

Heart Protection Kitchen

February 2020

- ❖ *Hearty Tuscan Chicken, Kale, and Cannellini Bean Soup*
- ❖ *Whole-Grain Crackers*

Nutrition Facts

n/a servings per container
Serving size 1 cup soup & 2 crackers

Amount per serving
Calories 580
% Daily Value*

Total Fat 18g 23%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 75mg 25%

Sodium 270mg 12%

Total Carbohydrate 69g 25%

Dietary Fiber 13g 46%

Total Sugars 9g

Includes 1g Added Sugars 2%

Protein 41g

Vitamin D 0mcg 0%

Calcium 169mg 15%

Iron 7mg 40%

Potassium 1376mg 30%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Hearty Tuscan Chicken, Kale, and Cannellini Bean Soup

Ingredients

- 1 Tbsp olive oil
- 1 lb boneless, skinless chicken breast, diced ½-inch
- 3 medium celery stalks, diced ½-inch
- 2 medium carrots, diced ½-inch
- 1 medium parsnip, diced ½-inch
- 1 small sweet onion, diced ½-inch
- 4 cups thinly sliced kale
- 4 garlic cloves, minced
- ½ cup finely chopped flat-leaf parsley
- 1 cup plus 2 Tbsp basil chiffonade, divided (see Note)
- 1 Tbsp finely chopped thyme
- 1 Tbsp finely chopped rosemary
- 3 bay leaves
- 6 cups low-sodium chicken broth
- 15-oz can no-salt-added cannellini beans, undrained
- 1 cup red lentils, rinsed
- *Special equipment:* multi-cooker (such as the Instant Pot; see Note)

Preparation

Using a multi-cooker, select Sauté and add oil. Add the chicken, celery, carrots, parsnip, onion, kale, garlic, parsley, 2 tablespoons basil, thyme, rosemary, and bay leaves. Sauté, stirring occasionally, until chicken begins to brown and vegetables are softened, about 5 to 7 minutes. Stir in broth, cannellini beans, and lentils.

Press the Cancel button to reset the cooking program. Secure the lid and set the Pressure Release to Sealing. Select Pressure Cook and set the cooking time for 20 minutes at high pressure.

When cooking is complete, release pressure using the quick-release method. Unlock and remove the lid, using caution to avoid hot steam. Discard bay leaves.

Garnish with the remaining 1 cup of basil just before serving.

Note:

- *Chiffonade* is a slicing technique in which herbs or leafy green vegetables (such as lettuce and spinach) are cut into long, thin strips. This is accomplished by stacking leaves, rolling them tightly, then slicing the leaves perpendicular to the roll.
- No multi-cooker? Instead, cook in a large pot on the stovetop. After sautéing the vegetables and herbs, bring all ingredients to a boil. Reduce heat and simmer, partially covered, for 30 to 40 minutes until vegetables are tender.

Nutrition Facts

6 servings per container

Serving size 1 cup

Amount per serving

Calories 380

% Daily Value*

Total Fat 7g 9%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 180mg 8%

Total Carbohydrate 47g 17%

Dietary Fiber 10g 36%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 35g

Vitamin D 0mcg 0%

Calcium 136mg 10%

Iron 5mg 30%

Potassium 1246mg 25%

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Whole-Grain Crackers

Ingredients

- 1/2 cup brown rice flour or quinoa flour
- 1/2 cup oat flour
- 1/2 cup white sorghum flour
- 1/4 cup unsalted pumpkin seeds
- 3 Tbsp unsalted sunflower seeds
- 2 Tbsp flax seeds
- 1/2 tsp sodium-free baking powder (see Note)
- 1/4 tsp salt
- 3 Tbsp olive oil
- 1 egg
- Grated zest and juice of 1 large lemon
- 1 Tbsp fresh thyme leaves, finely chopped
- 2 tsp fresh rosemary, finely chopped
- 2 tsp honey

Preparation

Preheat oven to 325 degrees F.

In a food processor, combine the flours, seeds, baking powder, and salt and pulse until the seeds are almost fully ground. Add oil, egg, lemon zest and juice, thyme, rosemary, and honey and process until the dough pulls away from the bowl, stopping to scrape down the sides of the bowl as needed.

Transfer dough onto a large piece of parchment paper, then cover with another sheet of parchment paper. With a rolling pin, roll out the dough into an 8- x 12-inch rectangle with 1/8-inch thickness. Dock (prick) the dough with a fork. With a knife or a pizza wheel, cut the dough into 16 crackers, each about 2 x 3 inches. Bake for 25 minutes, until golden brown and crispy.

Note: Sodium-free baking powder is available at natural food stores or online.

Nutrition Facts

8 servings per container
Serving size **2 crackers**

Amount per serving
Calories 200

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 80mg	3%
Total Carbohydrate 22g	8%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 34mg	2%
Iron 1mg	6%
Potassium 129mg	2%

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