

Share the love with these 3 heart-healthy dinners



Pasta with ricotta and mushrooms

Makes 2 servings | Prep: 5 min | Cook: 12 min

Everyone loves a good pasta dish! And you can enjoy this nutrient-rich meal knowing it's healthy and filling.



Ingredients

- 4 oz whole wheat noodles
- ½ cup part-skim ricotta cheese
- 1 cup chopped tomatoes
- 1 cup sliced mushrooms of your choice, such as cremini, shiitake, etc.
- 2 tsp basil, chopped
- 2 tsp parsley, chopped

Instructions

Cook noodles and drain. In the same pot, add drained noodles, ricotta cheese, tomatoes, mushrooms, basil and parsley. Heat through.

Nutrition information per serving



Calories: 188 | Total fat: 6 g | Saturated fat: 3 g | Sodium: 87 mg | Cholesterol: 19 mg | Total carbs: 24 g | Fiber: 3 g
Sugars: 2 g | Protein: 12 g | Potassium: 398 mg

Baked Cajun catfish and easy collard greens¹

Makes 4 servings | Prep: 20 min | Cook: 25-30 min

Enjoy a savory Southern classic with nutritious greens and catfish. Cooks fast and tastes great!



Ingredients for catfish

- 1 Tbsp extra virgin olive oil
- You can also swap this with extra virgin olive oil to cut saturated fat from 7 grams to just 3 grams
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp pepper
- ½ tsp cayenne pepper (more or less, depending on desired spiciness)
- 1½ tsp paprika
- 1 tsp thyme
- 4 catfish fillets (you can substitute any white fish, such as tilapia or trout)
- Nonstick cooking spray

Instructions for catfish

In a shallow bowl, combine oil, garlic powder, onion powder, pepper, cayenne, paprika and thyme. Prepare a 9x13 baking dish with nonstick spray. Coat fish fillets in seasoning mixture and place in a baking dish, pour any remaining seasoning mixture over the fish. Bake at 425° F for 15 minutes, until fish flakes with a fork.

Ingredients for collard greens

- 1 Tbsp vegetable oil
- ½ small onion, thinly sliced
- 1 tsp jarred, minced garlic
- 1 tsp sugar
- ½ tsp red pepper flakes (add more if you like spicier food)
- 1 bunch collard greens
- 2 Tbsp water
- 1 cooked, diced slice of uncured, nitrate-free Canadian bacon (cooked in microwave)
- 1 Tbsp cider vinegar

Instructions for collard greens

Wash the greens and blot lightly with paper towel. Remove stems from larger leaves by stripping the leaf off from either side of the stem (it is okay to leave the stems on the tender inner leaves). Stack 8 leaves together, roll up and slice into 1-inch sections.

In a large skillet, heat oil on medium heat. Add onion and cook until leaves are a bit see-through (3 minutes, stirring occasionally). Add garlic and cook 30 seconds more. Add, sugar, red pepper flakes, greens, vinegar, water and Canadian bacon. Cover and cook until tender (20 minutes).

Serve it warm and enjoy!

Nutrition information per serving



Calories: 203 | Total fat: 13g | Saturated fat: 3g | Sodium: 231mg | Cholesterol: 48mg | Total carbs: 5g | Fiber: 3g
Sugars: 1g | Protein: 18g | Potassium: 75mg

Zesty grilled chicken with thyme (gluten free)

Makes 2 servings | Prep: 20 min | Cook: 10 min

This grilled chicken is full of flavor and gluten free. Pair with steamed fresh vegetables or a side salad for a complete meal that's healthy and delicious.



Ingredients

- 2 boneless, skinless chicken breasts, cut in half
- 2 teaspoons Dijon-style mustard
- 1 clove garlic, crushed
- 2 sprigs fresh thyme (about 1/4 teaspoon)
- 1 tsp horseradish (optional)

Instructions

Combine all the ingredients except chicken in a bowl or container large enough to accommodate the chicken breasts. Coat the chicken breasts with the mixture and let stand for at least 15 minutes. Grill (or broil) about 5 minutes per side or until chicken is cooked through (internal temperature of 165°F). Try substituting fresh oregano for the thyme.

Nutrition information per serving



Total Calories: 133 | Protein: 29 g | Fat: 1 g | Cholesterol: 69 mg | Carbs: 1 g | Fiber: 1 g | Sodium: 110 mg

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Heart-healthy, low-sodium food choices



Eating salt (sodium) can make your body retain too much water. Excess water makes your heart work harder. Canned, packaged and frozen foods are easy to prepare, but they are often high in sodium. Here are some ideas for low-salt foods you can easily prepare yourself.



For breakfast:

- ✓ Fruit
- ✓ Whole-wheat bread or an English muffin—compare sodium content on labels
- ✓ Low-fat milk or yogurt
- ✓ Unsalted eggs
- ✓ Shredded wheat
- ✓ Corn tortillas
- ✓ Unsalted steamed rice
- ✓ Regular (not instant) hot cereal, made without salt
- ✓ Low-sodium cottage cheese

Limit:

- ✗ Sausage, bacon and ham
- ✗ Flour tortillas
- ✗ Packaged muffins, pancakes and biscuits
- ✗ Instant hot cereals



For lunch and dinner:

- ✓ Fresh fish, chicken, turkey or meat—baked, broiled or roasted without salt
- ✓ Dry beans, cooked without salt
- ✓ Tofu, stir-fried without salt
- ✓ Unsalted fresh fruit and vegetables or frozen or canned fruit and vegetables with no added salt

Limit:

- ✗ Lunch or deli meat that is cured or smoked
- ✗ Cheese
- ✗ Tomato juice and ketchup
- ✗ Olives, pickles and relish
- ✗ Canned vegetables, soups and fish not labeled as no-salt-added or reduced sodium
- ✗ Packaged gravies and sauces
- ✗ Bottled salad dressings



For snacks and desserts:

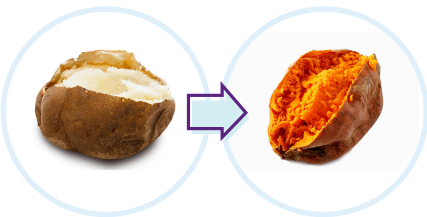
- ✓ Low-fat yogurt
- ✓ Unsalted air-popped popcorn
- ✓ Unsalted nuts or seeds

Limit:

- ✗ Pies and cakes
- ✗ Packaged dessert mixes
- ✗ Pizza
- ✗ Canned and packaged puddings
- ✗ Pretzels, chips, crackers and nuts—unless the label says unsalted

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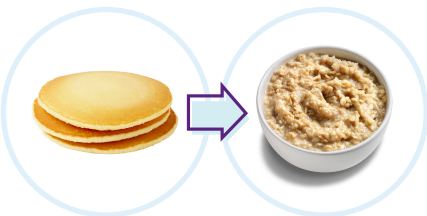
Easy food swaps to make for your heart



Instead of having a baked potato with dinner, bake a heart-healthy **sweet potato** instead. Sweet potatoes are high in potassium, which can help lower blood pressure.



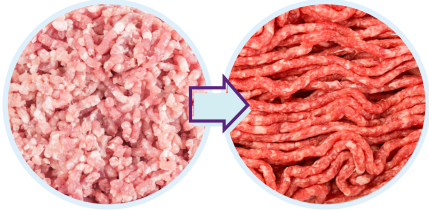
Use olive oil instead of butter in your cooking. **Olive oil** is full of healthy, unsaturated fats.



Instead of having pancakes for breakfast, choose **oatmeal**. Whole grains are good for your heart, so choose **steel cut oats** over instant oats, which can be high in sodium.



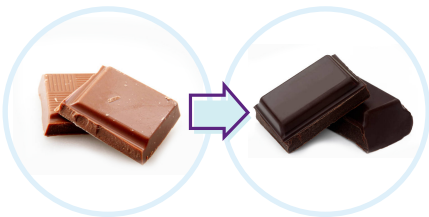
Pass on the queso dip at your next Mexican night and whip up some **guacamole** instead. Avocados are full of healthy, unsaturated fats.



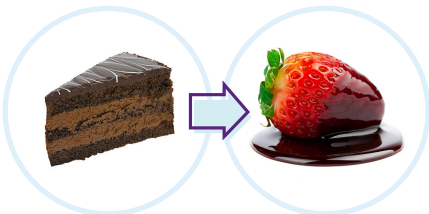
Instead of buying ground chuck for your homemade burgers or tacos, use **lean ground beef**.



"Many people think making heart-healthy choices is all-or-nothing when it comes to the food they love," says Christopher Shuff, a registered dietitian. "But swapping out high-fat cuts of beef for leaner cuts means you can still enjoy your favorite foods while taking care of your heart."



Craving something sweet? Reach for **dark chocolate** instead of milk chocolate. The American Heart Association recommends eating chocolate that contains 70-85% cacao.



For dessert, choose **chocolate-covered strawberries** instead of chocolate cake. You'll satisfy your sweet tooth without all the extra sugar and unhealthy fats.

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