



Deborah<sup>®</sup>  
Heart and Lung Center

# 30-MINUTE MEALS



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# Chicken Kale Crunch Salad

This salad is fresh, crunchy, and full of flavor. Tender chicken pairs with kale, cabbage and toasted almonds, all tossed in a creamy vinaigrette. It's quick to make (only 15 minutes), satisfying, and perfect for lunch or dinner when you want something simple, tasty, and healthy.

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## Kale Salad

4 cups fresh kale, washed,  
*dried well and stemmed*  
1 cup shredded green cabbage  
2 cups grilled or roasted boneless,  
skinless chicken breast, *shredded*  
¼ cup unsalted sliced almonds, *toasted*  
Toasted sesame seeds, *for garnish*

## Creamy Honey Lemon Vinaigrette

2 Tbsp extra virgin olive oil  
1 Tbsp nonfat plain Greek yogurt  
1 Tbsp apple cider vinegar  
1 Tbsp honey  
½ Tbsp fresh lemon juice  
2 tsp organic whole grain mustard  
½ tsp freshly ground black pepper  
¼ tsp garlic powder

## Kale Salad

Wash and dry the kale (Note: use a salad spinner to dry the kale, or pat it dry with paper towels or a clean kitchen towel). Remove stems and roughly chop into bite-sized pieces. Transfer to a large mixing bowl with the shredded cabbage; stir to combine. Set aside.

## Creamy Honey Lemon Vinaigrette

In a medium mixing bowl, whisk together all ingredients for the vinaigrette. Drizzle dressing over kale-cabbage mixture.

Use clean hands to gently massage kale and cabbage with dressing until tender, about 2 minutes. Toss with shredded chicken and toasted almonds and season with freshly cracked black pepper. Garnish with toasted sesame seeds, serve and enjoy.

Store in an airtight container in the refrigerator for up to 3 days. If making ahead, store the chicken, dressing and salad separately until ready to combine and serve.

**Yield:** 4 servings | **Serving size:** 1 cup salad; ½ cup chicken

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**Nutrition Facts (per serving):** Calories: 266; Fat: 15g; Saturated Fat: 2g; Cholesterol: 60mg; Sodium: 100mg; Carbohydrates: 10g; Fiber: 3g; Protein: 25g



# Chicken Stir-Fry

Use pre-cut chicken and vegetables to make tasty, weeknight-friendly chicken stir-fry. This healthy Chinese-style recipe combines broccoli, bell pepper and brown rice to make a quick, filling dish.

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- 1 cup reduced-sodium chicken broth
- 1½ Tbsp fresh lemon juice
- 1 Tbsp soy sauce
- 1 garlic clove, *minced*
- 2 tsp cornstarch
- 1 Tbsp olive oil or canola oil
- 2 boneless, skinless chicken breast halves (4 oz each), *cut into strips*
- 1 cup broccoli florets
- ½ large red bell pepper, *cut into 1-inch strips*
- ½ large yellow bell pepper, *cut into 1-inch strips*
- 1 yellow onion, *sliced*
- Black pepper to taste
- 2 cups cooked brown rice

In a small bowl, whisk together chicken broth, lemon juice, soy sauce, garlic and cornstarch.

Heat oil in skillet over medium-high heat until hot. Add chicken strips and sauté, stirring, for 3 minutes, or until browned. Add broccoli, bell peppers, and onion and sauté, stirring, for 3 to 4 minutes, or until onion is softened.

Stir in broth mixture and cook, stirring occasionally, for about 3 minutes, or until sauce thickens. Serve over brown rice. Season to taste with black pepper.

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**Yield:** 4 servings | **Serving size:** ½ cup stir-fry; ½ cup rice

**Nutrition Facts (per serving):** Calories: 245; Fat: 5g; Saturated Fat: 1g; Cholesterol: 33mg; Sodium: 414mg; Carbohydrates: 32g; Fiber: 3g; Protein: 18g



# Arugula Ricotta Pizza

Whole grain flatbread is topped with cherry tomatoes, arugula and plenty of velvety ricotta cheese in this high-fiber pizza recipe. A sweet, citrusy balsamic glaze gives this dish a delicious edge over standard delivery.

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- 4 whole grain flatbreads
- ½ cup part-skim ricotta cheese
- 1 cup cherry tomatoes (assorted colors), *halved*
- 2 Tbsp white balsamic vinegar
- 1 Tbsp olive oil
- ⅛ tsp salt
- 1 tsp fresh lemon juice
- 1 cup baby arugula
- 1 Tbsp balsamic glaze
- Black pepper to taste

Preheat oven to 425°F.

Arrange flatbreads on 2 baking sheets. Cover each flatbread with a layer of the ricotta cheese and the tomatoes. Bake for about 10 minutes, or until the cheese is melted.

In a small bowl, whisk together the white balsamic vinegar, oil, salt and lemon juice. In a bowl, toss the arugula with the dressing.

Top the pizza with the arugula and a drizzle of the balsamic glaze. Season with black pepper to taste. Serve immediately.

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**Yield:** 4 servings | **Serving size:** 1 pizza

**Nutrition Facts (per serving):** Calories: 185; Fat: 8g; Saturated Fat: 2g; Cholesterol: 15mg; Sodium: 359mg; Carbohydrates: 17g; Fiber: 8g; Protein: 12g



# Turkey Chili

Try our heart-healthy turkey chili loaded with boldly seasoned beans, bell peppers, and onion. Top your chili with cheddar cheese for a perfectly cheesy complement.

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- 1½ Tbsp olive oil
- 1 lb ground turkey breast
- 1 cup chopped yellow onion
- 1 cup chopped red bell pepper
- 2 tsp ground cumin
- 1 can (28 oz) no-salt-added peeled whole tomatoes
- 1 can (15 oz) kidney beans, *rinsed and drained*
- 1 tsp hot sauce
- ⅓ tsp salt
- Black pepper to taste
- ¼ cup chopped fresh parsley, *chopped*
- ¼ cup shredded low-fat cheddar cheese

In a large skillet, heat oil over medium heat until hot. Add turkey and cook, stirring occasionally, until just browned.

Add onion and bell pepper and cook, stirring occasionally, for about 3 minutes, or until vegetables are softened.

Add cumin and tomatoes, breaking up the tomatoes with a spoon to release their juices, and cook for 2 minutes.

Add beans, hot sauce, salt, black pepper and parsley and stir to combine. Cook for 3 minutes, or until beans are heated through.

Serve sprinkled with cheddar cheese and additional chopped parsley, if desired.

**Yield:** 8 servings | **Serving size:** 1 cup

**Nutrition Facts (per serving):** Calories: 175; Fat: 3g; Saturated Fat: 1g; Cholesterol: 37mg; Sodium: 279mg; Carbohydrates: 17g; Fiber: 4g; Protein: 19g



# Sheet Pan Chicken Parmesan

This 30-minute Sheet Pan Chicken Parmesan is easy and full of flavor and topped with crunchy breadcrumbs and gooey cheese. With less salt and more protein, it's a great dinner choice for families or meal prep. Even the broccoli and tomatoes cook on one pan for easy cleanup!

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- ¼ cup plain panko bread crumbs
- 1 Tbsp Italian seasoning, *divided*
- 2 tsp grated Parmesan cheese
- 2 ½ tsp freshly ground black pepper, *divided*
- 1 Tbsp extra virgin olive oil
- 4 boneless, skinless chicken breasts (about 3 oz each)
- ½ cup low sodium marinara sauce
- ¼ cup shredded part-skim mozzarella cheese
- 1 cup fresh broccoli florets
- 1 cup cherry tomatoes
- Chopped fresh basil, *for garnish*

Preheat oven to 425°F. Mix panko, ½ Tbsp Italian seasoning, Parmesan, ½ tsp pepper, and 1 tsp olive oil; set aside.

Line a sheet pan with parchment and lightly coat with cooking spray. Place chicken on one side, brush with 1 tsp olive oil, and season with 1 tsp pepper and remaining ½ Tbsp Italian seasoning.

Spoon 2 Tbsp marinara over each breast, then top with mozzarella and the breadcrumb mixture.

Add broccoli and tomatoes to the other side. Drizzle with remaining 1 tsp olive oil, season with remaining 1 tsp pepper, and toss to coat.

Bake 20 minutes, or until chicken reaches 165°F. Garnish with chopped basil and serve warm.

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**Yield:** 4 servings | **Serving size:** 3 oz chicken; 2 Tbsp sauce; ½ cup vegetables

**Nutrition Facts (per serving):** Calories: 214; Fat: 8g; Saturated Fat: 2g; Cholesterol: 68mg; Sodium: 135mg; Carbohydrates: 12g; Fiber: 3g; Protein: 24g



# Eighty Percent of Heart Disease is Preventable. Could You Be At Risk?



According to the Centers for Disease Control and Prevention (CDC) heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States. Fortunately, many forms of heart disease can be prevented or treated with healthy lifestyle choices.

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