

# Heart-Healthy Plant-Based Menu

- *One-Pan Mexican Quinoa*
- *Oatmeal Banana Cookies*

<b>Nutrition Facts</b>	
Serving: 1 meal	
Amount Per Serving	
<b>Calories</b> 547	
<b>Total Fat</b> 15 g	
Saturated Fat 4 g	
Monounsaturated Fat 7 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 477 mg	
<b>Potassium</b> 988 mg	
<b>Total Carbohydrate</b> 87 g	
<b>Dietary Fiber</b> 14 g	
<b>Sugars</b> 17 g	
<b>Added Sugars</b> 4 g	
<b>Protein</b> 18 g	
Vitamin A	12%
Vitamin C	40%
Calcium	13%
Iron	40%

## One-Pan Mexican Quinoa

Makes 4 servings

### Ingredients

- 1 tablespoon olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 4-ounce can diced green chiles
- 1 cup quinoa, rinsed in a fine-mesh sieve
- 1 cup low-sodium vegetable broth
- 1 15-ounce can no-salt-added black beans, drained and rinsed (such as Eden Organic)
- 1 14.5-ounce can no-salt-added fire-roasted diced tomatoes (such as Muir Glen)
- 1 cup corn kernels, fresh or frozen (thawed, if frozen)
- 1 teaspoon chili powder (see notes)
- 1 teaspoon salt-free taco seasoning mix (see notes)
- ½ teaspoon cumin
- ½ teaspoon smoked paprika
- ¼ teaspoon salt (optional, see notes)
- Freshly ground black pepper, to taste
- Juice of 1 lime
- 2 tablespoons chopped fresh cilantro
- ½ cup prepared guacamole (e.g., Wholly Guacamole) or 1 avocado, halved, seeded, peeled, and diced
- ½ cup pico de gallo

### Preparation

1. Heat olive oil in a large skillet over medium-high heat. Add onion, and cook, stirring, until translucent. Add garlic and green chiles, and cook, stirring frequently, until fragrant, about 1 minute.
2. Stir in quinoa, vegetable broth, black beans, tomatoes, corn, chili powder, taco seasoning mix, cumin, smoked paprika, salt (if using), and black pepper. Bring to a boil; cover, reduce heat, and simmer until quinoa is cooked through, about 20 minutes.
3. Stir in lime juice and cilantro just before serving. Top with guacamole (or avocado) and pico de gallo.

Nutrition Facts	
Amount Per Serving	
<b>Calories</b> 429	
<b>Total Fat</b> 12 g	
<b>Saturated Fat</b> 2 g	
<b>Monounsaturated Fat</b> 7 g	
<b>Polyunsaturated Fat</b> 2 g	
<b>Trans Fat</b> 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 400 mg	
<b>Potassium</b> 839 mg	
<b>Total Carbohydrate</b> 64 g	
<b>Dietary Fiber</b> 11 g	
<b>Sugars</b> 7 g	
<b>Added Sugars</b> 0 g	
<b>Protein</b> 16 g	
Vitamin A	12%
Vitamin C	36%
Calcium	12%
Iron	35%

**Notes:**

- Chili powder is a seasoning blend made up of dried chilies and other spices – be sure to check the sodium content as different brands vary widely. In the recipe analysis, we used Morton & Bassett chili powder, which contains no sodium.
- Use the salt-free taco seasoning mix recipe that follows, or purchase a salt-free Mexican seasoning such as Penzey's Arizona Dreaming Seasoning or Mrs. Dash Taco Seasoning Mix.
- Omitting the salt from the recipe and using fresh avocado instead of prepared guacamole reduces the sodium to 155 mg per serving.

## Taco Seasoning Mix

Makes about 1 cup; serving size is 2 teaspoons

A 2-teaspoon serving of prepackaged taco seasoning mix contains almost 400 milligrams of sodium, not to mention partially hydrogenated oil, which adds harmful *trans* fats. Keep a batch of homemade salt-free taco seasoning mix on hand to add a zesty flavor to fish, chicken, turkey, whole grains, beans, vegetables, or tofu.

### Ingredients

- 4 tablespoons chili powder
- 4 tablespoons garlic powder
- 4 tablespoons paprika
- 2 tablespoons ground cumin
- 2 teaspoon red pepper flakes (use less for a milder version, or omit entirely)
- 1 ½ teaspoons dried oregano
- 1 ½ teaspoons black pepper

### Preparation

Put all ingredients in a small bowl and combine well. Taste and adjust seasonings as desired. Store in an airtight container.

Nutrition Facts	
Amount Per Serving	
<b>Calories</b> 10	
<b>Total Fat</b> 0 g	
<b>Saturated Fat</b> 0 g	
<b>Monounsaturated Fat</b> 0 g	
<b>Polyunsaturated Fat</b> 0 g	
<b>Trans Fat</b> 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 2 mg	
<b>Potassium</b> 51 mg	
<b>Total Carbohydrate</b> 2 g	
<b>Dietary Fiber</b> 1 g	
<b>Sugars</b> 0 g	
<b>Added Sugars</b> 0 g	
<b>Protein</b> 0 g	
Vitamin A	12%
Vitamin C	0%
Calcium	1%
Iron	2%

## Oatmeal Banana Cookies

Makes 16 cookies; serving size is 2 cookies

### Ingredients

- 1 cup old-fashioned rolled oats
- 2 teaspoons ground cinnamon
- ¼ teaspoon ground cardamom (optional)
- ¼ teaspoon sea salt
- 2 ripe medium bananas, mashed (about 1 cup)
- ¼ cup unsweetened dried blueberries
- ¼ cup dark chocolate chips, chopped

### Preparation

Preheat oven to 350° F. Lightly coat baking sheet with nonstick cooking spray; set aside.

Combine oats, cinnamon, cardamom (if using), and salt in a medium bowl; mix well. Add bananas, dried blueberries, and chocolate chips; mix well.

Measure 1 rounded tablespoon of dough and drop onto baking sheet; repeat with remaining dough, spacing about 2 inches apart. Gently flatten cookies with a spatula.

Bake for about 14 to 15 minutes or until firm. Transfer to a wire rack to cool.

**Notes:** To eliminate all saturated fat and added sugar from this recipe, omit the chocolate chips.

<b>Nutrition Facts</b>	
Amount Per Serving	
<b>Calories 118</b>	
<b>Total Fat 3 g</b>	
<b>Saturated Fat 2 g</b>	
<b>Monounsaturated Fat 0 g</b>	
<b>Polyunsaturated Fat 0 g</b>	
<b>Trans Fat 0 g</b>	
<b>Cholesterol 0 mg</b>	
<b>Sodium 77 mg</b>	
<b>Potassium 149 mg</b>	
<b>Total Carbohydrate 23 g</b>	
<b>Dietary Fiber 3 g</b>	
<b>Sugars 10 g</b>	
<b>Added Sugars 4 g</b>	
<b>Protein 2 g</b>	
Vitamin A	0%
Vitamin C	4%
Calcium	1%
Iron	5%