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The kinoa (pronounced kin-wau) is foreign to many of us, but it's the food you want to make a staple in the pantry. It's easy to prepare, and although it's often seen as a grain, quinoa is actually a seed more closely related to spinach or beetroot than grains or grains. This means that it is naturally gluten-free. quinoa is high in fiber, magnesium and iron, and is a valuable source of high quality protein, too. Its versatility makes it an excellent choice at any time of the day, whether it's breakfast (like cereal), lunch (on top of a salad), or dinner (garnish)) Robin Plotkin, a culinary nutritionist and registered dietitian, has increased the cardio-healthy benefits of this recipe by adding 100 percent grape juice. Plotkin says: Studies have shown that Concord grapes in juice play a role in improving circulation. And let's not lose sight of other useful ingredients, including unsaturated fats supplied by walnuts and cholesterol-lowering fibers provided by chickpeas. Heart smart recipe source: Robin Plotkin, RD, LD, Culinary and Nutrition Expert Blog, RobinsBiteAlthough Fish has been named Brain Food, It Works Wonders on the Heart. Rich in omega-3 fatty acids, fish (particularly oily fish like salmon and mackerel) reduces inflammation, thereby reducing the risk of heart disease. As a bonus point, fish can also improve mental capacity, prevent certain cancers, and reduce the risk of rheumatoid arthritis. And Marisa Moore, RDN, owner of Marisa Moore Nutrition points out that in her recipe, avocados are packed with fiber and monounsaturated fats to help these delicious tacos maintain heart health. Like fat with benefits, avocados offer an array of 20 vitamins and minerals per serving, including potassium, a mineral that can lower blood pressure. Heart smart recipe source: Marisa Moore, recipe RDN Blog 1. Choose low-fat, low-fat, low-fat or light dairy products. 2. The preserves are often loaded with salt. Use canned salt and canned food with low, reduced or no sodium, such as sauces. 3. Use high-sodium ingredients, such as cheese and olives, sparingly. 4. Make recipes or egg dishes with egg whites rather than egg yolks. Replace two egg whites with each egg yolk. 5. Use chunks of red meat and pork labeled belt or round, as they usually have the least fat. To reduce fat and cholesterol even more, make vegetables or legumes a star meal and use meat sparingly in a supportive role. 6. Avoid adding sugar by incorporating natural sweet ingredients such as fresh fruit. 7. Avoid ready-made foods such as piecrusts, chilled dough, and cake mixtures, as they like high in fat and sodium. 8. Replace salt with fresh or dried herbs, spices or salt-free seasonings. Experiment with flavored additives such as lemon juice, citrus zest or hot chili. 9. Avoid butter and stick to margarine. 10. 10. Recipe requires highly refined grains, try using whole wheat instead. You can replace whole wheat flour for up to half of the whole flour listed in the recipe. From RealAge.com: What is the risk of cardiovascular disease? Find out. This content is created and supported by a third party and is imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io Eat More Fish and Reap the Benefits: Young Skin, Better Memory, and a Healthy Heart. There are so many reasons to fall in love with fish. Not only are seafood rich in protein, but are also packed with omega-3s, a long chain of fatty acids that have been shown to lower cholesterol and protect against cancer and cardiovascular disease. While omega-3s are also found in foods such as nuts, seeds, and even some leafy greens, polyunsaturated fats are particularly noticeable in oily fish including salmon, sardines, trout and herring. Because we want to get all the benefits we can from fish, we're rounding up four of our favorite healthy fish recipes. If you're worried about getting fish fatigued, don't worry: Each dish offers something different. Love nosh on something with crunch? Try our sesame-crusted flounder fillets that get an extra hit of healthy fats from fragrant seeds. If you are in the mood for comfort food, turn on the oven for our lightweight fish chowder. We exchange 2% milk for heavy cream and add carrots, thyme and onions to raise the taste profile. A teaspoon of chopped bacon is added to each bowl too. This may seem heavy, but the whole dish actually comes in at under 250 calories per serving. RELATED: 24 Healthy Fish Recipes Fish 'N Chips Lovers will want to try our panko crusted fillets that bake baked rather than fried. A light coating of breadcrumbs helps to create a crispy outside that tastes just like the original, minus all the unnecessary oil. Finally, we'll show you how to whip up the ultimate dinner party's entree: cod with pine nuts brown butter and garlic spinach. Fish provides lean protein and healthy fats, as well as superfood supplements like olive oil, anti-inflammatory garlic, and iron-packed spinach to deliver even more nutrients. Combine dinner with a side of brown rice for fiber and you and your guests will feel completely satisfied. Hungry? Watch the video above for four heart-healthy fish dishes we never get tired of. A healthy heart diet should not eliminate all your favorite comfort foods. Smart swaps can lose weight food for some time. We will teach you the tips and tricks you need to light a chili and make degreement pork chops. Just follow our recipes and enjoy. Chicken, sweet potato, and Apple Skillet (pictured left)Time: 30 minutesTotal Time: 35 minutesServings: 41 pounds boneless, skinless chicken breasts, cut into cubes 1/2 4 teaspoon olive oil 3 3 30% less fat center cut bacon (we used Oscar Mayer), chopped 11/2 c Brussels sprouts, trimmed and quarter 1 med sweet potatoes (8 ounces), peeled and diced 1/2 1 honey onion, Chopped 2 Golden delicious apples, peeled, cores, and cut into 3/4 cubes 4 garlic cloves, chopped 1 teaspoon chopped fresh thyme or 1/4 teaspoon dried 1/4 teaspoon ground cinnamon 1 c low-sodium chicken stock 1/8 teaspoon. SEASON chicken lightly with salt. Heat 2 teaspoons of oil in a large nonstick frying pan or cast-iron frying pan over medium-high heat. Add the chicken and cook until lightly browned and cooked until finished, about 5 minutes. Transfer to the plate.2. RETURN the pan to heat and add the remaining 2 teaspoons of oil. Stir in the bacon and cook until browned, about 2 minutes. Add brussels sprouts, sweet potatoes and onions. Cook, stirring, until crisp, about 5 minutes. Stir in apples, garlic, thyme and cinnamon. Cook for 3 minutes. Pour in 1/2 cup of broth, bring to a boil, and cook until evaporated, about 2 minutes. Add the reserved chicken and the remaining 1/2 cup of broth. Season with salt and black pepper as needed. Cook until hot, about 2 minutes. NUTRITION (per serving) 309 cal, 29 g pro, 28 g carbohydrates, 5 grams of fiber, 9.5g Fat, 2g Fat, 459 mg SodiumHeart-Healthy Tip: Skin-free chicken and low-fat bacon add less than 2g of sa-fat and plenty of tasteMore from prevention: low-fat Slow-Cooker Recipes and Almond Stir-FryWork Time: 20 minutesTotal Time: 25 minutesServings: 41/2 pics 3/4 lb flank steak chopped 1/4 thick 3 tsp soy sauce with reduced sodium 2 tsp toasted sesame oil 1 tbsp grated fresh ginger 2 garlic cloves, minced 2 honey carrots, thinly sliced 1 honey onion, sliced 1 honey red pepper, thinly sliced 8 ounces snow peas 3 tbsp chopped almond 2 tbsp COOK rice on the packaging direction.2. PREPARE the steak while the rice cooks. Breathe in the steak with 2 teaspoons of soy sauce. Heat 1 teaspoon of oil in a nonstick frying pan or cast-iron frying pan over medium-high heat. Add ginger and garlic. Cook, stirring, for 30 seconds. Add the steak and cook, stirring occasionally, 2 to 3 minutes. Transfer to a plate.3. RETURN the pan to heat, and add the remaining 1 teaspoon of oil, carrot, onion and pepper. Cook, stirring, until it starts to soften, about 3 minutes. Stir in the snow peas and almonds. Cook, stirring, 2 minutes.4. ADD reserved beef and juices, hoisin sauce, and the remaining 1 teaspoon of soy sauce. Cook, stirring, 1 minute. Serve over the rice. NUTRITION (per serving) 357 cal, 24g pro, 37g 5 grams of fiber, 12.5 g fat, 3.5 grams of fat, 335 mg of sodiumHeart-Healthy Tip: Antioxidant-rich carrots, onions, bell peppers and garlic support the health of the arteries. (page) Couscous with chickpeas, dried fruit, and CilantroWork Time: 20 minutesTotal Time: 25 minutesServings: 41/2 c water 1/4 teaspoon ground allspice 1 c orange juice 1/2 teaspoon salt 3/4 c whole whole couscous 2 tsp olive oil 1 honey onion, chopped 1 honey green bell pepper, thinly sliced 3 garlic cloves, minced 11/2 teaspoon curry powder 1 can (15 ounces) salt-added chickpeas, rinsed and drained 1/2 with dried apricots, chopped 1/2 c dried ground cranberries 3 tsp chopped. COMBINE water, spices, 1/2 cup orange juice, and 1/4 teaspoon salt in a saucepan over medium-high heat. Bring to the boil, stir in the couscous, cover, remove from heat and let stand for 5 minutes. Pooh with a fork.2. HEAT the butter in a large nonstick frying pan over medium-high heat while the couscous cooks. Add the onion, pepper, garlic and curry powder. Cook, stirring, until the vegetables are soft, about 10 minutes. Add chickpeas, apricots and cranberries. Cook, stirring, 2 minutes.3. POUR in the remaining 1/2 cup orange juice and cook, stirring frequently, 1 minute. Remove from heat and stir in the cilantro and the remaining 1/4 teaspoon of salt. Serve over couscous. NUTRITION (per serving) 363 cal, 9 g pro, 67 g carbohydrates, 9 grams of fiber, 8.5 g fat, 1 g fat, 320 mg sodiumHeart-Healthy Tip: Perk to low-salt beans with the sweetness of orange, apricot and cranberry. (page) Italian Turkey Burgers with cauliflower and carrot SaladWork Time: 25 minutesTotal Time: 40 minutesServings: 4Salad 1 med head cauliflower (about 2 pounds), cut into inflorescences 3 honey carrots, cut diagonally into 1/2-thick slices A pinch of salt 2 tablespoons olive oil 3 tsp apple cider vinegar 1 teaspoon sugar 1/2 teaspoon dried oregano 1/4 teaspoon dried thyme 1/4 teaspoon red-pepper flakesBurgers 1 pound 99% lean ground turkey breast 1/2 cm onion, finely chopped 2 tsp unsalted tomato paste 1 clove minced 1/2 teaspoon dried oregano 1/2 teaspoon dried basil 2 tsp olive oil 4 slices provolone (1/2 ounce each) 4 whole wheat burger buns 6 tsp salt added ketchup 4 leaves romaine1. PREPARE salad: Preheat the oven to 450 degrees Fahrenheit. Rinse the cauliflower, carrot and salt with 1 tablespoon of oil on the rimmed baking sheet covered with cooking spray. Roasted vegetables until soft, 18 to 20 minutes.2. WHISK together the vinegar, sugar, oregano, thyme, pepper, and the remaining 1 tablespoon of oil in a medium bowl. Put it on the vegetables. Cool to room temperature.3. MAKE Burgers: Combine turkey, onion, tomato paste, garlic, oregano and basil while vegetables are roast. Shape in 4 pies.4. HEAT oil in a nonstick frying pan or cast-iron frying pan over medium-high heat. Add the patties and cook for 10 minutes, turning once. Top each patty with 1 slice of cheese, cover the pan, and cook until the cheese has melted, about 1 minute longer.5. ASSEMBLE burgers on buns with 11/2 teaspoons ketchup and Salad. Serve with salad. NUTRITION (per serving) 440 cal, 38g pro, 38g carbohydrates, 7 grams of fiber, 17 grams of fat, 4 g of fat, 499 mg of sodiumHeart-Healthy Tip: Nearly 3 tablespoons of cardio-healthy monounsaturated olive oil paired with vegetables and lean protein. (page) Light beef and chile beans over Wagon WheelsWork WheelsWork 20 minutesTotal time: 30 minutesServings: 48 ounces 93% lean ground beef 3 garlic cloves, minced 1 litre onion, chopped (about 1 1/2 s) 21/2 tsp chili powder 11/2 teaspoon dried oregano 11/2 teaspoon ground cumin 2 cups (14.5 ounces) salt-added chopped tomatoes 1 can (15 ounces) salt-added black beans, black beans, no salt Rinse and drained 1/2 ounce semi-sweet chocolate 1/4 teaspoon salt 6 ounces wagon wheel (rotel) pasta 1/2 c portion of skimmed mozzarella (2 ounces), shredded 4 tablespoons skimmed plain Greek-style yogurt1. HEAT 4-quart Dutch oven, covered with kitchen spray on medium-high heat. Add the beef and cook, breaking into small pieces with a wooden spoon until it is pink, about 3 minutes. Stir in the garlic and 1 cup of onion. Cook, stirring, until the onions start to soften and the beef is brown, about 3 minutes. Add the chili powder, oregano and cumin. Cook until fragrant, about 30 seconds. Add tomatoes (with juice) and beans. Bring to the boil, reduce the heat to medium, and simmer, partially covered, for 15 minutes. Remove from heat and stir in chocolate and salt. PREPARE the pasta on the packaging direction while the chili boils. SERVE drained pasta topped with chili. Sprinkle each serving with cheese and the remaining onions. Dollop each with 1 tablespoon of yogurt. NUTRITION (per serving) 436 cal, 29 grams pro, 61 grams carbohydrates, 10 grams of fiber, 9 grams of fat, 4 grams of fat, 395 mg sodiumHeart-Healthy Tip: Pump blood pressure reducing fiber with salt-free beans and tomatoes. (page) Cider glazed pork chops with barley and mushroomsWork time: 25 minutesTotal time: 35 minutesServings: 4CHOPS1/2 c apple cider or apple juice 2 tsp apple cider vinegar 2 tablespoons maple syrup 4 bones per Center-sliced pork chops (5-6 ounces each) 1/4 teaspoon salt 1/8 teaspoon black pepperBARLEY2 with water 1/4 teaspoon salt 1 c fast cooking barley 1 honey onion, chopped 8 ounces mushrooms, chopped 1 tsp olive oil 2 cloves garlic, chopped 1 c grape tomatoes, halved 1/8 teaspoon black pepper 3 tsp chopped fresh parsley1. BOIL the first three ingredients for chops in a small saucepan over medium-high heat until syrup, 10 to 15 minutes.2. PREPARE the barley while the cider mix cooks: Bring water and 1/8 teaspoon salt to boil in a saucepan. Add the barley, cover and cook at medium-low until the liquid is absorbed, 12 minutes. Let stand for 5 minutes.3. COOK with the onion and mushrooms in the oil in a frying pan over medium-high heat while the barley cooks. Fry until browned, 8 minutes. Add garlic, tomatoes, pepper and 1/8 teaspoon salt. Cook for 3 minutes. Add the barley. Cook for 1 minute. Turn off the heat, stir in the parsley. SYPER with salt and pepper. Put on a baking sheet coated with cooking spray. Brush with icing, Broyle 2 minutes. Turn, brush with icing, and broil 2 minutes longer. Remove and clean any remaining glaze. Serve the chops with the barley. NUTRITION (per serving) 406 cal, 28g pro, 45g carbohydrates, 5g fiber, 13.5g fat, 3.5g fat, 364 mg sodiumHeart-Healthy Tip: Whole grain barley team with pork pork loin pork It's a skinny look. More from Prevention: Heart-Healthy Nutrition Makeovers This content is created and maintained by a third party, and is imported to this page to help users provide their email addresses. 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