



Recipes for a Healthy Heart



Crock Pot Shredded Chicken Tacos

Servings: 12 tacos

Ingredients:

- 16 oz. low sodium salsa
- 1 package Mrs. Dash™ Taco Seasoning
- 3 lbs. boneless, skinless chicken breasts
- Tortillas
- Toppings (optional): lettuce, cilantro, onion, tomatoes, black beans, low sodium sour cream, low sodium cheese, avocado

Directions:

1. Prep chicken by trimming/disposing excess fat.
2. In crock pot, mix low sodium salsa and Mrs. Dash™ taco seasoning.
3. Add chicken to crockpot and mix with sauce.
4. Cover and cook on high for four hours or on low for seven to eight hours.
5. Once cooked, shred chicken with a fork.
6. Assemble tacos with tortilla, shredded chicken, and toppings of choice.

Shrimp Stir Fry

Servings: 2

Ingredients:

- 1 Tbs. olive oil
- 1 bag stir fry vegetables (fresh or frozen)
- 12-15 medium shrimp, peeled and deveined
- Low sodium stir fry sauce
- 1 cup brown rice, cooked



One Sheet Pan Salmon Dinner

Servings: 1

Ingredients:

- One 4-ounce salmon fillet
- About 4 red skin or yellow potatoes, cut into bite-sized pieces
- 2 cups frozen broccoli
- 1 Tbs. avocado oil, divided
- Mrs. Dash™ Seasoning of choice

Directions:

1. Preheat oven to 425 degrees F. Line baking sheet with foil.
2. Toss potatoes and broccoli with 2 tsp. avocado oil and desired amount of Mrs. Dash™ seasoning.
3. Spread potatoes and broccoli on baking sheet and roast in oven for 15 minutes.
4. Remove baking sheet from oven, stir potatoes/broccoli; move to side of pan.
5. Place salmon on the opposite side of pan. Top with 1 tsp. avocado oil and sprinkle with Mrs. Dash™ seasoning.
6. Place baking sheet back in oven and bake for about 15 minutes, or until salmon flakes easily with a fork.

Stir Fry Directions:

1. Heat pan on medium high heat. Add 1 Tbs. olive oil. Add shrimp and cook for 2 minutes on each side, remove from pan and set aside.
2. To the same pan, add bag of stir fry vegetables and cook for about 8 minutes, stirring occasionally, or until tender.
3. Add shrimp back to pan of vegetables.
4. Add low sodium stir fry sauce. Mix and continue to cook for another 2-3 minutes.
5. Serve on top of brown rice and enjoy!



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Microwave Omelet

Servings: 1

Ingredients:

- 1 whole egg
- 2 egg whites
- 1 Tbs. 1% or skim milk
- 1 Tbs. tomatoes, diced
- 1 Tbs. onion, diced
- 1 Tbs. bell pepper, diced
- 5-8 spinach leaves
- 1-2 Tbs. Swiss cheese, shredded
- Mrs. Dash™ Seasoning of choice
- Cooking spray
- Low sodium, whole wheat bread, toasted

Directions:

1. Lightly spray microwave safe bowl or mug with cooking spray.
2. Crack eggs and add egg whites into bowl, add milk and whisk until eggs are blended.
3. Add in vegetable toppings of choice and stir until combined.
4. Microwave for 30 seconds. Remove from the microwave and stir.
5. Microwave for an additional 30 seconds. Remove from the microwave and stir. Repeat until eggs are fully cooked.
6. Top with cheese and Mrs. Dash™ if desired.
7. Serve on top of whole wheat toast and enjoy!



Air Fried Crispy Chicken

Servings: 4

Ingredients:

- 2 boneless, skinless chicken breasts, sliced into cutlets
- 1 Tbs. olive oil
- ½ cup breadcrumbs
- ½ tsp. paprika
- ¼ tsp. chili powder
- ¼ tsp. ground black pepper
- ½ tsp. garlic powder
- ¼ tsp. onion powder
- ¼ tsp. cayenne pepper

Directions:

1. Put the chicken breast cutlets in a bowl and drizzle with oil. Make sure they are well coated
2. In a shallow dish, mix the breadcrumbs with spices until well combined.
3. Coat each chicken breast in breadcrumbs and transfer into air fryer basket/pan.
4. Air fry at 390 degrees F for 10-12 minutes. After the first 7 minutes, open the air fryer and flip the chicken on the other side. Then continue cooking for remaining time or until chicken is cooked through.

Salt Free Vinaigrette

Servings: 8

Ingredients:

- ½ cup red wine vinegar
- 1/3 cup olive oil
- 1 tsp. lemon juice
- 2 cloves garlic, minced
- 1 Tbs. Italian seasoning
- ¼ tsp. black pepper

Directions:

Add ingredients to bowl, whisk together or add ingredients to mason jar, close lid, shake to mix.