

Heart Healthy Tips from Sister to Sister

National Woman's Day **Heart Day Health Fair!**

Mark your calendar! The National Woman's Heart Day Health Fair will be held on Friday, February 16, 2007 at the Pennsylvania Convention Center in Philadelphia from 8:00 a.m. to 3:00 p.m.

Sister to Sister Philadelphia welcomes our new Local Presenting Sponsors, Thomas Jefferson University and Jefferson Hospital.

You do not have to wait for National Woman's Heart Day Health Fair on Friday, February 16, 2007 to begin living a heart healthy lifestyle.



Each month leading up to the fair, Sister to Sister will provide a heart healthy tips. This month we have two delicious recipes that are sure to please your taste buds and heart! Don't miss this chance to get a FREE heart health screening with on the spot results and counseling!

Take Action and Improve Your Heart Health!

You CAN eat delicious food that is heart healthy too. Check out the recipes below.

82% of heart disease can be prevented by making small changes in your life! Most risk factors for heart disease are preventable if women know their personal risk factors and how to reduce them.

In August, we listed some important actions that can be taken to reduce your risk. To countdown to National Woman's Heart Day Health Fair on February 2007, each issue we will provide resources and tips to address one risk factor.

September's Tip to Adopting a Heart Healthy Diet:

What is a heart healthy recipe?

Foods that low in saturated fats, sodium, cholesterol, and high on fiber are good for your heart's health. A healthy heart recipe should also contain other essential nutrients such as vitamins, and minerals. These heart healthy nutrients can be found in vegetables, grains, and fruits. Avoid using foods high in fat content.

We know it's not always easy to find tasty heart healthy recipes, so Sister to Sister Philadelphia has found two very delicious and easy heart healthy recipes here for you!

Make your old favorite recipes heart friendly. Enjoy and keep protecting your heart!

Healthy Heart Recipe 1

Very Lemony Chicken

Using skinless chicken breasts means this tangy dish is lower in saturated fat and cholesterol.

Chicken breast (skinned and fat removed) 1-1/2 lb
Fresh lemon juice - 1/2 cup
White wine vinegar - 2 Tbsp.
Fresh sliced lemon peel - 1/2 C
Chopped fresh oregano - 3 tsp (or 1tsp of dried)
Onion, sliced - 1 medium
Salt - 1/4 tsp
Black pepper - to taste
Paprika - 1/2 tsp

Place chicken in 13x9x2-inch glass baking dish. Mix lemon juice, vinegar, lemon peel, oregano, and onions. Pour over chicken, cover and marinate in refrigerator several hours or overnight, turning occasionally.

Sprinkle with salt, pepper, and paprika. Cover and bake at 325° F for 30 minutes. Uncover and bake 30 minutes more or until done.

Yield: 4 servings--Serving Size: One chicken breast with sauce

Each serving provides: Calories: 154, Total fat: 5 g, Saturated fat: 2 g, Cholesterol: 63 mg, Sodium: 202 mg



Healthy Heart Recipe 2*

Classic Macaroni and Cheese

Low fat cheese and skim milk help to make this favorite dish heart-healthy.

Macaroni - 2 cups

Chopped Onions - ½ cup

Evaporated Skim Milk - ½ cup

Egg, beaten - 1 medium

Black pepper - ¼ tsp

Sharp Cheddar Cheese (4 oz. finely shredded, low- fat) - 1 ¼ cups

Cooking oil spray - nonstick

Cook macaroni according to directions. (Do not add salt to the cooking water.) Drain and set aside.

Spray a casserole dish with nonstick cooking oil spray. Preheat oven to 350° F. Lightly spray saucepan with nonstick cooking oil spray.

Add onions to saucepan and sauté for about 3 minutes. In another bowl, combine macaroni, onions, and the remaining ingredients and mix thoroughly.

Transfer mixture into casserole dish. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Makes 8 servings--Serving size: 1/2 cup, Calories 200, Fat 4 g, Saturated fat 2 g, Cholesterol 34 mg, Sodium 120 mg

*For Sponsor, Exhibitor, or Volunteer Opportunities, Contact: Kerri Kennedy
Sister to Sister National Woman's Heart Day Campaign and Health Fair
Email: kkennedy@viziogroup.net Phone: 610 540 0340 x14,
Fax: 610 540 0190, www.sistertosister.org*