

# QARDIO



## *Recipes from Veronica Rouse*

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**The Heart Dietitian**

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*step by step:*

# Tofu Bolognese

*Heart Healthy recipe  
in 15 minutes*

## Ingredients list

*1 Tbsp., Olive oil*

*1 Clove of garlic – Minced*

*1 Large carrot – Diced*

*1 Stalk of Celery – Diced*

*1 Cup of extra firm tofu – Crumbled*

*2 Cup of Tomato sauce – Low in sodium*

*1 Cup of Soy milk*

*1 Tbsp., Chili powder*

*1 Tbsp., Fresh Basil*

*½ Tbsp., Dry Oregano*

*1 Tbsp., Nutritional yeast (optional)*

## Method

- 1. Begin by draining the tofu and pressing it to remove excess moisture for at least 30 minutes.*
- 2. Prepare the remaining ingredients and crumble the tofu.*
- 3. Heat olive oil in a saucepan over medium heat. Once hot, add minced garlic and cook until browned, which should take about 2-3 minutes.*
- 4. Add diced carrots and celery to the saucepan, and sauté for 5 minutes over medium heat.*
- 5. Add the crumbled tofu, along with chili powder, basil, and oregano. Stir the ingredients together until well combined.*
- 6. Pour in the low-sodium tomato sauce and soy milk, and stir to combine.*
- 7. Let the mixture simmer for 10 minutes, stirring occasionally, until heated through.*
- 8. Serve the tofu and vegetable tomato sauce over your pasta of choice.*
- 9. For an added touch of flavor, top the dish with some nutritional yeast before serving.*

## Facts

*Opting for a low-sodium pasta sauce is a smart move as it helps to reduce the overall sodium content of your dish, which in turn can have a positive impact on your blood pressure. Moreover, incorporating tofu into the recipe elevates its calcium content. Calcium is a vital mineral that facilitates muscle contraction and, therefore, helps regulate blood pressure.*

step by step:

# Mediterranean Chickpea Quinoa Bowl

Heart Healthy recipe

in 15 minutes

## Ingredients list

For Roasted Chickpeas:

2 Tbsp., Olive oil

1 Tsp., Chilli powder

1 Tsp., Garlic

1 Tsp., Dry Oregano

1 Tsp., Chaat Masala

2 Tsp., Dry Paprika spice

½ Tsp., Cinnamon spice

1 Tsp., Brown sugar

1 Sweet potato – Diced

1 Can of Chickpeas – Rinsed & Drained

1 Cup of Broccoli – Chopped

1 Cup of Quinoa – Rinsed

For Tahini Cilantro Lime Dressing:

2 Tbsp., Tahini

2 Tbsp., Cold water

1 Cilantro – Minced

½ Lime – Juiced

## Method

1. Preheat oven to 200F.
2. Mix the paprika, chili powder, garlic, oregano, and chaat masala in a small bowl.
3. Coat the chickpeas in the olive oil, and then add the spice mixture.
4. Place chickpeas on a baking tray and bake for 10 minutes at 200F until roasted.
5. In the meantime, cube the sweet potato.
6. In a bowl, mix the sweet potato, olive oil, paprika, cinnamon, and brown sugar, making sure the sweet potato is evenly coated with the spices. Transfer the mixture to a baking tray
7. Once chickpeas are roasted, increase oven temperature to 380F.
8. Once the chickpeas have finished roasting, raise the oven temperature to 380F.
9. While the sweet potato cooks, mix the dressing, make quinoa according to the package and steam the broccoli on the stove top.
10. Cook the quinoa according to the package instructions and steam the broccoli on the stovetop until tender.
11. To prepare the dressing, whisk together the tahini, water, cilantro, and lime juice in a small bowl until well combined.
12. Once everything is cooked, it's time to assemble the dish. Start with a layer of quinoa, and then top with roasted chickpeas, sweet potato, and broccoli.
13. Drizzle the dressing over the top and enjoy!

## Facts

This tasty recipe is full of potassium. A mineral that does the opposite of sodium in the body. Eating enough potassium can actually outweigh the impact of sodium by increasing sodium excretion via urine (1). This protects the heart by controlling blood pressure.

step by step:

# Lentil Burrito

Heart Healthy recipe

in 15 minutes

## Ingredients list

4 Large whole wheat Tortillas

### For Lentil Filling:

1 Can lentils – Drained & Rinsed

½ Cup pepitas roasted & unsalted (note 2.)

2 Cloves of Garlic

1 Tsp., Chili powder

1½ Tsp., Cumin

½ Dry Oregano

1 Tsp., Paprika spice

¼ Tsp., Salt

1 Tbsp., Olive Oil

### Additional Toppings:

Avocado – Mashed

Plain Greek yogurt or sour cream

Leafy greens (lettuce, spinach, spring mix)

## Method

### Create your lentil filling:

1. Add all ingredients for the lentil filling into a food processor and pulse until everything is combined but not all the way until smooth (we want to keep some of the texture from the pepitas).
2. Once the mixture is combined, place into a frying pan and heat through.

### To Assemble the Burrito:

1. Warm the tortillas until just heated through, then add mashed avocado, warm lentil filling, and tomato salsa to each tortilla.
2. Top with leafy greens, plain Greek yogurt, and a sprinkle of roasted pepitas.
3. Roll up the burrito, serve it warm, and enjoy!

## Facts

Whipping up a quick and delicious dinner at home can be even more satisfying than ordering takeout! Plus, incorporating pulses like lentils into your regular diet has been demonstrated to help reduce blood pressure.

step by step:

# Edamame Pasta Sauce

*Heart Healthy recipe*

*in 15 minutes*

## Ingredients list

*1 Cup edamame shelled (cooked, or thawed if frozen)*

*1 Basil – Bunch*

*2 Cup of Spinach*

*3 Clove of Garlic*

*¼ Cup of Walnuts*

*½ Lemon – Juiced*

*¼ Cup Unsweetened Soy Milk*

*¼ Cup of Olive oil*

*¼ Tsp., Salt*

*¼ Tsp., Black Pepper*

*Whole grain Pasta noodle type of choice*

*Cup pasta cooking water (optional, to thin the sauce)*

## Method

- 1. To make the edamame pesto, combine thawed or cooked edamame, basil, spinach, garlic, walnuts, lemon juice, soy milk, olive oil, salt, and pepper in a blender or food processor. Blend the ingredients until smooth, and set the pesto aside.*
- 2. Then boil the pasta water in a medium pot. Once boiling, add your noodles of choice until al dente (about 8-10 min).*
- 3. Cook the pasta according to the package instructions, then drain it while reserving some of the pasta water. In the same pot or a new medium pot, return the cooked noodles to the heat and pour the prepared edamame pesto over them. If desired, add some of the reserved pasta water to achieve a creamier consistency*
- 4. Toss the pasta with the pesto until combined. Serve and enjoy!*

## Facts

*Regular consumption of nuts, particularly walnuts, are an excellent heart healthy way to reduce cardiovascular disease.*

*They are rich in omega 3 fatty acids and studies have shown eating these daily can result in better blood flow and therefore lower blood pressure.*

step by step:

# Fish Cakes Without Potato

Heart Healthy recipe

in 15 minutes

## Ingredients list

10 oz, Leftover flaked cooked salmon

4 Tsp., Olive oil

¼ Cup Red pepper – Diced

¼ Cup onion – Diced

1 Garlic clove – Minced

1 Cup Celery – Diced

2 Mayonnaise (enough to stick the salmon balls together)

1 Cup Parsley – Minced

1 Cup Panko bread crumbs

1 Egg

## Method

1. In a non-stick frying pan, heat 1 tsp of olive oil. Add red pepper, garlic, onion, and sauté for 3-5 mins until softened. Remove from heat and let it cool.
2. Combine the cooled red pepper, garlic, and onion mix with celery, mayonnaise, parsley, panko crumbs, egg, and flaked salmon. Mix until well combined.
3. Use an ice cream scoop to form 8 salmon balls from the mixture.
4. Heat 1 tbsp of olive oil in the same non-stick pan. Add the salmon balls to the pan, ensuring not to overcrowd it. Flatten each ball with a spatula to form a patty.
5. Cook for 2-3 minutes per side or until golden brown. Repeat the process for the remaining salmon cakes. Let them cool and enjoy

## Facts

Salmon is a great heart-healthy fish full of nutrients! It is an excellent source of omega-3 fatty acids which are especially important for heart health. They can help lower inflammation and improve blood flow and has the ability to lower systolic and diastolic blood pressure (3)

step by step:

# Tomato Oatmeal Soup

Heart Healthy recipe

in 15 minutes

## Ingredients list

1 Tbsp., Olive oil

1 Tsp., Garlic clove – Minced

½ Medium Yellow Onion – Diced

1 Large Carrot – Diced

4 Cup of vegetable broth – Low sodium

½ Cup rolled oats

14 oz, Diced Tomatoes – No salt added

1 Can of Chickpeas – No salt added

1 Tbsp., Tomato paste

1 Tsp., Black pepper

¼ Cup of Curly parsley – Chopped

## Method

1. Start by washing your produce well, then dice the onion & carrot, mince the garlic, and finely chop the parsley (parsley will be used at the end).
2. Over medium heat, add olive oil into a pot. Add onion, carrot, and garlic. Stir to coat.
3. Add a lid to the pot to avoid caramelizing the onions and allow to cook on medium to low for 5-6 minutes, stirring occasionally.
4. Add the tomato paste, stir everything to coat, and allow to sauté for about 4 minutes.
5. Once everything has softened, add the broth, oats, black pepper, and canned tomatoes with juices.
6. Allow this to come to a simmer, then let simmer on low for 10-15 minutes or until oats are cooked through and the broth has thickened slightly.
7. Take the soup off the heat, stir in fresh parsley and serve while hot, enjoy!

## Facts

Oats are rich in a type of fiber called beta-glucan. Beta-glucans are soluble fibers, which means that once they reach your gut, they absorb water and help form a gel. This slows down the absorption of nutrients into your body. For this reason, eating oats is an effective dietary therapy in the treatment of high blood pressure.

step by step:

# Tuna Melt Wrap

Heart Healthy recipe  
in 15 minutes

## Ingredients list

2 Celery stalks – Diced

1 Can of low sodium tuna – Drained

1 Tbsp., Dijon mustard

¼ Cup mayonnaise

2 Whole wheat flour Tortillas

2 oz, Baby Spinach

¼ Tsp., Olive oil

## Method

1. Add drained tuna, diced celery, mayonnaise, and mustard in a small mixing bowl. Stir to combine.
2. Add baby spinach to the center of the tortilla-top spinach with tuna mixture and shredded cheese.
3. Take the tortilla and place the tuna filling on one half. Fold the other half of the tortilla over the filling. Make two additional folds on either side of the tortilla, and then fold the top down to make a rectangular shape.
4. Preheat a lightly oiled skillet over medium-low heat. Add the folded tortilla and cook on each side for 3-4 minutes or until the cheese is melted.
5. Repeat with remaining tortilla.

## Facts

Spinach is a leafy green that is notably full of nitrate, which helps make nitric oxide. Nitric oxide is a vasodilator, meaning it relaxes the blood vessels, causing them to widen and therefore increasing blood flow and reducing blood pressure.