

Preventing Heart Disease Begins At Home, In Your Kitchen

Each year, one in three women die of heart disease and stroke. But we can change that because 80 percent of cardiac events may be prevented with education and lifestyle changes. And the kitchen is a great place to start.

Go Red Por Tu Corazón is a bilingual movement to raise awareness of heart disease among Hispanic and Latina women. The focus is on making healthy eating choices for ourselves and those we love.

One of those choices should be having more meals at home. Cooking at home allows you to make healthier foods for you and your family—and save money!

For more recipes and information, visit GoRedCorazon.org or call **1-888-474-VIVE**.



Go Red For Women is nationally sponsored by



Try This Heart-Healthy Recipe From The American Heart Association.

BBQ Glazed Chicken Tenders and Oven Fries

4 servings (\$2.17/serving)
Prep time: 20 minutes;
cook time: 25 minutes

Barbecue Glazed Chicken

Cooking spray
1 pound boneless, skinless chicken tenderloins
1/2 cup barbeque sauce (lowest sodium available)
1/2 cup no-sugar added orange marmalade or grape jam/jelly



1. Trim visible fat from chicken and pat dry.
2. Spray skillet or frying pan with cooking spray and turn to medium-high heat. Add chicken to skillet, cook 4 minutes, flip chicken and cook an additional 3-4 minutes until no longer pink.
3. In a small bowl mix barbeque sauce and marmalade/jam/jelly. Microwave covered at 60% power for 40 seconds. Use a spoon to spread sauce evenly over chicken tenders.

Serving tip— cut the chicken into bit-size pieces and serve on whole-wheat tortillas for tangy chicken tacos!

Oven Fries

Cooking spray
3 medium baking potatoes
1/2 teaspoon garlic powder
1/2 teaspoon paprika
1/8 teaspoon pepper

1. Preheat oven to 400°F. Spray a nonstick cookie sheet with cooking spray.
2. Scrub potatoes (you can peel the potatoes if you don't like the skin) and cut into 1/8- to 1/4-inch strips. Arrange potatoes evenly in pan.
3. In a cup, combine garlic powder, paprika, and pepper. Sprinkle evenly over potatoes.
4. Bake for 25 minutes, or until potatoes are tender.

Nutrition Analysis (per serving)
Calories 397
Total Fat 3 g
Saturated Fat 0.5 g
Polyunsaturated Fat 0.5 g
Monounsaturated Fat 1 g

Cholesterol 73 mg
Sodium 360 mg
Carbohydrates 61 g
Fiber 3 g
Sugars 29 g
Protein 28 g

Dietary Exchanges
2 starch, 2 other carbohydrate, 3 lean meat