

Heart Healthy Recipes

from SRMC
Cardiology



- INCREASE PROTEIN
- REDUCE SODIUM
- REDUCE SUGAR AND ARTIFICIAL FLAVORS/PRESERVATIVES



Sidney Regional
MEDICAL CENTER

Mixed Berry Crisp in a mug



INGREDIENTS:

2 tablespoons quick-cooking oats, such as Quaker Quick Oats

2 tablespoons brown sugar

2 tablespoons chopped walnuts

1 tablespoon all-purpose flour

$\frac{1}{8}$ teaspoon ground cinnamon

1 tablespoon cold unsalted butter

$\frac{3}{4}$ cup frozen mixed berries

Plain or flavored Greek yogurt for serving

DIRECTIONS:

- Combine the oatmeal, sugar, walnuts, flour, and cinnamon in a large mug. Using a fork, cut in the butter until the texture becomes crumbly.
- Place the berries on top of the crumble mixture and microwave on high power for 2 minutes until the fruit starts to bubble and slightly thicken. Stir to bring the crumble to the surface and serve with a dollop of yogurt on top.

Total Time: 10 minutes • Yields: 1 serving

**Recipe courtesy of Food Network Kitchen, 2014*

PANCAKES

in a Jar

SPECIAL EQUIPMENT:

2 wide-mouthed mason jars

INGREDIENTS:

- ¼ cup blueberries
- 1 cup prepared pancake batter (homemade or prepared from a mix)
 - Heart Healthy Tip: Add vanilla or unflavored protein powder to pancake batter to increase protein!
- 2 tablespoons maple syrup
- 2 teaspoons sugar

DIRECTIONS:

- 2 wide-mouthed mason jars, add 1 tablespoon blueberries to each jar, followed by ¼ cup of batter. Top each jar with 1 tablespoon maple syrup, then another tablespoon blueberries and another ¼ cup batter. Sprinkle the tops with 1 teaspoon sugar.
- Microwave the jars one at a time until the mixture is fluffy and puffed over the edge of the jar, about 2 minutes 40 seconds.

Total Time: 15 minutes

Yields: 2 servings

** Recipe courtesy of The Kitchen, Episode: Bottomless Breakfast*



Greek Lemon Potatoes



INGREDIENTS:

- ⅓ cup chicken broth
- ⅓ cup extra-virgin olive oil
- ¼ cup freshly squeezed lemon juice
- Kosher salt --- heart healthy tip: use Mrs. Dash
- 2 lbs. Yukon gold potatoes (about 5 to 6 medium), peeled and cut into 1" wedges
- 2 cloves garlic, grated or minced
- 2 teaspoons dried oregano
- Chopped fresh parsley for serving (option)

** Recipe courtesy of Taylor Ann Spencer,
Updated: July 7, 2023, Approved by the Delish Test Kitchen*

DIRECTIONS:

- Preheat oven to 450°F. In a large bowl, whisk oil, broth, lemon juice, and 1 tablespoon salt/Mrs. Dash until combined. Add potatoes and toss to coat. Spread potatoes on a rimmed baking sheet and pour any remaining liquid over top.
- Roast potatoes, flipping halfway through, until just tender and liquid is mostly evaporated, 25-28 minutes.
- Sprinkle potatoes with garlic and oregano and toss to distribute. Continue to roast until potatoes are golden brown and edges are crisp, 5-10 minutes more.
- Arrange potatoes on a platter and sprinkle with parsley (if using).

Total Time: 55 minutes • Yields: 4-6 servings
Calories/Serving: 348

Greek Chicken



INGREDIENTS:

- 3 tablespoons extra-virgin olive oil, divided
- 2 tablespoons lemon juice
- 3 cloves minced garlic
- 1 teaspoon dried oregano
- 1 lb. chicken thighs
- Kosher salt --- heart healthy tip: use Mrs. Dash
- Freshly ground pepper
- ½ lb. asparagus, ends removed
- 1 zucchini, sliced into half moons
- 1 lemon, sliced

**Recipe courtesy of Lauren Miyashiro, Updated: January 29, 2025, Approved by the Delish Test Kitchen*

DIRECTIONS:

- In a large bowl, combine 2 tablespoons extra-virgin olive oil, then the lemon juice, garlic, and oregano. Whisk until combined, then add chicken thighs and toss to coat. Cover bowl with plastic wrap and let marinate in the refrigerator for at least 15 minutes and up to 2 hours.
- When you're ready to cook the chicken, preheat oven to 425°F. In a large ovenproof skillet over medium-high heat, heat remaining tablespoon of olive oil. Season both sides of marinated chicken with salt/Mrs. Dash and pepper, then add chicken skin-side down and pour in the remaining marinade.
- Sear until the skin becomes golden and crispy, about 10 minutes. Flip chicken and add asparagus, zucchini, and lemon to the skillet. Transfer pan to oven and cook until the chicken is cooked through and the vegetables are tender, about 15 minutes.

Total Time: 50 minutes • Yields: 4 servings
Calories/Serving: 374

Mug OMELET

INGREDIENTS:

- Salted butter for greasing mug --- heart healthy substitute: use olive oil
- 3 large eggs --- heart healthy substitute: 3 egg whites
- 2 tablespoons milk
- 2 tablespoons shredded Monterey Jack cheese
- 2 tablespoons finely diced ham
- 1 tablespoon finely diced green bell pepper
- Pinch kosher salt --- heart healthy substitute: use Mrs. Dash
- Pinch of freshly ground black pepper

DIRECTIONS:

- Grease the inside of the microwave-safe 12-ounce mug with the butter/olive oil. Add the eggs/egg yolks and milk, then beat with a fork until well combined.
- Stir in the cheese, ham, bell pepper, salt/Mrs. Dash, and pepper.
- Microwave on a medium-high setting for 1.5 minutes, then stir and microwave until the eggs are set, an additional 1 to 1.5 minutes.
- Let cool slightly before serving.

Total Time: 10 minutes

Yields: 1 serving

** Recipe courtesy of Ree Drummond, Show: The Pioneer Woman, Episode: Home Sweet Home: Easy Eats*



Chicken Pot Pie in a Mug



INGREDIENTS:

- One 10.5 ounce can cream of chicken soup --- heart healthy substitute: use low-sodium chicken soup
- Half a 10-ounce bag frozen vegetables (carrot, corn, and green bean mix)
- 1 teaspoon garlic powder
- 1 small rotisserie chicken, meat shredded, skin and bones discarded
- Kosher salt and freshly ground black pepper --- heart healthy substitute: use Mrs. dash instead of salt
- 1 can biscuit dough

DIRECTIONS:

- Preheat oven to 350°F.
- Mix together the cream of chicken soup/low-sodium cream of chicken soup, frozen vegetables, garlic powder, shredded cheese, and some salt/Mrs. Dash and pepper in a bowl.
- Fill 4 oven safe mugs $\frac{3}{4}$ of the way up with the pot pie filling and top each with one biscuit. Bake until the biscuits are golden brown for 15-20 minutes.

Total Time: 25 minutes

Yields: 4 servings

** Recipe courtesy of The Kitchen, Show: The Kitchen, Episode: Most-Searched Comforting Classics*

PIZZA in a mug



INGREDIENTS:

- ¼ cup all-purpose flour
- ¼ teaspoon dried oregano
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon kosher salt --- heart healthy substitute: use Mrs. Dash
- ½ teaspoon garlic powder
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon pizza sauce --- heart healthy substitute: use lowest sodium pizza sauce or make your own with crushed tomatoes and a pinch of oregano, basil, and garlic powder
- 2 tablespoons shredded whole milk mozzarella
- 6 mini pepperoni slices

DIRECTIONS:

- Combine the flour, oregano, baking powder, baking soda, salt/Mrs. Dash, and garlic powder in a microwave-safe mug. Add the olive oil and 3 tablespoons water and stir until a lumpy batter comes together.
- Pour the pizza sauce/low sodium or homemade pizza sauce on top of the batter. Sprinkle the cheese on top, followed by the pepperoni slices.
- Cook in the microwave until the cheese is melted and the dough is crispy around the edges, about 1.5 minutes. Allow to cool slightly before serving.

Total Time: 5 minutes • Yields: 1 serving

**Recipe courtesy of The Kitchen, Show: The Kitchen, Episode: Supper in a Snap*



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