

Celebrating Healthy Hearts

Heart Healthy Food Demo Recipes

Flavored Tuna Pouches

Each recipe below is to be mixed with 6 oz Albacore Tuna:

1. Buffalo Tuna

3 Tbsp Buffalo Sauce
(3 Tbsp Red Hot + 1 Tsp. Promise
Margarine heated together)

2. Lemon Pepper Tuna

1 Tbsp Fresh Lemon Juice
½ tsp Lemon Pepper
Seasoning

3. Jalapeno Lime Tuna

½ tsp Cilantro, chopped
1 Tbsp Fresh Lime Juice
1 tsp Fresh Jalapeno,
seeded and chopped

4. Ranch Tuna

1 tsp Low Sodium Dry Ranch Seasoning



Chia Seed Pudding

1 Cup Coconut Milk
2 Tbsp Whole Chia Seeds
1 Tbsp Pure Maple Syrup

1. Combine coconut milk, chia seeds, and maple syrup in bowl.
2. Hold refrigerated overnight at 40° F or below to allow seeds to plump and mixture to thicken into a loose pudding.
3. Makes two 5 oz servings.



February is
American Heart Month



Chan Soon-Shiong
Medical Center
at Windber

Cardiac Rehab Week
Feb. 14 - 20