



Heart Healthy Meals

Created by Nutrition For You LLC



Heart Healthy Meals

Nutrition For You LLC

Hi Friend,

Welcome to this Hearty Healthy recipe collection! Here you will find a collection of delicious, nutrient-dense, heart healthy recipes.

Recipe Tips

On each recipe, you'll see the total time, the number of servings, ingredients, and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance, like dicing vegetables. It's also helpful to read through the directions before you start cooking so you have an idea of what to expect.

Leftovers

Cook once, eat multiple times! Most leftovers can last about three days in the fridge, so maximize your time in the kitchen. Make enough dinner to take for lunch the next day or double a recipe to last for a few days. This is a great habit that will save you time and money.

More Personalized Needs?

In addition to nutrition and whole body wellness counseling, I provide personalized stand alone weekly menu planning and recipe services. Reach out via email (info@reneeslonaker.com) or the contact form on my [website](#).

To your heart!
Be well and thrive,
Renee

Chai & Pomegranate Overnight Oats

6 ingredients · 8 hours 5 minutes · 2 servings



Directions

1. In a bowl, whisk together the milk, tea, and maple syrup.
2. Add the chia seeds and oats. Stir to combine. Cover the container with a lid and refrigerate overnight.
3. Serve with pomegranate seeds and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately one cup.

Make it Vegan

Use plant-based milk instead.

More Flavor

Add cardamom or vanilla.

Ingredients

- 1 cup Cow's Milk, Whole
- 1/2 cup Chai Tea (steeped)
- 1 1/2 tsps Maple Syrup
- 1/4 cup Chia Seeds
- 1/2 cup Oats (rolled)
- 1/2 cup Pomegranate Seeds

Nutrition

Amount per serving

Calories	308	Iron	3mg
Fat	13g	Thiamine	0.2mg
Carbs	40g	Riboflavin	0.3mg
Fiber	12g	Niacin	0mg
Sugar	14g	Vitamin B6	0.1mg
Protein	11g	Folate	16µg
Cholesterol	12mg	Vitamin B12	0.6µg
Sodium	59mg	Magnesium	43mg
Vitamin A	198IU	Zinc	1mg
Vitamin C	4mg	Selenium	10µg
Calcium	312mg		

Sweet & Savory Breakfast Skillet

7 ingredients · 25 minutes · 4 servings



Directions

1. Warm a large skillet over medium heat and add pork (or other ground meat). Cook meat, breaking up with a spoon/spatula until no longer pink. Use a slotted spoon to transfer to a bowl.
2. Add the sweet potato, Brussels sprouts, and spices to the skillet (with the meat juice and fat). Cover and cook on medium heat until cooked through. Stir occasionally.
3. Add the apple and cooked meat. Stir in gently until warmed through.

Notes

Pork Substitutes

Ground turkey or chicken. With leaner ground meats you may need to add a tablespoon of olive oil (or ghee or butter).

Make it Vegan

Replace pork with tempeh, tofu, seitan, or cooked lentils/legumes.

No Sweet Potato

Substitute with cubed, peeled butternut squash, delicata squash (skin can be eaten), or carrots.

More Flavor

Sauté chopped onion and a garlic with the ground meat.

Time Savers

Purchase pretrimmed/chopped Brussels sprouts.

Ingredients

- 1 lb Lean Ground Pork
- 2 cups Sweet Potato (peeled, cubed)
- 4 cups Brussels Sprouts (chopped or shredded)
- 1 tsp Ground Sage (or more to taste)
- 1/2 tsp Sea Salt
- 1/2 tsp Cinnamon
- 1 Apple (large, chopped)

Nutrition

Amount per serving

Calories	365	Iron	3mg
Fat	20g	Thiamine	0.6mg
Carbs	25g	Riboflavin	0.5mg
Fiber	6g	Niacin	9mg
Sugar	10g	Vitamin B6	1.1mg
Protein	25g	Folate	61µg
Cholesterol	77mg	Vitamin B12	0.8µg
Sodium	585mg	Magnesium	55mg
Vitamin A	699IU	Zinc	3mg
Vitamin C	87mg	Selenium	36µg
Calcium	82mg		

Creamy Sweet Potato, Edamame & Pinto Bean Soup

10 ingredients · 35 minutes · 4 servings



Directions

1. Heat the oil in a pot over medium heat. Add the onion and sauté for two to three minutes.
2. Add the sweet potato. Stir and cook for two to three minutes. Add the broth, thyme, salt, and pepper. Stir, cover the pot with a lid, and simmer on low heat for about 20 minutes or until the sweet potato is cooked through.
3. Add the beans and edamame to the pot. Simmer uncovered for another five minutes. Add the cream and adjust the seasoning to your taste. Simmer for another minute then turn off the heat.
4. Remove the thyme sprig and stir in the parsley. Divide the soup between bowls and enjoy!

Notes

Make it Vegan

Use coconut cream instead of half & half.

No Sweet Potato

Substitute with winter squash (peeled and chopped).

More Flavor

Add garlic and paprika.

No Parsley

Use cilantro or dill instead.

Serving Size

One serving is equal to approximately two cups.

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to one month.

Ingredients

- 2 **tsps** Extra Virgin Olive Oil
- 1 Yellow Onion (small, diced)
- 4 Sweet Potato (medium, peeled, chopped)
- 6 **cups** Vegetable Broth, Low Sodium
- 1/4 **oz** Thyme Sprigs
- Sea Salt & Black Pepper (to taste)
- 2 **cups** Pinto Beans (cooked)
- 2 **cups** Frozen Edamame (thawed)
- 1 **cup** Cream, Half & Half
- 1/4 **cup** Parsley (chopped)

Nutrition

Amount per serving

Calories	456	Iron	6mg
Fat	14g	Thiamine	0.4mg
Carbs	64g	Riboflavin	0.4mg
Fiber	17g	Niacin	2mg
Sugar	15g	Vitamin B6	0.6mg
Protein	21g	Folate	411µg
Cholesterol	21mg	Vitamin B12	0.1µg
Sodium	283mg	Magnesium	136mg
Vitamin A	19293IU	Zinc	3mg
Vitamin C	21mg	Selenium	9µg
Calcium	214mg		

Lentil, Fennel & Turkey Meatball Soup

12 ingredients · 45 minutes · 4 servings



Directions

1. Heat the oil in a pot over medium-high heat. Add the onion, fennel, celery, and carrot. Stir and sauté for about 10 minutes or until soft. Add half of the garlic and sauté for two to three minutes.
2. Add the broth and season with salt and pepper. Stir, bring the soup to a simmer, and turn the heat down to low.
3. Meanwhile, in a bowl, mix together the turkey, the remaining garlic, salt, and pepper. Roll the turkey mixture into small meatballs. Add the meatballs to the pot, cover with lid, and simmer for about 15 minutes.
4. Turn off the heat and remove the lid. Add in the lentils and yogurt, stir, and let sit 5 minutes. Adjust the seasoning to your taste and add more broth if needed.
5. Remove from the heat and stir in the parsley. Divide between serving bowls and enjoy!

Notes

Make it Vegetarian

Substitute vegan ground "meat" or use your favorite vegetarian or vegan "meatball" recipe.

Dairy-Free

Replace yogurt with dairy-free plain, unsweetened yogurt or canned lite coconut milk.

Lentils

Buy canned/boxed cooked lentils or buy and cook dry lentils according to package instructions.

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size

One serving is equal to approximately 2 1/3 cups.

Ingredients

- 2 **tsps** Extra Virgin Olive Oil
- 1 Yellow Onion (small, sliced)
- 1 **bulb** Fennel (medium, sliced)
- 1 **stalk** Celery (chopped)
- 1 Carrot (scrubbed, chopped)
- 4 Garlic (clove, minced, divided)
- 4 **cups** Vegetable Broth, Low Sodium
Sea Salt & Black Pepper (to taste)
- 1 **lb** Extra Lean Ground Turkey
- 2 **cups** Lentils (cooked)
- 1 **cup** Plain Cow's Yogurt, Lowfat
- 1/4 **cup** Parsley (chopped)

Nutrition

Amount per serving

Calories	394	Iron	6mg
Fat	14g	Thiamine	0.3mg
Carbs	35g	Riboflavin	0.4mg
Fiber	11g	Niacin	8mg
Sugar	12g	Vitamin B6	0.7mg
Protein	34g	Folate	220µg
Cholesterol	92mg	Vitamin B12	1.6µg
Sodium	271mg	Magnesium	82mg
Vitamin A	3567IU	Zinc	5mg

Vitamin C	18mg	Selenium	27µg
Calcium	175mg		

Sesame Ginger Salmon with Veggies & Rice

9 ingredients · 25 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with aluminum foil and place a wire rack over top.
2. Cook the rice according to the directions on the package
3. In a small bowl, whisk the oil, rice vinegar, coconut sugar, tamari, and ginger.
4. Place the salmon skin side down on the baking sheet along with the mushrooms and bok choy. Pour the oil mixture over top of the salmon and the veggies.
5. Cook in the oven for 10 minutes, or until the salmon is nearly done. This will depend on the thickness of your salmon. Turn the oven to broil and cook for about three minutes more, until cooked through and slightly charred. Divide onto plates along with the cooked rice and enjoy!

Notes

More Flavor

Add sriracha or chili flakes to the marinade.

Additional Toppings

Top with sesame seeds.

Make it Vegan

Replace salmon with thickly sliced extra firm tofu.

Leftovers

Refrigerate in an airtight container for up to three days.

No Wire Rack

Line the baking sheet with parchment paper instead.

Ingredients

- 1 cup Jasmine Rice (uncooked)
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Rice Vinegar
- 2 tsps Coconut Sugar
- 2 tbsps Soy Sauce, Low Sodium (or low sodium tamari (GF))
- 2 tsps Ginger (minced)
- 1 lb Salmon Fillet
- 2 cups Shiitake Mushrooms (stems removed)
- 4 cups Bok Choy (4 heads, halved)

Nutrition

Amount per serving

Calories	413	Iron	2mg
Fat	11g	Thiamine	0.2mg
Carbs	52g	Riboflavin	0.4mg
Fiber	3g	Niacin	11mg
Sugar	5g	Vitamin B6	1.1mg
Protein	31g	Folate	71µg
Cholesterol	58mg	Vitamin B12	5.3µg
Sodium	392mg	Magnesium	63mg
Vitamin A	3311IU	Zinc	2mg
Vitamin C	32mg	Selenium	52µg
Calcium	88mg		

Spinach & Pea Risotto

10 ingredients · 35 minutes · 4 servings



Directions

1. Heat the vegetable broth in a medium pot over medium-high heat. Once it starts to simmer, reduce heat to low to keep warm.
2. Meanwhile, heat the olive oil over medium heat in a large pot. Sauté the onions for 5 minutes or until translucent but not browned. Add the garlic and half of the salt. Cook for another minute. Add the rice and lemon juice and gently stir until the lemon juice is absorbed.
3. Add 1/2 cup of the warmed broth to the rice in the pot stirring constantly until the broth has been absorbed. The rice and broth should be at a gentle simmer throughout the cooking process, not a boil.
4. Continue to add the broth 1/2 cup at a time until all but a 1/2 cup of broth is remaining and rice is cooked through. Aim for al dente rice, not mushy. This will take about 20 to 25 minutes.
5. Next, add the last 1/2 cup of broth along with the spinach, peas and remaining salt. Continue to stir until the last of the broth has been absorbed, the spinach is wilted and the peas are tender. Remove from the heat and stir in the nutritional yeast. Season with additional salt or lemon juice as needed.
6. Divide between plates and enjoy.

Notes

More Flavor

Top with additional nutritional yeast, vegan parmesan cheese, freshly chopped parsley, basil, lemon zest or freshly ground black pepper.

Consistency

If risotto has become too thick after stirring in the spinach and peas, thin with two tablespoons of warm water at a time until desired consistency is reached.

More Protein (non-vegetarian)

Replace vegetable broth with chicken bone broth.

Ingredients

- 4 cups Vegetable Broth, Low Sodium
- 2 tbsps Extra Virgin Olive Oil
- 1 Yellow Onion (small, finely chopped)
- 2 Garlic (cloves, minced)
- 1/2 tsp Sea Salt (divided)
- 1 cup Arborio Rice
- 3 tbsps Lemon Juice
- 3 cups Baby Spinach (chopped)
- 1 cup Frozen Peas
- 3 tbsps Nutritional Yeast

Nutrition

Amount per serving

Calories	327	Iron	3mg
Fat	7g	Thiamine	5.4mg
Carbs	56g	Riboflavin	5.6mg
Fiber	5g	Niacin	30mg
Sugar	6g	Vitamin B6	5.8mg
Protein	10g	Folate	70µg
Cholesterol	0mg	Vitamin B12	25.3µg
Sodium	472mg	Magnesium	28mg
Vitamin A	2951IU	Zinc	0mg
Vitamin C	18mg	Selenium	1µg
Calcium	49mg		

Renee Slonaker

<https://www.reneeslonaker.com/>



Rice

This recipe was developed and tested using Arborio Rice. We have not tested this recipe using any other type of rice.

Leftovers

Keep refrigerated in an airtight container for up to three days.

Serving Size

One serving is equal to approximately 1.25 cups of risotto.