

National Heart, Lung, and Blood Institute

keep  the beat™
recipes

deliciously
healthy dinners



Ingredient Guide for *Keep the Beat™ Recipes: Deliciously Healthy Dinners*

Vegetables

Asparagus

- Asparagus With Lemon Sauce p. 103

Beans

- Grilled Tuna With Chickpea and Spinach Salad p. 41
- Cold Fusilli Pasta With Summer Vegetables p. 65
- Tuscan Beans With Tomatoes and Oregano p. 83
- Caribbean Casserole p. 84
- Red Beans and Rice p. 85
- Three-Bean Chili With Chunky Tomatoes p. 92
- Caribbean Pink Beans p. 93

Lima Beans

- Limas and Spinach p. 111

Beets

- Roasted Beets With Orange Sauce p. 109

Broccoli

- Heavenly Chicken With Angel Hair Pasta p. 71
- Broccoli With Asian Tofu p. 90

Cabbage (green/bok choy)

- Asian-Style Chicken Wraps p. 30
- Baja-Style Salmon Tacos p. 42
- Tofu Stir-Fry With Spicy Sauce p. 96

Carrots

- Beef Steak With Carrots and Mint p. 10
- Quick Beef Casserole p. 16
- Moroccan Chicken Stew With Couscous p. 18
- Chicken and Celery Stir-Fry p. 26
- Cornbread-Crusted Turkey (With Sage Carrots) p. 32
- Braised Cod With Leeks p. 45
- Turkey Bolognese With Shell Pasta p. 74
- Tofu Stir-Fry With Spicy Sauce p. 96
- Cinnamon-Glazed Baby Carrots p. 113
- Couscous With Carrots, Walnuts, and Raisins p. 117

Cauliflower

- Cauliflower With Whole-Wheat Breadcrumbs p. 104

Celery

- Quick Beef Casserole p. 16
- Chicken and Mushroom Fricassee p. 25

- Chicken and Celery Stir-Fry p. 26
- 20-Minute Chicken Creole p. 38
- Turkey Bolognese With Shell Pasta p. 74
- Corn and Black Bean Burritos p. 87
- Three-Bean Chili With Chunky Tomatoes p. 92
- Savory Brown Rice p. 121
- Sunshine Rice p. 126

Corn

- Corn and Black Bean Burritos p. 87
- Edamame Stew p. 95

Eggplant

- Chicken Ratatouille p. 29

Ginger

- Stir-Fried Orange Beef p. 7
- Japanese-Style Beef and Noodle Soup p. 14
- Thai-Style Chicken Curry p. 20
- Sweet-and-Sour Chicken p. 22
- Chicken and Celery Stir-Fry p. 26
- Asian-Style Chicken Wraps p. 30
- Teriyaki-Glazed Salmon With Stir-Fried Vegetables p. 48
- Asian-Style Steamed Salmon p. 51
- Grilled Pork Tenderloin With Asian Sauce p. 61
- Broccoli With Asian Tofu p. 90
- Tofu Stir-Fry With Spicy Sauce p. 96

Kale

- Lentils With Brown Rice and Kale p. 88

Leeks

- Chicken and Mushroom Fricassee p. 25
- Spanish-Style Shrimp Stew p. 43
- Braised Cod With Leeks p. 45

Lettuce

- Oven-Crusted Chicken Breast p. 27
- Asian-Style Chicken Wraps p. 30
- Sweet and Sour Seashells p. 79
- Tuscan Beans With Tomatoes and Oregano p. 83
- Grilled Romaine Lettuce With Caesar Dressing p. 105
- Autumn Salad p. 110

Mushrooms (shiitake/white/portabella)

- Beef Steak With Light Tomato Mushroom Sauce p. 12
- Japanese-Style Beef and Noodle Soup p. 14

- Chicken and Mushroom Fricassee p. 25
- Chicken Ratatouille p. 29
- Turkey Club Burger p. 35
- Asian-Style Steamed Salmon p. 51
- Mushroom Penne p. 66
- Turkey Bolognese With Shell Pasta p. 74
- Savory Brown Rice p. 121

Peppers (bell/jalapeno)

- Mediterranean Kabobs p. 9
- Quick Beef Casserole p. 16
- Chicken Quesadillas With Red and Green Salsa (jalapeno) p. 23
- Chicken Picadillo p. 28
- Chicken Ratatouille p. 29
- Asian-Style Chicken Wraps (jalapeno) p. 30
- 20-Minute Chicken Creole p. 38
- Baja-Style Salmon Tacos (jalapeno) p. 42
- Baked Red Snapper With Zesty Tomato Sauce p. 47
- Cold Fusilli Pasta With Summer Vegetables p. 65
- Caribbean Casserole p. 84
- Red Beans and Rice p. 85
- Three-Bean Chili With Chunky Tomatoes p. 92
- Caribbean Pink Beans p. 93
- Tofu Stir-Fry With Spicy Sauce p. 96
- Kasha With Bell Pepper Confetti p. 122

Potatoes

- Chicken and Mushroom Fricassee p. 25
- Spanish-Style Shrimp Stew p. 43
- Braised Cod With Leeks p. 45

Spinach

- Turkey Club Burger p. 35
- Grilled Tuna With Chickpea and Spinach Salad p. 41
- Baby Spinach With Golden Raisins and Pine Nuts p. 107
- Limas and Spinach p. 111

Winter Squash (butternut/acorn)

- Creamy Squash Soup With Shredded Apples p. 114

Tomatoes

- Mediterranean Kabobs p. 9
- Broiled Sirloin With Spicy Mustard and Apple Chutney p. 11
- Beef Steak With Light Tomato Mushroom Sauce p. 12
- Quick Beef Casserole p. 16
- Chicken Quesadillas With Red and Green Salsa p. 23
- Oven-Crusted Chicken Breast p. 27
- Chicken Ratatouille p. 29
- Turkey Mole p. 36
- 20-Minute Chicken Creole p. 38
- Spanish-Style Shrimp Stew p. 43
- Baked Red Snapper With Zesty Tomato Sauce p. 47
- Red Snapper Provencal p. 49
- Cold Fusilli Pasta With Summer Vegetables p. 65
- Pasta Caprese p. 69
- Whole-Wheat Bow Tie Pasta With Puttanesca Sauce p. 73
- Tuscan Beans With Tomatoes and Oregano p. 83
- Three-Bean Chili With Chunky Tomatoes p. 92
- Edamame Stew p. 95
- Grilled Romaine Lettuce With Caesar Dressing p. 105

Zucchini

- Chicken Ratatouille p. 29
- Cold Fusilli Pasta With Summer Vegetables p. 65
- Edamame Stew p. 95

Fruit

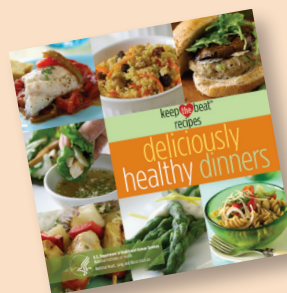
Apples

- Pork Mignons With French Applesauce p. 57
- Autumn Salad p. 110
- Creamy Squash Soup With Shredded Apples p. 114

Cherries

- Pork Chops in Warm Cherry Sauce p. 58

Note: Onions, garlic, and herbs can be found in many of the Keep the Beat™ recipes.



Find these dishes in
**Keep the Beat™ Recipes:
Deliciously Healthy Dinners.**

For other recipes, or to learn more about healthy eating and other heart health-related topics from the National Heart, Lung, and Blood Institute (NHLBI):

- Write to or call the NHLBI Health Information Center
P.O. Box 30105
Bethesda, MD 20824-0105
Phone: 301-592-8573 (Monday–Friday, 8:30 a.m. to 5 p.m. eastern time)
- Visit the NHLBI online at <http://www.nhlbi.nih.gov>
- Visit the NHLBI Educational Materials Online Catalog at <http://email.nhlbi.nih.net> for information on materials available for both the public and health professionals
- Visit the Keep the Beat™: Deliciously Healthy Eating Web site at <http://hin.nhlbi.nih.gov/healthyeating>



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