



Heart

Healthy

Recipes

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Oklahoma City Alumnae Chapter

Delta Sigma Theta Sorority, Inc.

**Heart disease is the leading cause of death in American women.** What a woman eats and her lifestyle choices play a big part in her heart health. Changing your eating habits can be tough. Start with these eight strategies provided from **mayoclinic.org** to kick-start your way to a heart-healthy diet.

1. Control your portion size
2. Eat more vegetables and fruits
3. Select whole grains
4. Limit unhealthy fats and cholesterol
5. Choose low-fat protein sources
6. Reduce the sodium in your food
7. Plan ahead: create daily menus

## **Healthy Breakfast Egg Muffins**

Submitted by Soror Leah Agers

- 2 cups egg whites
- 4 large eggs, lightly beaten
- 1 cup cooked quinoa
- 1/2 cup cottage cheese
- 1/4 cup cheddar cheese
- 1/4 cup finely chopped onion
- 1 teaspoon Italian seasoning
- 1 teaspoon seasoned salt
- 1/8 teaspoon red pepper flakes
- 2 cups cooked broccoli florets
- 7 oz (1 link) smoked turkey sausage, chopped into small cubes



Mix all ingredients together in a large bowl. Spray muffin pan generously with cooking spray. Ladle mixture into pan, filling cups about 3/4 full and sprinkle a pinch of extra cheese on top. Bake at 350 degrees for 20 min. Turn oven to broil for 5 min to allow the tops of the muffins to turn golden brown. Remove pan from oven and allow to cool for 10 min before removing muffins.

Yield: 2 dozen muffins

Variations: add your favorite vegetables, tomatoes, peppers or try some turkey bacon pieces!

# **Chicken Tortilla Soup**

Submitted by Soror Tracy Truitt

1 1/2 teaspoons ground cumin	4 cups hot water
About 1 1/4 teaspoons chilli powder	3 tablespoons tomato paste
1/2 teaspoon garlic powder	Two 15-ounce cans <b>black beans</b> , drained
1/2 teaspoon salt, plus more to taste	3 tablespoons cornmeal
2 boneless, skinless <b>chicken breasts</b>	5 small <b>corn tortillas</b>
2 tablespoons <b>olive oil</b>	Garnishes:
1 cup diced onion	Diced avocado
1/4 cup diced <b>green bell pepper</b>	Diced red onion
1/4 cup diced red bell pepper	Sour cream
3 <b>cloves garlic</b> , minced	Chopped fresh cilantro
One 10-ounce can diced tomatoes and <b>green chiles</b> , such as Rotel	Other suggested toppings: Grated <b>Monterey Jack cheese, pico de gal- lo</b>
4 cups low-sodium <b>chicken broth</b>	

Directions: Preheat the oven to 375 degrees F.

Start by mixing together the cumin, 1 teaspoon of the chilli powder, the garlic powder and salt. Drizzle the chicken breasts with 1 tablespoon of the olive oil. Then sprinkle with 1 teaspoon of the spice mixture. Set the rest of the spice mixture aside. Bake until the chicken is cooked all the way through, 15 to 20 minutes. Remove it from the oven. Cut the chicken into cubes and set aside.

Next, heat the remaining 1 tablespoon olive oil in a large pot over medium-high heat. Throw in the onions, green and **red bell peppers** and garlic. Throw in a tablespoon of the spice mixture used to season the chicken. Add a little extra chilli powder (about 1/4 teaspoon) for heat. Stir to cook the vegetables until they begin to turn golden brown, about 5 minutes. Add the cubed chicken and diced tomatoes, juice and all. Add the chicken broth, hot water and **tomato paste**. Stir to combine and bring the mixture to a boil. Reduce the heat to low. Add the drained black beans. Next, mix together the cornmeal with 1/2 cup water. Add the mixture to the pot, and then simmer the soup for 10 to 15 minutes. Give it a taste and add salt or seasonings as needed; be sure to not under salt it!

## **Chicken Stew**

Submitted by

Soror Nkechi Uchegbu



### **Ingredients**

1/4 cup oil

1 cup chopped onion

1 (14 ounce) can diced tomatoes

2 cups chicken broth

1 teaspoon minced garlic

1 teaspoon thyme

1 bay leaf

1 teaspoon salt

1/2 teaspoon pepper

4 cups diced potatoes

1 1/2 cups sliced carrots

2 cups chopped chicken breasts (, 1in pieces)

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### **Directions to Cook**

Heat oil in large pot, saute onions for 2 minutes.

Add next 7 ingredients.

Bring to a boil.

Add potatoes, carrots, and chicken.

Simmer until vegetables are done, about 30 minutes.

Thicken with cornstarch if you like a thicker stew.

# **Southwester Stuffed Bell Peppers**

Submitted by Soror Nekechi Uchegbu

## **Ingredients**

- 1 lb lean ground beef
- 1/4 cup chopped onion
- 1 (1 1/4 ounce) package taco seasoning mix
- 1 egg, beaten
- 2 cups cooked rice
- 4 -6 bell peppers
- 1 (19 ounce) can diced tomatoes
- 1 (15 -16 ounce) jar salsa
- Shredded cheddar cheese
- Sour cream



## **Directions to Cook**

Combine beef, onion, seasoning mix and egg in a large bowl.

Add rice and mix well.

Cut peppers in half lengthwise; remove seeds and membrane.

Spread tomatoes on the bottom of an ovenproof 12 X 9 inch baking dish.

The liquid from the tomatoes will reduce during cooking so if (like me) you like lots of sauce, add about a cup of water.

This also helps make the peppers softer.

Place peppers, cut side up, on top of the tomatoes.

Spoon beef mixture into peppers, mounding as necessary.

Top each pepper with salsa.

Bake in preheated 375°F oven for 40-45 minutes or until beef is cooked thoroughly and peppers are soft.

Cover each pepper with cheese and return to oven, under the broiler, until the cheese melts- less than a minute, so watch carefully! Serve with sour cream and additional salsa.

## **Individual Salsa Meat Loaves**

Submitted by Soror MeShawn Conley

2 large egg whites

1/3 cup quick-cooking oats

1/2 cup plus 2 tablespoons chipotle salsa, divided

1/4 cup ketchup, divided

1 pound ground beef, extra lean

### **Cooking spray**

### **Directions**

1. Preheat oven to 350°.
2. Combine egg whites in a large bowl, stirring well with a whisk. Stir in oats, 1/2 cup salsa, and 2 tablespoons ketchup. Add beef; mix well. Divide beef mixture into 4 equal portions, shaping each into an oval-shaped loaf. Coat a foil-lined rimmed baking sheet with cooking spray. Place loaves on prepared pan.
3. Bake at 350° for 30 minutes or until done.
4. Combine remaining 2 tablespoons salsa and remaining 2 tablespoons ketchup in a small bowl; spread mixture evenly over loaves.



# Whole-Wheat Bow Tie Pasta With Puttanesca Sauce

Submitted by Soror Carolyn Harris

## Ingredients

- 8 oz whole-wheat bow tie pasta (farfalle)
- 2 Tbsp olive oil
- 1½ C onion, diced
- 2 Tbsp garlic, minced or pressed (about 5 cloves)
- ¼ tsp cayenne pepper
- 2 tsp anchovy paste (optional)
- 1 can (35 oz) no-salt-added whole peeled tomatoes, coarsely chopped
- 1 Tbsp capers
- 8 pitted black olives, each sliced lengthwise into 6 pieces
- 4 fresh parsley sprigs, rinsed and dried (optional)



## Directions

- 1 In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
- 2 Add pasta, and cook according to package directions for the shortest recommended time, about 10 minutes. Drain.
- 3 Meanwhile, in a large nonstick pan, heat olive oil over medium heat. Add onion. Cook and stir for 5 minutes, until onion begins to soften.
- 4 Add garlic, cayenne pepper, and anchovy paste. Cook and stir another 5 minutes.
- 5 Add chopped tomatoes, capers, and olives. Cook and stir until heated through.
- 6 Divide pasta among four dinner plates (about 1½ cups each). Spoon sauce over pasta. Garnish with parsley if desired.

**Tip:** Excellent with [Grilled Romaine Lettuce With Caesar Dressing](#) and pan-grilled shrimp or chicken.

## **Chocolate Lava Cakes with Pistachio Creamed**

Submitted by Soror MeShawn Conley

- 1 cup shelled dry-roasted pistachios
- 1 3/4 cups sugar, divided
- 1/4 cup unsweetened cocoa
- 2 large eggs
- 5 large egg whites
- 2 ounces bittersweet chocolate, coarsely chopped
- 1/2 teaspoon baking powder
- 1/2 teaspoon vanilla extract
- Cooking spray
- 1 cup 2% reduced-fat milk
- Dash of salt
- Powdered sugar (optional)



Place pistachios in a food processor; process until a crumbly paste forms (about 3 1/2 minutes), scraping sides of bowl once.

Place 1/4 cup pistachio butter, 1 1/4 cups sugar, cocoa, eggs, and egg whites in top of a double boiler; stir well with a whisk. Add chocolate; cook over simmering water until chocolate melts and sugar dissolves (about 3 minutes). Remove from heat; add baking powder and vanilla. Stir with a whisk until smooth. Spoon batter into 12 muffin cups coated with cooking spray. Chill 2 hours.

Place remaining 1/4 cup pistachio butter and 1/2 cup sugar in food processor; pulse 4 times or until combined. Add milk and salt; process until smooth. Strain mixture through a sieve into a small saucepan; discard solids. Bring to a boil. Reduce heat; simmer 4 minutes or until thick. Remove from heat; pour into a bowl. Cover and chill.

Preheat oven to 450°.

Bake cakes at 450° for 9 minutes or until almost set (centers will not be firm). Let cool in pan 5 minutes. Invert each cake onto a dessert plate; drizzle with sauce. Garnish with powdered sugar, if desired.