

Healthier Heart Recipes

In the Kitchen with LiveWELL



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Healthy Greek Yogurt Chicken Salad

Cindy Vice – Atrium Health Floyd



Ingredients

For the Dressing:

1c Greek yogurt
2 cloves garlic
4 TBSP lemon juice
2 TBSP olive oil
1 tsp salt
¼ tsp black pepper
¼ c chopped fresh dill or parsley

For the Salad:

3cups cooked chicken
3 scallions
2 stalks celery
½ c cube apples
½ cup chopped grapes
1/3 cup roasted sliced almonds

Optional Add-ins:

1 small, cubed avocado
½ c thinly sliced cucumber
¼ c thinly sliced radishes

Preparation

- 1. To make the dressing:** Whisk together yogurt, garlic, lemon juice, olive oil, and spices.
- 2. To make the salad:** Add remaining ingredients and toss gently.
- Taste for seasoning and add if necessary
- Serve and Enjoy!!!

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Mediterranean Tuna and Pasta Toss

Tara Cox – Atrium Health Greater Charlotte

Makes 8 servings

Ingredients

- 4-5 oz. dry pasta (100% whole wheat if available)
- 1 Tbsp. olive oil
- 2 cans of no added salt white albacore tuna, canned in water
- 4 Tbsp. capers, drained
- ¼ cup sliced kalamata olives, sliced and drained
- 2 tsp. Italian seasoning
- 1 lbs. cherry tomatoes, cut in half (heirloom if available)
- Pepper to taste
- ¼ cup feta cheese
- Optional – olive oil and balsamic vinegar to finish

Preparation

1. Cook pasta according to package directions and set aside to cool
2. Heat 1 Tbsp. of olive oil in a nonstick skillet, add tuna, capers, olives and Italian seasoning and heat for 2-3 minutes. Add tomatoes and cook an additional 1-2 minutes
3. In a large bowl mix pasta and heated tuna mixture
4. Finish with pepper and feta cheese, add olive oil and balsamic vinegar if desired for added moisture and flavor.

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Fun with Avocados

Jill Ashburner – Atrium Health LiveWELL



1 Avocados contain an impressive amount of nutrients and are especially rich in fiber, B6, vitamin C, potassium, vitamin E, folate, and copper.

2 Eating avocados regularly may benefit health in several ways, including protecting against heart disease, improving overall diet quality, improving satiety, and promoting gut health.

If you're looking for a way to keep your avocados as fresh as possible, place ripe avocados in the refrigerator until you're ready to enjoy them.

3 If your avocado is still hard and green, let it sit on your counter for several days to ripen.

Ripe avocados are slightly soft to the touch and usually have a deep

green color. If your avocado is very mushy and dents when poked, discard.



How to enjoy Avocados

- Use avocado in place of mayo in chicken, salmon, egg, and tuna salads.
- Make a classic guacamole using ingredients like avocados, onions, lime, and cilantro.
- Top chicken breasts with a salad of tomato and cubed avocado.
- Toss frozen avocado chunks into smoothies for a source of healthy fat.
- Top chilis and soups with sliced avocado.
- Incorporate avocado into salads and grain bowls.
- Whip up a dairy-free avocado chocolate mousse.
- Bread avocados and bake them for a crispy treat.
- Pair half an avocado with eggs or berries for a filling breakfast or snack
- Smash avocado on top of toast or a half roasted sweet potato.
- Stuff avocados with protein salad, grain salad (quinoa) or bean salad.
- Use avocados in tacos and burritos.
- Blend avocado with olive oil, lemon juice, and seasonings for a quick and easy creamy dressing.
- Top your favorite veggie burger, wraps or sandwiches with sliced avocado.
- Sprinkle an avocado half with a bit of coarse salt and pepper and enjoy it right out of the rind.

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Berries and Whipped Topping

Jennifer Kees – Atrium Health Greater Charlotte LiveWELL



Ingredients

Choose your favorite berries

- Strawberries
- Raspberries
- Blueberries
- Blackberries

Sugar free or lite whipped topping

Instructions

Wash and prepare your berries

Mix cold or frozen whipped topping with your choice of berries

Enjoy!

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