



Heart Healthy Recipe Pack



Overnight Apple Pie Oats

Prep Time: 10 minutes

Total Time: 8 hours

Yield: 4 servings

Ingredients

- 2 cup Oats
- 4 cup Oat milk, plain, unsweetened (Or Other Non-Dairy Milk)
- 2 tsp Vanilla Extract
- 2 Apple, medium, Chopped
- 1/2 cup Water, or more if needed
- 2 tsp Cinnamon (or other spice)
- 4 Tbs Pumpkin Seeds
- 2 Tbs Coconut Flakes

Instructions

Prep

1. Evenly divide the oats, oat milk, and vanilla extract among containers with sealable lids (mason jars are perfect). Seal and shake well. Refrigerate overnight to allow oats to soften.

Make

1. Wash and chop apples.
2. Heat a small sauce pan over medium heat. Add the water, chopped apple, and pumpkin pie spice. Cook until the water has evaporated and the apples are softened and fragrant.
3. To assemble: Remove the oats from the refrigerator and take the lid off of the container. Evenly divide the apple mixture between the containers. Top with pumpkin seeds and coconut flakes.

Chicken and Hummus Lettuce Wrap with Cilantro and Lime

Prep Time: 25 minutes

Total Time: 35 minutes

Yield: 2 servings

Ingredients

- 12 oz chicken breast, cooked
- 4 Tbs hummus
- 1/4 cup cilantro, fresh, chopped
- 1 lime, juiced
- 1/2 seedless cucumber
- 2 tomatoes, chopped
- 1 head romaine (8 leaves)

Instructions

Prep

1. Chop cilantro, tomato and cucumber and juice half of a lime. Put into a small bowl and set aside.
2. Cut leaves off from head of romaine.
3. In the bowl, mix in hummus.

Make

1. On a lined or grease sheet tray, cook thinly sliced chicken breasts for 45 minutes at 375°, or until center reaches 165°.
2. After chicken is done, and cooled, cut it into pieces.
3. Using the lettuce as a wrap, add mixture and chicken.



Turkey Pumpkin Chili

Prep Time: 10 minutes

Total Time: 30 minutes

Yield: 8 servings

Ingredients

- 1 onion, diced
- 4 carrots, peeled and chopped
- 1 cup red bell pepper, chopped (about 1 red pepper)
- 2 zucchini, chopped
- 3 cloves garlic, minced
- 1 1/2 cup black beans, drained and rinsed
- 2 Tbs olive oil
- 1 lb turkey breast, ground
- 1 Tbs chili powder
- 1 tsp cumin, ground
- 1/4 tsp cinnamon
- 1/4 tsp cayenne pepper
- 1 1/2 tomatoes, canned diced
- 1 1/2 cup pumpkin purée
- 4 cup chicken stock, low-sodium
- salt, to taste
- pepper, to taste

Instructions

Prep

1. Dice the onion, carrots, pepper, zucchini, and mince the garlic cloves.
2. Drain and rinse the black beans.

Make

1. Heat oil in a large pot over medium heat. Add the onion and garlic. Cook until tender, about 5 minutes. Add the carrots, peppers, and cook for an additional 5 minutes, until carrots begin to soften.
2. Add the turkey, and cook until browned, breaking up the ground turkey into crumbles.
3. Stir in the chili powder, cumin, cinnamon, and cayenne pepper, and cook for an additional minute.
4. Add in the zucchini, diced tomatoes, pumpkin purée, chicken stock, and black beans; stir to combine.
5. Bring the chili to a boil, then reduce the heat and simmer, uncovered, for 20 minutes.
6. Season with salt and pepper to taste.



Seed Crusted Salmon with Lentils and Kale

Prep Time: 15 minutes

Total Time: 30 minutes

Yield: 4 servings

Salmon

- 2 lb salmon, filets, cut into portions
- 1 Tbs olive oil
- salt & pepper to taste
- 3 Tbs hemp seeds
- 2 Tbs sesame seeds

Make

1. Preheat oven to 350° F and line a baking sheet with parchment paper.
2. Brush salmon with olive oil and season with salt and pepper.
3. Mix together hemp and sesame seeds in a shallow dish.
4. Press salmon, flesh-side down, into the seeds, and place face-up on the baking pan. Repeat with all filets.
5. Bake in the oven until salmon is cooked through, about 20 minutes. Time will depend on thickness of filets.

Lentils & Kale

- 2 Cloves garlic, minced or pressed
- 1 lemon, juiced
- 2 carrots, peeled and chopped
- 8 cup kale, spines removed and torn
- 2 Tbs olive oil
- 1 1/2 cup lentils, canned, drained and rinsed
- salt, to taste
- pepper, to taste

Prep

1. Mince garlic.
2. Juice lemon. Peel and chop carrots.
3. Wash kale, remove spines and tear into bite-sized pieces.

Make

1. In a large sauté pan, gently sauté garlic in olive oil until fragrant.
2. Add carrots, lentils, and lemon juice and continue to sauté over low heat until carrots are tender.
3. Add kale, stir to combine and cover sauté pan with lid. Let stand until kale wilts, approximately 5 more minutes.
4. If you want your kale cooked more, just turn heat to low for additional few minutes.
5. Season with salt and pepper and serve immediately.



Interested in
learning more?

Let's Connect



[Facebook.com/tksnutritionllc](https://www.facebook.com/tksnutritionllc)



[@tks_nutrition_llc](https://www.instagram.com/tks_nutrition_llc)



www.tksnutrition.com



tsinibaldi@tksnutrition.com

