






## 4 Weeks of Heart Healthy Recipes *Compiled by SHVI- Elaine Jones, RD*

### Week 1:

<p><a href="#"><u>Mango Salsa Salmon</u></a></p>			
<p><a href="#"><u>Grilled Fish Tacos with Cabbage Slaw</u></a></p>			
<p><a href="#"><u>Cilantro Pesto Pasta Salad Recipe   Marcela Valladolid   Food Network</u></a></p>			
<p><a href="#"><u>Chicken Thighs with Couscous &amp; Kale Recipe   EatingWell</u></a></p>			
<p><a href="#"><u>Mediterranean Veggie Wrap with Cilantro Hummus Recipe   EatingWell</u></a></p>			





**Week 2:**

<p><a href="#">Red Lentil Soup - Healthy Ideas Place</a></p>			
<p><a href="#">Easy Shakshuka with Feta – A Couple Cooks</a></p>			
<p><a href="#">General Tso's Tofu - Simple Vegan Blog</a></p>			
<p><a href="#">Walnut and Lentil Bolognese   The Modern Proper</a></p>			
<p><a href="#">Sesame Garlic Ramen Noodles   The Modern Proper</a></p>			

**Week 3:**

<p><a href="#">Momma's Healthy Meatloaf   Allrecipes</a></p>		
<p><a href="#">15 Minute Stir-Fried Chicken and Bok Choy   A Mind Full Mom</a></p>		
<p><a href="#">Black Bean Burgers</a></p>		
<p><a href="#">Shrimp &amp; Cauliflower Grits.xlsx (culinarymedicine.org)</a></p>		
<p><a href="#">Whole Wheat Pumpkin Pancakes - Cookie and Kate</a></p>		

**Week 4:**

<p><a href="#"><u>Best Lentil Soup Recipe - Cookie and Kate</u></a></p>	
<p><a href="#"><u>Chopped Thai Kale Salad with Peanut Ginger Dressing - Ambitious Kitchen</u></a></p>	
<p><a href="#"><u>The BEST Vegan Mac and Cheese Recipe   Ambitious Kitchen</u></a></p>	
<p><a href="#"><u>Salmon Recipe - Honey Garlic Salmon - Rasa Malaysia</u></a></p>	
<p><a href="#"><u>Avocado Chocolate Mousse (vegan or keto options) - Crazy for Crust</u></a></p>	