



**SURVIVORS
HAVE HEART**

CHAMPION COOKBOOK



To Our Survivor Family:

Thank you for opening your heart and home by sharing your heart-healthy recipes with us!

Cooking can be a very personal activity, and we know each one of these recipes has a special story behind it. Every dish you submitted can help a fellow survivor on their journey to taking better care of their heart. We certainly look forward to putting these recipes into our own rotation at home!

As you know, keeping a healthy body and mind are critical components of the healing process following a heart attack. If done properly, taking steps like eating healthier foods can help prevent a second heart attack—a serious risk for survivors. We'll be looking to share these recipes on the SHH website and encourage you to share on your own channels to inspire more folks to live a healthier lifestyle.

We hope you'll use this Champion Cookbook to stay on track with healthy eating habits and share new ideas with your friends or family – food always tastes better with great company.

Enjoy!

Sincerely,
Kiersten Combs, Alex Dyer, and the AZ team

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BOB HARPER'S TACO BOWL

Since my heart attack, what I eat has become so important for me. I like to do a lot of my own cooking because I want to know everything that's in my food. And, I really enjoy being in the kitchen. I hope others enjoy this recipe as much as I do!

Ingredients (serves 4)

- 1 lb. ground chicken breast
- 1 packet Taco Seasoning
- 1 can black beans, drained and rinsed
- 1 head iceberg lettuce, chopped
- 2 handfuls tortilla chips, crushed
- 1 cup salsa verdi
- 1/2 cup hot salsa or pico de gallo
- Dollop of nonfat Greek yogurt

Instructions

- 1.** Heat olive oil in a skillet over medium heat.
- 2.** Brown meat, then drain and add taco seasoning.
- 3.** Stir to combine. Remove from heat.
- 4.** In a large bowl, combine all ingredients and top with seasoned meat. Toss to combine.



TAMIKIA'S STREET TACOS

I often try to limit the number of carbs I eat, so this recipe allows me to enjoy my favorite food without all the carbohydrates and calories. I have found some great-tasting 1 net carb taco shells that have saved my life! I am such a foodie and cooking for myself, friends and family is very important to me. My friends and family joke and say that I can make a shoe taste good! I love food and serving others my creations.

Ingredients

- 1 rotisserie chicken deboned
- 4 peppers (*I used red and yellow —they have a sweet taste*)
- 1 red onion
- Garlic powder
- Minced garlic
- Low sodium taco seasoning
- Onion powder
- Pepper
- Pink salt
- Chili powder
- Olive oil

Instructions

- 1.** Debone the rotisserie chicken.
- 2.** Cut peppers and onion up into 1/4 inch slivers.
- 3.** Place olive oil in pan to sauté onions and peppers.
- 4.** Add garlic powder, a pinch of salt, a pinch of pepper, onion powder, and chili powder to onion and peppers.
- 5.** When almost done, add fresh cloves of garlic.
- 6.** Add deboned chicken to the pan and sauté with the peppers and onions.
- 7.** Add a package of taco seasoning and 1/2 cup of water. Combine well and heat through until combined.
- 8.** Take off the heat and serve with warmed 1 carb taco shells.
- 9.** Add a side salad and you are all set!



TASYA'S SALMON HARVEST SALAD

I love salads! They give me my green intake, which I like to make 75% of my meals.

Ingredients

- Salmon (add cilantro, pepper to season)
- Lettuce
- Chopped green apples
- Unsalted almonds
- Dried cranberries
- Yellow onions
- Sesame seeds
- Tomato
- Apple vinaigrette dressing

Instructions

- 1.** Bake salmon until completely done. (*approx. 25 min*)
- 2.** Place lettuce, chopped apples, almonds, sesame seeds, onions and tomato in a bowl.
- 3.** Crumble in salmon and toss.
- 4.** Add dressing.
- 5.** Enjoy!!!

TASYA'S SHRIMP, ASPARAGUS, AND AVOCADO SALAD

This is one of my favorite salads to make!

Ingredients

- 1 pound raw shrimp, peeled and deveined
- 4 cups baby spinach
- 1/4 cup fresh parsley, chopped
- 20 spears asparagus (1 bunch)
- 1 avocado, sliced
- 3 green onions, sliced
- Salt and pepper, to taste
- 1/2 recipe lemon vinaigrette

Instructions

- 1.** Bring both a medium pot of water and a medium sauté pan of water to a boil. Add the shrimp to the pot and the asparagus to the sauté pan and cook for 2-3 minutes. Use a skimmer or tongs to transfer the shrimp and asparagus to an ice water bath. Drain and then slice the asparagus into 1 1/2 inch pieces.
- 2.** Add the shrimp, sliced asparagus, baby spinach, avocado, and green onion to a salad bowl. Add the dressing, season with salt and pepper, and toss it all together.



KEN'S PASTA PRIMAVERA

This dish is a heart-healthy yet satisfying veggie Italian meal.

Ingredients

- 1 pound pasta, your choice (*I like penne*)
- 1 pound fresh asparagus, sliced bite-sized
- 3–4 carrots, peeled, cut bite-sized
- 2 cups cherry (or any small) tomatoes, halved
- 1 cup frozen peas
- 1 cup grated parmesan (reduced fat optional)
- 1 cup heavy cream (or light cream)
- 1/4 cup olive oil
- 1–2 cloves minced Garlic
- Freshly ground black pepper (to taste)
- Extra parmesan for the table (to taste)

Pairs nicely with a Sicilian Chardonnay

Optional Sides

- Fresh veggies for a side salad
- Fresh, crunchy Italian or French bread

Instructions

1. Ready large pot of boiling water for pasta. (no salt!)
2. Add olive oil, asparagus, and carrots to an oversized skillet.
3. Cook on medium heat. Stir occasionally (10–15 min).
4. While the veggies cook, start boiling pasta.
5. When the veggies are “al dente”, add garlic, peas, and tomatoes. Continue to cook on medium heat, stirring occasionally until peas are thawed and tomatoes are cooked but still have a firm texture.
6. When pasta is “al dente,” strain and set aside.
7. Add cream and parmesan to the skillet full of veggies and stir until the cheese is completely melted and the dish has a consistent, smooth texture.
8. Remove the heat, add the pasta to the skillet full of veggies and stir until the pasta is thoroughly covered with the sauce and veggies.
9. When served, add fresh ground pepper and extra parmesan to taste.



SAMANTHA'S GREEN SOUP

This recipe is meaningful to me because apart from green juice or a green salad, this is the healthiest recipe I can think of. And in Winter or in the evenings, sometimes you're just not in the mood for a cold salad. This soup is delicious, fast, and easy to make!

Ingredients

- 4 cups of water
- 1 handful of garlic (3-7 cloves to taste)
- 1 white onion (or yellow)
- 1 head of celery
- Small box of spinach
- Small box of kale
- 1 tbsp thyme
- 1 tsp rosemary (or to taste)
- 1 tsp oregano (or to taste)
- 1 wooden spoonful of nutritional yeast
- 1 tsp-1 tbsp curry (optional, to taste)
- 1/2 tsp turmeric
- 1 piece of fresh ginger (or more to taste)
- Fresh parsley
- Pink Himalayan sea salt
- Fresh ground black pepper
- Unsweetened almond or coconut milk (optional for added creaminess)

Instructions

1. Chop garlic and onion. Sauté with olive oil on low heat.
2. Chop celery, spinach, and kale.
3. Pour water, greens, and sautéed garlic and onion into a blender. (You might have to do it in 2-3 batches.)
4. Add optional ingredients to the blender (to taste): ginger, fresh parsley, nutritional yeast.
5. Pour the blender into a large soup pot. Simmer on low heat.
6. Add thyme, rosemary, oregano, any other herbs. (I also like to add a bit of curry.)
7. If you like it creamy, considering adding a carton of unsweetened almond or coconut milk.
8. Add pink Himalayan sea salt and black pepper to taste.

Note: Don't get hung up on quantities. Sometimes at the end of the week, I take all the leftover green vegetables, throw them in a blender, add salt & pepper, heat, and serve. Also, you can freeze portions of it!



SAMANTHA'S SAVORY ALMOND FLOUR ROSEMARY BISCUITS

On a plant-based diet, nutritional yeast can offer a wealth of B-vitamins. Also, on a plant-based diet, it's hard to find savory baked goods that have the salty, savory, cheesy, buttery taste that one craves occasionally. These satisfy that need and are gluten-free!

Ingredients

- 2 cups almond flour
- 2 tsp baking powder
- 2 eggs beaten
(use egg replacer to make it vegan!)
- 1/3 cups coconut oil
- 1 tbsp rosemary
- 1 tsp nutritional yeast
- 1/2 tsp pink Himalayan sea salt

Instructions

- 1.** Preheat oven to 350°.
- 2.** Beat eggs in a large bowl, then stir in the oil.
- 3.** Stir in all the dry ingredients then.
- 4.** Roll into balls, about a rounded tablespoon, and place on a greased cookie sheet or mini muffin pan.
- 5.** Bake for 15 minutes and let cool. (If you can wait that long.)
- 6.** Enjoy!

DEBBIE'S SOUTHWESTERN QUINOA

My daughter gave me this recipe. I am so thankful her family has taken on a healthier lifestyle after learning more about our family history of heart disease. They are teaching their kids about the important role that a healthier diet has on their hearts. I also love the spicy flavor of this dish!

Ingredients

- 1 cup quinoa, cooked and cooled
- 1 bell pepper
- 8–10 cherry tomatoes
- 1 avocado
- 1 can of black beans
- 1/2 red onion
- 1/3 fresh cilantro
- 2 garlic cloves
- 4 green onion
- Juice from 1 lime
- Lime pepper seasoning
- Slap Ya Mama seasoning

Instructions

- 1.** Cook and cool quinoa.
- 2.** Chop all other ingredients along with lime juice and mix into quinoa.
- 3.** Add seasonings to taste. (May substitute Slap Ya Mama seasoning with Mrs. Dash Tex Mex to reduce salt.)
- 4.** Serve as a side or eat with chips and salsa!



SHEILA'S VEGETABLE CACCIATORE WITH ROTINI

Following a healthy eating plan is essential for secondary prevention so finding tasty plant-based options is always a bonus! I go to ForksOverKnives.com frequently and this is one of my favorites with great veggies and whole-grain pasta! Generous amounts of mushrooms, zucchini, and carrots add heartiness to this plant-based variation on a classic Italian dish. Thanks to the corkscrew shape of rotini pasta, the sauce clings especially well.

Ingredients (makes 10 cups)

- 1 package (8 oz) sliced fresh button mushrooms
- 1 medium zucchini, quartered lengthwise and cut into 1/2-inch slices (8 oz)
- 1 cup chopped carrots
- 1 cup chopped onion
- 4 cloves garlic, minced
- 1/2 cup dry white wine or low-sodium vegetable broth
- 2 cans (14.5 oz) no-salt-added, fire-roasted diced tomatoes, undrained
- 1/4 cup no-salt-added tomato paste
- 1 tsp chopped fresh rosemary
- 1/2 tsp chopped fresh sage
- 1 bay leaf
- Sea salt and freshly ground black pepper, to taste
- 8 oz dried whole grain rotini pasta
- Nutritional yeast (optional)
- Fresh rosemary (optional)

Instructions

- 1.** For the sauce, in a large saucepan cook the first 5 ingredients (through garlic) over medium heat for 7 minutes, stirring occasionally and add white wine, 1 to 2 Tbsp. at a time, as needed to prevent sticking. Add any remaining wine and the next 5 ingredients (through bay leaf). Bring to a boil; reduce heat. Simmer, uncovered, 20 minutes or until sauce is thick, stirring occasionally. Season with salt and pepper. Remove bay leaf.
- 2.** Meanwhile, cook rotini according to package directions; drain. Top with sauce and, if desired, sprinkle with nutritional yeast and/or additional fresh rosemary.

Prep time: 15 min. Ready in: 45 min.



KIMBERLEY'S SALMON AND PEACH SALAD

Diabetic Exchanges: 3 lean meat, 2 fat, 1 starch

Ingredients

- 1 salmon fillet (1 pound)
- 1/2 teaspoon salt
- 1/2 tsp + 1/8 tsp coarsely ground pepper, divided
- 2 tablespoons lemon juice, divided
- 4 fresh dill sprigs
- 1 cup chopped peeled cucumber
- 1/2 cup reduced-fat sour cream
- 1/4 cup finely chopped sweet red pepper
- 1/4 cup snipped fresh dill
- 3 tablespoons capers, drained
- 8 cups torn bibb lettuce
- 1 medium peach, peeled and sliced
- 1/4 cup chopped hazelnuts
- 1/4 cup fresh blueberries
- 4 thin slices red onion, separated into rings

Instructions

- 1.** Place salmon on a greased baking sheet; sprinkle with salt and 1/2 teaspoon pepper. Drizzle with 1 tablespoon lemon juice; top with dill sprigs.
- 2.** Bake, uncovered, at 425° for 15–18 minutes or until fish flakes easily with a fork. Flake salmon into large pieces.
- 3.** In a small bowl, combine the cucumber, sour cream, red pepper, snipped fresh dill, capers and remaining pepper and lemon juice.
- 4.** Divide lettuce among 4 plates. Top with peach, hazelnuts, blueberries, onion, and salmon. Serve with dressing

Nutrition Facts: 1 serving: 305 calories, 18g fat (4g saturated fat), 67mg cholesterol, 571mg sodium, 13g carbohydrate (7g sugars, 3g fiber), 25g protein.



GARY'S SALMON AND KALE

Ingredients

- 4 salmon filets, 5 oz. each, skin on
- Tony's Chachere's Creole Seasoning
- Brown sugar
- Grape seed oil
- Olive oil
- Garlic
- Sun-dried tomatoes
- Onion
- Kale

Instructions

- 1.** Mix 2 tsp of Tony Chachere's Creole Seasoning with 1 tsp of brown sugar.
- 2.** Coat salmon and put on a plate, refrigerate overnight.
- 3.** Sauté salmon in 1 tablespoon of grape-seed oil skin side first and reverse This makes a translucent piece.
- 4.** Bake for ten minutes if you prefer more well done.
- 5.** In a large sauté pan, use one tablespoon of olive oil.
- 6.** Sauté cloves of garlic, 1 oz of sun-dried tomato, 1 medium size onion, 1 bag of kale.
- 7.** The kale will shrink a lot so a little at a time but caramelize about 15% and cook down the rest.
- 8.** Add more Tony Chachere's Creole.
- 9.** Cook until soft and tender.
- 10.** Pour the kale mix on a serving plate.
- 11.** Place the salmon filets on top.



For more tips on managing heart health, to connect with other survivors, and to share your story, visit us:

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