

# Share the love with these 3 heart-healthy dinners

There's no better way to show your love than by preparing a meal. When it's delicious and healthy, your affection comes shining through. Share the love tonight.



## Pasta with ricotta and mushrooms

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

Everyone loves a good pasta dish. You can enjoy this nutrient-rich meal knowing it's healthy, filling and gives comfort.



### 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 fresh basil, chopped
- 2 tsp fresh parsley, chopped

### Preparation

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: 340 | Total fat: 6 g | Saturated fat: 3 g | Sodium: 70 mg | Cholesterol: 15 mg  
Total carbs: 49 g | Fiber: 7 g | Sugars: 5 g | Protein: 16 g | Potassium: 447 mg

# Baked Cajun fish and easy collard greens

Makes 4 servings | Prep: 25-30 minutes

Enjoy a savory Southern classic with nutritious greens and fish.<sup>1</sup>

It cooks fast and tastes great.

## Ingredients for fish

- 1 Tbsp extra-virgin olive oil
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp ground black pepper
- ½ tsp cayenne pepper (more or less, depending on desired spiciness)
- 1½ tsp paprika
- 1 tsp thyme
- 4 white fish fillets (catfish, tilapia or trout)
- Nonstick cooking spray

## 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 slice of uncured, nitrate-free Canadian bacon, diced
- 1 Tbsp cider vinegar



## Preparation for fish

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.

## Preparation 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 OK 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 translucent (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: 285 | Total fat: 17 g | Saturated fat: 2 g | Sodium: 216 mg | Cholesterol: 93 mg  
Total carbs: 5 g | Fiber: 2 g | Sugars: 1 g | Protein: 26 g | Potassium: 640 mg

# Zesty grilled chicken with thyme

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

This grilled chicken is full of flavor and gluten-free. Pair with steamed fresh vegetables or a side salad for a complete meal.

## Ingredients

- 2 boneless, skinless chicken breasts cut in half
- 2 tsp Dijon-style mustard
- 1 clove garlic, crushed
- 2 sprigs fresh thyme (about ¼ tsp)
- 1 tsp prepared horseradish (optional)



## Preparation

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



Calories: 211 | Total fat: 9 g | Saturated fat: 2 g | Sodium: 225 mg | Cholesterol: 102 mg  
Total carbs: 1 g | Fiber: 1 g | Sugars: 0 g | Protein: 37 g | Potassium: 319 mg

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<sup>1</sup><https://recipes.heart.org/en/recipes/baked-cajun-catfish-and-easy-collard-greens>

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