

National Nutrition Month Recipes

In the Kitchen with LiveWELL and Sanger Heart and Vascular



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This series is brought to you by Elaine Jones, RDN, LDN, community engagement manager at Sanger Heart & Vascular Institute



Heart-Healthy Meatloaf

Adapted from Mamma's Healthy Meatloaf from Allrecipes



Ingredients

Cooking spray
1 TBSP olive oil
1 Green bell pepper, diced
½ cup diced sweet onion
1/2 tsp minced garlic
1lb extra-lean ground beef

1 cup wheat
 breadcrumbs
2 large eggs
¾ cup shredded
 carrot
¾ cup shredded
 zucchini
Salt and pepper
¼ cup ketchup

Preparation

1. *Preheat oven to 400 degrees*
2. *Prepare your vegetables*
3. *Heat olive oil in a medium skillet and sauté bell pepper and onion until soft and onions are translucent*
4. *In a medium size bowl, mix meat, carrots, zucchini, eggs, breadcrumbs, cooled peppers and onions, season as desired.*
5. *Place mixture into prepared loaf pan. Place in preheated oven for 30-45 minutes*
6. *After cooking is complete, pour ketchup over top of meatloaf, return to oven for around 5 minutes*
7. *Serve with side of your choice and Enjoy!!!*

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Honey Garlic Salmon

Adapted from Rasa Malaysia



Ingredients

4 (6oz) salmon steaks
Salt
3 TBSP olive oil
1 red onion, diced
2 cloves garlic peeled and minced
2 tomatoes, diced
1 sprig fresh cilantro, chopped
2 mangos – peeled and diced

Sauce

2 TBSP honey
1 ½ tsp apple cider vinegar or lemon juice
1 TBSP olive oil
3 cloves garlic, minced
½ lemon, sliced into wedges
1 TBSP chopped parsley

Broccoli

Preparation

1. Season the surface of the salmon with salt, black pepper and cayenne pepper. Set aside
2. Mix the honey, water, apple cider vinegar or lemon juice and a pinch of salt together. Still to combine
3. Heat up an oven-safe skillet on high heat. Add olive oil. Pan-fry the salmon, skin side down first for about 1 minute. Turn the salmon over and cook for 1 minute. Turn it over again so the skin side is at the bottom.
4. Add garlic into the pan, sauté until slightly browned. Add the honey mixture and lemon wedges into the skillet, reduce the sauce until it is sticky.
5. Finish it off by broiling the salmon in the oven for 1 minute or until the surface becomes slightly charred.

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Chicken Pesto Pasta



- 1** Cook pasta according to package directions and set aside to cool

On baking pan, slice shallots and tomatoes together, add salt and pepper drizzle with olive oil

Place in oven 350 degrees

Pesto Sauce

- 2** Prepare cilantro, pull off 2 cups leaves
Place in food processor or blender. Add pine nuts and lemon juice to cilantro garlic, parmesan, salt and pepper. Pulse till well blended. After cilantro is chopped, drizzle olive oil into blender until it becomes a sauce.

- 3** Cook chicken in skillet with Italian seasoning as desired.
Once cooled, chop chicken
Drain cooked noodles. In a bowl, add noodles, chicken, pesto sauce and cooked tomatoes and mix.
Garnish as desired
Serve and enjoy



Ingredients

- 2 cups tightly packed fresh cilantro leaves
- ½ cup pine nuts
- ½ cup grated Parmesan
- 2 cloves garlic
- 1 cup olive oil

- 4 cooked chicken breasts, cooled and cut into cubes
- Parmesan shavings, for garnish
- Fresh cilantro leaves, for garnish
- 2 cups grape tomatoes, cut in half
- ½ shallot, thinly sliced
- Olive oil, for drizzling
- Salt and freshly ground pepper
- 4 cups cooked rotini pasta, cooled

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