VITALITY NUTRITION

Heart-Healthy Recipe Pack

This collection of heart-healthy recipes includes simple, delicious options for breakfast, lunch, snack and dinner

Welcome!

Happy Heart Month!

Our team of credentialed nutrition professionals and culinary facilitators have created these healthy recipes to help you meet your health goals and improve heart health! All are extensively tested and feature whole food ingredients with easy-to-follow directions for people of all cooking levels.

These recipes feature recipes high in antioxidants, fiber, healthy fats and lean proteins. I hope you enjoy these!

Now, let's get cooking!

Mitali Kapila

Mitali Kapila
Vitality Nutrition

VITALITY NUTRITION

Recipes

BREAKFAST

Chocolate Avocado Mousse Smoothie

Orange Ginger Overnight Oats

Oat Flour Pancakes

LUNCH

Baked Salmon Burgers

Roasted Carrot Ginger Soup

Chopped Tavern Salad

DINNER

Seed-Crusted Salmon with Lentils and Kale

Creole Shrimp Sheet Pan Dinner

Slow Cooker Herbed Turkey Breast

Chocolate Avocado Mousse Smoothie

Serves 1

Prep: 10 mins. | Total: 10 mins.

Per serving:

431 calories

72g carbohydrates

19g fiber

19.9g total fat

9g protein

220mg sodium

Ingredients

- 1/2 avocado
- 1/4 cup spinach, frozen
- 1/2 banana, frozen
- 2 dates, pitted and chopped
- 3 Tbs cocoa powder, unsweetened
- 1 cup almond milk, unsweetened

Directions

Prep

1. Pit avocado and remove flesh.
2. Pit and chop dates.*

Make

1. Place all ingredients in a blender and process until smooth, adding water or ice to achieve desired consistency.

*if dates have hardened, soften them in some hot water first.

VITALITY NUTRITION

Orange Ginger Overnight Oats

Serves 2

Prep: 15 mins. | Total: 8 hours.

Per serving:

388 calories

58g carbohydrates

14g fiber

11g total fat

16g protein

122mg sodium

Ingredients

- 1/2 cup Greek yogurt, plain
- 1 cup oats gluten free, if needed
- 1 cup almond milk, unsweetened
- 2 Tbs chia seeds
- 1 Tbs maple syrup
- 1 orange, zested
- 1/2 tsp ginger root, fresh, grated
- 1/4 tsp cardamom, ground
- 1 Tbs pumpkin seeds for garnish
- 1 orange, sliced optional, for garnish

Directions

Prep

1. Zest orange for 1 tablespoon of zest.
2. Grate ginger.

Make

1. In a glass jar, mix yogurt, oats, milk, chia seeds, maple syrup, orange zest, ginger, and cardamom. Add the top to the jar and shake.
2. Leave in the refrigerator for 4 hours or overnight.
3. Top with pumpkin seeds and orange slices or other fruit.

Vitality Nutrition

Oat Flour Pancakes

Serves 4

Prep: 10 mins. | Total: 20 mins.

Per serving:

345 calories

61g carbohydrates

4g fiber

7g total fat

9g protein

535mg sodium

Ingredients

- 2 large eggs, separated
- 1 3/4 cup oat flour
- 2 tsp baking powder
- 2 tsp cinnamon
- 1/4 tsp salt, optional
- 1 Tbs maple syrup
- 1 cup 2% milk, or milk of choice
- 1 tsp vanilla extract
- 2 tsp apple cider vinegar or white vinegar
- 1 Tbs Avocado oil or spray

Directions

Prep

1. Separate eggs and reserve yolks for another use. Whisk egg whites and set aside.

Make

1. In a large mixing bowl, whisk together oat flour, cinnamon, baking powder, and salt.
2. In a separate bowl, whisk together maple syrup, milk, vanilla, apple cider vinegar, canola oil, and egg whites.
3. Make a well in dry ingredients and add wet ingredients. Fold together until dry ingredients are just moistened.
4. Let batter rest for 5 minutes to thicken.
5. Lightly spray a hot griddle with cooking spray or use a non-stick pan.
6. Using an ice cream scoop or 1/4 cup measuring cup, scoop the batter onto the hot griddle.
7. Once bubbles appear on the surface, flip pancakes. Serve with fresh berries.

VITALITY NUTRITION

Baked Salmon Burgers

Makes 8 burgers

Prep: 40 mins. | Total: 1 hour

Ingredients

- 3 (6 oz.) cans salmon, drained
- 1 small sweet potato, baked
- 4 large eggs
- 1 cup almond flour
- 2 Tbs parsley, fresh, minced
- 1/4 cup green onions, thinly sliced
- 1 Tbs cumin, ground
- 1 Tbs hot sauce
- 1/2 lemon, juiced
- 1 tsp paprika
- 1/2 tsp pepper
- 1/2 tsp salt

Per serving:

187 calories

8g carbohydrates

1g fiber

8g total fat

20g protein

471mg sodium

Directions

Prep

1. Bake the sweet potato. Remove flesh when cooled.
2. Mince the parsley.
3. Slice the green onion.
4. Juice the lemon.

Make

1. Preheat oven to 425°F and line a large baking sheet with parchment paper.
2. Combine all ingredients in a large bowl and using your hands, mix thoroughly. Shape into 4-ounce patties - about 2 inches long and 1 inch tall. Arrange patties on the tray so there is at least 1 inch of space between them.
3. Place in oven and bake 15-20 minutes or until no longer soft. Remove and serve to complete an entreé or as a burger.

Vitality Nutrition

Roasted Carrot Ginger Soup

Serves 4

Prep: 30 mins. | Total: 45 mins.

Per serving:

393 calories

62g carbohydrates

12g fiber

12g total fat

11g protein

269mg sodium

Ingredients

- 8 carrots, peeled and cut into 1-inch rounds
- 2 Tbs ginger, peeled and cut into 4 pieces 1-inch knob
- 1/2 onion, sweet, chop
- 2 Tbs olive oil
- 2 tsp thyme, fresh (or 1/2 the amount dried)
- 6 cup low-sodium vegetable stock
- salt, to taste
- pepper, to taste
- 2 Tbs pepitas, raw

Directions

Prep

1. Preheat oven to 400°F. Line a roasting pan with parchment paper.
2. Chop carrots, ginger, and onion.

Make

1. Place carrots on a baking sheet lined with parchment paper, drizzle with one tablespoon of the oil and toss to coat. Roast in the oven for 15-20 minutes, until just browned and tender.
2. Meanwhile, in a large soup pot, heat the rest of the olive oil over medium heat. Sauté onions until translucent and tender. Add thyme and ginger and sauté gently until fragrant.
3. Add roasted carrots and broth and bring to a boil and then turn down to a simmer for 10 minutes.
4. Use an immersion blender, or blender to purée the soup. Add more stock if needed to reach the desired thickness.
5. Season with salt and pepper. Garnish with pepitas.

Vitality Nutrition

Chopped Tavern Salad

Serves 4

Prep: 15 mins. | Total: 30 mins.

Per serving:

243 calories

24g carbohydrates

8g fiber

15g total fat

8g protein

651mg sodium

Ingredients

- 2 heads Bibb Lettuce, chopped
- 6 radishes, chopped
- 1 cup chickpeas, drained and rinsed
- 2 Tbs capers, drained and rinsed
- 1/2 avocado, chopped
- 1 cucumber, seedless, chopped
- 2 Tbs sunflower seeds, raw
- 1 (14 oz.) can hearts of palm, drained, rinsed, and chopped
- 2 Tbs olive oil
- 3 Tbs white balsamic vinegar
- 1 tsp Dijon mustard

Directions

Prep

1. Chop [no surprise here!] lettuce, radishes, avocado, cucumber, hearts of palm.

Make

1. Add oil, vinegar, and mustard to jar with lid. Shake to combine.
2. Add all ingredients to a bowl and toss with dressing to coat.
3. Season with salt and pepper.

Vitality Nutrition

Seed-Crusted Salmon with Lentil & Kale

Serves 4

Prep: 15 mins. | Total: 30 mins.

Per serving:

535 calories

23g carbohydrates

9g fiber

26g total fat

56g protein

386mg sodium

Salmon

Ingredients

- 2 lb salmon, fillets
- 1 Tbs olive oil
- 1/4 tsp salt
- 1/4 tsp black pepper
- 3 Tbs hemp seeds
- 2 Tbs sesame seeds, black (or regular)

Directions

Prep

1. Preheat oven to 350° F and line a baking sheet with parchment paper.

Make

1. Brush salmon with olive oil and season with salt and pepper.
2. Mix together hemp and sesame seeds in a shallow dish.
3. Press salmon, flesh-side down, into the seeds, and place face-up on the baking pan. Repeat with all filets.
4. Bake in the oven until salmon is cooked through, about 20 minutes.

VITALITY NUTRITION

Seed-Crusted Salmon with Lentil & Kale, cont'd

Lentils & Kale

Ingredients

- 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

Directions

Prep

1. Mince garlic. Juice lemon. Peel and chop carrots.
2. 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 the heat to low for additional few minutes.
5. Season with salt and pepper and serve immediately.

VITALITY NUTRITION

Creole Shrimp Sheet Pan Dinner

Serves 4

Prep: 20 mins. | Total: 40 mins.

Per serving:

253 calories

16g carbohydrates

5g fiber

8g total fat

26g protein

723mg sodium

Ingredients

- 1 1/2 lb chicken thighs, skinless and boneless, cut into 2" pieces
- 2 Tbs Barbecue seasoning
- 2 Tbs olive oil
- 2 zucchini, chopped
- 1 red bell pepper, chopped
- 1 red onion, chopped
- 1 lb green beans, snapped and cut into 2" pieces

Directions

Prep

1. Cut chicken into pieces. Rub chicken pieces with 1 tablespoon of barbecue seasoning and let stand while you prep other ingredients.
2. Chop zucchini, pepper, onion, and green beans.
3. Preheat oven to 375°F.

Make

1. Toss all vegetables with chicken, olive oil, and an additional tablespoon of seasoning.
2. Place on lined sheet pan and spread out evenly [for easy clean-up line sheet pan with foil first, then a sheet of parchment paper.]
3. Bake for about 20 minutes until chicken is cooked through with internal temperature of 165°F.
4. Serve with brown rice or cauliflower rice.

Vitality Nutrition

Slow Cooker Turkey Breast

Serves 6

Prep: 15 mins. | Total: ~ 5 hours

Per serving:

367 calories

5g carbohydrates

1g fiber

5g total fat

72g protein

546mg sodium

Ingredients

- 1 large onion, sliced
- 1/2 tsp salt
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 Tbs thyme, dried
- 1 Tbs sage, dried
- 1 (4 lb.) whole turkey breast, bone-in with skin
- 3/4 cup vegetable broth, reduced-sodium
- 2 bay leaves

Directions

Prep

1. Slice onion.
2. Whisk together salt and herbs.

Make

1. Rub the entire turkey breast with the spice blend.
2. Place onion in the bottom of the slow cooker and place turkey breast, skin side down, on top of onions.
3. Add broth and bay leaves.
4. Cover and cook on low for ~5 hours [internal temperature should reach 165° F.]
5. Carefully remove turkey to a cutting board and tent with foil. Let it rest for 10 minutes.
6. Remove skin and carve, drizzling with juices from the pot just before serving.

VITALITY NUTRITION

VITALITY NUTRITION LLC

(248) 961-0229

@vitalitynutritionwithmitali

Mitalikapilard@gmail.com

@holistichealing_mitali

www.integrativenutritionmichigan.com