



American
Heart
Association®

life is why



Simple Cooking with Heart®

Demonstration
Kit

Demonstrating how simple heart-healthy cooking can be is a great way to inspire people to learn new cooking skills and prepare nutritious and budget-friendly meals at home.

heart.org/simplecooking

Funded nationally by

Walmart 





**American
Heart
Association®**

life is why

Thank you for hosting a
**Simple Cooking with
Heart demonstration.**

Get ready to roll up
your sleeves, tie on an
apron and inspire folks
to cook more at home.

This kit has all the tools
you need to create a
healthy, fun event.



With the support of Walmart, the American Heart Association launched Simple Cooking with Heart in 2011 to help improve the American diet by encouraging a return to the kitchen. When we cook at home, we tend to eat healthier — consuming more vegetables, fruits and whole grains and less calories, saturated fat and sodium. By providing delicious recipes and useful resources, this program empowers and inspires families to learn new skills, save money, spend quality time together and eat better!

Simple Cooking with Heart offers a variety of tools to help home cooks get started and stay motivated:

- **Website** — The online hub heart.org/simplecooking houses more than **150 quick, heart-healthy, budget-friendly recipes** plus preparation videos and nutrition articles. Each recipe is less than \$5 per serving.
- **Community Demonstrations** — AHA volunteers and staff model basic skills in a “how-to” format. Hundreds of live demonstrations have been conducted across the country since 2011.
- **At-Home Booklets** — Participants at the demonstrations receive additional information on basic culinary skills, healthy eating and budget-friendly grocery shopping and cooking.
- **Spanish Materials** — Many recipes, videos and resources are provided in Spanish at heart.org/cocinasimple.
- **Simple Cooking with Heart for Kids** — A demonstration guide with two kid-friendly recipes and resources for adults to help kids 8–14 explore cooking and learn how healthy meals are made.
- **Simple Cooking with Heart for Older Adults** — A demonstration guide with two easy recipes and resources designed for older adults who want to eat and age healthier.
- **Grocery Guide** — A detailed guide on how to shop smart with budgeting, planning and purchasing practices.
- **Infographics** — These one-page handouts illustrate topics such as how to store produce, common sources of added sugars, and how to save money at the grocery store. They make great giveaways at demonstrations!

Simple Cooking with Heart has won several National Health Information Awards recognizing the best consumer health information materials and programs.



PLANNING



Overview

The goal of a *Simple Cooking with Heart* cooking demonstration is to teach basic culinary skills (chopping, dicing, mixing, etc.) and let people taste how delicious simple, heart-healthy recipes can be. After seeing a demo, we hope participants will log on to heart.org/simplecooking and start cooking at home. Be sure when you're planning your demo that you have *Simple Cooking with Heart at Home* booklets to give away to those who attend the demo.

In this kit you'll find:

- Demonstration planning and set-up tips
- Ten no-cook recipes
- Scripts and step-by-step instructions for each recipe
- Grocery and supply lists
- The American Heart Association's Healthy Eating Recommendations
- Talking and recap points
- Fun ideas to enhance your demonstration
- Handouts and resources

To make your planning and set-up easier, none of the recipes we've included in the kit require heat for cooking or use raw meat, which can present a food safety challenge. If you do have access to a sink, heat element or oven for your demonstration, feel free to select any of the recipes from heart.org/simplecooking. Just alter your shopping list accordingly and prepare your own script in advance.

For the ten recipe scripts included in this kit, it's a great idea to watch the corresponding videos online as you prepare for the demonstration. Watching the videos will give you a feel for the steps, provide a refresher on any of the skills required for the recipes and clarify any instructions.

The ten recipes included in this kit are: Banana Split Berry Yogurt Parfaits; Chicken Salad with Orange Vinaigrette; Chopped Colorful Veggie Salad; Ham and Corn Salad with Buttermilk Ranch Dressing; Mango, Avocado and Black Bean Salad; Mediterranean Tuna Chef Salad; Muesli; Peach and Tomato Salad; Pumpkin Spice Smoothie; and Tex-Mex Black Bean and Chicken Wrap.

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, televisions and in cars. We eat nearly half of our meals in restaurants or from packages — food that generally has more calories, saturated fat, *trans* fat, added sugars and sodium and fewer fruits, vegetables and fiber-rich whole grains. All those factors mean we're not shopping for healthy foods and cooking it in our own kitchens. As a nation, we simply no longer have the time or skills to cook healthy meals.


In response to this crisis, 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.





Demonstration at a Glance


Sample agenda for Simple Cooking with Heart demonstrations:


-  **Introduction** 5 minutes

Introduce yourself and share a few personal details about your cooking history and experiences. Be energetic and engaging.
-  **Overview of the American Heart Association and Simple Cooking with Heart.** 5 minutes

Mention the American Heart Association's 2020 Impact Goal (to improve the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular diseases and stroke by 20 percent) and the importance of prevention and other work happening in the community. Consider mentioning a few points about the health benefits of cooking at home (see Talking Points in Resources section).
-  **Cooking Demonstration** 15 minutes

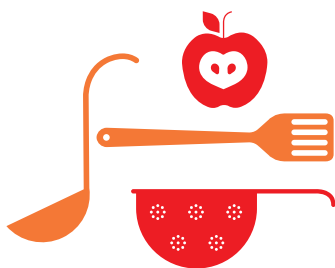
See recipe scripts.
-  **Tasting** 5–10 minutes

Pass out samples of the dish prepared.
-  **Questions** 5 minutes

If you're comfortable, consider doing a question and answer session.
-  **Closing** 5 minutes

Thank your audience and leave them motivated to go home and try cooking. Hand out the *Simple Cooking with Heart at Home* booklets and other resources. Remind participants they can find today's recipe(s) and more at heart.org/simplecooking.

Consider playing video lessons from heart.org/simplecooking between demonstrations, while you clean up or while you set up for the next demonstration.



Demonstration Planning

Space

Once you know when and where your demonstration will take place, plan a space that's appropriate for the event. You'll need a good-size surface for food preparation. It should be positioned so the audience can see you and what you're doing with your hands. Remember, the goal is to teach culinary skills. Here are some things to consider:

- If you're in a walk-up setting, like a health fair or an outdoor tent, make sure people have access to stand on all three sides of you. Consider trying to put your work space on an elevated platform so your hands are just below eye level for the audience.
- If you're on a stage in front of a large audience, try to have video projection focusing on the culinary skills. Or, be sure to explain the steps thoroughly so people understand what you're doing.
- If space allows, consider having a tablet or laptop with Internet access so people can browse the *Simple Cooking with Heart* website.

Supplies

All the supplies needed for each of the ten recipes are listed in this kit. For the cooking equipment (bowls, mixing spoons, etc.) consider visiting a local discount store to save money. If your location has a kitchen, ask if you can use supplies they may already have on hand, such as cups, bowls, napkins, utensils, spices, trash cans and bags, etc. You may need to look for specialty items like tasting cups and spoons at a restaurant supply or

warehouse club store or online. (Think small plastic or paper condiment cups like you see at restaurants and mini tasting spoons like they use at the ice cream shop.)

Grocery shopping

You can find what you need at a regular grocery store.

If you talk to a grocer in advance, you may be able to get items donated or at a discount. Shop a day or two before your demonstration — early enough so you have time to organize your supplies, but not so early that fresh ingredients go bad. Make sure you have a complete shopping list, and stick to it so you don't go over budget.

Quantity

Plan your shopping lists based on the expected attendance of the event. Some of the recipes included in this kit make six servings each — you should be able to get 50–60 small tasting samples out of each batch; recipes that serve four should yield about 40–50 samples.

SUPPLY LIST FOR ALL RECIPES

- Small tasting cups and spoons
- Paper towels/napkins
- All-purpose cleaner
- Hand soap, sanitizer or wipes
- Disposable gloves (optional)
- Plastic wrap or zip-top bags for leftovers
- Trash bags
- Dish towels
- Cooler or fridge to keep perishable items chilled
- Ice if using cooler
- Apron
- First aid kit
- A large bin to carry supplies
- Copies of take-home materials



Demonstration Planning, *continued*

Food safety

Wash hands, utensils and preparation surfaces often and the right way. (Example: Wash hands for 20 seconds with soap and running water.) Some ingredients may need to be kept refrigerated; make sure you have access to a refrigerator or a cooler with enough ice to store ingredients. Refrigerators or coolers should maintain a temperature of 40° F or below. Even items that don't need to be refrigerated can go bad if they stay too long in the hot sun, so plan accordingly if your demonstration is outside. Don't leave perishable food out at room temperature for more than two hours, and in the summer months, cut this time down to one hour. If you're using fresh produce, you'll need to cut away any damaged or bruised areas, rinse it under running water, dry it with a paper towel or clean cloth towel and scrub firm produce like melons and cucumber with a clean produce brush. If you don't have access to water at your demonstration site, pre-wash the produce and mention during your presentation that you've already washed it.

Food allergies/sensitivities

Some of the recipes contain milk, milk products, eggs, fish, crustacean shellfish, tree nuts, wheat, peanuts, soybeans and gluten. Mention if these ingredients are included before offering samples, in case any of the participants have food allergies/sensitivities.

Liability release

Please follow safe, responsible practices and use caution when conducting the demonstration. Read the full liability release at right.

Simple Cooking with Heart Release

The enclosed information, recipes and instructions are provided to you to help you learn to cook healthy at home and to conduct a healthy cooking demonstration. Please follow safe, responsible practices and use caution when cooking. By using the information provided in this cooking demonstration, you acknowledge that there are inherent risks in cooking, which could result in serious injury or death, including but not limited to the risk of allergic reaction to foods, slips, falls, cuts, burns, choking, and other accidents and injuries that may arise from the activity of cooking and consuming the foods prepared in the cooking demonstration or at home. You also understand that there are potential risks which may presently be unknown. YOU UNDERSTAND AND AGREE THAT YOUR USE OF THE ENCLOSED INFORMATION, RECIPES AND INSTRUCTIONS IS AT YOUR SOLE RISK. You also agree that you will be responsible for the safety of any participants in a healthy cooking demonstration that you might conduct, organize or host. 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 or conducting or participating in a cooking demonstration and related activities. You agree to indemnify, defend and hold harmless the Released Parties for any and all claims, liability, loss, cost, expense, injury, or proceeding arising out of any of your acts or omissions.



Fun Ways to Enhance Your Demonstration

Festive decorations

Simple Cooking with Heart shows that cooking is easy and fun. Be sure your demonstration space conveys that message — decorate with colorful tablecloths and aprons, brightly colored produce and homey touches. You could make it look like a typical home kitchen, go with a festive theme inspired by the recipe, or use inexpensive fresh produce and other ingredients to create a farmers market feeling. It's also important that your audience be able to relate to the scene. Using ultra high-end equipment and ingredients may intimidate novice cooks and imply that cooking at home might be too expensive. Keep it simple and budget-friendly.

Give away goodies

Our At-Home booklets, recipe cards and infographics are great take-home materials for participants. If your budget allows, consider also giving away inexpensive items such as vegetable peelers, measuring spoons, pot holders or other kitchen items. You may be able to get items donated or find them at a dollar store. Or give away items you purchased and used for the demonstration after it's over.

Break the ice

If you need an ice breaker, or if things get too quiet during the demo, ask participants for their heart-healthy ideas. Sample topics:

- Their favorite heart-healthy recipe (which they brought with them or know by heart)
- How they've made a favorite family recipe healthier
- Their best cooking memory from childhood
- Their biggest cooking catastrophe

Sharing tips

People love to share (and hear) shopping advice. Ask the audience for budget-friendly shopping tips during or after the recipe demonstration. Sample questions:

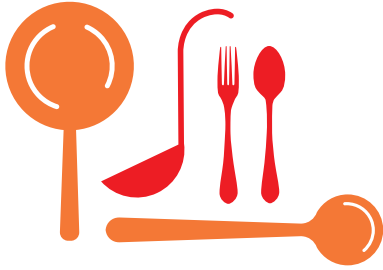
- One tip for saving money on groceries and eating healthier is to do a weekly meal plan. Who does a meal plan? Do you do it over the weekend? How do you do it?
- How do you make a shopping list? Do you look at what's in your pantry or do you make a list of ingredients from recipes in cookbooks, magazines or online?
- Where do you find the best bargains? In which aisles of the store do you find good deals? Who buys in bulk? Do you find good buys at club or warehouse stores?
- Does anyone save receipts to compare your food budget to what you actually spent? Do you use budgeting tools or apps?
- Where do you find the best coupons? Newspaper, at the store, or online?

Get the audience involved

Keep your guests engaged by bringing them "on stage" to help chop, grate or do other prep work. Make sure they wash their hands or use gloves and follow all safety precautions.

Teamwork

If budget, time and space allow, you may want to break the audience up into groups and ask each group to prepare the recipe. This is great hands-on practice. Be sure to have enough ingredients and supplies for multiple teams.



Host a Simple Cooking with Heart Party

A party or community get-together is a great way to present *Simple Cooking with Heart* to a smaller group. Guests can watch the video for your recipe, followed by your cooking demo and recipe tasting. Highlight the culinary skills from the video and use as much interactive participation as possible. At the end, ask guests if they'd like to attend more events like this to learn cooking skills and try new heart-healthy recipes together. Try to get participants to sign up for future cooking parties, host in-home parties and commit to cooking more at home.

A demo party may be held in a private home, workplace, community center, place of worship or other setting. Follow the tips in this kit for Demonstration Planning.

What you'll need

- A TV or computer and, if possible, a large screen to show the *Simple Cooking with Heart* video (from the website) so everyone can see it.
- A "stage" to do the demo. You can use a table or countertop that everyone can see from around the room.
- Plenty of seating.
- Copies of *Simple Cooking with Heart* recipe cards, At-Home booklets and/or infographic handouts.
- Ingredients, equipment and tools for your demo (see grocery and supply lists for each recipe).

- Premade servings if you need more than the recipe makes. The recipes here provide 4–6 full servings or about 40–60 tasting samples of 1 tablespoon each.
- Tasting cups, tasting utensils, napkins and cups for drinks.
- Heart-healthy drinks such as sparkling water garnished with fruit.
- If your budget allows, appetizers like cut-up fruits and veggies, healthy dips, and whole-grain crackers or baked chips. (optional)

Ready, set... invite!

Promote your party or send your invitation by email or regular mail, post it on Facebook or a community center bulletin board, or insert it into a local newsletter or church bulletin. Keep it simple. Ask attendees to RSVP to a coordinator or use a sign-up sheet. Try to get a good head count so you'll have enough food and space for everyone.

SAMPLE INVITATION

You're Invited!

Cooking at home is good for your heart and your budget. Join me for a *Simple Cooking with Heart* party where we can learn new cooking skills together! We'll watch a fun demo and make a quick, affordable and heart-healthy recipe. I really hope you can make it!

When: (Date and Time)

Where: (Include Address and Directions)

Please Bring: An appetite for heart-healthy, tasty food!

RSVP to: (Your Name with Phone Number or Email Address)



Host a *Simple Cooking with Heart Party, continued*

Ideas to enhance your party

- Have guests bring several copies of their own favorite heart-healthy recipe to share.
- If a friend or community member has experienced heart disease or stroke, ask them in advance if they would be willing to share their story to help motivate people to cook and eat healthier.
- Ask attendees to wear a special apron and tell the story behind it (someone may have their grandmother's).
- Form a healthy cooking club that meets on a regular basis.

Recruit some volunteers

Make your party smooth and avoid a mile-long to-do list by asking a few friends to be your co-hosts. Ask them to:

- Collect RSVPs.
- Shop for and bring ingredients and supplies for the demo.
- Help set up and decorate.
- Prep ingredients (e.g., chop onions).
- Make the recipe ahead of time so there will be enough samples (if needed).
- Greet and guide party participants.
- Serve samples, distribute handouts and giveaways, and help clean up.

Stick to a budget

- Ask if guests will sign up to bring tasting cups or an ingredient. (For example, in the summer, your neighbors might have extra cucumbers growing in their home gardens.)
- Keep appetizers simple or ask a few guests to bring heart-healthy munchies.
- Don't buy new decorations. Use items that you and your co-hosts already have — or make your own.
- Bring a copy of your invitation and your printed shopping list to a local grocery store manager and ask if any supplies could be donated.



RECIPES





Banana Split Berry Yogurt Parfait

4 servings | About \$1.24 per serving

- 2 (6-ounce) containers pineapple nonfat yogurt**
- 1 cup sliced strawberries or mixed berries**
- 1 large banana (about 1 cup sliced)**
- ¼ cup low-fat granola (4 tablespoons)**
- 1 tablespoon cocoa, unsweetened**
- 1 tablespoon confectioners' sugar**
- 2 teaspoons hot water**

PER SERVING

Calories	157.4 kcal
Fat	0.9 g
Saturated Fat	0.2 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.2 g
Monounsaturated Fat	0.3 g
Cholesterol	1.4 mg
Sodium	74.8 mg
Carbohydrates	33.5 g
Dietary Fiber	2.4 g
Total Sugars	24.6 g
Protein	5.8 g

In small dish, layer about ⅓ cup yogurt, ¼ cup sliced strawberries, ¼ cup sliced bananas and sprinkle with 1 tablespoon granola. In small cup, stir together cocoa, confectioners' sugar and hot water until smooth. Drizzle 1 teaspoon over each parfait.

Banana Split Berry Yogurt Parfait, *continued*

Preparation for Demonstration

- In small clear bowls, set out all ingredients to make just one serving.
- Chop berries and bananas.
- Set out one glass or plastic parfait glass.
- For sample tastes, pre-make a large bowl of the parfait because serving 1-tablespoon sample tastes from a large bowl is easier than serving from small individual parfait glasses. You'll need to double or triple this recipe to make enough samples for all your guests. This recipe prepared for 4 servings makes about 40 tablespoon-sized sample tastes.

SUPPLY LIST

- ___ Parfait glass
- ___ Large bowl
- ___ Paring knife (short blade)
- ___ Cutting board
- ___ Small clear ramekins/bowls for ingredients
- ___ Spatula and/or spoons for scooping
- ___ Whisk or fork
- ___ Measuring cups and spoons
- ___ Thermos of hot water

GROCERY LIST

- ___ Pineapple nonfat yogurt
- ___ Strawberries or mixed berries
- ___ Banana
- ___ Low-fat granola
- ___ Unsweetened cocoa powder
- ___ Confectioners' sugar

Banana Split Berry Yogurt Parfait, *continued*

Demonstration Script

Today we're making **Banana Split Berry Yogurt Parfaits**. This lighter version of a favorite treat can also be served as a tasty snack. I'm (name), and I'm here to give you a quick and heart-healthy cooking demonstration. (You can share additional personal information such as how long you've been cooking, some cooking challenges you've faced or other light banter.)

The American Heart Association has established a goal to improve the cardiovascular health of all Americans by 20 percent by 2020. To do that, we want to improve the diet and nutrition habits of all Americans. We're excited to be partnering with Walmart to bring you *Simple Cooking with Heart*. Our goal is to help people cook more at home. We know that meals prepared at home are often lower in calories, saturated fat, *trans* fat, salt and added sugars, and higher in fiber-rich whole grains, fruits and vegetables. So let's get started with this quick and easy recipe.

This recipe makes four parfaits. I'm going to show you how to make one serving. Then at the end, we can taste samples that I've already made for us. When you make this at home, you could serve it to two people by cutting the ingredients in half, or double the ingredients if you're feeding a crowd.

Let's get started! The base of these parfaits is pineapple nonfat yogurt. To make four servings, you'll need two of the small containers you usually find at the store. But today I'm only using 4 ounces because I'm showing how to make one serving.

To start, I'm scooping one-third cup of yogurt into my parfait glass (do so). The beauty of this recipe is you can use almost any kind of low-fat or nonfat yogurt you'd like. Vanilla or any fruit flavor makes them delicious!

Next, we have sliced strawberries (show) and I'll spoon one quarter cup over my yogurt (do so). And again, you could use different berries, like raspberries, blueberries or even chopped peaches, pears or cherries! I often use frozen berries that I thaw ahead of time. They're just as nutritious and tasty as fresh berries but less expensive and certainly convenient.

Now it's time for the banana. I've sliced up one-quarter cup (show), which is what you get out of a quarter of one large banana, and I'm spooning that over my parfait (do so). When I have guests over, I make these in tall glasses or wine glasses. It makes for a pretty presentation when you can see all the layers.

Instead of nuts, I'm using a tablespoon of low-fat granola, which I'll spoon over the parfait (do so).

And, now, for a healthier version of fudge sauce, I'm going to whisk together one tablespoon of unsweetened cocoa (add to small bowl), one tablespoon of powdered sugar (add to bowl) and two teaspoons of hot water that I have kept warm in this thermos (add to bowl and whisk). I'm whisking this until it's smooth (continue to whisk) and that should do it. One teaspoon of our chocolate sauce goes over the parfait (do so). And the rest I will spoon over the large bowl of our dessert that I pre-made over here (do so).

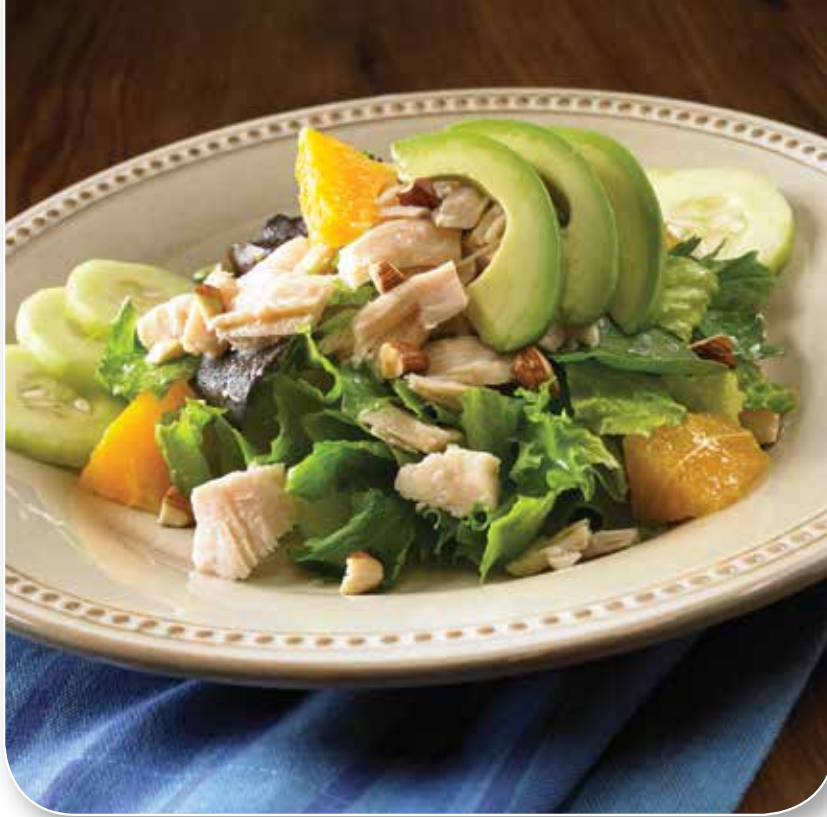
Banana Split Berry Yogurt Parfait, *continued*

And how's that for a quick dessert that won't pack on the pounds but still looks and tastes like an indulgence? (*Show finished parfait.*) I hope you make these **Banana Split Berry Yogurt Parfaits** soon — after you taste them, I'm sure you will!

Now, here's a recap of some of the handy kitchen and nutrition tips we discussed today:

- **Frozen berries, peaches, mangoes and other fruit can be just as nutritious and tasty as fresh fruit, and they're usually less expensive and more convenient. Keep them on hand so it's easy to get your recommended servings of fruit in daily.**
- **Even if your dessert is as simple as low-fat yogurt and fruit, serve it in a fancy glass. Kids will think it's something extra special — and so will adults!**

Thanks for joining me today. I hope you'll take one of our *Simple Cooking with Heart at Home* booklets and try some recipes yourself. You can find the recipe we made today and many other free recipes online at heart.org/simplecooking. We also have great instructional videos and lots of other tips to help you cook at home. Now let's taste these parfaits! (*Pass out booklets and samples to audience and collect trash.*)



Chicken Salad with Orange Vinaigrette

4 servings | About \$4.53 per serving

Chicken Salad

- 1 head romaine or other lettuce, washed and chopped (about 6 cups)
- 2 cups mixed salad greens, rinsed and dried
- 2 (10-ounce) cans white meat chicken packed in water, drained, OR shredded grocery store rotisserie chicken (remove all the skin and any visible fat)
- 2 small oranges, peeled and cut in half, seeds removed, then each half cut into six parts
- 1 large cucumber, peeled and cut into quarter-inch rounds
- 1 small avocado, unpeeled, cut in half, pit removed, then cut into thin lengthwise slices
- 4 tablespoons chopped or slivered almonds, lightly toasted for 3–5 minutes in a toaster oven or dry skillet

Divide romaine and mixed green lettuce into four bowls. Place $\frac{1}{2}$ cup shredded chicken in each bowl. Add the orange pieces and sliced cucumbers. Carefully run a spoon under the sliced avocado near the peel and put $\frac{1}{4}$ of the avocado on each salad. Add the chopped or slivered almonds.

Orange Vinaigrette

- $\frac{1}{4}$ cup 100% orange juice
- 1 tablespoon lemon juice
- 2 tablespoons olive oil or canola oil
- $\frac{1}{2}$ teaspoon Dijon mustard
- $\frac{1}{2}$ to 1 clove garlic, finely minced
- $\frac{1}{4}$ teaspoon ground black pepper

Place all the Orange Vinaigrette ingredients in a jar with a secure lid and shake together until mixed well. Add 2 tablespoons Orange Vinaigrette to each bowl and serve.

PER SERVING

Calories	258.1 kcal
Fat	14.0 g
Saturated Fat	2.2 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat	8.3 g
Cholesterol	30.0 mg
Sodium	306.2 mg
Carbohydrates	17.2 g
Dietary Fiber	7.2 g
Total Sugars	8.5 g
Protein	17.8 g

Chicken Salad with Orange Vinaigrette, *continued*

Preparation for Demonstration

- Chop/slice all ingredients except romaine lettuce and avocado, and place in small clear bowls.
- Drain chicken and place in small bowl.
- Place whole romaine, avocado and cucumber on demo surface near cutting board.
- Measure and place all dressing ingredients in small clear bowls.
- Place one individual salad bowl and one large serving bowl in demo area.

SUPPLY LIST

- ___ Small clear ramekins/bowls for ingredients
- ___ Can opener
- ___ Colander
- ___ Measuring cups and spoons
- ___ Cutting boards (2–3)
- ___ Chef’s knife (long blade)
- ___ Paring knife (short blade)
- ___ Vegetable peeler
- ___ Spoons (for avocado and mixing/tossing salad)
- ___ Bowl for garbage (avocado skins, pits, etc.)
- ___ Individual salad bowl
- ___ Large bowl
- ___ Paring knife (short blade)
- ___ Jar with lid (such as empty pickle jar)

GROCERY LIST

- ___ Romaine or other head lettuce
- ___ Mixed salad greens
- ___ Canned white meat chicken, packed in water (or shredded grocery store rotisserie chicken)
- ___ Cucumber
- ___ Oranges
- ___ Avocado
- ___ Chopped or slivered almonds
- ___ Orange juice with no sugar added
- ___ Fresh lemon juice
- ___ Olive oil
- ___ Dijon mustard
- ___ Garlic
- ___ Ground black pepper

Chicken Salad with Orange Vinaigrette, *continued*

Demonstration Script

Do you ever get in salad ruts? Are you looking for ways to jazz up that plain bowl of greens? I'm happy to share this recipe for **Chicken Salad with Orange Vinaigrette** with you today. It's a nutritious and delicious way to get in some of your vegetable servings!

I'm (name), and I'm here to give you a quick and heart-healthy cooking demonstration. (You can share additional personal information such as how long you've been cooking, some cooking challenges you've faced or other light banter.)

The American Heart Association has established a goal to improve the cardiovascular health of all Americans by 20 percent by 2020. To do that, we want to improve the diet and nutrition habits of all Americans. We're excited to be partnering with Walmart to bring you *Simple Cooking with Heart*. Our goal is to help people cook more at home. We know that meals prepared at home are often lower in calories, saturated fat, *trans* fat, salt and added sugars, and higher in fiber-rich whole grains, fruits and vegetables. So let's get started with this quick and easy recipe.

Let's start with our salad greens. Here I have a head of romaine lettuce (show) that I've already washed and patted dry. I like to clean my lettuce right after I get home from the store. After I wash it, I wrap it loosely in a dishtowel, put it in a plastic bag and put it in the vegetable drawer of my fridge. That helps it stay fresh longer and it's ready to go for a speedy salad.

Now I'm going to chop it up (start to do so). This should equal about six cups of lettuce in total (keep chopping). You could also use bibb lettuce or red leaf lettuce. I like to change up my salad greens so I get a variety of different vegetables into my diet.

Now if I were making this at home, I would distribute the lettuce into four individual salad

bowls since this recipe makes four servings. But today, I'm making only one single-serving bowl so you can see how big one serving is. Then I'll place the remaining ingredients in this large serving bowl so it makes it easier for serving samples at the end of this demonstration (place a fourth of lettuce in salad bowl and remainder in larger serving bowl).

And now for some more greens! Here I have two cups of mixed salad greens already washed and dried (show) that I'll add to our salad bowls (place a fourth of the greens in individual bowl and remaining in large bowls). For our chicken, I'm using two cups of canned white chicken that I've already drained (show). I buy the low-sodium, canned chicken that's packed in water. It's a convenient and inexpensive pantry item that I usually have on hand along with canned tuna. Both are great sources of protein that are also great staples for making quick, heart-healthy meals.

Here's a shopping tip: When you buy canned meats, compare food labels and choose products with the lowest amount of sodium. You could also use leftover chopped-up chicken breast or even grocery store rotisserie chicken. Just be sure to remove all the skin and any visible fat before chopping or shredding it. So, I'm spooning about one-half cup of chicken into my salad bowl and the rest into the large bowl (do so).

Next up, one large peeled cucumber (show whole cucumber). It's fine to leave the waxy peel on, but I often remove it to make it look and taste fresh. To remove the peel, use a vegetable peeler or a sharp paring knife (show peeler and/or paring knife). I'm going to run the peeler down the cucumber and then cut off the ends and cut the cucumber in half (do so). Next, I'll place the cucumber half on its flat side and slice into pieces using a chef's knife (do so and divide among both bowls) and into our salad it goes. Now, I'm adding two small oranges that I've peeled, seeded and cut into sections (do so).

Chicken Salad with Orange Vinaigrette, *continued*

And now, one small avocado (*show*). Avocados sometime get a bad rap because they have more calories than other fruits and veggies but they contain nearly 20 essential nutrients, including fiber, potassium, folic acid and the healthier type of fats that help protect our hearts. And they're creamy and delicious in just about any salad!

Now, here's how you cut an avocado: cut through the middle and around the whole avocado and the pit (*do so*). Then, simply turn and twist off the top (*do so*). Remove the pit with a spoon (*do so*) and then cut into thin slices lengthwise but do not cut through the skin (*do so to one half and hold up other half to demonstrate cutting in cross-hatch pattern*). And then scoop out the slices (*do so with both halves onto a plate*). Now, I'll just add them to our salad bowls (*do so*).

And then for a little crunch, I have four tablespoons of chopped almonds that I lightly toasted in a dry skillet (*show*). It only takes about five minutes but gives the nuts some great flavor. I'll sprinkle those over our salad (*do so*).

And now it's time to make our Orange Vinaigrette. I'll often make extra to keep in the refrigerator to use for future salads or even to use as a marinade for chicken or fish before grilling or baking. I like to mix all the ingredients in a jar like this with a lid (*show*) — it makes for easy mixing and storing. We need one fourth cup of 100% orange juice (*add*) and one tablespoon of lemon juice (*add*). You can get that from a half of a small lemon or from a bottle. Next, two tablespoons of olive oil (*add*) or you can use canola oil instead. Then one half teaspoon of Dijon mustard (*add*), one minced garlic clove, or 1 teaspoon of minced garlic from the jar, (*add*) and one fourth teaspoon of ground black pepper (*add*). Now, I'll just cover it (*screw on lid*) and give it a good shake (*do so*).

Because this dressing is so flavorful, you don't

even need salt! And that should do it! Time to dress our salad. I'm pouring about 2 tablespoons of dressing over the salad bowl and about ¼ cup plus 2 tablespoons over the large bowl (*do so*).

And there you have it, **Chicken Salad with Orange Vinaigrette**. See how big this single serving of salad is? It's delicious as is or you could also enjoy it stuffed into whole wheat pita bread or wrapped in corn tortillas. You can even substitute cooked fish or shrimp for the chicken. I hope this recipe gets you excited about salads — and excited to try our salad sample today!

Now, here's a recap of some of the handy kitchen and nutrition tips we discussed today:

- **When you buy canned foods, compare food labels and choose products with the lowest amount of sodium.**
- **When you use grocery store rotisserie chicken, be sure to remove all the skin and any visible fat before chopping or shredding it.**
- **Avocados have more calories than other fruits and veggies but they contain essential nutrients, including fiber, potassium, folic acid and the healthier type of fats that help protect our hearts.**
- **To make nuts extra flavorful without any extra calories, toast them in a dry skillet for 5 minutes.**

Thanks for joining me today! I hope you'll take one of our *Simple Cooking with Heart at Home* booklets and try some recipes yourself. You can find the recipe we made today and many other free recipes online at heart.org/simplecooking. We also have great instructional videos and lots of other tips and information to help you get started cooking at home. Now let's taste this salad! (*Pass out booklets and samples to audience, and collect trash.*)



Chopped Colorful Veggie Salad

6 servings | About \$0.99 per serving

- 2 cups packed, chopped kale or spinach
- 1½ cups frozen corn, thawed
- 1 cup chopped tomatoes (about 2 medium tomatoes)
- 1 cup chopped peeled cucumber (about 1 medium)
- ½ cup shelled frozen edamame, thawed
- ½ cup chopped red onion (about ½ medium red onion)
- 1 avocado, diced
- 2 tablespoons lime juice
- 1 tablespoon olive oil
- Pepper

In a large bowl, combine the kale, corn, tomatoes, cucumber, edamame, red onion and avocado. In a small bowl, whisk together the lime juice and oil. Toss with the kale mixture and season with pepper to taste.

PER SERVING

Calories	156.2 kcal
Fat	8.4 g
Saturated Fat	1.1 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.1 g
Monounsaturated Fat	5.0 g
Cholesterol	0.0 mg
Sodium	16.4 mg
Carbohydrates	19.0 g
Dietary Fiber	5.3 g
Total Sugars	4.0 g

Chopped Colorful Veggie Salad, *continued*

Preparation for Demonstration

- Chop 2 cups kale and leave extra kale leaves whole for wrapping in dishtowel.
- Chop tomatoes and onion.
- Place cucumber and avocado on cutting board.
- Assemble remaining ingredients in small glass clear ramekins/bowls.
- Frozen veggies will thaw while doing demo, so no need to thaw ahead of time.
- Place large salad bowl in demo area.

SUPPLY LIST

- ___ Small clear ramekins/bowls for ingredients
- ___ Dish towels
- ___ Clear plastic bag
- ___ Large salad bowl
- ___ Measuring cups and spoons
- ___ Vegetable peeler
- ___ Spoon
- ___ Cutting boards (1–2)
- ___ Paring knife (short blade)
- ___ Chef's knife (long blade) (optional)
- ___ Small mixing bowl
- ___ Whisk or fork
- ___ Large bowl for garbage (peels, pits, etc.)
- ___ Salad tongs or spoons for tossing salad and serving
- ___ Dinner plate

GROCERY LIST

- ___ Kale or spinach
- ___ Frozen corn
- ___ Tomatoes
- ___ Cucumber
- ___ Shelled frozen edamame
- ___ Medium red onion
- ___ Avocado
- ___ Lime juice
- ___ Olive oil

Chopped Colorful Veggie Salad, *continued*

Demonstration Script

I'm (name), and I'm here to give you a quick and heart-healthy cooking demonstration. Today's recipe is all about color — we're making a **Chopped Colorful Veggie Salad** that's bursting with flavor, freshness and some favorite vegetables. I think we have just about all the colors of the rainbow in this one! (You can share additional personal information such as how long you've been cooking, some cooking challenges you've faced or other light banter.)

The American Heart Association has established a goal to improve the cardiovascular health of all Americans by 20 percent by 2020. To do that, we want to improve the diet and nutrition habits of all Americans. We're excited to be partnering with Walmart to bring you *Simple Cooking with Heart*. Our goal is to help people cook more at home. We know that meals prepared at home are often lower in calories, saturated fat, *trans* fat, salt and added sugars, and higher in fiber-rich whole grains, fruits and vegetables. So let's get started with this quick and easy recipe.

This is a terrific recipe to get kids more interested in vegetables and salads. Before you bring them into the kitchen to help make it, take them to the grocery store or a farmers' market and give them the ingredient list. See if they can find each vegetable. Or even better, have them pick two or three different colored vegetables (or fruits) to try at home. The more involved they are in making a new recipe, the more likely they are to try it.

For our salad today, we're starting with dark leafy greens. Here I have a popular veggie: kale! (Show.) When I get home from the store, I like to wash my kale, spinach or lettuce in advance. I've already washed this under cold water and now I'm going to pat it dry with a dishtowel (place on dishtowel

and pat dry) or you can use a salad spinner if you have one. Then I wrap it loosely in another dishtowel (do so) and store in a plastic bag to keep in the vegetable drawer in my refrigerator (put in bag). That way, it's ready to go anytime I want a quick salad. This is also a great job for kids of any age. Even 2 or 3 year olds can help rinse and tear up lettuce leaves.

I have 2 cups of chopped kale (show) or you could use spinach or romaine lettuce — all are excellent choices. That goes into my salad bowl (do so). Next, I have 1½ cups of frozen corn that I thawed (show and add to bowl). Unless it's summer time and fresh, I use frozen corn, which I usually have in my freezer because it's just as healthy. That way I can enjoy sweet corn all year round.

Speaking of summertime produce, here I have 2 medium tomatoes that I chopped (show chopped tomatoes) — these equal about one cup. In they go (add to bowl) and here I have one medium cucumber (show). It's totally fine to leave the waxy peel on, but I like to remove it to keep the cucumber tasting fresh. To remove the peel, use a vegetable peeler or a sharp paring knife (show peeler and/or paring knife). I'm going to run the peeler down the cucumber and then cut off the ends and cut the cucumber in half (do so).

This next step is something even young children can do — seeding the cucumber with a spoon like this (scrape spoon down middle for both halves). Now, a few chops of the knife to cut it up (cut both halves into slices) and it goes into our salad (add to bowl).

Now, we are going to add more green with this shelled edamame that I defrosted already (show). Kids really seem to love edamame and it's another staple I usually have in my freezer. Edamame is actually a soybean so it's rich in protein and a great

Chopped Colorful Veggie Salad, *continued*

ingredient for meatless and vegetarian meals. I have half a cup here to add to our salad (**do so**).

Next, I have half a cup of chopped red onion, which is about half of a medium onion (**add to bowl**). And now for one of my favorite fruits: the avocado. That's right, the avocado is actually a fruit and not a vegetable! While avocados contain more calories than most veggies, they are packed with nutrients and healthy unsaturated fats that are good for our hearts. Plus, they taste really good!

So, here's how you cut an avocado: Cut through the middle and around the whole avocado and pit (**do so**) and then simply turn and twist off the top (**do so**) — a great step for the kids to do. Remove the pit with a spoon (**do so**) — another job for the kids — and then cross-hatch cut each half with a small knife (**hold up avocado so audience can see what cross-hatch pattern is**) but do not cut through the skin (**do so to each half**). And then scoop the diced pieces right into the bowl (**do so with both halves**).

Now, it's time to make a simple dressing. Your kids can measure the ingredients and mix them together. In a small bowl, add 2 tablespoons of lime juice (**do so**) and 1 tablespoon olive oil (**do so**). Whisk together (**do so**) and pour over the salad (**do so**). Now, toss everything together (**do so**) and add a dash or two of black pepper (**do so**) and toss again. If you let the salad sit for about 10–15 minutes before serving, the dressing breaks down the fibrous kale and makes it more tender.

And there you have it (**serve salad onto a dinner plate and show**), **Chopped Colorful Veggie Salad**. Don't forget to get the kids involved with picking out the veggies for this recipe, or anytime you are shopping together. It might take more than a few times — or many! — before they start liking

different vegetables, but keep involving them in the kitchen and eventually it will pay off!

Now, here's a recap of some of the handy kitchen and nutrition tips we discussed today:

- **To get kids more interested in fruits and vegetables, take them to the grocery store or a farmers' market and give them the ingredient list. See if they can find each vegetable.**
- **Have kids pick out two or three different colored vegetables or fruits to try at home. The more kids are involved in making a recipe, the more likely they are to try it.**
- **When you get home from the store, wash kale, spinach or lettuce right away. Then pat dry with a dishtowel, wrap it loosely in another dishtowel and store in a plastic bag in the vegetable drawer of the refrigerator. Then it's ready for a quick salad.**
- **Edamame is rich in protein and a great ingredient for meatless and vegetarian meals.**

Thanks for joining me for this demonstration. I hope you'll take one of our *Simple Cooking with Heart at Home* booklets and try some recipes yourself. You can find the recipe we made today as well as many other free recipes online at heart.org/simplecooking. We also have great instructional videos and lots of other tips and information to help you get started cooking at home. Now let's taste this salad! (**Pass out booklets and samples to audience; collect trash.**)



Ham and Corn Salad with Buttermilk Ranch Dressing

4 servings | About \$4.93 per serving

Buttermilk Ranch Dressing

- ½ cup low-fat buttermilk
- 2 tablespoons nonfat plain yogurt
- 1 teaspoon white vinegar or lemon juice
- 2 teaspoons dried chives
- ½ teaspoon salt-free Italian seasoning blend
- ½ teaspoon garlic powder
- ¼ teaspoon ground black pepper

In a small bowl, add buttermilk, yogurt, vinegar, chives, Italian seasoning, garlic powder, and pepper. Use a fork to mix until combined.

Ham and Corn Salad

- 1 (15.25-ounce) can no-salt-added corn kernels, drained and rinsed,
OR 1¼ cups thawed frozen corn
- 1 (15.5-ounce) can low-sodium red kidney beans, drained and rinsed
- 2 tomatoes, diced
- 1 large cucumber, peeled and diced
- 1 cup thick-cut ham or ham steak, finely diced
- 6 cups lettuce, mixed greens or spinach leaves

In a medium bowl, add corn and kidney beans. Remove the stems from each tomato and discard. Chop tomatoes. Peel the cucumber, quarter it and cut into one-inch chunks. Finely chop the ham. Add all ingredients to the bowl and stir. Chop up the lettuce, if needed. To serve, make a bed of lettuce or spinach on each plate. Add vegetable and ham mixture on top. Drizzle with Buttermilk Ranch Dressing and serve.

PER SERVING

Calories	282.7 kcal
Fat	3.3 g
Saturated Fat	0.9 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.4 g
Monounsaturated Fat	1.0 g
Cholesterol	20.6 mg
Sodium	532.5 mg
Carbohydrates	44.6 g
Dietary Fiber	8.7 g
Total Sugars	11.1 g
Protein	22.1 g

Ham and Corn Salad with Buttermilk Ranch Dressing, *continued*

Preparation for Demonstration

- Set out medium bowl for dressing and small clear ramekins/bowls filled with all dressing ingredients.
- To the side, place one large bowl to mix salad ingredients.
- Place one serving of washed, dried, chopped romaine lettuce on a dinner plate.
- Place remaining three servings of lettuce in large salad bowl for samples at completion of demonstration.
- Open cans of beans and corn; drain, rinse, pat dry and place in small clear bowls.
- Chop tomatoes and ham; place in small clear bowls.
- Place cucumber on a cutting board.

SUPPLY LIST

- ___ Small clear ramekins/bowls for ingredients
- ___ Medium bowl for dressing
- ___ Measuring cups and spoons
- ___ Fork
- ___ Colander
- ___ Vegetable peeler
- ___ Chef's knife (long blade)
- ___ Paring knife (short blade) (optional)
- ___ Cutting board
- ___ Bowl for garbage (cucumber peels, etc.)
- ___ Paper towels
- ___ Dinner plate
- ___ Large salad bowl
- ___ Salad tongs or large spoon

GROCERY LIST

- ___ Buttermilk
- ___ Nonfat plain yogurt
- ___ White vinegar or lemon juice
- ___ Dried chives or fresh
- ___ Salt-free Italian seasoning blend
- ___ Garlic powder
- ___ Ground black pepper
- ___ Corn, canned or frozen
- ___ Canned red kidney beans
- ___ Tomatoes, fresh or canned
- ___ Cucumber
- ___ Thick-cut ham or ham steak
- ___ Lettuce

Ham and Corn Salad with Buttermilk Ranch Dressing, *continued*

Demonstration Script

Today I'm going to show you two heart-healthy, budget-friendly recipes rolled into one! We're making **Ham and Corn Salad with Buttermilk Ranch Dressing**, which is easy to whip together for a no-fuss lunch or quick, lighter dinner. Hello! I'm (name), and I'm here to give you a quick and heart-healthy cooking demonstration. (You can share additional personal information such as how long you've been cooking, some cooking challenges you've faced or other light banter.)

The American Heart Association has established a goal to improve the cardiovascular health of all Americans by 20 percent by the year 2020. To do that, we want to improve the diet and nutritional habits of all Americans. We're excited to have partnered with Walmart to bring you *Simple Cooking with Heart*. Our goal is to help people cook more at home. We know that when meals are prepared at home they are often lower in calories, saturated fat, *trans* fat, salt and added sugars, and higher in fiber-rich whole grains, fruits and vegetables.

Let's start with the buttermilk ranch dressing. In this bowl, I'm adding one half cup of low-fat buttermilk (do so), two tablespoons of nonfat plain yogurt (do so), and one teaspoon of white vinegar (do so) or instead, you could use lemon juice. Next, I have two teaspoons of dried chives (add) or you could use two tablespoons of chopped fresh chives. The light onion flavor of the chives goes really well with the tang and creaminess of the buttermilk and yogurt.

Next, half of a teaspoon of salt-free Italian seasoning blend (add), half of a teaspoon of garlic powder (add) and one quarter teaspoon of ground black pepper (add). I'll mix that together (do so) and that's all there is to it! I usually make a

double batch of this dressing for whenever I want a quick garden salad. It's also great when mixed with cooked or canned chicken and stuffed in pita bread. Plus, it gets tastier as each day passes! Just keep the extra stored in the refrigerator for up to a week.

Now let's make our salad. I'm taking advantage of my heart-healthy and budget-friendly pantry staples today. I'm using no-salt-added corn and beans, but if you can't find the reduced-sodium versions in the store, just compare food labels and choose the products with the lowest amount of sodium. Here I have one can of no-salt-added corn kernels, which I drained and rinsed (add to large bowl that does NOT contain lettuce). Or you could use one and a quarter cups of frozen corn that's been thawed. Next, one can of low-sodium red kidney beans that I also drained and rinsed (add to bowl). For both the corn and the beans, take the time to blot them dry with a paper towel or dishtowel if there is still a lot of liquid. This keeps the salad from being too runny.

As I said, all these canned food pantry staples are totally budget-friendly — for two reasons: First, they are inexpensive, and second, if you keep your pantry stocked with a few staples like canned and dried beans, canned chicken and tuna, canned tomatoes, whole-grain pasta and brown rice, you've got lots of quick meal options that will keep you eating at home. You'll eat healthier and save money! For more tips on saving money when shopping, check out the "Shop Smart and Save" infographic on heart.org/simplecooking. I brought some copies for you that I'll pass out later.

Next I'll add two diced tomatoes (add). If you don't have fresh tomatoes on hand, you could also use canned diced tomatoes from your pantry instead. When shopping for canned tomatoes, compare

Ham and Corn Salad with Buttermilk Ranch Dressing, *continued*

the labels and choose the product with the lowest amount of sodium. Next I'll add one large cucumber (*show*). It's totally fine to leave the peel on, but I like to remove the waxy peel to keep the cucumber tasting fresh. To remove the peel, use a vegetable peeler or a sharp paring knife (*show peeler and/or paring knife*). I'm going to run the peeler down the cucumber and then cut off the ends and cut the cucumber in half (*do so*). Next, I will place the cucumber half on its flat side and slice into pieces using a chef's knife (*do so and add to bowl*).

Now for our ham (*show*). This is one cup of diced ham steak (*add to bowl*). When shopping for ham, take a look at the nutrition labels to find the ham that has the lowest amount of sodium. Now, I'm just going to mix that all together (*do so*). And now it's time to assemble our salad.

Here I have six cups of romaine lettuce that I washed, patted dry and tore up. If you were serving at home, you would divide it over four dinner plates, but today I have one serving here on this plate and the remaining over here in this large serving bowl (*show*). If you are making only one serving, keep the remaining ingredients separate in the refrigerator and you can use them all week. Stuff the ingredients in a whole-wheat pita one day and throw them into a one-egg omelet with salad on the side the next day. And of course you could use your favorite salad greens — anything that's dark green like spinach, arugula, red leaf or a mix.

I'll spoon one-fourth of the corn and ham mixture onto the dinner salad and place the remaining in

the large bowl on top of the lettuce (*do so*). Now, time for our delicious creamy dressing. I'll just drizzle a fourth over the individual salad like so (*do so*) and add the rest to the big salad (*do so*). And there you have it (*show salad*)! **Ham and Corn Salad with Buttermilk Ranch Dressing** — I'm betting that this is soon to be a new family favorite in your home.

Now, here's a recap of some of the handy kitchen and nutrition tips we discussed today:

- **Make a double batch of this Ranch Dressing for a quick garden salad or to mix with cooked or canned chicken and stuff in pita bread. It gets tastier each day and can be stored in the refrigerator for up to a week.**
- **When shopping for canned foods or deli meats be sure to compare food labels and choose products with the lowest amount of sodium.**

Thanks for joining me for this demonstration. I hope you'll take one of our *Simple Cooking with Heart at Home* booklets and try some recipes yourself. You can find the recipe we made today as well as many other free recipes online at heart.org/simplecooking. We also have great instructional videos and lots of other tips and information to help you get started cooking at home. I'll hand out copies of the infographic I mentioned earlier, "Shop Smart and Save," found at heart.org/simplecooking. Now let's taste this salad! (*Pass out booklets, sample tastes and infographic to audience and collect trash.*)



Mango, Avocado and Black Bean Salad

6 servings | About \$2.00 per serving

- 1 (15-ounce) can no-salt-added black beans, drained and rinsed
- 1 (15.25-ounce) can no-salt-added or low-sodium whole kernel corn, drained and rinsed
- 1 medium or 2 small avocados, halved and cut into half-inch cubes, about 1 cup
- 2 mangos, cut into half-inch cubes, about 2 cups
- 2 green onions, cut into half-inch pieces OR ½ small red or white onion, cut into half-inch pieces (about ¼ cup)
- 1 red or green bell pepper, seeded and cut into half-inch pieces
- 1 or ½ jalapeño pepper, fresh, stem and seeds removed, chopped finely (optional)
- 3 tablespoons fresh or bottled lime juice
- 1 tablespoon olive oil
- 2 tablespoons fresh cilantro, chopped
- ½ teaspoon chili powder
- ¼ teaspoon ground black pepper
- ¼ teaspoon salt

PER SERVING

Calories	218.3 kcal
Fat	6.9 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	4.3 g
Cholesterol	0.0 mg
Sodium	128.3 mg
Carbohydrates	35.6 g
Dietary Fiber	8.6 g
Total Sugars	13.7 g
Protein	7.3 g

Wash and dry lettuce, then chop or tear into two-inch pieces and divide into six bowls or plates. Combine the black beans, corn, mango, avocado, onions and jalapeño pepper. Do not mix until you add the dressing. Combine the lime juice, olive oil, cilantro, chili powder, black pepper and salt together in a jar with a secure lid, shake together until mixed well and pour over the mango and avocado mixture. Toss gently to coat and serve over the lettuce and mixed greens.

Mango, Avocado and Black Bean Salad, *continued*

Preparation for Demonstration

- Open beans and corn, drain and rinse, and place in large mixing bowl.
- Chop one avocado and place in small, clear bowl. Leave the other whole and place on cutting board with paring knife.
- Chop one mango and place in small bowl. Leave the other whole on the cutting board (or use pre-chopped frozen mango that's been thawed).
- Chop green onions, bell pepper and jalapeño.
- To the side, place all dressing ingredients in small, clear bowls along with dressing mixing jar.
- To the side, place plate with a serving of lettuce. Place remaining lettuce in large serving bowl to be used for samples.

SUPPLY LIST

- ___ Colander
- ___ Can opener
- ___ Large mixing bowl
- ___ Small clear ramekins/bowls for ingredients
- ___ Paring knife (short blade)
- ___ Chef's knife (long blade)
- ___ Cutting boards
- ___ Glove for chopping jalapeño (optional)
- ___ Measuring cups and spoons
- ___ Spoons
- ___ Jar with lid for salad dressing (such as empty pickle jar)
- ___ Salad tongs or large spoon
- ___ Fork
- ___ Large bowl for garbage (avocado peels, pits, etc.)
- ___ Large plate
- ___ Large salad bowl

GROCERY LIST

- ___ Canned black beans
- ___ Canned whole kernel corn
- ___ Avocados
- ___ Mangos, fresh or frozen
- ___ Green onions
- ___ Red or green bell pepper
- ___ Jalapeño pepper
- ___ Lime juice, fresh or bottled
- ___ Olive oil
- ___ Cilantro
- ___ Chili powder
- ___ Ground black pepper
- ___ Salt
- ___ Lettuce

Mango, Avocado and Black Bean Salad, *continued*

Demonstration Script

Today I want to show you an easy, festive way to get more vegetables into your day! It's a colorful and flavorful vegetarian **Mango, Avocado and Black Bean Salad**. I'm (name), and I'm here to give you a quick and heart-healthy cooking demonstration. (You can share additional personal information such as how long you've been cooking, some cooking challenges you've faced or other light banter.)

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Let's start with our canned beans and corn. When shopping for canned ingredients, remember to compare food labels and choose products with the lowest amount of sodium. In this large bowl is one can of black beans and one can of whole-kernel corn that I've already drained and rinsed (show bowl with beans and corn).

Canned beans are a nutrition powerhouse — super convenient and affordable — so I always have them in my pantry. I try to get no-salt-added or low-sodium versions but you can also remove some of the sodium by draining and rinsing them well. You could also use pinto or kidney beans.

Next, I'm adding two small avocados. If the avocados at your store are larger, just use one. Avocados sometimes get a bad rap because they have more calories than other fruits and veggies but they contain nearly 20 essential nutrients, including fiber, potassium, folic acid and the healthier type of fats that help protect our hearts. Not to mention, they are also creamy and delicious

in any salad! I've already cut up one into half-inch pieces and I'll show you how to cut up this one (show whole avocado and small bowl with other chopped avocado).

First, cut through the middle and around the whole avocado and the pit (do so). Then, simply turn and twist off the top (do so). Remove the pit with a spoon (do so) and then cut into crosshatch squares but do not cut through the skin (do so to each half; hold up one half and demonstrate cutting crosshatch). And then scoop out the cubes (do so with both halves onto cutting board). I'll add both of the cut up avocados into our bowl (do so).

Next, I have two mangos. I've already cut one into half-inch cubes. I'll show you how easy it is to cut up a mango with this one (show). Mangos have a large, flat pit that runs down the middle. Start by placing your mango stem down on the cutting board, with the natural seam facing you, then cut the mango into thirds (using a chef's knife or a paring knife with a longer blade) with two long slices that go on either side of the pit. Assume the pit is about ¾-inch thick.

On each mango "cheek," make a crosshatch pattern using a paring knife, without cutting through the skin (do so). Then push on the skin so it inverts and the crosshatch pattern fans out (do so). Now just slice right above the skin so you get chunks of mango (do so). For the mango third containing the pit, use a paring knife to peel off the skin and slice the mango flesh away from the pit as best you can. You won't get nice, square chunks from this piece, but there's still plenty of mango to remove (do so). Or you could always use frozen mango. Just make sure you thaw it first. Frozen fruit is a convenient and affordable healthy food staple I usually have in my kitchen.

Now I'll add two green onions that I cut into half-inch pieces (add) or you could use half of a small red or white onion that's diced. You need about one quarter cup. Then, one red bell pepper that I seeded and chopped in half-inch pieces (add). You could use

Mango, Avocado and Black Bean Salad, *continued*

a green, orange or yellow bell pepper if you prefer. Green or red tend to be the most affordable.

Now for some zing, I have one jalapeño pepper. I removed the stem, seeds and white membrane and then diced it up (add). It's a good idea to wear gloves when you chop jalapeños because they can irritate the skin. If you want a milder salad, just use half.

Now it's time to make our dressing. I like making salad dressing in jars because it's super easy to mix everything up and you already have it in a storage container for the leftovers! Into my jar I'm adding three tablespoons of lime juice (add) — you'd need two small limes or one large lime for that. Next, one tablespoon of olive oil (add), two tablespoons of chopped fresh cilantro (add), one half teaspoon of chili powder (add), one quarter teaspoon of black pepper (add) and one quarter teaspoon of salt (add). Now, I'll put on the lid (do so) and give that a good shake (do so). Making homemade salad dressing is not only simple and healthy, it's also a great way to get kids to help in the kitchen. The kids can measure the dressing ingredients, add them to the jar, and of course, shake!

Now I'm going to pour the dressing over our mango/avocado/bean mixture (do so). And toss everything together (do so with tongs or large spoon). Not only is this salad colorful, flavorful and heart-healthy, it's versatile — you can enjoy it in many different ways. We're going to serve it on salad greens today but it's also delicious when paired with fish, chicken or shrimp or used as a filling for tacos or a sandwich wrap. That's a good way to use up leftovers too. If you're a single diner you can easily half this recipe. I like to bring it to potluck dinners and picnics because you don't have to worry about it sitting out in the sun.

Now let's plate this up. Here you can see I've already placed a serving of romaine lettuce that's been washed and patted dry onto a plate (show). You can use your favorite type of dark, leafy greens, like arugula, spinach, red leaf or a mix. And now I'll spoon our mango/avocado/bean

mixture over the bed of lettuce (do so) — that's about one cup of the mixture. Now, I'll pour the rest of the bean salad over the lettuce in this large serving bowl; we'll be serving samples from this in a minute (do so).

To make this a kid-friendly dinner, you may want to leave all the salad ingredients separate and make a mini salad bar, letting the kids help themselves. Kids are actually more likely to eat different foods when they have control over the portioning.

And there you have it. Doesn't this look fresh and colorful (show)? This is certainly an appetizing way to eat more vegetables! I hope you'll try this **Mango, Avocado and Black Bean Salad** for a future family meal.

Now, here's a recap of some of the handy kitchen and nutrition tips we discussed today:

- **When shopping for canned ingredients, remember to compare food labels and choose products with the lowest amount of sodium.**
- **Frozen berries, peaches, mangoes and other fruit just as nutritious and tasty as fresh fruit, but usually less expensive. Keep them on hand so you can serve fruit daily.**
- **Making homemade salad dressing is simple and healthy. It's also a great way to get kids to help in the kitchen. Kids can measure the dressing ingredients, add them to the jar, and of course, shake!**

Thanks for joining me for this demonstration. I hope you'll take one of our *Simple Cooking with Heart* at Home booklets and try some recipes yourself. You can find the recipe we made today as well as many other free recipes online at heart.org/simplecooking. We also have great instructional videos and lots of other tips and information to help you get started cooking at home. Now let's taste this salad! (Pass out booklets, sample tastes and infographic to audience and collect trash.)



Mediterranean Tuna Chef Salad

8 servings | About \$1.13 per serving

- 10 ounces (1¼ cup) canned albacore tuna, packed in water, drained**
- 6 cups packed baby spinach leaves**
- 1 cup chopped tomatoes (1 large tomato) OR ½ can no-salt-added diced tomatoes**
- ½ cup chopped red onion (about ½ medium onion)**
- 1 cup chopped peeled cucumber (1 medium cucumber)**
- ¼ cup crumbled reduced-fat feta cheese**
- 2 tablespoons cider vinegar**
- 1 tablespoon lemon juice**
- 1 teaspoon dried oregano leaves**
- 2 tablespoons olive oil**

In a large bowl, combine the tuna, spinach, tomatoes, onion, cucumber and feta. In a small bowl, whisk together the vinegar, lemon juice, oregano and olive oil. Toss with the tuna mixture.

PER SERVING

Calories	100.6 kcal
Fat	5.1 g
Saturated Fat	1.1 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.9 g
Monounsaturated Fat	2.9 g
Cholesterol	16.6 mg
Sodium	215.5 mg
Carbohydrates	3.4 g
Dietary Fiber	1.1 g
Total Sugars	1.4 g
Protein	10.3 g

Mediterranean Tuna Chef Salad, *continued*

Preparation for Demonstration

- Open and drain tuna.
- Wash and dry spinach, chop tomato and onion.
- Peel one cucumber and remove seeds with spoon; chop half the cucumber and leave the other half whole.
- Place cheese and all ingredients for dressing in small clear bowls/ramekins to the side.
- Set aside a medium bowl in which to mix the dressing.
- Set out large salad bowl in which to begin demo.

SUPPLY LIST

- ___ Colander
- ___ Paper towels
- ___ Small bowls/ramekins for ingredients
- ___ Large salad bowl
- ___ Bowl for garbage (tomato seeds, etc.)
- ___ Fork (2)
- ___ Spoon (for cucumber)
- ___ Measuring cups and spoons
- ___ Vegetable peeler
- ___ Chef's knife (long blade)
- ___ Cutting boards (1–2)
- ___ Medium bowl
- ___ Whisk or fork
- ___ Spoon or salad tongs for scooping

GROCERY LIST

- ___ Canned albacore tuna, packed in water
- ___ Baby spinach leaves
- ___ Tomato, fresh or canned
- ___ Red onion
- ___ Cucumber
- ___ Reduced-fat feta cheese
- ___ Cider vinegar
- ___ Lemon juice
- ___ Dried oregano leaves
- ___ Olive oil

Mediterranean Tuna Chef Salad, *continued*

Demonstration Script

Today, I'm showing you how to take a basic tuna salad and jazz it up with the rich and healthy flavors of Greece to make **Mediterranean Tuna Chef Salad**. I'm (name), and I'm here to give you a quick and heart-healthy cooking demonstration. (You can share additional personal information such as how long you've been cooking, some cooking challenges you've faced or other light banter.)

The American Heart Association has established a goal to improve the cardiovascular health of all Americans by 20 percent by the year 2020. To do that, we want to improve the diet and nutritional habits of all Americans. We're excited to have partnered with Walmart to bring you *Simple Cooking with Heart*. Our goal is to help people cook more at home. We know that when meals are prepared at home they are often lower in calories, saturated fat, *trans* fat, salt and added sugars, and higher in fiber-rich whole grains, fruits and vegetables.

This is a great salad to make with kids, especially if they like don't like tuna — or if they think they don't. They might want to try it if they've helped make it! Children can help wash, measure and toss everything together. There's no cooking involved, so you don't have to worry about little hands by the stove.

The American Heart Association recommends eating fish twice a week, especially oily fish like salmon or albacore tuna, since they have omega-3 fatty acids. And canned tuna is one of the easiest and most affordable ways to eat more fish. I buy the canned tuna, packed in water (show the can). For this salad I'm using one 10-ounce can of albacore, which is about 1¼ cups of tuna. I already drained it in the sink so I'll add it to the bowl (add).

I'm using spinach for my greens (show). Dark leafy greens like spinach, kale, collards and chard are packed with nutrients. I've already washed and patted dry the spinach and I have 6 packed cups here (show) to add to our bowl (do so).

Next, 1 cup of chopped tomatoes (show), which is from one large tomato. If you are using fresh tomatoes, cut out the core and let the kids squeeze the tomato in the sink and watch the seeds pop out before you cut it up. You don't need the seeds and it's fun for kids. If tomatoes aren't in season, you can use half a can of diced tomatoes. When using canned items, compare labels and choose the products with the lowest amount of sodium.

Next, I'm adding ½ cup of chopped red onion, which is the equivalent of a half of a medium onion (add) and 1 cup of peeled and chopped cucumber, which is one medium cucumber (add). Here's another fun step for the kids: After you peel and cut the cucumber in half, have them scoop out the seeds with a spoon. And here's another trick: Have them run a fork down the entire side of the cucumber (do so on an extra cucumber half). It's fun to do and they'll get a little spritz of cucumber water on their face! It also makes for a pretty presentation after you chop up the cucumber, as you can see the ridges here (show and chop remaining cucumber half and add to bowl).

This next ingredient is what really makes this a Mediterranean salad: feta cheese. This is ¼ cup of crumbled reduced-fat feta (show and add to bowl), which adds tang and saltiness.

Now it's time to mix up the salad dressing. We're going to make a simple vinaigrette. As you'll see, it's easy to make your own at home. It can be more affordable than buying bottled dressings and healthier because you control the ingredients that

Mediterranean Tuna Chef Salad, *continued*

go into it! And it's another great job for the kids. I'm going to whisk together 2 tablespoons of cider vinegar (**add to small bowl**) or you could use red wine vinegar, 1 tablespoon of lemon juice (**add**), 1 teaspoon of dried oregano (**add**) and 2 tablespoons of olive oil (**add**). I'll just whisk that together (**do so**) and just like that, you have homemade dressing!

Now, I'll pour it over the salad (**do so**), toss it together using two forks (**do so**) and that's all there is to it! It's a great salad for any time of the day — quick to make and bursting with heart-healthy ingredients and flavors. I hope you'll want to make this **Mediterranean Tuna Chef Salad** with your family soon — especially after we taste it today!

Now, here's a recap of some of the handy kitchen and nutrition tips we discussed today:

- **The American Heart Association recommends eating fish twice a week, especially oily fish like salmon or albacore tuna, since they have omega-3 fatty acids.**
- **Canned tuna is an easy and affordable way to eat more fish.**
- **When you buy canned foods, compare food labels and choose products with the lowest amount of sodium.**
- **Spinach and other dark leafy greens like kale, collards and chard are packed with nutrients.**

Thanks for joining me for this demonstration. I hope you'll take one of our *Simple Cooking with Heart at Home* booklets and try some recipes yourself. You can find the recipe we made today as well as many other free recipes online at heart.org/simplecooking. We also have great instructional videos and lots of other tips and information to help you get started cooking at home. Now let's taste this salad! (**Pass out booklets and samples to audience; collect trash.**)



Muesli

4 servings | About \$0.61 per serving

- 1½ cups rolled oats**
- 1½ cups whole-wheat bran flakes**
- ¼ cup hulled sunflower seeds**
- ¼ cup chopped walnuts or sliced almonds**
- ½ cup raisins or unsweetened dried cranberries**
- Optional nonfat milk or yogurt to serve**

In a medium mixing bowl or a storage bag, combine oats, bran flakes, sunflower seeds, nuts and raisins. Mix to combine. Store any remaining muesli in an airtight container for up to one month at room temperature.

PER SERVING

(Muesli only)

Calories	323.3 kcal
Fat	11.6 g
Saturated Fat	1.2 g
Trans Fat	0.0 g
Polyunsaturated Fat	6.3 g
Monounsaturated Fat	3.0 g
Cholesterol	0.0 mg
Sodium	108.1 mg
Carbohydrates	50.9 g

Muesli, *continued*

Preparation for Demonstration

- Set out all measured ingredients in small clear bowls.
- Have a large bowl ready to mix in.
- Place a cereal bowl to the side.

SUPPLY LIST

- ___ Small clear ramekins/bowls for ingredients
- ___ Measuring cups and spoons
- ___ Large mixing bowl
- ___ Large spoon for mixing
- ___ Cereal bowl
- ___ Spatula or spoon for scooping

GROCERY LIST

- ___ Rolled oats (old fashioned or quick oats)
- ___ Whole-wheat bran flakes
- ___ Hulled sunflower seeds
- ___ Walnuts or sliced almonds
- ___ Raisins or unsweetened dried cranberries
- ___ Fat-free milk or yogurt

Muesli, continued

Demonstration Script

Today I'm going to show you how to make a homemade breakfast cereal called **Muesli**. This is a traditional Swiss breakfast made of uncooked oats. It provides a serving of whole grains — something we all should be eating more of these days! Hello, I'm (name), and I'm here to give you a quick and heart-healthy cooking demonstration. (You can share additional personal information such as how long you've been cooking, some cooking challenges you've faced or other light banter.)

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Before we get started, I want to mention that this is a terrific recipe to cook with kids since they can mostly measure and mix it up by themselves, and there's no cooking required.

We are starting with your basic rolled oats (show), which are what you use to make oatmeal. Oats are a good pantry staple because they are a versatile whole grain and inexpensive. You can often find oats in the bulk aisle by weight, which is even cheaper!

Here I have one and a half cups of oats (add to bowl) and next up, I'm using some ready-to-eat cereal — one and a half cups of whole-wheat bran

flakes (add). You can save some money on boxed cereals by using coupons, buying in bulk or buying the store brand version — like I did with these bran flakes. I try to stick to buying whole-grain cereals. When you're looking for whole grains in the store, read the ingredient list and make sure that the first ingredient says "whole wheat" or "whole" before the grain's name (show box with ingredient list).

Now, I'm going to add some seeds and nuts — both can add protein and healthy fats to your diet. There's a lot of nutrition in these little guys! I have a quarter cup of shelled sunflower seeds (show and add to bowl) and a quarter cup of chopped walnuts (add to bowl). What's great about this recipe is you could do any combination of seeds and nuts. Sometimes I add pumpkin seeds or sesame seeds. And I like to use peanuts, pistachios or almonds — I usually buy what's on sale. If you have time, try roasting your nuts or seeds in a pan over medium heat for about 10 minutes. It gives them a delicious flavor! And one last tip, store your seeds and nuts in sealed containers in the freezer to keep them fresh longer. You can keep them for several months this way.

Next, I'm going to add some sweetness to the muesli with raisins (add). Or you can use your favorite dried fruit — you'll need one-quarter cup. I like to use unsweetened dried cranberries or dried apricots.

You just mix this all together (do so) and that's all there is to it! If the kids are making it, you can have them add the ingredients to a plastic bag, seal it and then shake to mix it all up. And the bonus? Your muesli is already in a storage bag if you aren't using all of it in one sitting! This recipe makes four servings — so it may give you almost a week of breakfasts.

Muesli, continued

When you're ready to eat, add your muesli to a cereal bowl (**add to small bowl**) and pour some fat-free milk over it (**do so**). Or you can add plain nonfat yogurt if you'd like. Either way, you're getting a hearty and delicious homemade breakfast that gives you energy and helps keep you full until lunchtime. You could also scoop a little into a zip-top bag and eat it dry like trail mix for an afternoon snack. That's how we'll be sampling it here today. Anyway you like it, I hope you get to sit down with a bowl of this **Muesli** very soon!

Now, here's a recap of some of the handy kitchen and nutrition tips we discussed today:

- **Try to stick to whole-grain cereals. Read the ingredient list and make sure that the first ingredient says "whole wheat" or "whole" before the grain name.**
- **There's a lot of nutrition in seeds and nuts — both are sources of protein and healthy fats. Look for sunflower seeds, pumpkin seeds and sesame seeds, as well as walnuts, peanuts, pistachios and almonds.**
- **Get kids involved in the kitchen; they're more likely to eat what they make. For this recipe, have kids add all the ingredients to a plastic bag, seal it and then shake to mix it all up.**

Thanks for joining me for this demonstration. I hope you'll take one of our *Simple Cooking with Heart at Home* booklets and try some recipes yourself. You can find the recipe we made today as well as many other free recipes online at heart.org/simplecooking. We also have great instructional videos and lots of other tips and information to help you get started cooking at home. Now let's taste this Muesli. (**Pass out booklets and samples to audience; collect trash.**)



Peach and Tomato Salad

4 servings | About \$3.44 per serving

- 4 medium to large peaches, sliced (about 4 cups), OR 2 (15-ounce) cans peach halves, drained and sliced**
- 3 large tomatoes, sliced into wedges (about 4 cups)**
- 1 small red onion, chopped**
- 1 bunch basil, washed and sliced (about 1 cup)**
- 1/8 teaspoon salt**
- 1/8 teaspoon ground black pepper**
- 1 tablespoon plus 1 1/2 teaspoons extra-virgin olive oil or canola oil**
- 3/4 tablespoon red wine vinegar or balsamic vinegar**

Halve each peach, removing and discarding pits. Slice into thin wedges. (If using canned peaches, drain and rinse then slice each half into thin wedges.) Add peaches into a large bowl. Cut each tomato in half, removing and discarding stems. Slice into wedges. Add into the bowl with the peaches. Chop onion and add to peaches and tomatoes. Thinly slice or tear the basil leaves and add to the bowl along with salt, pepper, oil and vinegar. Gently stir to combine.

PER SERVING

Calories	137.4 kcal
Fat	5.8 g
Saturated Fat	0.8 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.8 g
Monounsaturated Fat	3.8 g
Cholesterol	0.0 mg
Sodium	80.7 mg
Carbohydrates	21.6 g
Dietary Fiber	4.3 g
Total Sugars	16.5 g
Protein	3.1 g

Peach and Tomato Salad, *continued*

Preparation for Demonstration

- Slice three peaches and place in bowl; reserve one whole peach. If using canned peaches, open cans.
- Slice two tomatoes and keep on cutting board; reserve one tomato.
- Set out all salad dressing ingredients on the table in small clear bowls, including 4–6 basil leaves.
- Place dinner plate topped with lettuce to the side.

SUPPLY LIST

- ___ Small clear ramekins/bowls for ingredients
- ___ Can opener and colander if using canned peaches/tomatoes
- ___ Cutting boards (2–3)
- ___ Paring knife (short blade)
- ___ Chef's knife (long blade)
- ___ Measuring spoons
- ___ Large bowl
- ___ Salad tongs or large spoon
- ___ Dinner plate to show sample serving
- ___ Bowl for garbage (peach pits, etc.)
- ___ Paper towels

GROCERY LIST

- ___ Peaches, fresh or canned
- ___ Tomatoes, fresh or canned
- ___ Red onion
- ___ Bunch of fresh basil
- ___ Salt
- ___ Ground black pepper
- ___ Extra-virgin olive oil or canola oil
- ___ Red wine vinegar or balsamic vinegar
- ___ Lettuce (optional)

Peach and Tomato Salad, *continued*

Demonstration Script

This Italian dish is fantastic and fresh in the summer, but you can make a canned version all year round. Our **Peach and Tomato Salad** is a twist on a panzanella (pronounced: pahn-dsah-NEHL-lah) salad. Traditionally it mixes together tomatoes, bread and basil, but with this version we're using peaches as a tasty stand-in for the bread.

Hello! I'm (name), and I'm here to give you a quick and heart-healthy cooking demonstration. (You can share additional personal information such as how long you've been cooking, some cooking challenges you've faced or other light banter.)

The American Heart Association has established a goal to improve the cardiovascular health of all Americans by 20 percent by the year 2020. To do that, we want to improve the diet and nutritional habits of all Americans. We're excited to have partnered with Walmart to bring you *Simple Cooking with Heart*. Our goal is to help people cook more at home. We know that when meals are prepared at home they are often lower in calories, saturated fat, *trans* fat, salt and added sugars, and higher in fiber-rich whole grains, fruits and vegetables. So let's get started with this easy recipe.

During the summer, I always look forward to cooking — or in this case, not cooking — with fresh peaches and tomatoes. It's the time of year when they're the juiciest and sweetest, not to mention most affordable. Many farmers' markets even accept food assistance benefits, making this a budget-friendly recipe. But if I want a taste of summer during other times of the year, I'll use canned peaches packed in light syrup or their own juice.

I got a good deal on fresh produce, so today I'm using these lovely medium-size peaches. I

saved a whole one to show you how to slice it up (show). I'll just cut in half like so (do so) and then I'll remove the pit and slice into thin wedges (do so). If you were using canned peaches, you'd need two 15-ounce cans of peach halves. Be sure to drain, rinse and pat them dry. I'll just go ahead and add this last cut peach to the other cut peaches already in this bowl (show large bowl and add the peach slices).

Now it's time for these beautiful fresh tomatoes. I'm using a total of three large tomatoes (show cut tomatoes on cutting board) and again, I saved one to show you how to cut it. First, cut in half (do so) and then remove the top core and stem (do so). Then, I'll just cut it into wedges like I did with the peaches (do so) and add all of them to the bowl (do so).

Here's a quick tip for keeping your peaches and tomatoes as fresh as possible if you aren't using them right away: Store them on your counter — not touching any other fruit — and away from sun, heat and moisture. They'll do better on your countertop than in your refrigerator. And don't wash them until right before you are ready to eat them. For more tips on storing fruits and vegetables to keep them fresher longer I have a handy produce storage infographic that I'll pass out later.

Next up, I'm adding one small red onion that I already chopped (do so) for some color, crunch and tang. The best way to store onions is to pack them in a paper bag and keep them in your pantry or in another cool, dark place.

Now, I have some fresh basil (show) — it smells so good! When I buy fresh herbs, I make sure I have a few recipes to use them in so they don't go to waste. You can use dried herbs but fresh basil really makes a difference in this salad. We need a fair amount, enough to equal about one cup cut

Peach and Tomato Salad, *continued*

up. This bunch here looks about right ([show](#)). I've already washed and patted it dry.

Basil is a delicate herb. It can bruise easily and turn dark, which doesn't look all that appetizing, so if you need to cut it, here's how. I'm going to make a chiffonade, which is a French term and cutting style where you stack up about 4 to 6 basil leaves on top of each other ([do so](#)) and then roll them up like this ([do so](#)). Then, you take your knife and gently slice through the leaves ([do so](#)) and you end up with these thin ribbon-like cuts ([show](#)). Sometimes I'll just skip the cutting and simply tear up the leaves with my hands — kids can also help with this. I'll add the basil to our bowl ([add](#)).

And now for a little seasoning: $\frac{1}{8}$ teaspoon each of salt and pepper ([add both into bowl](#)), $1\frac{1}{2}$ tablespoons of extra virgin olive oil ([add](#)) (or you could use canola oil), and $\frac{3}{4}$ tablespoon of either red wine vinegar, which I have here ([add](#)), or balsamic vinegar.

And that's it! Now, all we need to do is toss it together ([start to gently mix together with spoon or salad tongs](#)). The natural juices from both the tomatoes and peaches add a fair amount of liquid to this salad. You can serve it plain, or it's also good if you top it on a bed of lettuce like this ([place scoop on top of lettuce and show](#)) as the liquid acts like a salad dressing. You also get in another serving of veggies from the salad greens! So there you have it — **Peach and Tomato Salad** — summertime in a bowl.

Now, here's a recap of some of the handy kitchen and nutrition tips we discussed today:

- **When you buy canned fruits, compare food labels and choose products in their own juices or light syrup.**
- **Never store tomatoes in the refrigerator; they will lose their flavor.**
- **When buying fresh herbs, make sure you have a few recipes to use them in so they don't go to waste. Otherwise you may want to use dried herbs.**

Thanks for joining me for this demonstration. I hope you'll take one of our *Simple Cooking with Heart at Home* booklets and try some recipes yourself. You can find the recipe we made today as well as many other free recipes online at heart.org/simplecooking. We also have great instructional videos and lots of other tips and information to help you get started cooking at home.

I'll pass out copies of the infographic I mentioned earlier, "Get Fresh with Fruits and Vegetables," found at heart.org/simplecooking. Now let's sample this salad! ([Pass out booklets and samples to audience; collect trash.](#))



Pumpkin Spice Smoothie

1 serving | About \$1.63 per serving

- ½ cup canned pumpkin**
- ⅓ cup nonfat plain yogurt**
- ⅓ cup fat-free (skim) milk**
- 2 tablespoons rolled oats**
- 2 teaspoons honey**
- ½ teaspoon pumpkin pie spice**
- 3 or 4 ice cubes**

Into a blender, add pumpkin, yogurt, milk, oats, honey, pumpkin pie spice and ice cubes. Blend until smooth and frothy, about 1 minute. Pour into a glass and serve.

PER SERVING

Calories	199.3 kcal
Fat	1.5 g
Saturated Fat	0.3 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.2 g
Monounsaturated Fat	0.3 g
Cholesterol	3.3 mg
Sodium	105.5 mg
Carbohydrates	38.4 g
Dietary Fiber	6.2 g
Total Sugars	26.3 g
Protein	11.3 g

Pumpkin Spice Smoothie, *continued*

Preparation for Demonstration

- Set out all ingredients in small, clear bowls, except pumpkin.
- Open canned pumpkin, but keep it in the can.
- Have blender plugged in and ready to use.
- Place a tall smoothie serving glass to the side.
- Be prepared with extra ingredients to make extra smoothies for sampling. This recipe makes about 20 samples of one tablespoon each, or 10 samples of two tablespoons each.

SUPPLY LIST

- ___ Small, clear ramekins/bowls for ingredients
- ___ Spatula or spoon for scooping
- ___ Can opener
- ___ Blender
- ___ Measuring cups and spoons
- ___ Cooler for ice
- ___ Clear, tall glass for smoothie
- ___ Straw (optional)

GROCERY LIST

- ___ Canned pumpkin
- ___ Nonfat plain yogurt
- ___ Fat-free (skim) milk
- ___ Old fashioned or quick rolled oats
- ___ Honey
- ___ Pumpkin pie spice (or cinnamon and nutmeg)
- ___ Ice cubes

Pumpkin Spice Smoothie, *continued*

Demonstration Script

This **Pumpkin Spice Smoothie** tastes like pumpkin pie in a glass — with fewer calories than traditional pumpkin pie. I'm (name), and I'm here to give you a quick and heart-healthy cooking demonstration. (You can share additional personal information such as how long you've been cooking, some cooking challenges you've faced or other light banter.)

The American Heart Association has established a goal to improve the cardiovascular health of all Americans by 20 percent by the year 2020. To do that, we want to improve the diet and nutritional habits of all Americans. We're excited to have partnered with Walmart to bring you *Simple Cooking with Heart*. Our goal is to help people cook more at home. We know that when meals are prepared at home they are often lower in calories, saturated fat, *trans* fat, salt and added sugars, and higher in fiber-rich whole grains, fruits and vegetables. So let's get started with this easy recipe. I'm going to show you how to make one serving but you can always double the ingredients if you want to make more.

We start with canned pumpkin (show the can). This is something I usually have in my pantry year round, not just at Thanksgiving time, because it's packed with nutrients like fiber, iron, potassium and Vitamin A. I like to add pumpkin to my tomato sauce for spaghetti or homemade pizza. It adds nutrition and creaminess to those recipes without really affecting the taste. Make sure you buy 100% pure pumpkin and not pumpkin pie filling or mix, which can have added sugar in it. I usually buy a few extra cans in the fall when it's on sale.

We need a half cup of pumpkin for our smoothie (scoop into blender). Next, I'm adding 1/3 cup

nonfat plain yogurt (add to blender). I like to use the plain kind and sweeten it myself since flavored yogurts can have a lot of added sugar. To find out more about how to reduce how much added sugar your family eats, check out the "Added Sugar is Not So Sweet" infographic online at heart.org/simplecooking. I'll be handing out copies after the demonstration. Another option is to use plain nonfat Greek yogurt, which has more of a tangy taste and more protein. It also makes for a thicker smoothie.

Now we'll add 1/3 cup of skim milk (do so). With the milk and the yogurt, this smoothie provides calcium to keep bones strong and healthy at any age. That's why this is a great treat for kids and adults alike!

Next, 2 tablespoons of oats (add), which adds some fiber and makes the smoothie thicker, and 2 teaspoons of honey (add). And now for the spice, I'm adding 1/2 teaspoon of pumpkin pie spice. If you don't have pumpkin pie spice on hand, you could use 1/4 teaspoon of cinnamon and a 1/4 teaspoon of nutmeg.

And last, in goes the ice (add 3 cubes.) I usually add 3 or 4 ice cubes. Now, I'll blend this until it's smooth and frothy. It takes about one minute (do so).

(Pour into a glass.) So, there you have it! **Pumpkin Spice Smoothie** — a very tasty way to get a serving of veggies!

Pumpkin Spice Smoothie, *continued*

Now, here's a recap of some of the handy kitchen and nutrition tips we discussed today:

- **Keep canned pumpkin in your pantry year round, not just at Thanksgiving time. It's packed with nutrients like fiber, iron, potassium and Vitamin A.**
- **Add pumpkin to tomato sauce for spaghetti or homemade pizza. It adds nutrition and creaminess without really affecting the taste.**
- **When buying canned pumpkin, be sure to get 100% pumpkin, not pumpkin pie filling or mix, which can have added sugar. Buy a few extra cans in the fall when it's on sale.**
- **To add more whole grains to your diet, don't forget about oatmeal! You can use about 2 tablespoons of oats for added fiber and to make the smoothie thicker.**

Thanks for joining me for this demonstration. I hope you'll take one of our *Simple Cooking with Heart at Home* booklets and try some recipes yourself. You can find the recipe we made today as well as many other free recipes online at heart.org/simplecooking. We also have great instructional videos and lots of other tips and information to help you get started cooking at home. I'll hand out copies of the infographic I mentioned earlier, "Added Sugar Is Not So Sweet," found at heart.org/simplecooking. Now let's taste this smoothie! (Pass out booklets and samples to audience; collect trash.)



Tex-Mex Black Bean and Chicken Wrap

4 servings | About \$2.23 per serving

- 1 (15-ounce) can no-salt-added black beans, drained and rinsed (about 2 cups)**
- 1 teaspoon chili powder**
- ½ teaspoon ground cumin**
- ¼ teaspoon black pepper**
- ¼ teaspoon red chili flakes OR ½–1 jalapeño pepper, seeds removed, chopped finely (optional)**
- 4 tablespoons fresh cilantro leaves, chopped finely, OR 4 teaspoons dried cilantro leaves**
- 4 whole-wheat wraps or tortillas, 8 inches in size**
- 8 ounces all-white-meat chicken, canned or grocery store rotisserie, shredded**
- 1 medium carrot, shredded (about 1 cup)**
- 1 small tomato, cut into half-inch pieces (about ½ cup)**
- 1 avocado, cut into half-inch cubes (about 1 cup)**

PER SERVING

Calories	352.7 kcal
Fat	10.2 g
Saturated Fat	2.3 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.9 g
Monounsaturated Fat	4.2 g
Cholesterol	24.0 mg
Sodium	569.4 mg
Carbohydrates	44.8 g
Dietary Fiber	10.7 g
Total Sugars	5.1 g
Protein	21.6 g

Combine beans, chili powder, cumin, black pepper, red chili flakes (or jalapeño pepper) and cilantro. In the center of each tortilla/wrap, add ¼ each of the bean mixture, chicken, carrot, tomato and avocado, in that order. Fold up the bottom and each side of the tortilla one at a time towards the middle, overlapping them over the filling to make the wrap snug. Secure with a toothpick.

Tex-Mex Black Bean and Chicken Wrap, *continued*

Preparation for Demonstration

- Open beans, drain and rinse, and place in large mixing bowl.
- Measure out spices and cilantro; place each in a small, clear bowl.
- To the side, place drained canned chicken on a plate.
- To the side, place large cutting board with the following ingredients in small piles: shredded carrots, chopped tomato, whole avocado.
- Place tortillas in a dishtowel.
- Plan where each ingredient will be placed while you assemble the wraps.

SUPPLY LIST

- ___ Colander
- ___ Can opener
- ___ Box grater
- ___ Measuring spoons and cups
- ___ Dishtowel
- ___ Large mixing bowl
- ___ Small clear ramekins/bowls for ingredients
- ___ Plate (for canned chicken)
- ___ Large cutting board
- ___ Bowl for garbage (avocado pit, skins, etc.)
- ___ Chef's knife (long blade)
- ___ Paring knife (short blade)
- ___ Serrated knife for slicing wrap into samples (jagged, long blade)
- ___ Wooden spoon (for mixing)
- ___ Spoon
- ___ Large platter (for finished wraps)
- ___ Toothpicks

GROCERY LIST

- ___ Canned black beans
- ___ Chili powder
- ___ Ground cumin
- ___ Ground black pepper
- ___ Red chili flakes or jalapeño pepper
- ___ Cilantro leaves
- ___ All white meat chicken, canned or rotisserie
- ___ Carrot
- ___ Tomato
- ___ Avocado
- ___ Whole-wheat wraps/tortillas

Tex-Mex Black Bean and Chicken Wrap, *continued*

Demonstration Script

Hello! I'm (name), and I'm here to give you a quick and heart-healthy cooking demonstration. (You can share additional personal information such as how long you've been cooking, some cooking challenges you've faced or other light banter.)

The American Heart Association has established a goal to improve the cardiovascular health of all Americans by 20 percent by the year 2020. To do that, we want to improve the diet and nutritional habits of all Americans. We're excited to have partnered with Walmart to bring you *Simple Cooking with Heart*. Our goal is to help people cook more at home. We know that when meals are prepared at home they are often lower in calories, saturated fat, *trans* fat, salt and added sugars, and higher in fiber-rich whole grains, fruits and vegetables.

This **Tex-Mex Black Bean and Chicken Wrap** is a great example of a home-prepared meal that's bursting with good ingredients, especially veggies — plus it tastes great! The American Heart Association tells us that we should get at least four to five servings of vegetables daily, and this wrap will get you on your way to that goal!

Before we get to the veggies, let's talk beans, specifically canned beans. Beans are a good pantry staple because they're an affordable source of protein and you can do so much with them. The two things to remember when buying canned beans are 1) compare food labels and choose the can with the lowest amount of sodium, and 2) always drain and rinse them well with cold water to remove some of the sodium.

Here I have one 15-ounce can of no-salt-added black beans, which I've already drained and rinsed (show beans in large bowl). This is about two cups

of beans. I'll add in one teaspoon of chili powder (add), half a teaspoon of ground cumin (add), one fourth teaspoon of black pepper (add), and one fourth teaspoon of red chili pepper flakes for some spicy heat (add). You could use half of a finely diced jalapeño pepper instead. And finally, a Tex-Mex staple ingredient: 4 tablespoons of finely chopped fresh cilantro leaves (add). I'll mix that all together (mix) and set it aside for when it's time to stuff the wrap (do so).

Next, I have 8 ounces of canned all-white-meat chicken, which I've drained and rinsed (show on plate). You could also use half a pound of grocery store rotisserie chicken, with the skin removed, and shredded. Or you can even use leftover ham or turkey from another meal that's chopped up. Now I'll put our chicken aside for sandwich assembly, too (do so).

Here are our veggies all laid out and ready for the wraps (show on cutting board). I have one medium carrot that's been shredded (show), which is about one cup. One small tomato, cut into half inch pieces (show). And one avocado that I'll cut into cubes (show). First, cut through the middle and around the whole avocado and the pit (do so). Then, just turn and twist off the top (do so). Remove the pit with a spoon (do so) and then cut each half into crosshatch squares but do not cut through the skin (do so to each half, lifting to show). And then you can simply scoop out the cubes (do so).

And now it's time to put our wraps together! Here, I have four 8-inch whole-wheat tortillas (show). Or you could use whole-wheat sandwich wraps. You can warm these in the microwave and then keep them warm by wrapping them in a dishtowel and taking them out, one at a time, as you make the wraps. (No need to actually warm tortillas.)

Tex-Mex Black Bean and Chicken Wrap, *continued*

We'll start with a tortilla on the cutting board here (remove tortilla from dishtowel and show audience) and I'll spoon one-fourth of the bean mix down the middle (do so) followed by one-fourth of the remaining ingredients: chicken (add), carrot (add), tomato (add) and avocado (add). Now, fold up the bottom until it covers the bottom of the filling (show and do so), and then bring each side towards the middle, overlapping them over the filling to make the wrap snug (do so). You can secure the wrap with a toothpick, like this (do so). Then just repeat the process with the remaining tortillas. (Make the remaining tortillas — or ask an audience member to help you — after they've washed their hands.)

Now, here's a recap of some of the handy kitchen and nutrition tips we discussed today:

- **When buying canned beans, compare nutrition labels and choose the product with the lowest amount of sodium.**
- **Drain and rinse them well with cold water to remove some of the sodium.**
- **You can warm tortillas in the microwave and then keep them warm by wrapping them in a dishtowel.**

Thanks for joining me for this demonstration. I hope you'll take one of our *Simple Cooking with Heart at Home* booklets and try some recipes yourself. You can find the recipe we made today as well as many other free recipes online at heart.org/simplecooking. We also have great instructional videos and lots of other tips and information to help you get started cooking at home. Now let's taste these wraps! (Pass out booklets and samples to audience; collect trash.)



RESOURCES





Talking Points for Simple Cooking with Heart Demonstrations

In addition to the scripts provided, the following talking points can be incorporated into your presentation or promotional materials.

- The obesity crisis in America has no one single cause, but it usually comes down to the fact that we tend to eat more food than our bodies need. We eat nearly half of our meals in restaurants or from packages — foods that generally have more calories, saturated fat, *trans* fat, added sugars and sodium and fewer fruits, vegetables and fiber-rich whole grains. All those factors mean we're not shopping for healthy foods and cooking it in our own kitchens. As a nation, we simply no longer have the time or skills to cook healthy meals.
- Where we eat has a dramatic effect on what foods, and how much of these foods, we consume. The more people eat out, particularly at fast-food restaurants, the more calories, fat and sodium they tend to consume.ⁱ And away-from-home meals contain fewer fruits, vegetables and whole grains than foods prepared at home. This contributes to higher weight gain in both children and adults.ⁱⁱ
- Away-from-home foods tend to be more energy-dense and contain more saturated fat, salt and added sugar. Eating more fast-food meals is linked to consuming more calories, more saturated fat, fewer fruits and vegetables, and less milk.^{iii, iv, v, vi, vii}
- It's such a crisis that the American Heart Association 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.
- The American Heart Association's *Simple Cooking with Heart* program is a fun and easy way to bring communities together and help people eat healthier. The idea is simple: Groups of people get together and learn how to prepare easy, affordable, tasty meals using free American Heart Association recipes. It's a community bonding opportunity like a book club or bunco night — only with heart-health benefits that can help keep your family fit, lower your family's risks of heart disease and stroke, and help balance your food budget.
- Communities everywhere are suffering from obesity — two of every three adults in America are overweight or obese — and the fact that many people simply don't cook at home anymore is a major factor. *Simple Cooking with Heart* helps you take on this problem in your home, getting your family back into the kitchen in a fun and affordable way.
- *Simple Cooking with Heart* was created in partnership with Walmart. *Simple Cooking with Heart* is just one element of the American Heart Association's nationwide effort to help people change the way they think about food.
- To learn basic heart-healthy cooking skills and to browse free, affordable recipes, visit heart.org/simplecooking today!



American Heart Association Healthy Eating Recommendations

At the heart of good health is good nutrition. All of our recipes and cooking demonstrations are designed with these recommendations, and your health, in mind.

Include

- Fruits and vegetables
- Whole grains
- Beans and legumes
- Nuts and seeds
- Fish (preferably oily fish high in omega-3 fatty acids), skinless poultry, and plant-based alternatives
- Fat-free and low-fat dairy products
- Healthier fats and non-tropical oils

Limit

- Sodium and salt
- Saturated fat
- Sweets and added sugars, including sugar-sweetened beverages
- Red meats — if you choose to eat red meat, select lean cuts

Avoid

- *Trans* fat and partially hydrogenated oils

Tips

- **Choose wisely**, even with healthier foods. Ingredients and nutrient content can vary by brand and preparation.
- **Compare nutrition information** on package labels and select products with the lowest amounts of sodium, added sugars, saturated fat and *trans* fat, and no partially hydrogenated oils.
- **Watch your calorie intake**. To maintain weight, consume only as many calories as you use up through physical activity. If you want to lose weight, consume fewer calories or burn more calories.
- **Eat reasonable portions**. Often this is less than you are served.
- **Eat a wide variety of foods** to get all the nutrients your body needs.
- **Prepare and eat healthier meals at home**. You'll have more control over ingredients.
- **Look for the Heart-Check mark** to easily identify foods that can be part of an overall healthy diet.

Online Resources

Help people be successful in their goals of cooking more at home, with heart. Be sure to send them to heart.org/simplecooking to learn more basic cooking skills and find more than 150 quick, affordable, heart-healthy recipes to share with friends and loved ones.

Just a few examples of what's available at heart.org/simplecooking:

- **Stocking a heart-healthy pantry on a budget**
- **How to pick good produce**
- **What to do with leftovers**
- **Eating healthy on the run**
- **Healthy substitutions for common foods**
- **Cooking techniques and skills glossary**
- **Step-by-step videos**
- **Recipes and resources in Spanish**
- **And more!**

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