

# BUILD A HEART SMART PANTRY

When you stock your pantry and refrigerator with some basic staples, you're well on your way to creating simple, healthful and tasty meals that are good for your heart. Try visiting your local farmers' market for the latest fresh produce in season and set aside one day a week where you can meal plan and prep for the week ahead. Follow these 3 simple steps for easy weeknight meals in minutes.

## STEP 1: STOCK YOUR PANTRY WITH THESE ESSENTIAL HEART HEALTHY STAPLES

- **Whole grains:** *rich in fiber, vitamins, minerals and antioxidants*  
Amaranth, barley, brown rice, buckwheat groats (kasha), bulgur, millet, quinoa
- **Dried Legumes:** *rich in fiber, good source of protein*  
Black beans, garbanzo beans, kidney beans, lentils, lima beans, pinto beans, white beans (cannellini)
- **Canned tomato products:** *rich in lycopene and beta-carotene*  
Tomato paste, tomato sauce, diced tomatoes, crushed tomatoes
- **Special pastas:** *contain fiber, less refined carbs, more protein*  
Whole grain pasta including Barilla Plus, Ronzoni Healthy Harvest, Banza, Ancient Harvest
- **Healthful cooking fats** *contain monounsaturated fatty acids*  
Olive Oil, Canola Oil, Avocado oil
- **Canned fish** *good source of omega-3 fatty acids*  
Mackerel, salmon, sardines, chunk light tuna
- **Condiments and Seasonings** *a healthy way to add flavor and antioxidants*  
Reduced sodium soy sauce, reduced sodium teriyaki sauce, dried herbs and spices, olive oil, avocado oil, walnut oil, balsamic vinegar, rice vinegar, lemon juice, lime juice, garlic, salsa

## STEP 2: STOCK YOUR REFRIGERATOR AND FREEZER WITH HEALTHFUL PROTEIN, FRUITS AND VEGETABLES

- **Soy and plant-based protein**  
Tofu, tempeh, edamame, veggie burgers, hummus
- **Meat and poultry**  
Skinless chicken and turkey breast, ground turkey and chicken, eye of round, sirloin, top round, bottom round
- **Fish**  
Fresh wild salmon, canned salmon, black cod, canned mackerel, canned chunk light tuna, sardines
- **Fruits and Vegetables**  
Keep a variety of fresh and frozen fruits and vegetables on hand to round out meals.

## STEP 3: MIX AND MATCH YOUR HEART SMART PANTRY STAPLES TO CREATE EASY MEALS

### Grilled Teriyaki Chicken

Marinate skinless chicken breast in reduced sodium teriyaki sauce, and 1 teaspoon of minced garlic and ginger for 1 hour. Cook on grill. Serve with steamed broccoli and quinoa pilaf.

### Sautéed Chicken with Garlic and Spinach

Marinate fresh chicken breast in 2 teaspoons fresh oregano, 1 tablespoon olive oil, 1 teaspoon grated lemon rind and 1 teaspoon of garlic for 1 hour and up to 2 days. Sauté over medium heat. Add fresh or frozen spinach to the pan; cover and simmer. Serve with whole-wheat pasta.

### Vegetarian Tofu Stir-Fry

Marinate cubes of firm tofu in reduced sodium teriyaki sauce for one hour. Stir-fry strips of zucchini, onion, green or red pepper and snow peas. Add tofu. Cover pan and simmer until tofu is heated through. Serve with bulgur wheat.

### Zesty Rice & Beans

Sauté ½ cup onions, ½ cup green & red peppers with 1 teaspoon garlic and 1 teaspoon olive oil. Add black beans. Serve with brown rice and chopped mango.

### Spicy Egg and Avocado Wrap

Boil 4 large eggs and slice. Spread out (4) 10-inch whole-wheat tortillas and layer avocado, eggs, cucumbers, lettuce, tomato and spicy chili sauce. Wrap up and enjoy!

### Baked Salmon Croquettes

Take one large can of salmon (drain and flake with a fork), add 2 tablespoons light mayonnaise, 1 teaspoon yellow mustard, 1 egg, ¾ cup whole grain bread crumbs, 1 medium chopped onion, salt and pepper to taste. Mix together and form into small patties. Place on lightly oiled baking sheet and bake at 450 degrees for 20 minutes. Serve with kasha pilaf and fresh green salad.

### Veggie Pasta

Sauté 2 cups of mixed vegetables in 1 tablespoon of olive oil and 1 teaspoon minced garlic. Once cooked, toss in ½ cup chickpeas to heat through. Place on top of cooked whole-wheat or “special” pasta and sprinkle with fresh basil and Parmesan cheese.