

Heart
Healthy

**RECIPE
GUIDE**

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Kale and Sweet Potato Salad with Dried Cranberries

Ingredients

1 medium sweet potato, cut into $\frac{3}{4}$ -inch dice (about 3 cups)
6 ounces kale, shredded (6 cups)
2 tablespoons chopped cashews
2 tablespoons finely chopped fresh parsley

Dressing

2 tablespoons tahini
2 tablespoons lemon juice
2 teaspoons smoked paprika
 $\frac{1}{2}$ teaspoon fresh garlic, minced (1 clove)
Sea salt and freshly ground black pepper

Instruction

This simple kale salad recipe delivers big on flavor. Steamed sweet potatoes, cranberries, and cashews bring an array of colors and textures. The dressing gets its creamy texture and smoky-sweet flavor from a combination of tahini and smoked paprika.

1. Place a steamer insert in a saucepan over 1 to 2 inches of water. Bring water to a boil, add sweet potatoes, cover, and steam for about 20 minutes, until potatoes are very tender when pierced with the tip of a sharp knife. Transfer potatoes to a large bowl to cool.
2. To make the dressing, combine the tahini, lemon juice, smoked paprika, garlic, and $\frac{1}{2}$ cup water in a glass jar. Cover jar with a tight-fitting lid and shake well to blend the ingredients. Taste the dressing, add salt and pepper to taste, and shake again.
3. In a large salad bowl, combine the sweet potatoes, kale, cranberries, cashews, and parsley. Pour the dressing over the salad and mix well. For best results, let the salad stand for 15 to 20 minutes before serving.

Recipe by Darshana Thacker, courtesy of Forks Over Knives.





POTATO HASH

Potato Hash

Ingredients

3 medium potatoes,
peeled and cubed
1 large sweet
potato, peeled and
cubed
1 onion, sliced
1 teaspoon fresh
thyme
1 teaspoon sea salt
1 teaspoon freshly
ground pepper
1 handful of spinach

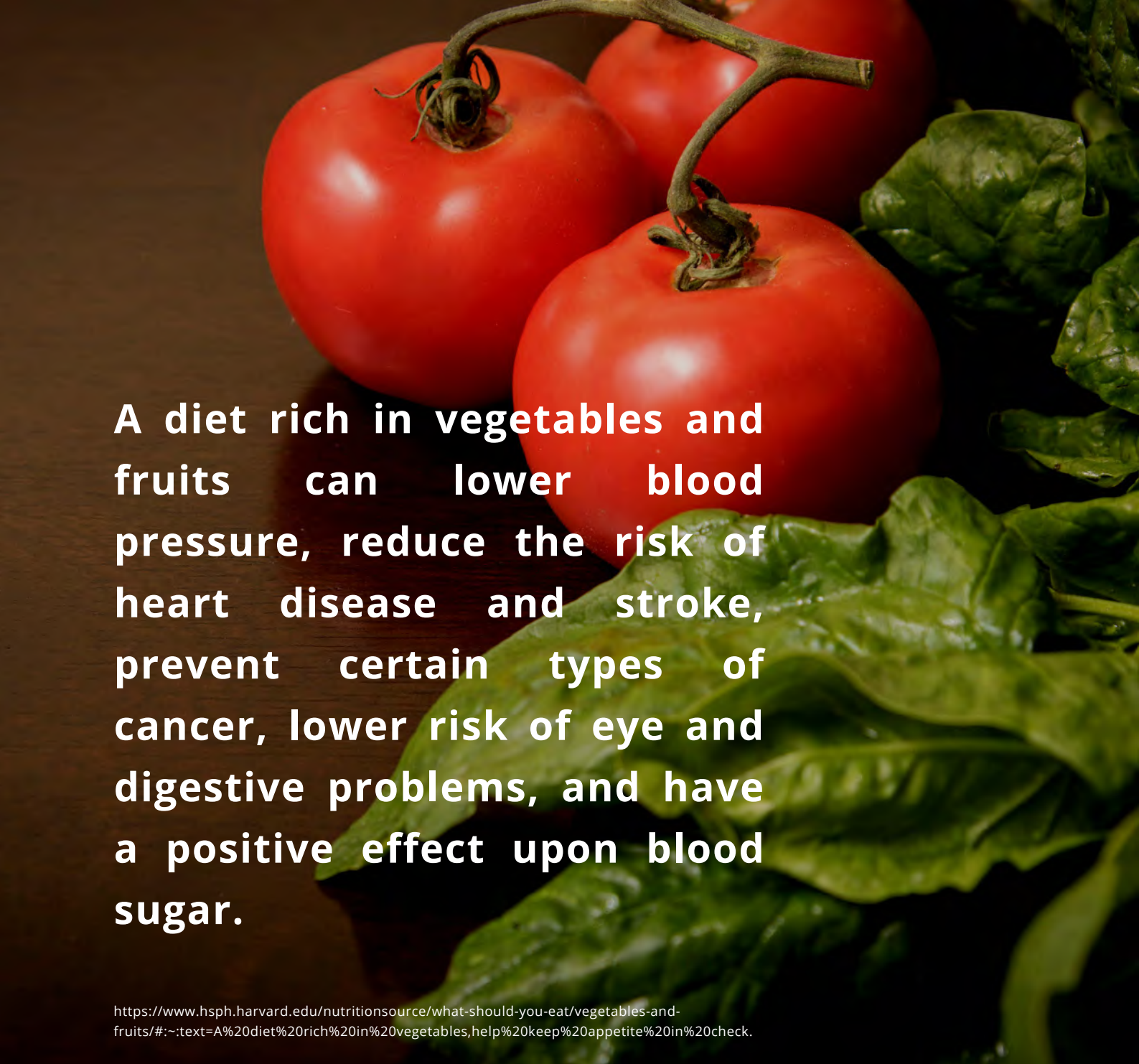
For the Skillet

1 small onion,
chopped
2 cloves garlic,
minced
¼ cup vegetable
broth or water
Sea salt and freshly
ground pepper to
taste

Instruction

1. Mix the potato cubes with the onion and seasonings. Spread on a tray lined with parchment paper. Bake at 400 degrees for about 40 mins. Stir after 20 minutes.
2. In a skillet, sauté the onion and garlic in broth or water. Cook for about 4 to 6 minutes.
3. Remove the potatoes from the oven, and stir them into the skillet. Add the spinach. Cook for a few minutes.
4. Adjust seasonings to taste.

Note: You can get creative by adding leftover beans, tempeh, mushrooms, and other vegetables.



A diet rich in vegetables and fruits can lower blood pressure, reduce the risk of heart disease and stroke, prevent certain types of cancer, lower risk of eye and digestive problems, and have a positive effect upon blood sugar.

<https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/vegetables-and-fruits/#:~:text=A%20diet%20rich%20in%20vegetables,help%20keep%20appetite%20in%20check.>



Veggie Reuben with Cashew Cheese

Veggie Reuben with Cashew Cheese

Instruction

1. Make the cashew cheese. In a high-powered blender or food processor, add the cashews, nutritional yeast, and garlic powder. Process until blended into a fine powder. Add the tahini, Dijon mustard, and water and blend until smooth. (*If using soaked cashews, add with all cheese ingredients.)
2. Make the sandwiches. Place a skillet over medium heat for 5 minutes. Spread a little vegan butter on 2 pieces of pumpernickel bread. In the pan, add 1 piece of bread (butter side down), and then spread 1 to 2 tablespoons of the cashew cheese on the bread. Add a few pieces of spinach, 1 to 2 tablespoons of sauerkraut, a slice of tomato, and a couple leaves of basil.
3. Top with remaining piece of bread (buttered side up) and carefully flatten with a large spatula.
4. Cover and heat for about 4 minutes, and then flip and cook another 4 minutes, or until bread is crispy on each side and sandwich is warm. Cut in half and serve.

Recipe by VeggieChick.com.

Ingredients

Cashew Cheese

3/4 cup raw cashews (if not using high-powered blender, soak overnight in water and drain)
1 tablespoon nutritional yeast
1/4 teaspoon garlic powder
2 teaspoons tahini
1 tablespoon Dijon mustard
2 tablespoons lemon juice
1/4 cup water

Toppings

10 ounces sauerkraut, drained
basil leaves
spinach leaves
tomato slices
8 slices pumpernickel bread or gluten-free bread if desired

Kidney Bean and Lentil Dal

Ingredients

1/4 medium red onion, cut into 1/4-inch dice (about 1/2 cup)
3 cloves garlic, minced (1 1/2 teaspoons)
1 teaspoon grated fresh ginger
1 tomato, cut into 1/4-inch dice (about 1 cup)
2 teaspoons ground coriander
1/2 teaspoon ground turmeric
1/4 teaspoon ground cloves
1/4 teaspoon ground cinnamon
1 teaspoon ground cumin
1 cup unsweetened, unflavored plant milk
1 (15-ounces) can brown lentils, drained and rinsed (or 1 1/2 cups cooked)
1 (15-ounces) can red kidney beans, drained and rinsed (or 1 1/2 cups cooked)
1 tablespoon fresh lime juice
Sea salt
1 tablespoon fresh cilantro, finely chopped
Brown rice, whole-grain bread, or tortillas (for serving)

Instruction

1. Combine the onions, garlic, ginger, and 1/4 cup water in a nonstick saucepan and cook over medium-low heat, stirring occasionally, until the onions start to turn golden brown, about 10 minutes.
2. Add the tomatoe, coriander, turmeric, cloves, cinnamon, and cumin; mix well. Add 1/2 cup water and cook until the tomatoes are cooked through, 5 to 7 minutes.
3. Add the plant milk, lentils, and beans and continue to cook until the dal thickens, 5 to 10 minutes.
4. Add the lime juice. Mix well, and then season with salt to taste. Cook until the flavors merge, 2 minutes.
5. Garnish with cilantro.
6. Serve hot with brown rice, bread, or tortillas.

Recipe by Darshana Thacker, courtesy of Forks Over Knives.



Cauliflower Puree with Sautéed Mushrooms



Ingredients

1 head cauliflower, broken into florets
1 tablespoon nutritional yeast
1/2 teaspoon sea salt
1/4 teaspoon black pepper
2 garlic cloves, minced
1/2 cup unsweetened almond milk
1 cup unsalted vegetable broth
1 large shallot, chopped fine (about 1/3 cup)

2 cups cremini or white mushrooms, halved
1/2 tablespoon tamari (or soy sauce)
1/2 teaspoon garlic powder
2 cups chopped Swiss chard
Juice of 1 lemon

Instruction

1. Boil cauliflower until soft, about 7 to 8 minutes.
2. Drain, rinse, and add cauliflower to high-powered blender or food processor. Add nutritional yeast, salt, pepper, garlic, and almond milk. Blend until smooth.
3. In a large skillet, add the broth over medium-high heat. Add the shallots and mushrooms. Cook for 10 minutes, stirring occasionally until mushrooms are soft. Add tamari, garlic powder, and Swiss chard. Stir about 1 minute until the Swiss chard is wilted.
4. Remove from heat. In a bowl, add cauliflower puree and top with mushroom-Swiss chard mix. Drizzle with lemon juice. Makes 4 small servings. Serve with salad or bread.

Note: This dish will last for 1 to 2 days in the fridge but is best served fresh.

Recipe by VeggieChick.com.



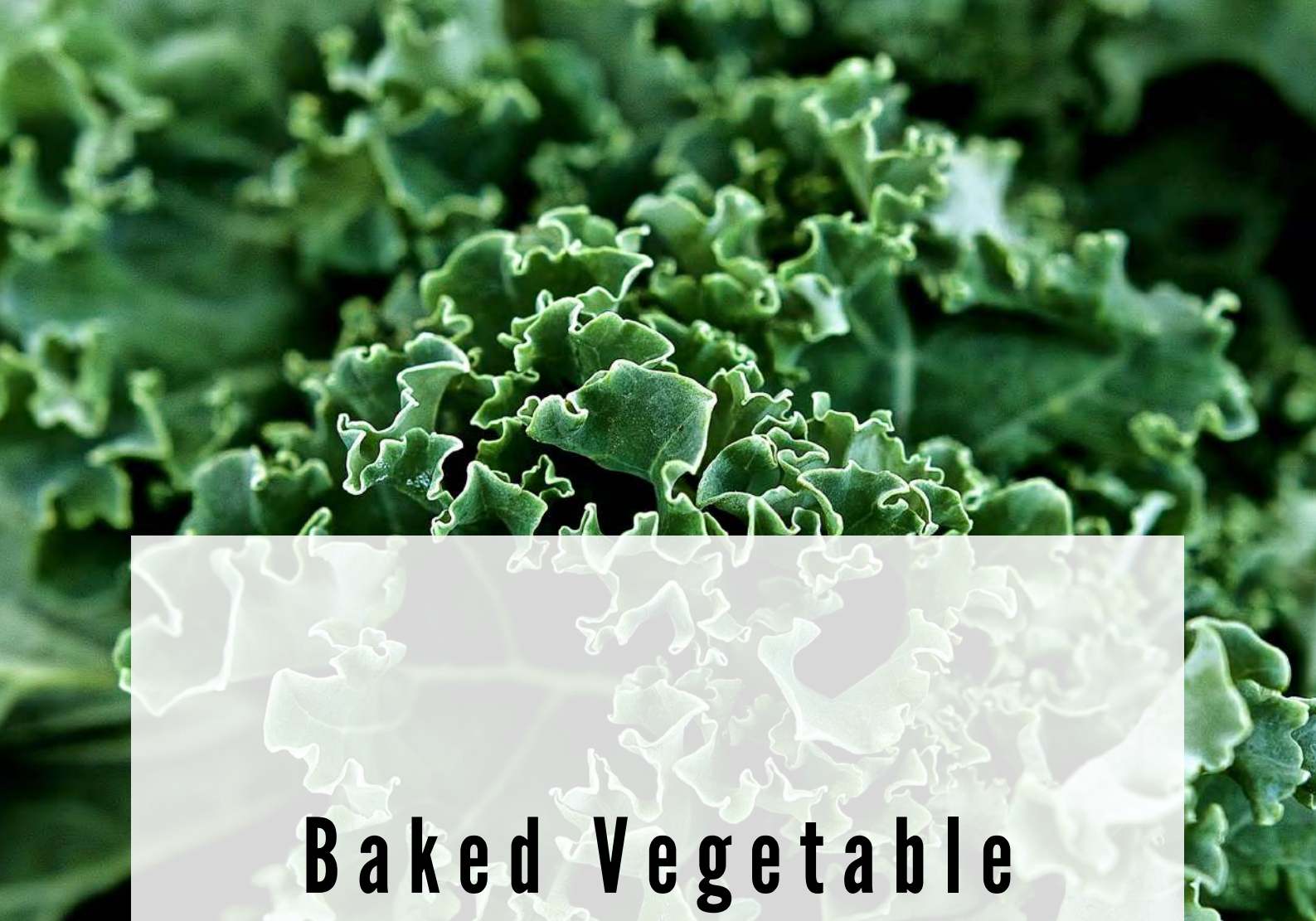
Butternut Squash Spinach Bowl

Ingredients

- 1 cup short-grain brown rice
- 2 cups water or vegetable broth (or combination)
- 1 small butternut squash, diced (about 2 1/2 cups; you can find already cut squash at Trader Joe's)
- 1 tablespoon olive oil
- 1/2 teaspoon thyme (rub it between your palms when you sprinkle over the squash)
- Sea salt to taste
- 1 small onion, chopped
- 1 teaspoon garlic, minced
- 2 to 3 handfuls baby spinach
- 1 (15 ounces) can cannellini or your favorite beans, drained and rinsed
- Sea salt and freshly ground pepper, to taste

Instruction

1. Preheat the oven to 400 degrees.
2. In a medium pot, add rice and water, bring to a boil, cover, reduce heat to low, and simmer for 30 minutes.
3. Remove cover and let rest for 5 to 10 minutes. Fluff with a fork.
4. While the rice is simmering, place squash on a roasting pan lined with parchment paper. Toss the squash in olive oil and sprinkle with the thyme and salt. Place on middle rack and bake for 25 to 30 minutes, stirring once. Pierce it with a fork to see if it is tender.
4. In a medium pan, add a splash vegetable broth over medium heat, add onions and garlic, and cook for about 5 minutes. Add spinach and cook until wilted. Add beans and cook until heated through.



Baked Vegetable

Polenta



Ingredients

2 cups or more of water
1 cup ground organic cornmeal
½ teaspoon thyme
1 cup of corn (fresh or frozen)
1 clove garlic, minced
Pinch of sea salt
2 cups of sliced mushrooms (white button are inexpensive and work well)

2 cups kale, washed, de-stemmed, and chopped
½ cup nutritional yeast (great source of vitamin B12)
Sea salt and freshly ground pepper to taste

Instruction

1. Preheat the oven to 350 degrees.
2. Bring 2 cups of water to boil. Add the cornmeal and stir with a wooden spoon to prevent clumps.
3. Add the corn and thyme. Turn down the heat and cook for about 10 minutes. If it gets too thick, add a little water.
4. Spray a large skillet with cooking oil or use a splash of vegetable broth. Add the garlic and mushrooms.
5. Add a pinch of salt. Stir until the mushrooms begin to give off liquid.
6. Add the kale and another tablespoon of water. Stir and let cook for about a minute.
7. Add the kale and mushroom mixture to the cornmeal.
8. Add the nutritional yeast and stir to combine.
9. Pour the mixture into a glass baking dish. Bake for 15 minutes. Let cool and cut into squares.

Note: This is also delicious with marinara sauce. And it makes great leftovers.

Make a Buddha Bowl!

It's so easy to make a Buddha Bowl. Be creative and use what's in the house or try something new!

For the Bowl

Greens: 1 cup of greens of choice, such as arugula, kale, spinach, or combo

Grains: 1 cup of grain, such as rice, quinoa, millet, or barley

Protein: 1 cup of beans of choice or lentils, tofu, or edamame

Veggies: Chopped veggies of choice, raw or steamed

Nuts, Seeds, Avocado: Add sliced avocado. Sprinkle with nuts or seeds.

Dressing: Vinegar, miso tahini, or peanut butter

Make a Dressing

Vinegar: Mix 1/3 cup balsamic or apple cider vinegar with 1 tablespoon mustard of choice and 1 teaspoon of maple syrup.

Miso-tahini: Combine 1/3 cup tahini, 1 tablespoon miso, 1 teaspoon lemon juice, 1 teaspoon maple syrup, and crushed garlic (optional) to taste.

Peanut-miso: Combine 2 tablespoons peanut butter, 1 tablespoon miso paste, 1 tablespoon maple syrup, 1/2 cup water, and 1 to 2 teaspoons of tamari.

Layer the ingredients in a bowl. Drizzle with dressing.





Curried Gnocchi with Golden Beets

Ingredients

- 2 cups + 2 tablespoons unsalted vegetable broth
- 3 garlic cloves, minced
- 1 white onion, diced
- 1 medium golden beet, peeled and cut into 1-inch slices (about 2 cups)
- 3 cups Swiss chard (remove white parts)
- 1 teaspoon ground coriander
- 1 teaspoon curry powder
- 1/2 teaspoon cumin
- 1/2 teaspoon sea salt
- 1 17-ounce package gnocchi

Instruction

1. Heat a large skillet over medium-high heat. Add 2 tablespoons of broth. Add garlic and cook for 1 minute, being careful not to burn. Add onion and cook for 1 minute, stirring. Add beets and cook for 3 minutes. Add Swiss chard, remaining 2 cups vegetable stock, and the spices.
2. Cover and reduce heat to medium. Simmer for about 8 to 9 minutes or until the beets are tender. Add gnocchi to mixture, cover, and simmer for 3 to 4 minutes.
3. Remove from heat and serve. Add salt to taste.

Recipe by VeggieChick.com.



STIRRED-NOT-FRIED WILD RICE

This vegan recipe combines wild rice and steam-fried vegetables for a healthy alternative to traditionally greasy fried rice. To make this a hearty one-dish meal, you can mix in a can of cooked black beans with the rice.

Ingredients

3 medium potatoes, peeled and cubed
1 large sweet potato, peeled and cubed
1 onion, sliced
1 teaspoon fresh thyme
5 ounces fresh shiitake mushrooms, stems removed and sliced
1 large white onion, cut into 1/2-inch pieces
2 tablespoons grated fresh ginger
1 cup uncooked wild rice, rinsed and drained
1 cup red sweet pepper, sliced into strips
3/4 cup thin, bite-size carrot strips
1 clove garlic, minced

2 tablespoons reduced-sodium tamari sauce
1 tablespoon brown rice vinegar
1 cup thinly sliced napa cabbage
1 cup thinly sliced baby bok choy
1/4 cup slivered green onions
1/4 teaspoon freshly ground white or black pepper
1 tablespoon finely minced fresh cilantro
1 tablespoon sesame seeds
1 teaspoon sea salt
1 teaspoon freshly ground pepper
1 handful of spinach

Instruction

1. In a medium saucepan, cook half of the mushrooms with the white onion and ginger in 1/4 cup water over medium-low heat for 4 to 5 minutes or until onion is tender.
2. Add 1 3/4 cups water, bring to boiling, and stir in wild rice. Return to boiling, reduce heat, and simmer, covered, for 40 to 45 minutes or until rice is tender.
3. Meanwhile, in a large skillet cook peppers, carrots, and garlic in 1/4 cup water for 2 to 3 minutes or until carrots are nearly tender.
4. Combine tamari sauce and vinegar. Stir into carrot mixture. Stir in cabbage, bok choy, green onions, pepper, and the remaining mushrooms. Cook 2 to 3 minutes or until cabbage and bok choy are slightly wilted.
5. Serve vegetable mixture over rice or stir it into rice. Sprinkle with cilantro and sesame seeds.

Three-Bean Salad and Greens

Ingredients

Salad

1 can (15 ounces) black beans

1 can (15 ounces) garbanzo beans

1 can (15 ounces) red beans (or any combination of beans that you like)

1 red onion, chopped

2 stalks of celery, chopped

1 handful of arugula or spinach

1 bunch of parsley, washed and chopped

Dressing

½ cup apple cider vinegar

2 teaspoon mustard of choice

1 tablespoon maple syrup

Spices of choice, optional

Instruction

1. Make the dressing. Mix vinegar, mustard, and maple syrup together and adjust flavor to taste.

2. Open the cans of beans, rinse, drain, and combine,

2. Add the chopped onion and celery.

3. Add the greens of choice.

4. Combine beans, vegetables, and greens. Drizzle with dressing.

Note: You can add rice, lentils, or quinoa too.



Cinnamon Almond Date Bites

Ingredients

1/2 cup oats, gluten-free if desired
2 tablespoons unsweetened cocoa
1 cup packed, pitted medjool dates (If your dates are not soft, soak them in water for 15 minutes, and then drain.)
3 tablespoons almond butter
1/4 cup unsweetened coconut flakes
1 tablespoon chia seeds (or ground flax seeds)
1/2 teaspoon ground cinnamon



Instruction

1. Add oats and cocoa to food processor. Blend until coarse. Add all remaining ingredients and blend until thoroughly combined.
2. Form into balls and refrigerate.
3. Store in an airtight container for up to a week.

Recipe by VeggieChick.com.

The image is a vertical collage. The top half features several golden-brown, baked potatoes with a slightly wrinkled skin, arranged in a row. The bottom half shows several fresh, vibrant green broccoli florets resting on a rustic wooden cutting board. A semi-transparent white rectangular box is centered over the middle of the image, containing the title text.

**Spicy Baked Potato
with Broccoli and
Vegan Queso**

Instruction

1. Cook potatoes as desired (microwave, bake, boil, Instant Pot, etc.).
2. Steam the broccoli until just starting to get soft.
3. Prepare the queso. Add cashews to a food processor and process on high for 2 to 3 minutes, stopping to scrape the sides as necessary. The cashews will start to resemble a butter-like consistency. Add the nutritional yeast, lemon juice, beans, tahini, hot sauce, spices, and hot water. Blend again until smooth. If still not smooth, add extra water in 1-tablespoon increments and blend.
4. To prepare baked potatoes, cut a slit in the potato lengthwise and break away the potato skin to expose the flesh. Press with a fork. Add the broccoli and drizzle the queso on top. If desired, top with jalapeño hot sauce or additional spices.

Note: This recipe makes about 2 cups of queso.

Recipe by VeggieChick.com.

Ingredients

2 medium baked russet potatoes
8 ounces broccolini
Jalapeño hot sauce, to taste

Vegan Queso

1 1/2 cups raw cashews
3 tablespoons nutritional yeast
1/4 cup fresh lemon juice
1 can (15 ounces) great northern beans
(or pinto beans), rinsed and drained
1 tablespoon tahini (optional)
2 teaspoons jalapeño hot sauce
1 teaspoon turmeric
1 teaspoon onion powder
1/2 teaspoon garlic powder
1/2 teaspoon Spanish paprika
1/4 teaspoon sea salt
3/4 to 1 cup hot water

Hearty Chili

Ingredients

1 carrot, peeled and chopped
1 medium yellow onion, diced
½ cup vegetable broth for sautéing
3 cloves garlic, minced
½ cup bulgur, rinsed (or lentils if you want this dish to be gluten-free, but the bulgur gives thick delicious consistency)
½ to 1 cup water (plus more if needed)
1 sweet potato, peeled, cut into bite-size pieces
2 tablespoons chili powder
1 tablespoon ground cumin
1 tablespoon brown sugar
¼ teaspoon cayenne powder
2 cans (28 ounces) diced tomatoes. (I use Pomi brand or Thrive Market brand.)
1 can (15 ounces) tomato sauce (I use Pomi brand, which comes in a box.)
1 can (15 ounces) black beans, drained and rinsed (I use Eden Organic brand.)
1 can (15 ounces) kidney beans, drained and rinsed

Instruction

1. Sauté the onion and carrots in a medium size pot and in broth, stirring often, until the onion is soft and translucent, about 5 minutes.
2. Add the garlic and sauté for 1 minute. Add the bulgur, water, sweet potato, chili powder, cumin, brown sugar, and cayenne. Stir until well combined. (If you use lentils instead of bulgur, you probably will not need to add the water.)
3. Add the tomatoes, tomato sauce, and beans. Bring to a boil, then reduce the heat, cover, and simmer, stirring occasionally, until the sweet potato can be pierced with a fork, about 45 minutes.
4. Season to taste.





TASTY PAELLA

Ingredients

1/2 teaspoon saffron threads (I get them at Trader Joe's.)
3 tablespoons warm water
2 1/2 cups vegetable broth, divided
1 medium onion, sliced
1 yellow bell pepper, sliced
1 red bell pepper, sliced
1 cup mushrooms, sliced
3 cloves garlic, minced
Sea salt and freshly ground pepper, to taste
1 cup short-grain rice

2 Roma tomatoes, chopped, or 1 can or box (14 ounces) can diced tomatoes
1 1/2 teaspoons smoked paprika
1/2 cup green peas (fresh or defrosted)
1 can (15 ounces) artichoke hearts in water, drained and chopped
1 can (15 ounces) garbanzo beans, rinsed and drained (I use Eden Organic brand.)
1/2 cup parsley, chopped

Instruction

1. In a small bowl, combine the saffron and water. Let steep for 10 minutes.
2. In a medium saucepan, heat a splash of broth. Add the onion and sauté for 2 minutes. Add peppers and continue to sauté until softened, about 5 minutes. Add the mushrooms and garlic and sauté for 5 minutes or until the mushrooms are softened and release liquid. Season with salt and pepper.
3. Increase heat to medium-high. Add one-third of the broth. Then add rice, tomatoes, and smoked paprika.
4. Reduce heat to medium-low. Stir in one-third of the saffron water. Simmer uncovered for 5 minutes or until the broth is almost completely absorbed.
4. Add another third of the broth and simmer uncovered for 5 minutes or until the liquid is almost completely absorbed.
5. Add the remaining third of broth and cook for 5 to 10 minutes.
6. Add the garbanzo beans and stir to combine. Sprinkle peas and artichoke hearts over top.
7. Cover the pan tightly with foil and cook over low heat for 12 minutes.
8. Turn the heat off, leave the foil in place, and let the paella rest for 10 minutes.
9. Remove the foil and top with parsley.

Note: You can add leftover spinach or any other veggies when you add the peas.

ABOUT DR. KAHN

Joel Kahn, MD, FACC of Detroit, Michigan, is a practicing cardiologist, and a Clinical Professor of Medicine at Wayne State University School of Medicine. He graduated Summa Cum Laude from the University of Michigan Medical School. Known as "America's Healthy Heart Doc", Dr. Kahn has triple board certification in Internal Medicine, Cardiovascular Medicine and Interventional Cardiology. He was the first physician in the world to certify in Metabolic Cardiology with A4M/MMI and the University of South Florida. He founded the Kahn Center for Cardiac Longevity in Bingham Farms, MI in 2015.

Dr. Kahn has authored scores of publications in his field including articles, book chapters and monographs. He writes health articles and has 6 books in publication including Your Whole Heart Solution, Dead Execs Don't Get Bonuses and The Plant Based Solution, and Lipoprotein(a): The Heart's Silent Killer. He has had appearances on Dr. Phil, The Doctors Show, Dr. Oz, Larry King Now, and the Joe Rogan Experience. He has been awarded a Health Hero award from Detroit Crain's Business. His podcast, Heart Doc VIP, is listened to worldwide.

Dr. Kahn can be found at www.drjoelkahn.com

