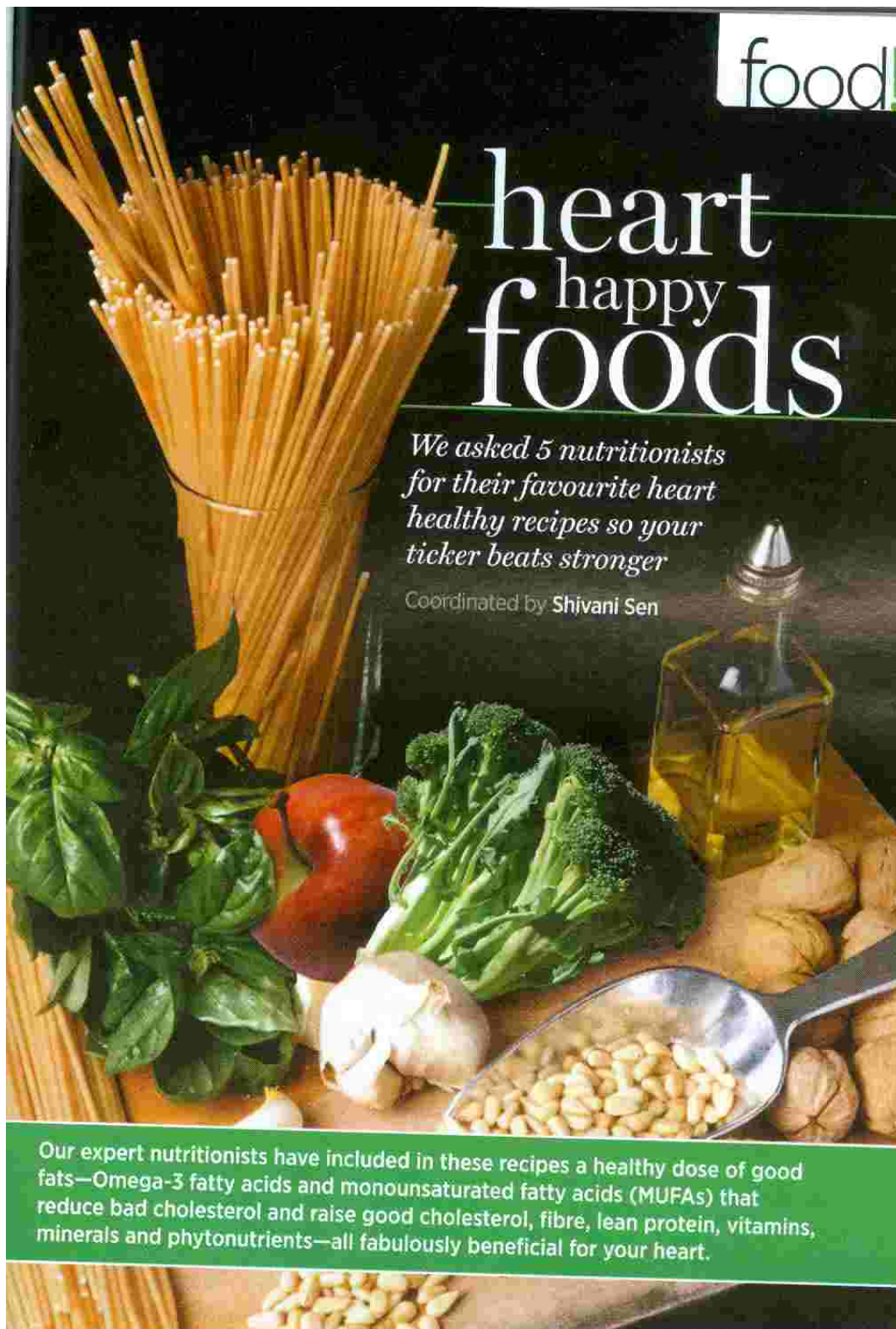


Prevention heart happy foods

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food!

heart happy foods

*We asked 5 nutritionists
for their favourite heart
healthy recipes so your
ticker beats stronger*

Coordinated by Shivani Sen

Our expert nutritionists have included in these recipes a healthy dose of good fats—Omega-3 fatty acids and monounsaturated fatty acids (MUFAs) that reduce bad cholesterol and raise good cholesterol, fibre, lean protein, vitamins, minerals and phytonutrients—all fabulously beneficial for your heart.

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food!

Broccoli Soup

Cruciferous vegetables like broccoli and cauliflower are heart healthy due to the presence of apolipoprotein, which is a cholesterol transporter that doesn't allow cholesterol to deposit in the body. Broccoli also has indoles which have a beneficial effect on lipid synthesis that has a protective effect on the heart.

WORK TIME: 10 MINUTES / TOTAL TIME: 15 MINUTES / SERVES: 1

75 g broccoli florets (cut small)
50 ml skimmed milk
10 g freshly ground almonds
5 g flaxseed powder
Salt and pepper to taste

1. **BAKE** ground almonds on the baking tray for 10-12 min or roast until golden brown. Similarly roast the flaxseed powder.
2. **STEAM** the broccoli for a couple of minutes until tender, leaving a few pieces aside for garnishing.
3. **BLEND** broccoli, milk, roasted almond paste, flaxseed powder and vegetable stock until smooth and creamy.
4. **ADD** salt and pepper to taste. Serve hot.

NUTRITIONAL INFO PER SERVING

130 Kcal, 7 g pro, 11.8 g carb, 7.4 g fat, 1.56 g sat fat, 3.7 g fibre, 0 mg chol, 2.4 g sodium

By Shilpa Thakur, head dietetics, Asian Institute of Medical Sciences, Faridabad



OPENING IMAGE: PHOTODISC, IMAGE CLUB GRAPHIC; LEFT: MANDEL, MITCH

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Three Bean Salad

This salad is a good source of protein, high in fibre and adding olive oil gives the mono-unsaturated fatty acid (MUFA) which protects the heart, reducing bad cholesterol and raising good cholesterol.

WORK TIME: 20 MINUTES / TOTAL TIME: 20 MINUTES / SERVES 2

¾ c (60 g) chick pea,
kidney beans, cowpea
(lobhia), soaked
overnight

¼ c cucumber, cubed

¼ c tomato, chopped

¼ c onion, chopped

1 Tbsp extra-virgin
olive oil

1 tsp lemon juice
Salt and pepper to
taste

1. BOIL all three varieties of beans.

2. TOSS the beans with cucumber, tomatoes and onions.

3. ADD salt and pepper to taste.

4. SQUEEZE lemon juice and toss it with 1 tablespoon of extra-virgin olive oil.

5. GARNISH with coriander leaves and serve.

NUTRITIONAL INFO PER SERVING

149 Kcal, 3.9 g pro, 17.7 g carb, 8.1 g fat, 1.06 g sat fat 4.2 g
fibre, 0 mg chol, 1.2 g sodium

By Ritika Samaddar, chief dietician, Max Healthcare, New Delhi



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food!

Soya Kebabs

Soya protein protects against various heart diseases and hypercholesterolemia as it decreases bad cholesterol significantly, while increasing good cholesterol.

WORK TIME: 25 MINUTES / TOTAL TIME: 30 MINUTES / SERVES: 4

<p>1 c soyabeans, soaked overnight 1 Tbsp garlic paste 2 Tbsp coriander, chopped 1 tsp garam masala powder 2 medium green chillies, deseeded and finely chopped 2 Tbsp mint leaves (optional) ¼ tsp amchur powder or lemon juice Salt to taste Oil to spray (use olive oil)</p>	<p>1. BOIL soyabeans, drain off the water and blend in a food processor to a paste. Be careful not to grind too thin. 2. ADD all the other ingredients and ensure that the consistency is just right and firm. If too wet, cook the mixture to dry out. 3. SHAPE into small rounds to form kebabs. 4. SET aside. Heat a non-stick pan and spray it with oil. 5. HEAT the kebabs on both sides until golden brown. Serve hot.</p> <p>NUTRITIONAL INFO PER SERVING 221 Kcal, 17.1 g pro, 14.8 g carb, 10.4 g fat, 1.5 g sat fat, 4.5 g fibre, 0 mg chol, 1.2 g sodium</p>
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By Ishi Khosla, nutritionist and director, Whole Foods India, New Delhi

MANDEL, MITCH

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food!

Pan Fried Salmon with Coriander Dressing

Salmon, rich in Omega-3 fatty acids, coriander with minerals and phytonutrients and brown rice/wholewheat pasta rich in Vitamin B, minerals and fibre are all good for your heart.

WORK TIME: 40 MINUTES / TOTAL TIME: 50 MINUTES / SERVES: 1

A bunch of fresh
coriander leaves
2-3 garlic cloves
180 g salmon fish fillet
1 Tbsp olive oil

FOR THE MARINADE

Juice of one lemon
Salt to taste
Garlic paste
Black pepper

1. **COAT** the fish with marinade and soak for a couple of hours.
2. **GRIND** coriander leaves and garlic to a paste.
3. **IN** a pan heat the oil. Pan fry the marinated fish for a few minutes turning it on both sides.
4. **ONCE** browned, add the coriander paste and cook for a few minutes.
5. **COVER** and simmer for another 5-10 minutes until cooked.
6. **SERVE** on a hot bed of brown rice or farfalle pasta (½ cup cooked)

NUTRITIONAL INFO PER SERVING

374 Kcal, 37.5 g pro, 4.1 g carb, 22.5 g fat, 2.56 g sat fat, 1.3 g fibre, 46 mg chol, 6.2 g sodium

By Meghna Nanda Dasgupta, nutritionist, Bengaluru



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Prune Rice

Right from the rice, which is zero-fat and low GI, to the oil that is high in good monounsaturated fat, every ingredient in this recipe is heart healthy. Prunes are high in fibre and potassium, which help stabilise blood pressure and improve heart function.

WORK TIME: 20 MINUTES / TOTAL TIME: 30 MINUTES / SERVES: 2

100 g brown rice or low-glycaemic Saffola Arise
1 onion, finely chopped
1 tomato, finely chopped
1 capsicum, finely chopped
¼ c coriander, chopped
2 tsp oregano
2 tsp paprika
15 pistachios, halved
10 prunes, cut into 4
2 tsp olive oil
Salt to taste

1. **BOIL** the rice and set aside.
2. **SAUTÉ** the onion in the olive oil until brown, then add the tomato and capsicum.
3. **ADD** the oregano, paprika, prunes and pistachios.
4. **TOSS** this into the rice and mix for a while. Add salt according to your taste.

NUTRITIONAL INFO PER SERVING

296 Kcal, 6 g pro, 52.3 g carb, 8.8 g fat, 1.69 g sat fat, 7 g fibre, 0 mg chol, 2.5 g sodium

By Naini Setalvad, nutritionist, Mumbai

All nutritional counts by Gayatri Chatrath, based on approximate values. Ref: USDA



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ROWLEY, ALEXANDRA