

# Heart Healthy Recipes



*Recipes developed especially for you as part of your **Heart Healthy Diet***

**Dr Sandra Pretorius-Koen, Registered Dietician**

Heart Failure Society  
of South Africa



[info@heffsa.co.za](mailto:info@heffsa.co.za)

<b>Contents</b>	<b>page</b>
Introduction	2
Sustaining Breakfasts	3
Heart Warming Soups	7
Wholesome Mains	9
Daily Vegetables	12
Healthy Garden Salads	13
Herbs & Spices	16
Sauces & Dips	19
Tasty Treats	22
Extras for Sharing	24
7-Day Menu Plan	27
Shopping List	29

---

# Introduction

---

- ♥ Preparing your own meals and snacks, can drastically improve your health and is more fun and cheaper than eating out!
- ♥ Eat more vegetables, fruits, nuts, whole grains, lean vegetable or animal protein, and fish.
- ♥ Eat less salt and salty foods, trans fats, red meat and processed red meats, refined carbohydrates, and sweetened beverages.
- ♥ Eat more unsalted nuts, legumes, vegetable oils and fermented dairy products.
- ♥ Cooking your own meals can be a relaxing and liberating activity that you can share or enjoy alone. Be in control of what you eat!

## Nutritional Information explained:

**Cal/kJ:** is a unit of **Energy**. If you eat more than you use, you can gain weight, or if you don't eat enough, you can lose weight, depending on your age, gender, weight and how active you are.

**Fat:** We all need to eat a small amount of fat, as it protects our organs, for hormone regulation and for children still growing. But we need to be careful about how much fat we eat, and what kinds of fat, because in higher levels it might contribute to weight gain, diabetes, cancer and heart disease.

**Saturated fat:** Or "bad fats" are found in beef, pork, chicken skin, butter, cream and cheese. Too much can be bad for heart and cholesterol levels, but on the other hand, unsaturated or "good fats" in fish, nuts, avocado and some oils can help keep our hearts healthy if eaten in moderation.

**Protein:** Protein helps our muscles to grow and repair, as well as providing us with essential amino acids. Try to eat leaner sources, such as chicken (without the skin) and fish or non-meat-based sources, such as eggs, dairy, beans, nuts, seeds, soya or tofu and pulses.

**Carbs:** Carbohydrates are a great source of energy and, excluding foods such as potatoes, are made up from grains – like bread, pasta and cereal. Carbohydrates are important in the diet and should preferably be wholegrain, by choosing brown or wholegrain seeded bread, brown rice and pasta, as that add fiber, as well as vitamins and minerals to your diet.

**Sugars:** We all deserve a treat sometimes, but try to limit your sugar intake, as most of your sugar should come from raw fruit and milk, as they give us lots of nutrients too. Always check food labels so you know how much sugar you are eating.

**Fiber:** Both soluble and insoluble fiber are found in plant-based foods. We should aim for about 30g of fiber each day to maintain a healthy digestive system, and it also helps to reduce blood cholesterol, lower blood glucose levels and keeps you fuller for longer.

**Sodium:** Limit salt intake. The optimal goal for dietary sodium intake is 1500 – 2000 mg/day. Aim for at least a 1000 mg/d reduction per day.

---

# TO START

## Sustaining Breakfasts

---

### Homemade Bircher Muesli



Serves 4

#### Ingredients

- 2 cups rolled oats
- 1/2 cup almonds, roughly chopped
- 1/2 tsp chia seeds
- 1 cup low fat natural Greek yoghurt, no added sugar
- 1 tsp fresh ginger, peeled, grated
- 2 cups frozen berries
- 2 red apples, unpeeled and grated
- 1 Tbsp honey
- Fresh mixed seasonal berries to serve

#### Method

- Combine oats, chia seeds, yoghurt, ginger, berries and apples in a bowl and cover.
  - Let it sit overnight in the fridge.
- Serve topped with honey, almonds and fresh mixed seasonal berries.

#### Nutritional Information:

[Per serving: Energy: 1934 kJ, Protein: 15.1 g, Total fat: 21.1 g, Saturated fat: 1.8 g, Carbohydrate: 47.7 g, Fiber: 10 g, Sodium: 70.9 mg]

#### DIETICIAN'S NOTES

**Anti-inflammatory tip:** Berries contain a range of polyphenols, including anthocyanins, flavonols and catechins. Regular consumption of berries can have an anti-inflammatory effect and reduce low-grade inflammation.

**For a healthy gut:** Oats is high in soluble fiber and pre-biotics and together with the probiotics in the yoghurt this is a great dish to boost your gut health.

\*You can use soya, oat, rice milk/yoghurt as

## DIETITIAN'S NOTES

**Sorghum** is one of the ancient grains with a delicious nutty taste and a lovely chewy texture. It has many health benefits;

\*naturally gluten-free,  
\*vegetarian and vegan.

\*tested to be low in FODMAPs for easy digestibility.

\*contains: iron, B-vitamins, protein & fiber.  
\*Low glycaemic index for better blood glucose control & helps keep you fuller for longer.

\*Some types of sorghum are rich in anti-oxidants which may help prevent certain cancers and cardiovascular disease.  
\***Unsalted peanut butter** is a good source of plant-based protein. Peanuts are classified as a legume. They contain lots of healthy mono-unsaturated fats and may be beneficial for heart health.

\*Other ancient grains to try:  
Amaranth, Barley,  
Buckwheat, Millet, Quinoa,  
Spelt.

## ***Sorghum porridge with peanut butter & caramelized banana***



**Serves 4**

### **Ingredients:**

- 1 cup sorghum (Mabele porridge)
- 1 cup water
- 2 cups milk (coconut milk/oat milk/rice milk/soya milk)
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- Pinch of salt

### **To serve:**

- 1 TBSP margarine
- 1 TBSP honey
- 2 Bananas, halved lengthways
- 1 TBSP peanut butter (unsalted)

### **Method:**

- In a pot, add the nutty sorghum. Then add water, milk, vanilla, cinnamon & salt.
- Simmer gently, partially covered for 10-15 minutes.
- Add extra water or milk as you go, depending on desired consistency.
- Meanwhile prepare the caramelized bananas by heating a non-stick pan, adding the margarine and honey to the pan and lightly browning the bananas in the pan until golden.

✚ *To serve: Divide the porridge between warmed bowls, top with banana, a dollop of peanut butter.*

**Nutritional Information:** [Per serving: Energy: 1900kJ, Protein: 16g, Total Fat: 9g, Saturated Fat: 4.7g, Carbs: 98 g, Fiber: 8g, Sodium: 68 mg]

## Brekkie Beans



**Serves 6**

### Ingredients:

- 15 ml (1 TBSP) vegetable oil
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 3 tomatoes, skinned and chopped
- 30 ml (2 TBSP) tomato paste
- 30 ml (2 TBSP) wholegrain mustard
- 410g baked beans
- 410g butter beans, drained and well rinsed
- 60 ml fresh parsley, chopped
- Herb salt & ground black pepper

### Method:

- In a saucepan heat the oil and sauté onion and garlic until soft.
  - Add tomatoes, tomato paste and mustard and cook.
    - Add beans, stirring until hot.
    - Stir in the parsley and season.

**Nutritional Information:** [Per serving: Energy: 525 kJ, Protein: 7.5 g, Total Fat: 2.7 g, Saturated Fat: 0.6 g, Carbs: 13 g, Fiber: 9.7 g, Sodium: 300 mg]

### ✚ Other ways of adding beans to your meals:

- Eat beans of whole-grain toast or a baked potato with the skin, and beans and rice is a popular dish in many parts of the world.
- Tuck beans into whole-grain tortillas or pita bread.
- Add them to soups, salads, sautéed vegetables and pasta dishes.
- Make homemade hummus or chickpea dip to spread on sandwiches or as a dip for veggie sticks or crackers.

## DIETICIAN'S NOTES:

Beans and legumes are some of the most underrated foods on the planet. They are excellent sources of soluble fiber, plant-based protein, B-vitamins and many other important vitamins and minerals, without the saturated fat. Eating beans as part of a heart healthy diet and lifestyle may help improve cholesterol levels, a leading cause for heart disease, and they help to maintain a healthy gut. Adding beans to your diet may help keep you feeling fuller for longer, and it may reduce blood glucose levels.

\*Drain canned beans in a colander and rinse with water to remove some of the excess salt, or you can make your own salt-free beans from scratch, by soaking them overnight, rinsing and cooking, adding your own flavorings.

## Sweet Potato Muffins

### DIETICIAN'S NOTE:

#### Topping – Optional:

(for an occasional sweet treat)

100 ml dark brown sugar  
60 g butter  
90 ml cake flour  
125 ml pecan nuts, chopped  
10 ml cinnamon

- Mix these ingredients together and crumble over the muffin before baking.

**Tip:** You can make the muffin mixture and divide it up the night before, ready to bake fresh in the morning.

Sweet potatoes are highly nutritious, a great source of fiber, vitamins and minerals, also promoting gut health.



**Serves 18**

#### Ingredients:

- 150 g cake flour
- 40 g oat bran
- 5 ml (1 tsp) salt
- 7.5 ml (1 ½ tsp) baking powder
- 5 ml (1 tsp) cinnamon
- 5 ml (1 tsp) nutmeg
- 185 ml canola oil
- 100 g castor sugar
- 3 eggs
- 350 g red sweet potato, peeled & grated
- 100g pecan nuts, chopped

#### Method:

- Sift together the dry ingredients.
- Whisk together the oil and castor sugar.
  - Add eggs, one at a time.
- Fold in the dry ingredients.
- Fold in sweet potato and pecan nuts.
- Spoon into greased muffin paper cases and sprinkle with optional topping.
- Bake at 170 degrees for 20 minutes.

**Nutritional Information:** [Per serving: *Energy: 809 kJ, Protein: 2.2 g, Total Fat: 13.9 g, Saturated Fat: 2 g, Carbs: 14 g, Fiber: 3.1 g, Sodium: 137 mg*]

---

# Heart Warming Soups

---

## *Butternut Squash Soup with orange & ginger (Serves 6)*



### **Ingredients:**

- 1.5 kg Butternut Squash, peeled and cubed
- 1 small onion, peeled and finely chopped
- 6 cups Homemade vegetable stock
- 2 tsp salt
- ½ tsp ground black pepper
- 2 TBSP vegetable oil
- 1 TBSP fresh ginger, peeled and grated
- 1 medium potato, peeled and cubed
- 1 TBSP honey
- 1 medium orange, juice & zest

### **Method:**

- Heat oil in a large pot over medium heat. Add the onion and ginger; cook 5 minutes or until softened, stirring occasionally.
- Stir in the butternut, potato, honey, stock and orange zest and juice; season with salt and pepper. Bring to a simmer, then adjust the heat to medium-low. Cover the pot and cook until the butternut is soft when pierced with a fork.
- Puree the soup in batches in a blender or with an immersion hand blender until smooth.
- Garnish with herbs and pumpkin seeds, and a spoonful of crème fraiche or yoghurt, if you like.

**Nutritional Information:** [Per 290 g serving: Energy: 353 kJ, Protein: 2.3 g, Carbs: 16 g, Total fat: 0.5 g, Saturated fat: 0.1 g, Fiber: 3.9 g, Sodium: 300 g]

---

### **DIETICIAN'S NOTES:**

#### **Homemade Vegetable Stock:**

1 TBSP olive oil  
1 large onion  
2 stalks celery, with leaves  
2 large carrots  
8 cloves garlic, crushed  
8 sprigs fresh parsley  
6 twigs fresh thyme  
2 bay leaves  
2 tsp salt  
2 liters water  
Chop scrubbed vegetables into chunks. Heat oil in soup pot. Add all the vegetables and cook for 5-10 minutes, stirring frequently. Add salt and water and bring to the boil. Lower heat, and simmer, uncovered for 30 minutes. Strain, discard vegetables. Cool down. Can be refrigerated for 3-4 days or divide and freeze for later use.

## DIETICIAN'S NOTES:

### *Improve the digestion of beans:*

\*Wash beans thoroughly. Place beans in a bowl. Cover with water a few centimetres above the beans. Let stand at room temperature for 8 hours, then drain off water.

\*Freeze beans, which will break up the troublesome starch molecules.

Place frozen in a large pot with plenty of water to double the volume of the beans. Bring water to a boil. Boil uncovered for about 10 minutes. Drain off water. Replace with fresh water. Cook beans until done. While cooking, add a pinch of ginger or fennel. These will further aid in minimizing the potential gas and bloating.

\*Be sure beans are cooked well, or until soft.

### *Tip:*

Only add the tomatoes and the tomato paste after the beans are cooked, otherwise it will prevent the beans from softening.

## *Satisfying Vegetable & Bean Soup*



**Serves 8**

### **Ingredients:**

- 1 cup red speckled beans (uncooked), soak overnight and rinse.
  - 1 TBSP vegetable oil
  - 2 carrots, washed and chopped
- 1 medium onion, peeled and chopped
  - 2 cloves garlic, crushed
- 8 cups homemade vegetable stock
- 1 tsp mixed herbs (dry) or 2 TBSP fresh, chopped
- 1/2 cup brown lentils (uncooked), rinsed
  - 4 tomatoes, peeled and chopped
    - 1 TBSP tomato paste
  - 1 cup cabbage, thinly sliced
  - 1 cup spinach, chopped
  - 2 stalks celery, chopped
  - 1/4 cup fresh parsley, chopped
    - 2 tsp brown sugar
- Herb salt & ground pepper

### **Method:**

- Soak beans in 1 liter water overnight. Rinse and drain.
- Heat oil in a large pot and fry onions, garlic, carrots and celery.
- Stir in the stock, dried herbs, lentils and beans.
- Bring to the boil and reduce the heat. Simmer with lid for 1 1/2 - 2 hours or until beans are tender.
- Add tomatoes, tomato paste, cabbage and spinach and simmer for another 15 minutes. Stir in the parsley, sugar and herb salt.
- Season with lemon juice and ground black pepper.

**Nutritional Information:** [Per 255 g serving: Energy: 3288 kJ, Protein: 3.6 g, Carbs: 185 g, Total fat: 1.2 g, Saturated fat: 0.2 g, Fiber: 4.3 g, Sodium: 13 mg]

---

# Wholesome Mains

---

## Sweet Chilli Chicken Stir-fry



*Serves 4-6*

### Ingredients:

- 4 skinless Chicken Breasts (chopped)
- 1 Cup Butternut (chopped)
- 1 Cup Cabbage OR Spinach (chopped)
- 2 Carrots (diced)
- 2 – 3 Tomatoes (diced)
- 1 Onion (diced)
- 1 Sweet Red Pepper (diced)
- 1 Chilli (remove pips and dice) – optional
- 1-2 Garlic cloves, crushed
- 1 tin (410g) Chickpeas, rinsed & drained (OR 1 cup dry chickpeas, soaked overnight)
- 1 TBS Olive oil OR canola oil
- 30 ml lemon juice
- 30 ml tomato paste
- 30 ml sweet chillie chutney
- Salt & pepper to taste

### Method:

- Heat olive oil in a pan. Add chopped onion and chicken, and brown lightly.
- Add all chopped vegetables and stir-fry for a few minutes. Add chickpeas, as well as fluid from tin OR add a little water. Leave to cook for further 5 minutes.
- Season with lemon juice, tomato paste and sweet chillie chutney.
- Add salt and pepper to taste
- *Serve with brown rice, whole-grain pasta, samp or couscous.*

### DIETICIAN'S NOTES:

\*Choosing skinless chicken breasts and using controlled amounts of olive oil or canola oil are good ways to decrease saturate fat (bad fat) and to use of the more healthy polyunsaturated fats.

\*Read food labels:

- fat content: <5g fat per portion/serving
- salt content: <200 mg per serving

\*Fat-free cooking methods: grill / stew / roast / boil / stir-fry (1tsp oil / cooking spray)

\*By adding vegetables and chickpeas, the soluble fibre content is increased.

\*Add salt to taste to limit the salt content of the recipe.

\*Fresh or dried herbs can also be added, e.g. oreganum, rosemary, thyme or basil.

\*Use any leftovers as a healthy lunch for work or school, with a added fruit.

**Nutritional Information:** [Per serving: Energy: 945 kJ, Protein: 23 g, Total fat: 13 g, Saturated fat: 1.5 g, Fiber: 3.2 g, Sodium; 200 mg]

## DIETICIAN'S NOTES

Fish is a low-fat, high quality protein and is filled with omega-3 fatty acids, vitamins such as D and B2 (riboflavin). Fish is rich in calcium and phosphorus and a good source of minerals, such as iron, zinc, iodine, magnesium and potassium.

Never deep-fry fish, but rather steam or place in an ovenproof dish, sprinkle with olive/canola oil, lemon juice & zest, herbs, herb salt & ground black pepper and grill.

## Tasty Tuna Fish Cakes



**Serves 4**

### Ingredients:

- 2 medium sweet potatoes, cooked
- 2 tins (170g) tuna in water, drained
  - 4 spring onions, sliced
  - 1 red chilli, finely chopped
- ½ cup frozen garden peas, blanched
- Herb salt & ground black pepper
  - 1 lemon, juice & zest
- 1 TBSP fresh dill or fennel, chopped
  - 1 egg
  - ¼ cup oat bran
- ¼ cup cake flour
- 2 TBSP toasted sesame seeds

### Method:

- Steam sweet potatoes until soft, peel and mash.
- Flake tuna and mix together with sweet potato, spring onion, peas, chilli, seasoning, lemon juice, lemon zest and chopped herbs.
  - Add the beaten egg, oat bran and cake flour.
    - Shape into patties/cakes.
  - Sprinkle with sesame seeds and place on a lightly greased baking tray.
  - Bake in a pre-heated oven and cook for 15-20 minutes @180 degrees.
- Serve with chopped parsley, watercress and lemon wedges, with a fresh crunchy garden salad.

**Nutritional Information:** [Per serving: Energy: 995 kJ, Protein: 25.2 g, Total Fat: 5.6 g, Saturated fat: 1.1 g, Carbs: 20.7 g, Fiber: 2 g, Sodium: 209.7 mg]

## Lean Beef & Bean Bolognese



Serves 4-6

### Ingredients:

- 2 tbsp olive oil
- 500g extra lean beef mince
- 2 onions, finely chopped
- 3 garlic cloves, crushed
- 2 large carrots, washed and grated
- 2 stalks celery, finely chopped
- 1 punnet mushrooms, sliced
- 6 TBSP tomato paste
- 6 tomatoes, peeled and finely chopped
- 2 TBSP oregano, chopped
- 1 tin (410g) cannelloni beans, drained and rinsed well
- Herb salt and ground black pepper
- 60 ml parmesan grated (1 TBSP per serving)
- Whole-wheat spaghetti

### Method:

- Heat a saucepan and sauté onion in oil until translucent, add garlic and cook for a few minutes.
- Add mince and cook until browned.
- Stir in grated carrot, celery, mushrooms, tomato paste, tomato and oregano. Allow to simmer gently until the tomatoes have broken down and most of the liquid has reduced.
- If not enough liquid, add a little boiling water.
- Allow to simmer for about 40 minutes until the mince is tender.
- Lastly, add the cannelloni beans and seasoning.
- Serve with whole-wheat pasta (1/2 cup per ladies portion and 1 cup for men) and a little grated parmesan.

### DIETICIAN'S NOTES:

#### Health benefits of tomatoes and tomato paste:

The fiber, potassium, vitamin C and choline content in tomatoes all support heart health. An increase in potassium and a decrease in sodium intake, is one of the most important dietary changes you can make to reduce your risk of cardiovascular disease.

Tomatoes also contain folate.

**Nutritional Information:** [Per serving:  
Energy: 1928 kJ, Protein: 32 g, Total Fat: 7 g,  
Saturated Fat: 2.2 g, Carbs: 59.4 g, Fiber:  
14.2 g, Sodium: 300 mg

---

# Daily Vegetables

## To go with Mains

---

### Oven-Roast Vegetables



\*This is hands down the best way to cook vegetables. When you roast the vegetables, it adds depth and delicious flavor, and they finish with the perfect texture.

\*For lunch, just a bowl of quinoa or whole-grain pasta or whole-grain bread, topped with lemon spritzed roasted veggies.

#### Ingredients:

- vegetables – tomatoes, bell peppers, carrots, zucchini, broccoli, red onion, garlic
- olive oil, lemon juice (optional) and seasoning

#### How to Roast Vegetables in the Oven:

- Chop veggies: cut veggies into pieces about the same size, place on a rimmed baking sheet.
- Toss with oil and seasoning: Drizzle with olive oil, season with herb salt, ground black pepper, garlic, other fresh or dried herbs of your choice, then toss.
- Spread across baking sheet and roast: Spread evenly so vegetables cook evenly and roast 15 minutes.
- Add tomatoes, continue to roast: Remove from oven add tomatoes and toss, spread even.
- Roast 10 minutes longer or until veggies are tender.
- Use a high heat. Typically for roasted vegetables the ideal range is 200 - 230 degrees. Always preheat oven first.
- Use a dark baking sheet if you have one. This dark coating encourages browning.
- Spread even and try not to overcrowd.
- Season. Salt to taste, but for more flavor try with garlic, curry powder, fresh or dried herbs, cheese, vinegars, citrus, sesame oil, honey, taco seasoning, bacon, mustard, pesto, etc. Keep in mind things like honey and cheese you'll want to add closer to the end so it doesn't burn.
- Don't forget to toss halfway. The edges of the baking sheet cook hotter than the center, plus if you don't toss they may brown too much on the bottom.

---

# Healthy Garden Salads

---



## Step One: Build Your Base

Select one or more of these leafy green vegetables as the base of your salad:

Arugula, Boston bibb lettuce, Escarole, Green leaf lettuce, Kale, Iceberg lettuce, Mixed greens, Napa Cabbage, Raddichio, Red leaf lettuce, Romaine, Spinach



## DIETICIAN'S NOTES

### Smart tips to build a healthy salad:

Pack more nutrition into your day with a colorful, nutrient-dense salad. Keep basic ingredients on hand at home for a quick addition to any meal.

Encourage kids to eat more vegetables by setting out ingredients to make their own salad creations.

Whether you're at home or find yourself at a salad bar while dining out, mix and match ingredients to explore new combinations. Assemble your salad by selecting one or more ingredient from the groups listed below. The number of items chosen and the amounts may vary, depending on whether the salad is eaten as the main dish or a side dish to go with a meal. Consider flavor, texture and color.

Add a small amount of salad dressing and enjoy!

## **Step Two: Boost the Nutrients with Extra Vegetables and Fruits.**



Adding extra vegetables to a salad helps add to the texture and flavor, as well as boost the nutrients. Be creative by chopping, dicing, shredding, or slicing a variety of different colored veggies, such as:

- Artichoke hearts, Broccoli, Corn, Radishes, Water chestnuts
- Beet, Cauliflower, Cucumber, Red Cabbage, Zucchini
- Bell pepper, Carrot, Mushrooms, Snap or snow peas
- Bok choy, Celery, Onion, Tomatoes

Fruits may also work well in salads and add a little sweetness to the combination.

Examples include: Apple, Mandarin Oranges, Fresh Berries, Melon, Dried cherries, Pear, Grapes, Raisins

## **Step Three: Consider Adding Protein to Make it a Main Dish.**



- Adding some type of protein food to your salad can make it a hearty main course.
- Cooked Meat, Poultry and Seafood: Beef, Boiled egg, Chicken, Ham, Salmon, Shrimp, Tuna, Turkey
- *Vegetarian options include:*
- Black beans, Chickpeas, Edamame, Kidney beans, Navy beans, Tofu
- *Nuts and seeds can also be sources of protein for vegetarians.*

## Sprinkle on Extras (Optional)

- These tasty toppings carry a larger amount of calories in a small portion size. Use them sparingly to top off a salad. You can also get creative by adding cooked grains to your salad. These foods can help balance out your meal. Plus, they add additional flavors and texture to your salad.
- Grains: Bulgur, Quinoa, Wheat berries, Couscous
- Nuts and Seeds: Almonds, Cashews, Peanuts, Pecans, Pistachios, Pumpkin seeds, Sunflower seeds, Walnuts
- Cheese: Blue, Cheddar, Feta, Mozzarella, Parmesan
- Avocado slices, Bacon bits, Croutons, Olives, Tortilla strips

	<b>Combination Ideas:</b> <ul style="list-style-type: none"><li>*Mixed salad leaves, cherry tomatoes, cucumber, carrots, radishes, peppers</li><li>*Mixed greens, chicken strips, melon, walnuts and feta cheese</li><li>*Spinach, red onion, mushroom, carrot</li><li>* Cooked beetroot slices, orange segments, feta cheese and sliced almonds</li><li>*Add sprouts for added protein, vitamin C and B vitamins</li></ul>
--	---

## Step Four: Dress Your Salad

- Dress your salad with a small amount of dressing. For options lower in saturated fat, consider oil and vinegar or yogurt-based dressings instead of traditional creamy options. Salsa can also be a fun way to top a salad. Garnish with a snip of fresh herbs, if desired.

## Fresh Vegetables to go with main meals

- carrots, green beans and broccoli
- broccoli, baby gems and baby marrows
- patty pans, cauliflower and carrots
- asparagus, long stem broccoli and wilted spinach
- snap peas, asparagus and green beans

*One of the best things you can eat for heart health, is plenty of fresh fruit and vegetables, as it contains lots of soluble fiber, vitamins & minerals!*

---

# Herbs & Spices

---



## Herbs: A Basic Guide



- ❖ Herbs (fresh/dry) can be used to flavor food, instead of adding extra salt to food/dishes.
- ❖ Grow your own herb garden; buy plants at your supermarket or nursery and put each one in its own container in your windowsill in a sunny spot, water regularly and use cuttings in food.
- ❖ Freeze whole herbs in plastic bags; you don't need to thaw them, simply cut off as much as you need and add to dishes.
- ❖ Dried herbs are more concentrated than fresh herbs; for every teaspoon of dried herbs, use one tablespoon of fresh herbs.   *\*Make your own herbal oils and vinegar.*

### 🌿 **Herb Vinaigrette** (makes 375 ml):

125 ml red wine or white balsamic vinegar

250 ml olive/canola oil

15 ml Dijon mustard

15 ml brown sugar or honey

Mix of fresh herbs (e.g. parsley, sweet basil, mint, oregano, chives)

Herb salt and ground black pepper

- Blend all together.
- Pour into salad dressing container.
- Keeps in the fridge for 3-4 weeks.

### **Other Suggestions:**

Raspberry vinegar and black pepper

Fresh orange juice and fresh mint

Whole grain mustard and honey

Roasted garlic and parsley

### **Oil Free Dressing:**

250 ml fruit juice

75 ml vinegar

10 ml mixed dry herbs or chopped fresh herbs



<b>HERB</b>	<b>USE IN FOOD/ RECIPIES</b>
<b>Basil</b>	<b>All tomato dishes</b>
<b>Bay</b>	<b>Soups, casseroles, stews, rice</b>
<b>Borage</b>	<b>Add to salads</b>
<b>Chervil</b>	<b>Add to salads</b>
<b>Chives</b>	<b>Add to potato, egg dishes, soups, stews</b>
<b>Coriander</b>	<b>Add to curries, salads and sauces</b>
<b>Dill</b>	<b>Pickles, soups, and fish dishes</b>
<b>Fennel</b>	<b>Taste like aniseed, add to sauces, fish</b>
<b>Mint</b>	<b>Savoury dishes such as lamb, also desserts</b>
<b>Oregano</b>	<b>Stuffing, pizza, soups and stews</b>
<b>Parsley</b>	<b>Garnishes, salads, soups, stews</b>
<b>Rosemary</b>	<b>Lamb and chicken dishes, potatoes</b>
<b>Sage</b>	<b>Stuffing for meat, pork</b>
<b>Thyme</b>	<b>Lamb, chicken, soup, stews etc.</b>
<b>Garlic</b>	<b>Meat, chicken, potato, pasta, soup, stews etc</b>

## Spices: A Basic Guide



*Allspice:* Used in fruit cakes, mince pies and Christmas puddings

*Anise:* Used in confectionary and baking

*Fennel:* Used in curries, vegetables and bean casseroles (liquorice flavored)

*Cayenne Pepper:* Used for giving heat to curries, and seasoning cheese and fish dishes.

*Chilli:* Used to give heat and flavor to curries.

*Cinnamon:* Ground cinnamon is used for desserts, cakes and biscuits, while cinnamon sticks are used in curries, soups and casseroles.

*Cloves:* Used in baking, pickling and marinades, apple dishes, fruit punches.

*Coriander (Dhania or Cilantro):* These spicy dried seeds are used in curry pastes and powders, marinades and pickling.

*Cumin (Jeera):* Used in cheese, bread, sauces and curries.

*Ginger:* Combines well with garlic. Also used in baking, herbal teas.

*Mixed spice:* Used for biscuits, puddings and cakes.

*Mustard seed:* Casseroles, sauces.

*Nutmeg:* Sprinkled on milk puddings, pumpkin, spinach and pasta.

*Paprika:* Made from dried red pepper, it goes well with beef, chicken and fish.

*Saffron:* Used with rice and fish dishes, as well as in cakes and biscuits.

# Sauces & Dips

## Roasted Chickpea Spread/Dip (serves 12)

### Ingredients:

- 2 x 410g tins Chickpeas, drained, keep liquid
- 2 large cloves garlic, crushed
- 5 TBSP vegetable oil
- 1 tsp cumin seeds
- 100 ml lemon juice
- Herb salt & ground black pepper to taste

### Method:

- Preheat the oven to 180 degrees and line a small baking tray with foil. Pat chickpeas dry with paper towel. Place 1 of the tins of chickpeas with the garlic, 2 TBSP oil and cumin seeds in a large bowl and mix to coat the chickpeas.
- Place the oil-coated chickpeas with the seasonings on the baking tray and roast for 15-20 minutes or until lightly golden brown.
- Place roasted chickpeas with the oil and seasonings from the tray, in a large bowl. Add the remaining chickpeas, oil, ground cumin and lemon juice. Add 50 ml of the reserved liquid from the tin. Blend to form a chunky mixture and season to taste. Add more water, if you prefer a smoother dip.



It is a delicious spread on bread and in sandwiches, or as a dip for whole-wheat pita wedges.

Or, serve as part of a lunch with fresh vegetable sticks, like carrots, celery, cucumber and green beans.

### Nutritional Information:

[Per serving of 84g: Energy: 198 kJ, Protein: 1.8 g, Carbs: 0.4 g, Total fat: 4.4 g, Saturated fat: 0.3 g, Fiber: 0.8 g, Sodium: 2 mg]

### Low fat yoghurt sauce / dressing

- 1 cup low fat plain yoghurt
  - 1 TBS lemon juice
  - herb salt and pepper to taste
  - 1 tsp parsley (chopped) or dill or cilantro
- Mix together all the ingredients.

- Use this dressing instead of mayonnaise, to lower saturated and total fat intake in the diet.
- Use as a salad dressing on green salad or on baked potato or potato or pasta salad.
- Use as a healthy sauce with cold meat or chicken.
- Use as a dip with low fat, low-salt snacks.

### Avocado Salsa (serves 8)



#### Ingredients:

- 2 avocados, peeled, chopped
- 1/2 red onion, finely chopped
- 1 lemon, juice & zest
- 2 spring onions, chopped
- 1 small tomato, chopped
- 1/4 tsp spanish smoked paprika

#### Method:

- Mix all ingredients together in a bowl, mashing with a fork if a smoother texture is required.
- Serve in a bowl with whole-wheat pita wedges.

**Nutritional Information:** [Per 85 g serving:  
Energy: 609 kJ, Protein: 4.9 g, Carbs: 27 g, Total fat: 1.6 g, Saturated fat: 0.7 g, Fiber: 1.9 g, Sodium: 293 mg]

#### Ingredients:

- 1 TBSP olive oil
- 1 tsp wholegrain mustard
- 4 medium red onions, thinly sliced
- 1 clove garlic, crushed
- 1 cup dark brown sugar
- 1 1/2 cups red wine vinegar
- sprigs of fresh thyme

#### Method:

- In a saucepan, heat olive oil and add onions, garlic, brown sugar, mustard, vinegar and fresh thyme and bring to the boil.
- Reduce the heat to simmer.
- Allow it to reduce and thicken, until the onions are a dark red color.

Serve on beef fillet steaks or add to an open sandwich or canapés.

### Red Onion Marmalade

Makes a small jar (±300 ml)



**Nutritional Information:** [Per 50g serving:  
Energy: 589 kJ, Protein: 0.30 g, Total Fat: 0.45 g,  
Saturated Fat: 0.0 g, Carbs: 34 g, Fiber: 0.6 g,  
Sodium: 80 mg]

## Magic Romesco Sauce

Serves 6



**Nutritional Information:** [Per 100 g serving:  
Energy: 433 kJ, Protein: 1 g, Carbs: 2 g,  
Total fat: 10.2 g, Saturated fat: 0.8 g,  
Fiber: 0.9 g, Sodium: 4 mg]

### Ingredients:

- 1 large Red Pepper, roasted (brush with olive oil and grill in oven or griddle pan)
- 1 cup Roma Tomatoes, peeled and chopped
- 1/4 cup Olive/canola oil
- 3 TBSP Peanut Butter (unsalted)
- 2 cloves garlic, crushed
- 2 tsp lemon juice
- 1/2 tsp spanish smoked paprika
- Herb salt & ground black pepper

### Method:

- Blend: Add all ingredients to a food processor or blender and blend until smooth.

Serve warm or cold with just about anything...  
vegetables, whole-wheat pasta or pita wedges etc.

### Ingredients:

- 3 cups baby spinach, washed & dried
- 2 cloves garlic
- 2 TBSP pine-nuts or plain cashews or flaked almonds
- ±1/3 cup Olive oil
- 2 TBSP parmesan cheese, grated
- Herbs salt & ground black pepper

### Method:

- Place spinach, garlic and nuts into a food processor and blend.
- Slowly add olive oil to make a thick paste.
- Turn mixture into a mixing bowl and stir in grated parmesan cheese.
- Season.

## Spinach Pesto Sauce

(makes a small jar ±300 ml)



**Nutritional Information:** Per serving of 2TBSP:  
Energy: 650 kJ, Protein: 3 g, Total Fat: 15 g, Saturated  
Fat: 2 g, Carbs: 2 g, Fiber: 2.4 g, Sodium: 107 mg]

---

# ***TO FINISH:*** Tasty Treats

---

## **Baked Cinnamon, Pecan & Raisin Apples**



Serves 4

### **Ingredients:**

- 4 small apples, cored
- ¼ cup chopped pecan nuts or flaked almonds
- 2 TBSP honey
- 2 TBSP raisins
- 1 tsp ground cinnamon
- 1 TBSP melted margarine
- ½ cup low fat plain yoghurt
- 1 TBSP castor sugar
- ½ tsp vanilla extract

### **Nutritional Information:**

*[Per serving: Energy: 1255 kJ, Protein: 2 g, Total Fat: 15g, Saturated Fat: 2 g, Carbs: 45 g, Fiber: 8 g, Sodium: 4 mg]*

### **Method:**

- Mix together nuts, honey, raisins, cinnamon & marg.
- Press the mixture into the centre of the apples.
- Bake @ 200 degrees until apples are tender (± 30 minutes).

*Serve warm with 500 ml vanilla-infused yoghurt (low-fat plain yoghurt, 2 TBSP castor sugar with vanilla extract)*

# Maltabella-Banana Bread



Makes one loaf (10 servings)

## Ingredients:

- ½ cup (120 g) margarine, softened
- ½ cup brown sugar
- 2 eggs
- 4 ripe bananas, mashed
- 1 TBSP lemon juice
- 1 cup maltabella
- 1 ½ cup cake flour
- ½ tsp salt
- 1 tsp bicarbonate of soda
- 2 TBSP milk

## Method:

- Pre-heat oven to 180 degrees. Beat together margarine and sugar at high speed until light and creamy.
- Add eggs one at a time while beating. Add mashed bananas and lemon juice.
- Sieve the dry ingredients together and add to the butter mixture, alternating with adding the milk.
- Spoon mixture into a greased loaf pan and bake for 1 hour or until done.
- Cool slightly and remove from pan.

**Nutritional Information:** [Per serving: Energy: 810 kJ, Protein: 4.6 g, Total Fat: 1.6 g, Saturated Fat: 0.3 g, Carbs: 43.9 g, Fiber: 4.5 g, Sodium: 9.8 mg]

**Maltabella** porridge is made from sorghum grain. It is great tasting, rich and filling, and naturally high in unrefined carbohydrates, protein and low in saturated fats.

---

# *Extras for Sharing*

---

## Health Bread



Pumpkin seeds contain omega-3 and omega-6 fatty acids, antioxidants and fiber and is therefore good for heart health, as well as adding a delicious

**Makes 2 loaves**

### **Ingredients:**

- 3 ½ cups white bread flour
- 2 ½ cups brown bread flour
- ½ cup oats
- ½ cup brown sugar
- 2 TBSP sunflower seeds
- ½ tsp salt
- 3 tsp instant yeast
- 1 liter warm water
- 2 TBSP mixed seeds

### **Method:**

- In a large mixing bowl, mix together the dry ingredients.
- Fold in the wet ingredients.
- Allow the mixture to double in size – about 1 hour.
- Spoon into 2 greased loaf tins and sprinkle with seeds.
- Allow to rise again – about 10-20 minutes.
- Bake @ 180 degrees for 45 minutes.

**Nutritional Information:** [Per slice (±40 g): Energy: 412 kJ, Protein: 4.5 g, Total Fat: 2.2 g, Saturated Fat: 0.0 g, Carbs: 15 g, Fiber: 6 g, Sodium: 180 mg]

# Heart Healthy Iced Tea



**Makes 1.25 liters**

## **Ingredients:**

- 2 rooibos tea bags
- 1/2 small lemon sliced or wedges
- 1 small orange sliced or wedges
- 2 cinnamon sticks
- 1 liter boiling water
- 1 cup fruit juice of your choice

Enjoy these refreshing iced teas without added refined sugars and caffeine, and with the added benefits from the herbs, spices and fruit.

## **Method:**

- Place tea bags, lemon, orange slices/wedges and cinnamon sticks in a large jug.
- Pour over boiling water.
- Allow to infuse and cool.
- Strain and add fruit juice and chill.
- Garnish before serving with fresh sliced fruit and fresh mint leaves.

## **Green Chia seed Smoothie:**

- Blend 2 cups of spinach, 1 1/2 cups water, 2 TBSP chia seeds.
- Add one peeled orange, a cup of strawberries and a cup of blueberries
- Blend again until smooth.

---

## ***HEALTHY EATING BASICS***

### **Simple steps to achieve your health & wellness goals**

---

- ✦ Eat three balanced meals per day with healthy snacks in between. If possible, consume the greater portion of kilojoules during the morning and midday, leaving a lighter meal at the end of the day, or if you have your main meal in the evening, have it early evening. This way, energy intake is proportional to natural energy expenditure and therefore, improved energy balance.
- ✦ Eating healthy snacks in between meals help to control blood glucose levels throughout the day and to maintain energy levels, and keep you satiated for longer.
- ✦ It is recommended to eat at least 5 portions of fresh fruit and vegetables per day, eat a variety, eat what's in season, to achieve an optimum intake of fiber, vitamins and minerals for heart health and reduced cancer risk.
- ✦ Limit your intake of red meat and saturated fat and include more fish and plant-based protein into your diet.
- ✦ Limit your intake of salt by preparing meals from scratch and using herbs (fresh/dry) and spices when cooking.

The 7-Day Meal Plan serves as an example to guide you in planning a healthy daily diet, includes recipes from this recipe booklet, as well as a shopping list for your convenience.

Use this as the basis to plan, shop and prepare heart healthy meals.

**Enjoy!**

---

## MENU PLAN: 7 Days

---

### DAY 1:

#### BREAKFAST:

1 Cup Bircher Muesli  
1 Fresh Fruit

#### MAIN MEAL:

1 ½ cups Chilli Chicken & Vegetable Stir-fry served with Brown Rice (1 cup)

#### LIGHT MEAL:

Health Bread Sandwich with Roasted Chickpea spread, tomato, cucumber and red onion slices

#### SNACKS:

3 Provitas with 30 ml Avocado Salsa  
1 Fresh Fruit

### DAY 2:

#### BREAKFAST:

1 Slice Health/Rye Bread with Scrambled Egg & grilled tomato and sautéed mushroom  
½ cup fresh fruit salad

#### MAIN MEAL:

Tuna Fish cakes (2) with yoghurt dill dressing  
Mixed salad with cucumber, tomato, red onion, carrots, radish, sprouts etc.  
Fruit Sorbet (no sugar added)

#### LIGHT MEAL:

1 medium Baked Potato (with skin) with 1 TBSP cottage cheese & 2 TBSP spinach pesto  
Mixed Salad

#### SNACKS:

125-250 ml plain yoghurt  
1 Fresh Fruit, sliced

### DAY 3:

#### BREAKFAST:

½ cup Brekkie Beans on 1 slice health/rye Toast  
1 Fresh Fruit

#### MAIN MEAL:

½ cup Lean Beef & Bean Bolognese with  
1 cup Whole-wheat Pasta  
Simple Salad

#### LIGHT MEAL:

1 cup Butternut Orange & Ginger Soup with a slice of Health Bread

#### SNACKS:

Raw carrot sticks  
Apple Wedges (1 apple) with 15 ml no-salt-no-sugar peanut butter

### DAY 4:

#### BREAKFAST:

1-2 Sweet Potato Muffin(s) with 30 ml cottage cheese  
1 Fresh Fruit

#### MAIN MEAL:

180 g Oven-grilled Hake with lemon wedges & yoghurt-dill sauce  
1 cup Steamed/boiled baby potatoes  
1 cup Steamed green beans

#### LIGHT MEAL:

¼ cup Left-over Beef & Bean Bolognese on a whole-wheat seeded Wrap with Lettuce, cucumber, tomato, onion etc.

#### SNACKS:

2 digestive biscuits (plain or with 30 ml chickpea spread)  
1 Fresh Fruit

### Dietary Notes:

\*Allow for 2 eggs per person when making scrambled eggs, and use a non-stick pan, which will prevent the need for adding butter or any other type of fat.

\* Fat-free cottage cheese is a good alternative to most other cheeses, containing, 80 kJ per 30 g serving, 0.120 g Saturated Fat and 9 mg Sodium.

**DAY 5:****BREAKFAST:**

1 cup Sorghum Porridge with caramelized banana  
1 Fresh Fruit slices

**MAIN MEAL:**

180 g Grilled Chicken breast with lemon, herbs & tomato  
1 cup Sweet potato (baked with skin)  
1 cup Oven-roasted vegetables

**LIGHT MEAL:**

1 cup Vegetable & Bean Soup  
Slice of Health Bread  
Baked Pecan, Cinnamon & Raisin Apples (1) (with plain yoghurt)

**SNACKS:**

3 Provitas with 30 ml Avocado Salsa  
1 Fresh Fruit

**DAY 6:****BREAKFAST:**

1 Slice Health/Rye Bread with poached Egg & grilled tomato  
1 Fresh Fruit

**MAIN MEAL:**

180 g Ostrich Steak served with Red Onion Marmalade  
1 cup Sweet Potato mash  
1 cup Steamed Vegetables

**LIGHT MEAL:**

1 cup Whole-wheat pasta with oven-roasted vegetables and spinach pesto  
Maltabella Banana Bread (1 slice)

**SNACKS:**

30 ml raisins with 125-250 ml plain yoghurt  
30 ml flaked almonds  
1 Fresh fruit, sliced

**DAY 7:****BREAKFAST:**

1 cup Cooked Oats Porridge with milk & honey  
1 Fresh Fruit slice or  
½ cup berries

**MAIN MEAL:**

2 Chicken Kebabs  
1 medium Baked Potato (with skin) with 2 TBSP cottage cheese & herbs  
Mixed Salad  
Fresh Fruit Salad with vanilla infused yoghurt

**LIGHT MEAL:**

1 cup Vegetable & Bean Soup  
Slice of Health Bread

**SNACKS:**

Chia Seed Smoothie  
1 Fresh Fruit

**Dietary Notes:**

\*The greater the colour variety of mixed vegetables, salads and stir fries, the greater the nutritional value, as the micro-nutrient content varies between colour-types.

\*Whole-wheat seeded Wraps can be eaten with any choice of protein filling and a variety of salad/vegetable ingredients. It can be enjoyed hot or cold and the flavour can be enhanced by spreading avocado, cottage cheese, chickpea spread on the base of the wrap before adding the filling.

---

## *Shopping List*

---

### **Pantry Staples:**

- Oats porridge
- Mabele/Maltabella porridge
- Cake Flour
- Oat bran
- White bread flour
- Brown bread flour
- Brown Rice
- Whole-wheat spaghetti
- Baking powder
- Bicarbonate of soda
- Instant yeast
- Castor sugar
- Brown sugar
- Almonds
- Almond flakes
- Pecan nuts
- Chia seeds
- Sunflower seeds
- Pumpkin seeds
- Sesame seeds
- Honey
- Unsalted (no sugar) Peanut butter
- Tuna in water (2 x 170 g)
- Tomato paste
- Wholegrain mustard
- Baked beans (410 g)
- Butter beans (410 g)
- Chickpeas (3 x 410 g)
- Canneloni beans (410 g)
- Red speckled beans (dry)
- Brown lentils (dry)
- Raisins
- Sweet Chilli Chutney
- Red wine vinegar
- Salt
- Herb salt (e.g. Celery salt)
- Black ground pepper
- Cinnamon (ground)
- Cinnamon sticks
- Vanilla extract
- Nutmeg
- Cumin seeds
- Smoked paprika
- Mixed herbs
- Bay leaves
- Provitas
- Whole-wheat seeded wraps
- Rooibos tea

### **Dairy Products:**

- Low-fat milk or soya milk or oat milk or almond milk or rice milk or coconut milk
- Plain low-fat yoghurt
- Fat-free cottage cheese
- Grated parmesan cheese

### **Fats & oils:**

- Olive/Canola/Sunflower oil
- Vegetable oil margarine

### **Chicken/Fish/Meat/Eggs:**

- Fresh Chicken Breasts (no skin, no bones) (for 2 meals)
- Chicken Kebabs (marinated, no added sugar)
- Lean Beef mince
- Ostrich steaks
- Frozen Hake fillets
- Eggs

### **Fresh roots:**

- Garlic
- Ginger

### **Fresh Fruits:**

- Berries (optional)
  - Banana
  - Apples
  - Oranges (whole & for juice)
  - Lemons
  - Other seasonal fruit for your daily 2 portions of fresh fruit
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### **Additional:**

- Frozen berries
- Frozen garden peas
- Rye bread

### **Fresh Salad & Vegetables:**

- Potatoes (2 kg)
- Baby potatoes (500g)
- Sweet potatoes (2.5 kg)
- Tomatoes (1.5 kg)
- Cherry tomatoes
- Radishes
- Spinach
- Cabbage
- Carrots
- Green beans
- Lettuce
- Cucumber
- Celery
- White Onions
- Red Onions
- Spring onion
- Button Mushrooms (2 punnets)
- Red/green/yellow peppers
- Fresh Chilli (optional)
- Broccoli
- Butternut (2-3 whole)
- Baby marrows
- Avocado (when in season)

### **Fresh Herbs:**

- Parsley
- Thyme
- Oregano
- Basil
- Dill or fennel

### **Other salad ingredients/vegetables of your choice:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_