

Celebrating Healthy Hearts

Heart Healthy Food Demo Recipes

White Chicken Chili Serves 6

1/8 tsp cayenne pepper
1/4 tsp salt
3 cups water
1 tsp chicken base
4 cloves garlic, minced
1 Tbsp evoo
1/2 tsp cumin

1 tsp oregano
6 oz yellow onion, diced
1/2 Poblano pepper, diced
1 lb. rotisserie chicken, shredded
2 cups cannellini beans

1. In a large saucepan, add evoo, onions, peppers, and garlic. Cook until tender.
2. Add cumin, oregano, cayenne pepper, and salt.
3. Cook for one minute.
4. Reconstitute the chicken base with hot water, add beans, broth, and shredded chicken to pot.
5. Bring to a boil, reduce heat, simmer uncovered for 30 minutes.



Mixed Berry Crisp Serves 6

5 cups frozen mixed berries, thawed
2 Tbsp lemon juice
1 Tbsp cornstarch
1/2 cup sliced almonds
2 Tbsp unsweetened coconut flakes

1/3 cup oats
1/8 tsp nutmeg
1/4 tsp cinnamon
1 Tbsp honey

1. Preheat oven to 350 degrees.
2. In a large bowl, combine berries, cornstarch, and lemon juice. Add mixture to 1 1/2 quart baking dish.
3. Mix almonds, coconut, oats, nutmeg, cinnamon and honey. Use fingers to combine.
4. Sprinkle mixture on top of berries, bake for 20-25 minutes.



February is
American Heart Month



Chan Soon-Shiong
Medical Center
at Windber

Cardiac Rehab Week
Feb. 13 - 19