

HEART HEALTHY RECIPES

Grilled pork fajitas

This recipe uses pork tenderloin — a tender, lean meat. Traditionally, fajitas are made with skirt (flank) beef steak, which has twice the fat and three times the amount of saturated fat.

Ingredients

1 tablespoon chili powder
1/2 teaspoon oregano
1/2 teaspoon paprika
1/4 teaspoon ground coriander
1/4 teaspoon garlic powder
1 pound pork tenderloin, cut into strips
1/2 inch wide and 2 inches long
1 small onion, sliced
8 whole-wheat flour tortillas, about 8 inches in diameter
1/2 cup shredded sharp cheddar cheese
4 medium tomatoes, diced
4 cups shredded lettuce
1 cup salsa

Directions

1. Prepare a hot fire in a charcoal grill or heat a gas grill or broiler to medium-high or 400 F.
2. In a small bowl, stir together the chili powder, oregano, paprika, coriander and garlic powder. Dredge the pork pieces in the seasonings, coating completely.
3. Place the pork strips and onions in a cast-iron pan or grill basket. Grill or broil at medium-high heat, turning several times, until browned on all sides, about 5 minutes.
4. To serve, spread an equal amount of pork strips and onions on each tortilla. Top each with 1 tablespoon cheese, about 2 tablespoons tomatoes, 1/2 cup shredded lettuce and 2 tablespoons salsa. Fold in both sides of each tortilla up over the filling, then roll to close. Serve immediately.

Serves 8

Nutritional Analysis (per serving)

Serving size: 1 fajita
Calories 234
Cholesterol 45 mg
Protein 18 g
Sodium 309 mg
Carbohydrate 23 g

Fiber 5 g
Total fat 8 g
Potassium 508 mg
Saturated fat 3 g
Calcium 115 mg
Monounsaturated fat 3 g
Weight Watchers Pts: 5

Cheesecake - Hearth Healthy version

Ingredients

2 tablespoons cold water
1 envelope unflavored gelatin
2 tablespoons lemon juice
1/2 cup skim milk, heated almost to boiling
Egg substitute equivalent to 1 egg, or 2 egg whites
1/4 cup sugar
1 teaspoon vanilla
2 cups low-fat cottage cheese
Lemon zest (optional)

Directions

1. Combine water, gelatin and lemon juice in blender container. Process on low speed 1 to 2 minutes to soften gelatin.
2. Add hot milk, processing until gelatin is dissolved. Add egg substitute, sugar, vanilla and cheese to blender container.
3. Process on high speed until smooth.
4. Pour into 9" pie plate or round flat dish.
5. Refrigerate 2 to 3 hours. If you wish, top with grated lemon zest just before serving.

Serves 8

Nutritional Analysis (per serving)

Serving size: 1 slice
Calories 80
Cholesterol 3 mg
Protein 9 g
Sodium 200 mg
Carbohydrate 10 g
Fiber trace
Total fat trace
Potassium 89 mg
Saturated fat trace
Calcium 55 mg
Monounsaturated fat trace
Weight Watchers Pts: 2



*February 2011
Heart Health Guide*

WORD SEARCH

D K M V A R I E T Y R Q Q X S
 O R T R I A T R T C D V S S G
 A D E X V E M A X J E O M H W
 R G B S I Z X W O I X F M O M
 L D U D V Y C P Z S E H B R I
 L E J D G S Y U E G R I T K J
 L V Z U O O V L V I C C H S C
 R O K Y S Q B S G Y I K E Q G
 K H K S W A R E K R S X A G A
 B H A E H V I I S O E K R J Y
 J V E M T S H N K I O E T U M
 V R Q A S M V Z T R T A N D W
 T K F E L R V P H A X Y L X V
 L P K B W T X S A K K T Q F J
 O X R H L A H J E U Y E Y F T

HEART
 FAT
 VARIETY
 INTAKE
 OBESITY

HEALTH
 DIET
 GREEN
 EXERCISE
 PULSE



Your heart is really a muscle. It's located a little to the left of the middle of your chest, and it's about the size of your fist. There are lots of muscles all over your body — in your arms, in your legs, in your back, even in your behind.



But the heart muscle is special because of what it does. The heart sends blood around your body. The **blood** provides your body with the oxygen and nutrients it needs. It also carries away waste.



Your heart is sort of like a pump, or two pumps in one. The right side of your heart receives blood from the body and pumps it to the lungs. The left side of the heart does the exact opposite: It receives blood from the lungs and pumps it out to the body.

Keep Your Heart Happy



Most kids are born with a healthy heart and it's important to keep yours in good shape. Here are some things that you can do to help keep your heart happy:

- Remember that your heart is a muscle. If you want it to be strong, you need to exercise it. How do you

do it? By being active in a way that gets you huffing and puffing, like jumping rope, dancing, or playing basketball. Try to be active every day for at least 30 minutes! An hour would be even better for your heart!



- Eat a variety of healthy foods and avoid foods high in unhealthy fats, such as saturated fats and trans fats (reading the labels on foods can help you figure out if your favorite snacks contain these unhealthy ingredients).
- Try to eat at least five servings of fruits and vegetables each day.
- Avoid sugary soft drinks and fruit drinks.
- Don't smoke. It can damage the heart and blood vessels.

So now you know that your heart doesn't look like a valentine, but it sure deserves to be loved for all the work it does. It started pumping blood before you were born and will continue pumping throughout your whole life

