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Simple Cooking with Heart

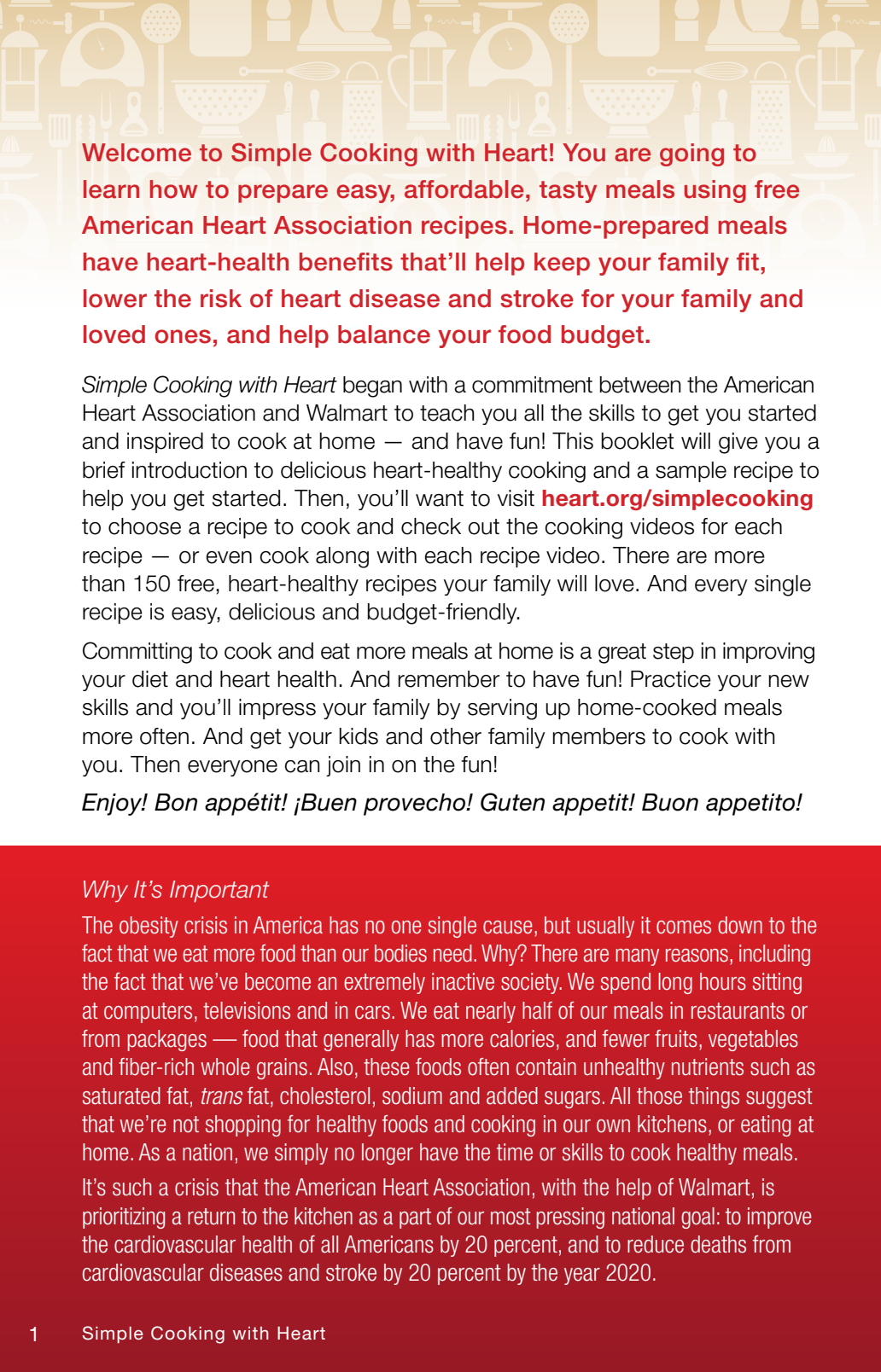
at Home

heart.org/simplecooking



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

Simple Cooking with Heart began with a commitment between the American Heart Association and Walmart to teach you all the skills to get you started and inspired to cook at home — and have fun! This booklet will give you a brief introduction to delicious heart-healthy cooking and a sample recipe to help you get started. Then, you'll want to visit heart.org/simplecooking to choose a recipe to cook and check out the cooking videos for each recipe — or even cook along with each recipe video. There are more than 150 free, heart-healthy recipes your family will love. And every single recipe is easy, delicious and budget-friendly.

Committing to cook and eat more meals at home is a great step in improving your diet and heart health. And remember to have fun! Practice your new skills and you'll impress your family by serving up home-cooked meals more often. And get your kids and other family members to cook with you. Then everyone can join in on the fun!

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

Why It's Important

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

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

Contents

- The American Heart Association's Healthy Eating Recommendations
- Basic kitchen equipment checklist
- Sample recipe — Chicken and Ham Jambalaya
- Shopping and supply list for the sample recipe
- General ingredients to have on hand for heart-healthy cooking
- Overview of basic cooking skills
- Understanding serving size and shopping healthy on a budget
- More information, recipes and heart-healthy cooking ideas

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



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.





Basic Kitchen Equipment Checklist

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

POTS AND PANS

You don't have to buy a whole set of matching cookware. You can pick and choose the best pan for the job from a variety of brands and types.

- ☐ **8-quart pot with lid.** For boiling pasta, steaming vegetables (with a steamer insert) and making soups and stews. Don't get one that's so heavy you can't lift it when it's full of liquid.
- ☐ **Steamer insert.** A collapsible one will fit into a variety of pan sizes.
- ☐ **2-quart saucepan with lid.** For cooking rice or other grains, making sauces, heating up canned goods and leftovers.
- ☐ **12-inch nonstick skillet.** For sautéing meats and vegetables. If you get a deep one with rounded sides, it will work great for stir-fries, too.

SHARP STUFF

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

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



MIXING AND LIFTING

You don't have to keep all your utensils in a drawer. Find a wide-mouthed container to hold your utensils within easy reach on the countertop.

- ❑ **Wooden spoons.** They're inexpensive, so get several.
- ❑ **Slotted spoon.** Stainless steel, wood or plastic, for stirring and dipping into hot and cold liquids.
- ❑ **Ladle.** For serving soups and stews. A standard size ladle holds ½ cup, for easy portion measuring.
- ❑ **Spatula.** Get a nonmetal one that won't damage your nonstick cookware.
- ❑ **Whisk.** Great for salad dressings and sauces. Also useful for combining dry ingredients in baking.
- ❑ **Tongs.** Like having an extra hand in the kitchen — but one that doesn't get burned or freeze! Get spring-loaded tongs, which open and close easily.

OTHER GOOD STUFF

These tools will make cooking at home a breeze. No need to get the best of the best here; any brand or variety will get the job done!

- ❑ **Baking dish.** A 13x9 inch glass or metal dish is great for roasting vegetables or baking fish, meat or poultry.
- ❑ **Baking sheet.** For roasting meats and vegetables in the oven. Look for a sturdy one with raised edges – also called a half sheet pan.
- ❑ **Mixing bowls.** For easy storage, get nesting bowls in at least three sizes.
- ❑ **Measuring cups.** Get nesting ones for dry ingredients and a 2-cup spouted glass cup for liquids.
- ❑ **Measuring spoons.** With 1-tablespoon through ⅛-teaspoon sizes.
- ❑ **Timer.** Yes, there's one on your stove, but what if you're cooking more than one thing at a time? It's helpful to have a portable timer if you step out of the kitchen while something is cooking.
- ❑ **Colander.** For straining and draining. A wire mesh one can also be used as a sifter.
- ❑ **Juice reamer.** A juice reamer is a great utensil that is used to extract the juice from lemons, limes and other small citrus fruit.
- ❑ **Instant-read thermometer.** For food safety and perfectly cooked meats.
- ❑ **Oven mitts or pot holders, kitchen towels, apron.**



Chicken and Ham Jambalaya

Chicken & Ham Jambalaya

6 servings | About \$2.11 per serving

INGREDIENTS

- ¼ pound extra lean ham cut into half-inch dice**
- 1 pound boneless skinless chicken breasts, all visible fat removed, cut into one-inch cubes**
- ½ teaspoon ground black pepper**
- 1 tablespoon olive oil**
- 1 medium yellow onion, about one cup, cut into half-inch pieces**
- 2 celery stalks, about 1 cup, cut into half-inch pieces**
- 1 large green bell pepper, about one cup, cut into half-inch pieces**
- 2 garlic cloves, finely minced**
- 1½ cups uncooked long-grain white or brown rice**
- 2 cups low-sodium chicken broth**
- ½ teaspoon dried thyme**

PREPARATION

1. In a deep heavy pot add ½ inch of water and add the diced ham. Cook over medium heat until the water boils away. In a 4–6 quart pot, this will take about 7–10 minutes.
2. Continue cooking until the ham is lightly browned, about 5 minutes. Remove the ham and set aside. Pour off and discard any fat.
3. Add the olive oil to the same unwashed pot and raise heat to medium-high. Season the chicken with the pepper and brown in the heavy pot with the olive oil for about 5 minutes, then remove from the pot and set aside.
4. Add the onion, celery and bell pepper to the pot and sauté until soft, about 5 minutes.
5. Add the garlic, ham and chicken, uncooked rice, chicken broth and thyme to the onion, celery and bell pepper mixture and bring to a boil.
6. Reduce heat to low, cover and simmer until the water evaporates and the rice is cooked, about 15 minutes for white rice and 25 for brown rice. Serve in bowls.

Tips:

- This dish will keep developing its flavors and will taste even better the next day.
- You can use leftover lean pork, instead of the ham, but cook it very quickly, to keep it from getting dry.
- Serve this with a simple green salad on the side.

PER SERVING:

Calories	308.5 kcal
Fat	5.7 g
Saturated Fat	1.2 g
Trans Fat	0.0 g
Polunsaturated Fat	0.8 g
Monounsaturated Fat	2.8 g
Cholesterol	58.4 mg
Sodium	348.9 mg
Carbohydrates	37.9 g
Dietary Fiber	1.7 g
Total Sugars	2.4 g
Protein	24.4 g

SHOPPING AND SUPPLIES

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

SHOPPING LIST FOR CHICKEN AND HAM JAMBALAYA

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

¼ pound ham	1 large green bell pepper
1 pound boneless skinless chicken breasts	2 garlic cloves
½ teaspoon ground black pepper	1½ cups uncooked long-grain white or brown rice
1 tablespoon olive oil	2 cups low-sodium chicken broth
1 medium yellow onion	½ teaspoon dried thyme
2 celery stalks	

SUPPLIES TO HAVE ON HAND FOR THIS RECIPE

Measuring spoons	Heat-safe slotted spoon
Measuring cups	Plate
Medium pot	Sautee spoon or spatula
Deep heavy pot	

Using food labels as a shopping aid

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



GENERAL INGREDIENTS TO HAVE ON HAND FOR HEART-HEALTHY COOKING

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

Apple cider vinegar

Balsamic vinegar

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

Cooking spray

Yellow mustard or spicy brown mustard

Dijon mustard

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

Jarred minced garlic or fresh garlic cloves

Lemons or lemon juice

Long-grain brown rice

Low-sodium chicken broth

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

Low-sodium soy sauce

Onions

Nonfat milk

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

Whole-wheat pastas

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



Overview of Basic Healthy Cooking Skills

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

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

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

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

Braise: To cook food slowly using heat from an oven or stovetop with a little bit of liquid which is usually water or broth. Braising tenderizes the meat, which also gives it great flavor, like in a juicy, tender pot roast.

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

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

These are just some basic terms to get you started.

To learn more, visit heart.org/simplecooking

Chop: To cut into irregular pieces.

Coarsely chopped are bite-sized pieces. Finely chopped are smaller.

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

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

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

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

Roast: To cook uncovered in the oven.

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

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

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

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

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

What's a Serving Size?

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

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

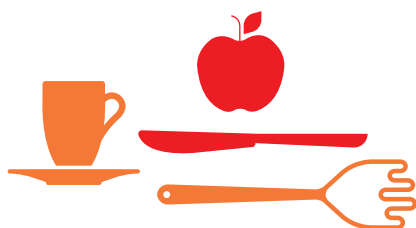
Fruits: 1 medium fruit (about the size of a baseball); ½ cup chopped, cooked or unsweetened canned fruit; ½ cup small fruit, like berries or grapes; ½ cup juice

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

Beans, nuts and seeds: ½ cup cooked beans, lentils or peas; ¼ cup unsalted nuts; 2 tablespoons nut butter; 2 tablespoons unsalted seeds

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

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



Cooking Healthy On a Budget

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

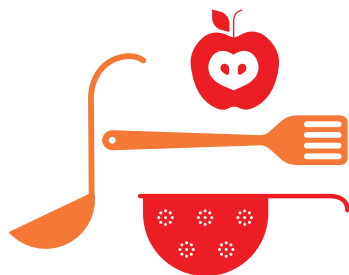
Shop smart: Plan your meals for the week before you go shopping, but be flexible if you find an unexpected sale item. Buy more fruits and vegetables, and less meat. Instead of meat, use beans in some recipes, like burritos, tacos, soups and pasta dishes.

Cook Once, Eat Twice: Save time in the kitchen by doubling the recipe and using it for a second meal the next day. Visit heart.org/simplecooking for some great Cook Once, Eat Twice meals your family will love.

Load up on produce: Fresh fruits and vegetables can be less expensive when they're in season. Frozen and canned fruits (without added sugars) and veggies (without added sauces or salty seasonings) may cost less and are just as healthy as fresh produce. Plus, they are great to have on hand when you're low on funds or don't feel like heading to the store.

Go whole: Even if a loaf of whole-grain bread costs more than the spongy white stuff, you're getting more nutritional bang for your buck. The whole-grain bread has more vitamins and more fiber, which satisfies your hunger longer. The same is true of whole-grain pastas and crackers, and brown rice instead of white. Cooking your own plain rice and seasoning with herbs and spices can be more affordable and healthier than buying rice mixes.

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





Resources

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

- How to make homemade salad dressings and marinades
- How to add flavor using herbs and spices
- How to cook eggs, including hardboiled
- How to cook with a slow cooker
- “Get Fresh” produce storage infographic
- “Added Sugar Is Not So Sweet” infographic
- “Shop Smart and Save” infographic
- “Seasons of Eating” infographic
- And more!

More quick, healthy and budget-friendly recipes you can find when you visit [heart.org/simplecooking](https://www.heart.org/simplecooking):

Festive Turkey Rice Salad, Thai Chicken Broccoli Salad with Peanut Dressing, Kid-Friendly Chicken Enchiladas with Black Beans and Corn, Pumpkin Spice Smoothie, and many more!

Simple Cooking with Heart Release

The enclosed information, recipes and instructions are provided to you to help you learn to cook healthy at home. Please follow safe, responsible practices and use caution when cooking. By using the information provided in this booklet, you acknowledge that there are inherent risks in cooking, 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. 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. Further, you agree on behalf of yourself and your heirs, beneficiaries and estate, not to hold the American Heart Association, Inc. and its sponsors, officers, agents, employees (“Released Parties”) responsible for any accidents and loss or damage to your property and person, and you release and discharge the Released Parties from all damages, actions, claims and liabilities of any nature, specifically including, but not limited to, damages, actions, claims and liabilities arising from or related to cooking at home. 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.



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Mixed Sources

Product group from well-managed
forests, controlled sources and
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