

HEART HEALTHY COOKBOOK



RECIPES

BREAKFAST

Potato & Egg Hash
Balanced Oatmeal
Kimchi & Kale Scrambled Eggs
Gingerbread Smoothie
Apple & Cinnamon Stuffed Sweet Potato

LUNCH

Turkey Hummus Sandwich with Greens
Spinach, Walnut & Strawberry Salad
Lentil & Sweet Potato Salad
Tomato Chickpea Curry
White Bean Tomato Scramble

DINNER

Eggplant & Lentil Pasta
Steak & Potato Salad
Parmesan Chicken & Kale Skillet
Honey Garlic Chicken Thighs
Caprese Noodles
Spicy Shrimp Sushi Bowls
Creamy Dill Salmon

Breakfast

Potato & Egg Hash

Balanced Oatmeal

Kimchi & Kale Scrambled Eggs

Gingerbread Smoothie

Apple & Cinnamon Stuffed Sweet Potato

Potato & Egg Hash Breakfast

10 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. Heat a cast iron pan over medium heat and add oil. Once melted, add the diced potato. Cook for about 4 minutes undisturbed. Once browned, flip them around and continue cooking for 5 more minutes. Simultaneously cook the chicken sausage with the potatoes. Remove from pan when all the way cooked.
3. Add the smoked paprika and diced pepper and cook for another 2 minutes. Then add the chopped kale and cook until just wilted. Remove the pan from the heat.
4. Make two spaces in the hash mix and crack eggs into each space. Season with sea salt and pepper and place in the oven to bake for 6 to 8 minutes, or until eggs are cooked to your preference.
5. Remove from the oven and garnish with avocado and green onion. Divide onto plates and enjoy!

Notes

Heart Healthy

This recipe is well balanced, and a good source of fiber and potassium

No Kale

Use another leafy green, such as spinach.

Prep Ahead

Chop vegetables in advance to save time.

Optional

Add sliced avocado.

Ingredients

- 1 **tbsp** Olive Oil
- 2 Russet Potato (medium, diced)
- 1/2 **tsp** Smoked Paprika
- 1 Red Bell Pepper (diced)
- 2 **cups** Kale Leaves (chopped and packed)
- 4 Egg
- Sea Salt & Black Pepper (to taste)
- 1 **stalk** Green Onion (sliced)
- 2 **ozs** Cooked Smoked Chicken Sausage Links (2 each)
- 2 **slices** Whole Grain Bread

Nutrition

Amount per serving

Calories	519	Protein	25g
Fat	20g	Sodium	397mg
Saturated	5g	Calcium	191mg
Polyunsaturated	4g	Iron	5mg
Monounsaturated	9g	Vitamin D	82IU
Carbs	61g	Folate	161µg
Fiber	9g	Vitamin B12	0.9µg
Sugar	8g		

Balanced Oatmeal

6 ingredients · 5 minutes · 1 serving



Directions

1. Microwave frozen berries 1 minute
2. add remaining ingredients. Microwave another 45 seconds, stir and enjoy!

Notes

Heart Healthy

This recipe has lots of fiber and potassium

Additional Toppings

Fruit, nuts or seeds.

No Quick Oats

Use traditional rolled oats instead.

Ingredients

- 1/2 cup Water
- 1/2 cup Quick Oats (gluten free brand)
- 1/4 cup Walnuts
- 1 tbsp Maple Syrup
- 1 cup Mixed Berries (Frozen)
- 2 tsps Cinnamon

Nutrition

Amount per serving

Calories	490	Protein	10g
Fat	23g	Sodium	7mg
Saturated	2g	Calcium	126mg
Polyunsaturated	16g	Iron	3mg
Monounsaturated	4g	Vitamin D	0IU
Carbs	69g	Folate	41µg
Fiber	13g	Vitamin B12	0µg
Sugar	26g		

Kimchi & Kale Scrambled Eggs

5 ingredients · 10 minutes · 2 servings



Directions

1. Heat the oil in a pan over medium-high heat.
2. Add the eggs to the pan and move them around with a spatula continuously. Keep pushing the eggs around the pan until fluffy and barely set, about two minutes. Transfer to a bowl.
3. Add the kale leaves and water to the pan and cook until tender, about two to three minutes. Drain any excess liquid.
4. Turn off the heat and gently fold in the scrambled eggs and kimchi until warmed through. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately two cups.

More Flavor

Season with fresh herbs, salt, and pepper to taste.

Additional Toppings

Green onions, avocado, chives, red pepper flakes, or mushrooms.

Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 6 Egg (whisked)
- 2 **cups** Kale Leaves (tough stems removed, finely chopped, packed)
- 1/4 **cup** Water
- 1 **cup** Kimchi (drained)

Nutrition

Amount per serving

Calories	263	Protein	20g
Fat	18g	Sodium	598mg
Saturated	5g	Calcium	165mg
Polyunsaturated	4g	Iron	5mg
Monounsaturated	8g	Vitamin D	123IU
Carbs	4g	Folate	123µg
Fiber	2g	Vitamin B12	1.4µg
Sugar	2g		

Gingerbread Smoothie

9 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

Heart Healthy

This smoothie is packed with fiber that is great for healthy cholesterol levels. This recipe is also high in potassium.

No Chia Seeds

Use flax seeds instead.

Nut-Free

Use coconut milk instead of almond milk. Omit the almond butter or use coconut butter or sunflower seed butter instead.

No Almond butter

Use peanut butter

Ingredients

1 cup Unsweetened Almond Milk

1/4 cup Vanilla Protein Powder

1/2 Banana (frozen)

1 tbsp Chia Seeds

1 tbsp All Natural Peanut Butter

1/2 tsp Ginger (fresh, minced)

1/4 tsp Cinnamon (ground)

1/8 tsp Ground Cloves

1 Blood Orange

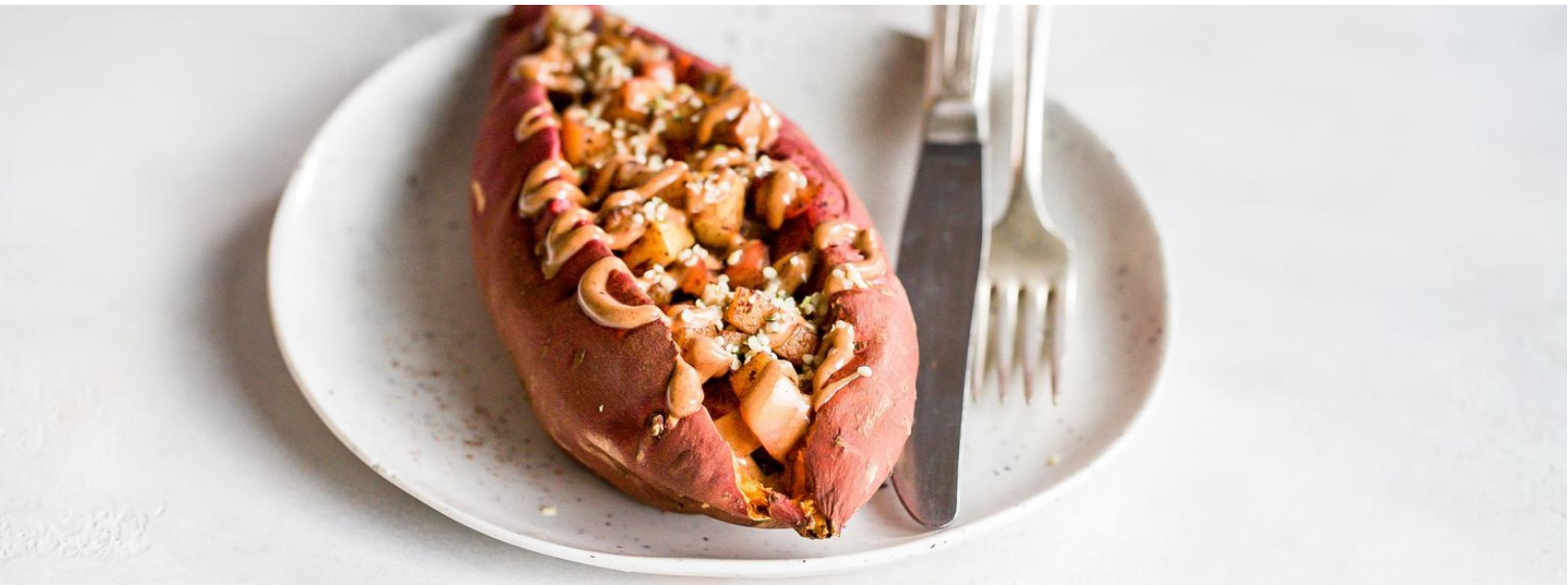
Nutrition

Amount per serving

Calories	394	Protein	27g
Fat	16g	Sodium	204mg
Saturated	2g	Calcium	711mg
Polyunsaturated	3g	Iron	2mg
Monounsaturated	6g	Vitamin D	101IU
Carbs	43g	Folate	82µg
Fiber	11g	Vitamin B12	0.6µg
Sugar	21g		

Apple Cinnamon Stuffed Sweet Potato

6 ingredients · 55 minutes · 1 serving



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the sweet potato on the baking sheet and pierce a few times all over with a fork. Place in the oven to bake for 45 to 50 minutes, until cooked through.
2. Meanwhile, heat a small saucepan over medium-low heat. Add the coconut oil and then the apple and cinnamon and sauté, stirring often until softened, about 8 to 10 minutes.
3. Slice the sweet potato open down the middle and add the apple. Add the peanut butter and hemp seeds, if using. Enjoy!

Notes

Heart Healthy

Sweet potatoes are a great source of potassium!

Leftovers

Refrigerate in an airtight container for up to three days.

Nut-Free

Use sunflower seed butter or tahini instead.

Additional Toppings

Coconut yogurt, flax, sunflower or pumpkin seeds.

Ingredients

- 1 Sweet Potato (medium)
- 1/2 tsp Coconut Oil
- 1/2 Apple (medium, chopped)
- 1/4 tsp Cinnamon
- 1 tbsp All Natural Peanut Butter
- 2 tsp Hemp Seeds (optional)

Nutrition

Amount per serving

Calories	313	Protein	8g
Fat	14g	Sodium	76mg
Saturated	4g	Calcium	64mg
Polyunsaturated	5g	Iron	2mg
Monounsaturated	5g	Vitamin D	0IU
Carbs	43g	Folate	38µg
Fiber	7g	Vitamin B12	0µg
Sugar	17g		

Lunch

Turkey Hummus Sandwich with Greens

Spinach, Walnut & Strawberry Salad

Lentil & Sweet Potato Salad

Tomato Chickpea Curry

White Bean Tomato Scramble

Turkey Hummus Sandwich with Greens

5 ingredients · 5 minutes · 2 servings



Directions

1. Lightly toast the bread.
2. Spread one slice of the bread with hummus and mustard. Layer on the turkey and mixed greens. Place the second slice of bread over top. Slice and enjoy!

Notes

Heart Healthy

This balanced recipe is loaded with vitamins and minerals

No Turkey

Use chicken breast instead.

Vegan & Vegetarian

Use smashed chickpeas instead of turkey.

Ingredients

4 slices Whole Grain Bread

8 ozs Turkey Breast, Cooked

2 tbsps Hummus

1 tbsp Dijon Mustard

1 cup Mixed Greens

Nutrition

Amount per serving

Calories	419	Protein	46g
Fat	8g	Sodium	599mg
Saturated	2g	Calcium	117mg
Polyunsaturated	4g	Iron	4mg
Monounsaturated	2g	Vitamin D	11IU
Carbs	39g	Folate	71µg
Fiber	7g	Vitamin B12	2.0µg
Sugar	5g		

Spinach, Walnut & Strawberry Salad

6 ingredients · 10 minutes · 1 serving



Directions

1. Add all ingredients to a bowl, toss and enjoy!

Notes

Heart Healthy

This recipe contains Omega-3 fatty acids, potassium, fiber and it's incredibly satisfying.

Dairy Free

replace feta with 1 TBSP olive oil

Additions

roasted chicken, quinoa, celery,

No Strawberries

use watermelon, or another sweet fruit instead

Ingredients

- 3 cups Baby Spinach
- 1/2 cup Strawberries (chopped)
- 1/4 cup Walnuts
- 1 tbsp Balsamic Vinegar
- 2 tbsps Crumbled Feta Cheese
- 1 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	304	Protein	10g
Fat	24g	Sodium	290mg
Saturated	4g	Calcium	227mg
Polyunsaturated	15g	Iron	4mg
Monounsaturated	4g	Vitamin D	3IU
Carbs	16g	Folate	227µg
Fiber	5g	Vitamin B12	0.3µg
Sugar	7g		

Lentil & Sweet Potato Salad

9 ingredients · 15 minutes · 2 servings



Directions

1. Place sweet potato in a steamer over boiling water, cover, and cook for 8 to 10 minutes or until tender.
2. Meanwhile, add half of the broth to a large pan with the onions and garlic. Cook over medium heat until the onions have softened, about 3 to 5 minutes. Add the salt and stir to combine. Wilt in the spinach.
3. Add the lentils, balsamic vinegar, and the remaining broth. Continue to cook over medium heat for about 5 minutes more until most of the liquid has been absorbed.
4. Remove the pan from the heat and stir in the steamed sweet potato and parsley. Divide into bowls and enjoy!

Notes

Heart Healthy

High in potassium and fiber, and in low sodium. Home run!

Leftovers

Refrigerate in an airtight container for up to four days. Reheat with extra vegetable broth if lentils become too dry.

Serving Size

One serving is equal to approximately 1 1/2 cups of salad.

No Sweet Potato

Use cubed butternut squash instead.

Ingredients

- 1 Sweet Potato (medium, peeled and cut into small cubes)
- 2/3 cup Vegetable Broth (divided)
- 1/2 cup Red Onion (chopped)
- 3 Garlic (cloves, minced)
- 1/4 tsp Sea Salt
- 2 cups Baby Spinach
- 2 cups Lentils (cooked, rinsed)
- 2 tbsps Balsamic Vinegar
- 1/4 cup Parsley (chopped, optional)

Nutrition

Amount per serving

Calories	336	Protein	21g
Fat	1g	Sodium	587mg
Saturated	0g	Calcium	121mg
Polyunsaturated	0g	Iron	9mg
Monounsaturated	0g	Vitamin D	0IU
Carbs	63g	Folate	443µg
Fiber	19g	Vitamin B12	0µg
Sugar	11g		

Tomato Chickpea Curry

12 ingredients · 20 minutes · 3 servings



Directions

1. Add the water to a pot over medium heat. Add the garlic, onion, and ginger and cook for three to five minutes until the onions begin to soften. Stir in the coriander, cumin, turmeric, and salt and continue to cook for another minute.
2. Add the chickpeas and tomatoes and stir to combine. Bring the curry to simmer and cook for about 10 minutes, or until it has thickened.
3. Stir in the garam masala and the cilantro. Divide between plates and enjoy!

Notes

Heart Healthy

This balanced recipe is packed with fiber & micronutrients

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately one cup.

More Veggies

Stir in baby spinach.

Serve it With

Rice, quinoa, roasted potatoes, tortillas, flatbread, or crusty bread.

Ingredients

- 1/2 cup Water
- 2 Garlic (clove, minced)
- 1 Yellow Onion (medium, chopped)
- 1 1/2 tsps Ginger (fresh, minced or grated)
- 1 tsp Coriander
- 1 tsp Cumin
- 1/2 tsp Turmeric
- 1/2 tsp Sea Salt
- 2 cups Chickpeas (cooked, rinsed)
- 1 1/2 cups Diced Tomatoes (canned with the juices)
- 1/2 tsp Garam Masala
- 1/4 cup Cilantro (chopped)

Nutrition

Amount per serving

Calories	231	Protein	12g
Fat	3g	Sodium	427mg
Saturated	0g	Calcium	108mg
Polyunsaturated	1g	Iron	6mg
Monounsaturated	1g	Vitamin D	0IU
Carbs	40g	Folate	189µg
Fiber	11g	Vitamin B12	0µg
Sugar	11g		

White Bean Tomato Scramble

8 ingredients · 15 minutes · 2 servings



Directions

1. Heat olive oil in a large pan over medium heat.
2. Add shallots and garlic and saute for 1-2 minutes
3. Add white beans, spinach, tomato, and lemon juice. Stir until warm and spinach has wilted (~5 minutes).
4. Remove from heat, Season with salt and pepper and enjoy!

Notes

Heart Healthy

This recipe is a great source of potassium, fiber, and it's low in sodium

Replace

white beans for kidney or black beans,

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1/4 **cup** Shallot (Diced)
- 2 **Garlic** (2 cloves, diced)
- 2 **cups** White Navy Beans (cooked/canned, drained)
- 4 **cups** Baby Spinach
- 1 **Tomato** (1 medium tomato, diced)
- 2 **tbsps** Lemon Juice
- Sea Salt And Pepper (to taste)

Nutrition

Amount per serving

Calories	359	Protein	18g
Fat	8g	Sodium	74mg
Saturated	1g	Calcium	202mg
Polyunsaturated	2g	Iron	7mg
Monounsaturated	5g	Vitamin D	0IU
Carbs	57g	Folate	397µg
Fiber	22g	Vitamin B12	0µg
Sugar	3g		

Dinner

Eggplant & Lentil Pasta

Steak & Potato Salad

Parmesan Chicken & Kale Skillet

Honey Garlic Chicken Thighs

Caprese Noodles

Spicy Shrimp Sushi Bowls

Creamy Dill Salmon

Eggplant & Lentil Pasta

10 ingredients · 25 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (215°C) and line a baking sheet with parchment paper.
2. In a large bowl, toss the eggplant, zucchini, tomatoes, and garlic with half the salt and then add to the baking sheet. Place in the oven and cook for 18 to 20 minutes.
3. Remove the veggies from the oven and toss with half of the lemon juice. Place back in the oven for eight to ten minutes or until cooked through and brown around the edges.
4. Meanwhile, cook the pasta according to the directions on the package.
5. Once cooked, strain the pasta, reserving the indicated amount of pasta water. Add the pasta water back to the pot with the chili flakes, roasted veggies, and cooked pasta. Add the remaining lemon juice and salt. Stir to combine.
6. Divide the pasta onto plates and top with basil. Enjoy!

Notes

Heart Healthy

This recipe is packed with Fiber and Potassium

Leftovers

Store in an airtight container in the fridge for up to 3 days.

Serving Size

One serving is equal to approximately 1 1/3 cup.

Additional Toppings

Top with nutritional yeast, olives, and/or black pepper.

No Basil

Omit, or use parsley.

Ingredients

- 1 Eggplant (stem removed, cubed)
- 1 Zucchini (cut into matchsticks)
- 2 cups Cherry Tomatoes (halved)
- 6 Garlic (cloves, chopped)
- 1/2 tsp Sea Salt (divided)
- 2 tbsps Lemon Juice (divided)
- 10 ozs Chickpea Pasta (dry)
- 2 tbsps Water (reserved from cooking pasta)
- 1/2 tsp Chili Flakes
- 1/3 cup Basil Leaves (finely chopped)

Nutrition

Amount per serving

Calories	301	Protein	20g
Fat	5g	Sodium	381mg
Saturated	0g	Calcium	93mg
Polyunsaturated	0g	Iron	8mg
Monounsaturated	0g	Vitamin D	0IU
Carbs	54g	Folate	57µg
Fiber	16g	Vitamin B12	0µg
Sugar	14g		

Steak & Potato Salad

6 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. In a large bowl, toss the potatoes with half the oil and season with salt and pepper. Arrange the potatoes on the baking sheet and cook for 20 minutes, flipping halfway, or until they are crispy and cooked through.
3. Meanwhile, coat the steak in the remaining oil and season with salt and pepper.
4. Heat an ovenproof skillet over medium-high heat. Brown the steak on both sides for two minutes. Transfer to the oven and bake for four to eight minutes or until the steak is cooked to your liking. Remove from the oven and let rest for five minutes, then cut into slices.
5. Divide the lettuce, tomato, potatoes and steak onto plates. Serve as is or with your favorite dressing and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Blue cheese, chives, green onion, and/or salad dressing.

Ingredients

- 2 cups Mini Potatoes (quartered)
- 2 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 10 ozs NY Striploin Steak
- 1/2 head Green Lettuce (chopped)
- 1 Tomato (medium, chopped)

Nutrition

Amount per serving

Calories	456	Protein	33g
Fat	24g	Sodium	101mg
Saturated	5g	Calcium	29mg
Polyunsaturated	2g	Iron	4mg
Monounsaturated	14g	Vitamin D	11IU
Carbs	29g	Folate	41µg
Fiber	4g	Vitamin B12	1.0µg
Sugar	1g		

Parmesan Chicken & Kale Skillet

8 ingredients · 20 minutes · 2 servings



Directions

1. In a large skillet or pan, heat the oil over medium heat. Cook the chicken and season with salt and pepper to taste, until cooked through, about five to seven minutes. Transfer the chicken to a bowl.
2. To the same skillet, add the kale and water. Cook the kale until soft and all the water is gone, stirring frequently. Return the chicken to the skillet and stir in the lemon juice and parmigiano reggiano.
3. Divide onto plates and sprinkle the red pepper flakes otop. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately 1 1/2 cups.

Dairy-Free

Use nutritional yeast instead of parmesan or omit.

More Flavor

Add onions and garlic.

Additional Toppings

Add leftover vegetables or serve over rice, pasta, or quinoa.

Ingredients

- 1 **tblsp** Extra Virgin Olive Oil
- 12 **ozs** Chicken Breast (skinless, boneless, cut into strips)
- Sea Salt & Black Pepper (to taste)
- 8 **cups** Kale Leaves (stems removed, torn into pieces, packed)
- 1/4 **cup** Water
- 1 1/2 **tsps** Lemon Juice
- 1/4 **cup** Parmigiano Reggiano (finely grated)
- 1 1/2 **tsps** Red Pepper Flakes

Nutrition

Amount per serving

Calories	353	Protein	45g
Fat	17g	Sodium	212mg
Saturated	5g	Calcium	377mg
Polyunsaturated	2g	Iron	2mg
Monounsaturated	6g	Vitamin D	2IU
Carbs	5g	Folate	70µg
Fiber	4g	Vitamin B12	0.4µg
Sugar	1g		

Honey Garlic Chicken Thighs, low sodium

9 ingredients · 30 minutes · 2 servings



Directions

1. Combine olive oil, honey, minced garlic, chili powder and black pepper together in a bowl. Whisk well. Pour into a ziploc bag and add the chicken thighs. Shake well and place in the fridge to marinate.
2. Trim the ends from the asparagus. Toss in a splash of extra virgin olive oil and season with sea salt and pepper. Place on a plate until ready to grill.
3. Combine your quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
4. Preheat your grill over medium heat.
5. Transfer chicken thighs to the grill and cook for 7 to 10 minutes per side or until cooked through. When you flip the chicken, place the asparagus directly on the grill. Grill just until tender (about 5 to 7 minutes). Remove chicken and asparagus from grill and plate over a few spoonfuls of quinoa. Enjoy!

Notes

Heart Healthy

This recipe is low in saturated fat and salt, and contains healthy protein and fiber!

No Chicken Thighs

Use chicken breast or chicken wings. Grill time will vary.

No Asparagus

Use any grilled vegetable.

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Raw Honey
- 3 Garlic (cloves, minced)
- 1 tbsps Chili Powder
- 1/2 tsp Black Pepper
- 1 lb Chicken Thighs
- 2 Zucchini (yellow or green)
- 1/2 cup Quinoa (uncooked)
- 3/4 cup Water

Nutrition

Amount per serving

Calories	663	Protein	54g
Fat	27g	Sodium	351mg
Saturated	5g	Calcium	101mg
Polyunsaturated	5g	Iron	5mg
Monounsaturated	14g	Vitamin D	2IU
Carbs	54g	Folate	136µg
Fiber	7g	Vitamin B12	1.4µg
Sugar	21g		

Caprese Zoodles

8 ingredients · 25 minutes · 1 serving



Directions

1. Using a spiralizer, create zoodles out of zucchini.
2. Add zoodles to a large bowl, toss with olive oil and season with salt and pepper. Let marinate 15 minutes.
3. Add tomatoes, mozzarella and basil to zoodles and toss until combined. Drizzle with balsamic and serve.

Notes

Heart Healthy

This recipe is low in saturated fat and sodium, and a good source of heart healthy ingredients

Ingredients

- 4 Large Zucchini
- 2 tbsps Extra Virgin Olive Oil
- 1 pinch Kosher Salt
- 1 pinch Freshly Ground Black Pepper
- 2 cups Cherry Tomatoes (halved)
- 4 pieces Mozzarella Balls (quartered if large)
- 1/4 cup Fresh Basil Leaves
- 2 tbsps Balsamic Vinegar

Nutrition

Amount per serving

Calories	572	Protein	16g
Fat	44g	Sodium	305mg
Saturated	14g	Calcium	387mg
Polyunsaturated	3g	Iron	2mg
Monounsaturated	20g	Vitamin D	0IU
Carbs	19g	Folate	61µg
Fiber	4g	Vitamin B12	0µg
Sugar	13g		

Spicy Shrimp Sushi Bowls

9 ingredients · 30 minutes · 2 servings



Directions

1. Cook the rice according to the package directions. Let the cooked rice cool slightly.
2. Pat the shrimp really dry using paper towel. Heat a cast-iron skillet over medium heat and add the oil. Once hot, add the shrimp and cook for two to three minutes per side, until pink and cooked through. Remove and set aside to cool.
3. Meanwhile, mix the mayonnaise, sriracha, and tamari in a small bowl. Add the cooled and cooked shrimp and toss to combine.
4. Divide the rice, carrot, cucumber, and avocado into bowls. Add the shrimp and enjoy!

Notes

Heart Healthy

This recipe has lots of healthy fats, fiber and potassium!

Leftovers

Refrigerate in an airtight container for up to two days.

More Flavor

Add grated ginger or garlic to the shrimp when cooking or into the sauce. Season with salt to taste.

Additional Toppings

Sesame seeds and/or lime zest.

Ingredients

- 3/4 cup Brown Rice
- 8 ozs Shrimp (large, peeled, deveined)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Mayonnaise
- 1/2 tsp Sriracha
- 1/2 tsp Tamari
- 1 Carrot (shredded)
- 1/2 Cucumber (sliced)
- 1/2 Avocado (cubed)

Nutrition

Amount per serving

Calories	564	Protein	30g
Fat	22g	Sodium	327mg
Saturated	3g	Calcium	108mg
Polyunsaturated	6g	Iron	2mg
Monounsaturated	12g	Vitamin D	0IU
Carbs	63g	Folate	69µg
Fiber	7g	Vitamin B12	0µg
Sugar	4g		

Creamy Dill Salmon

5 ingredients · 20 minutes · 2 servings



Directions

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. In a small bowl, combine the mayonnaise, dill and salt.
3. Arrange the salmon fillets on the prepared baking sheet and spread the creamy dill sauce evenly across the tops of the fish. Bake for 14 to 18 minutes or until the fish is cooked through and flakes easily.
4. Divide between plates and top with lemon juice, if using. Enjoy!

Notes

Heart Healthy

Salmon is a great source of heart healthy Omega-3 fatty acids, and this recipe is low in sodium.

Leftovers

Refrigerate in an airtight container for up to two days.

Egg-Free

Use a vegan or egg-free mayonnaise instead.

More Flavor

Add garlic powder, onion powder or black pepper to the creamy dill sauce.

Serve it With

Cauliflower rice, quinoa, brown rice, roasted potatoes and veggies or salad.

Cooking Time

Cooking time will vary depending on the thickness of the salmon fillet.

Ingredients

- 2 tbsps Mayonnaise
- 2 tbsps Fresh Dill
- 1/8 tsp Sea Salt
- 10 ozs Salmon Fillet
- 2 tpsps Lemon Juice (optional)

Nutrition

Amount per serving

Calories	296	Protein	28g
Fat	19g	Sodium	298mg
Saturated	3g	Calcium	20mg
Polyunsaturated	10g	Iron	1mg
Monounsaturated	5g	Vitamin D	1IU
Carbs	0g	Folate	38µg
Fiber	0g	Vitamin B12	4.5µg
Sugar	0g		