heart a double whammy. The other is that when you quit, you'll no longer need to over salt your food in order to taste it.

### Know your Limit

Find out from your doctor how much sodium you can safely consume. There are 2,000 milligrams of sodium in a teaspoon of salt. By limiting the salt you add in cooking, by avoiding prepared foods or choosing low sodium prepared foods and by learning to read labels, you can stay within your limit and give your heart the break it needs. And you will discover the added pleasure of foods whose natural flavors are no longer masked by the heavier taste of salt.



### Warning signals of a heart attack:

- Uncomfortable pressure, fullness, squeezing or pain in the center of the chest lasting more than a few minutes.
- Pain spreading to the shoulders, neck or arms. The pain may be mild to intense. It may feel like pressure, tightness, burning, or heavy weight. It may be located in the chest, upper abdomen, neck, jaw, or inside the arms or shoulders.
- Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath.
- Anxiety, nervousness and/or cold, sweaty skin.
- Paleness or pallor.
- Increased or irregular heart rate.
- Feeling of impending doom.

Not all of these signs occur in every attack. Sometimes they go away and return. If some occur, get help fast. IF YOU NOTICE ONE OR MORE OF THESE SIGNS IN YOURSELF OR OTHERS, DON'T WAIT. CALL EMERGENCY MEDICAL SERVICES (9-1-1) RIGHT AWAY! In the event of cardiopulmonary arrest (no breathing or pulse), call 9-1-1 and begin cardiopulmonary resuscitation (CPR) immediately.