

Heart disease is currently the leading cause of death in men and women in the U.S. There are many factors involved in heart health, but one of the most important is diet. Here are some heart-healthy recipes for you to try.

### **Braised Chicory with Red Wine Vinegar: A Heart-Healthy Side Dish**

Serves 4

Chicory is a vegetable eaten in Asia and parts of Europe. In the United States, the root is more commonly roasted and brewed as a coffee substitute but it is also delicious when braised as a vegetable. Chicory contains a compound called inulin that has been found to be useful in preventing and treating congestive heart failure.

It is also helpful with lowering cholesterol and slowing hardening of arteries. Similar benefits can be derived from vinegar, which is used as part of this simple but tasty recipe. Enjoy a new vegetable that not only satisfies your taste buds but also makes your heart strong and healthy.

#### **Ingredients**

- 1 tbsp olive oil
- 8 chicory heads, trimmed
- 1/3 cup chicken stock
- 2 tsp red wine vinegar
- 1 tsp maple syrup
- 2 tbsp walnut oil
- 1 tbsp finely chopped chives, for garnish

#### **Directions**

1. Heat olive oil in a large skillet over moderate heat. Add chicory and lightly brown on all sides. Add stock, vinegar and maple syrup; bring to a boil. Reduce heat and simmer, covered, until tender, about 30 minutes. Uncover and continue to simmer until nearly all the liquid had evaporated. It depends on the heat setting, but generally, on low heat, it will take 10 to 15 minutes for full evaporation.

2. To serve: Ladle into bowls, drizzle with walnut oil and garnish with chives, if desired.

### **Salmon Leek Salad with Ginger-Miso Dressing (for your heart health)**

1 serving

This recipe is a cardio-health wonder! Salmon is rich in omega 3 fatty acids which protect against heart disease and stroke. Miso is made from fermented soybeans, providing the numerous benefits of soy, one of which is protecting your heart. The rice vinegar promotes good digestion and is also good for dissolving plaque buildup in the arteries.

#### **Ingredients**

- 1 (6-oz) salmon fillet
- 5 slices peeled fresh ginger
- 6 leeks, halved lengthwise

#### **Ginger-Miso Dressing**

- 1/4 cup rice vinegar
- 2 tbsp miso paste
- 1/2 tsp ginger powder
- 1/2 head lettuce, washed, leaves separated

#### **Directions**

1. Preheat oven to 325 degrees F. Place a sheet of foil, large enough to loosely tent around salmon, on a baking pan. Rub the salmon with cut side of ginger and one pinch of salt. Place in center of foil and cover with ginger slices and leeks. Bring up sides of foil, folding top and sides to make a tent. Bake 30 minutes.

2. Make dressing: heat vinegar in a small saucepan over low heat until warm. Add miso paste and ginger powder, stirring until dissolved. Remove from heat. 3. Line a serving plate with lettuce leaves. Place leeks on lettuce and top with salmon. Pour dressing over salmon. Serve warm or cold.

**Keep your heart pumping well into the future!**



**"An Apple a Day Keeps the Doctor Away"**  
Apples help contribute to a healthy heart by decreasing cholesterol levels. The fruit's rich pectin content also helps prevent colon cancer. So keep on munching those delicious apples.

**1. Oatmeal:** Grandma called it roughage. Start your day with a steaming bowl of oats containing soluble fiber, which can lower levels of LDL (bad) cholesterol and help keep arteries clear.

**2. Salmon:** This fish is super-rich in omega-3 fatty acids which help reduce clotting and blood pressure. Try to eat two servings per week of salmon or other oily fish like mackerel, tuna, herring or sardines.

**3. Olive oil:** Full of monounsaturated fats, olive oil lowers LDL (bad) cholesterol and reduces your risk of developing heart disease. Look for extra-virgin or virgin varieties – they are the least processed – and use them instead of butter or margarine when cooking.

**8. Flaxseed:** Sprinkle ground flaxseed on cereal for a heart-healthy breakfast because it provides fiber and both omega-3 and omega-6 fatty acids.

**9. Soy:** Soy may lower cholesterol, and since it is low in saturated fat, it is a good source of lean protein. Try tofu, tempeh, edamame, veggie burgers, and soy milk for meals and snacks.

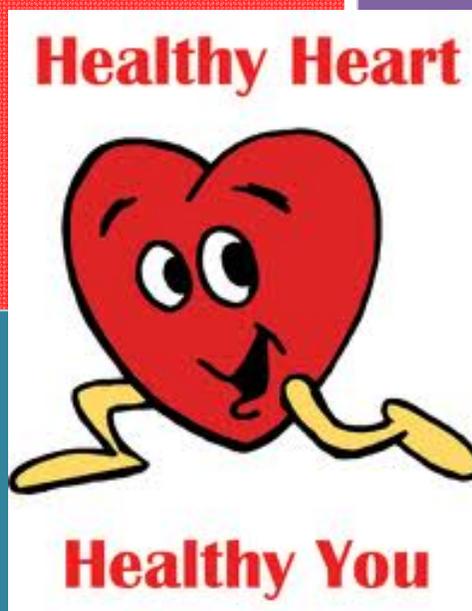
**10. Spinach:** Popeye was right! Spinach contains fiber, folate, potassium, and lutein – all nutrients which help improve heart health. **Increasing your servings of any vegetables will cut your risk of heart disease.** Research has shown that those who ate at least 2 ½ servings of vegetables each day decreased their risk of heart disease by about 25 percent when compared to those who didn't eat veggies.

**4. Avocado:** Add a slice of avocado to a sandwich or salad to increase the amount of monounsaturated fat, a heart healthy fat which helps lower LDL while raising the amount of HDL (good) cholesterol in your blood.

**5. Nuts:** Almonds, walnuts, and macadamia nuts are all full of omega-3 fatty acids and mono-and polyunsaturated fats as well as fiber.

**6. Berries:** Blueberries, raspberries, and strawberries are packed with vitamins and antioxidants which reduce the risk of both heart disease and cancer.

**7. Legumes/Beans:** Fill up on soluble fiber with lentils, chickpeas, black and kidney beans. In addition to the cholesterol-lowering fiber, they also contain calcium and other minerals.



Jefferson County  
Public Health

303-232-6301

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