YOUR FREE HEALTHY LIFESTYLE GUIDE

TASTY RECIPES

YOUR EXPERTS FOR CARDIAC CARE

SIGNS OF A HEART ATTACK

RISK FACTORS KNOW YOUR NUMBERS

PROVIDENCE IS YOUR #1 SOURCE FOR CARDIAC CARE!
Providence Medical Group includes family physicians and a vast array of specialists ready to help you live the healthiest life possible.

Inside our heart-healthy guide, you’ll find mouth-watering recipes to help you plan meals for your family. You’ll also find helpful information about our heart care services and why Providence Spokane Heart Institute is the place to trust with your heart.

Learn more online at www.psheart.org.

Providence is the region’s leader in heart care!

**Hospitals**
- Providence Sacred Heart Medical Center
- Sacred Heart Children’s Hospital
- Providence Holy Family Hospital
- Providence Mount Carmel Hospital (Colville)
- Providence St. Joseph’s Hospital and Long-Term Care Center (Chewelah)

**Care Facilities**
- Providence Emilie Court Assisted Living
- Providence Adult Day Health
- Providence St. Joseph Care Center and Transitional Care Unit
- Providence Medical Park

**Home Programs**
- Providence VNA Home Health
- Providence DominiCare (Chewelah)

**Physician Services**
- Providence Medical Group
Healthy Lifestyle Guide

Control your cardiac risk factors, learn nutrition tricks, and get the most benefit from exercise. Plus, find healthy recipes you can enjoy with your family:

- Granola Goodness 20
- Green Machine Muffins 21
- Chickpea Salad 22
- Sauteed Brussels Sprouts 23
- Hazelnut-Encrusted Halibut 24
- Heart-Healthy Quesadillas 25
- Greek Lentil Stew 26
- Spinach & Artichoke Dip 27
- Pasta with Artichoke Hearts 28
- Grilled Tofu & Zucchini with Rice 29
- Lentil Curried Chicken 30
- Avocado Chocolate Mousse 31

Young or old, man or woman, adult or child, you depend on the health of your heart, day and night. So when you need heart treatment of any kind, you want to be in great hands.

Fortunately, exceptional care is available in the Inland Northwest. Providence partners with leading physicians and surgeons and offers advanced technology so you get the best care … close to home.
We’re pumped up about heart health!

Heart and vascular disease and stroke affect thousands of people each and every day. Some risk factors are beyond your control. Men over 45 and women over 55 are more likely to experience cardiovascular disease. Plus, if you have a family history of heart problems, it is important that your primary care physician monitors your heart health closely. The good news is that there are many risk factors you can manage with healthy lifestyle choices.
A healthy lifestyles **CAN** impact these risk factors:

- High blood pressure
- High cholesterol
- High triglycerides
- Diabetes
- Smoking
- Being overweight
- Alcohol consumption
- Excessive stress
- Physical inactivity

To go directly to the Heart Health Profiler, just scan this code with your mobile device!

Visit **www.psheart.org** and click on “Heart Health Profiler.”
OUR MISSION
As people of Providence, we reveal God's love for all, especially the poor and vulnerable, through our compassionate service.

OUR CORE VALUES
Respect, Compassion, Justice, Excellence, Stewardship

- One of three cardiac transplant programs in the nation recognized for excellence by HealthGrades
- *U.S. News & World Report* Best Regional Hospital in Cardiac and Cardiac Surgery
- One of four hospitals in the U.S. to receive HealthGrades Patient Safety recognition 11 years in a row.
- HealthGrades Distinguished Hospital Award for Clinical Excellence - top 5% in the U.S.
experience counts!

Research shows that a program where physicians and staff frequently perform advanced procedures develops a higher level of expertise and produces better outcomes for patients. Because Providence Sacred Heart is a highly specialized medical center, regional facilities refer their most severe and complicated patients here.

More cardiovascular procedures are performed at Providence Sacred Heart Medical Center than any other hospital in the Northwest! And, Providence has a strong reputation for quality in heart and vascular care, consistently performing better than national averages on key cardiac quality measures.

Get your free Heart Beat subscription!

Read amazing articles on health care innovation and inspiring stories about our patients and staff. Heart Beat magazine is published by Providence Health Care. Don’t miss another issue!

For your free subscription, visit phc.org/heartbeat or email your name and mailing address to heartbeat@providence.org.
The highly skilled cardiovascular specialists at Providence Spokane Heart Institute provide world-class services to patients of all ages, emphasizing high-quality, excellence, innovation and research.
With one of the largest, most experienced teams of cardiac and thoracic surgery physicians and caregivers in the Northwest, Providence Spokane Heart Institute cares for patients from a wide geographic area, with patients from across the country seeking the expertise of our physicians.

Our staff has the breadth and depth of experience to perform even the most-complex cardiovascular surgeries, using the newest surgical techniques, equipment and devices, including robotic and other types of minimally invasive procedures.

- **Heart catheterization** offers vascular procedures using the latest digital imaging equipment and technology. Services include everything from balloon angioplasty and stent placement to closure of abnormal holes in the heart.

- **Electrophysiology** measures the electrical activity and pathways in the heart. Today’s technology allows for “heart mapping,” which pinpoints the location of a heart rhythm irregularity with a single beat.

- Sacred Heart is the only hospital in the Northwest featuring a specialized program where both children and adults can receive treatment for congenital cardiac birth defects.

- **Minimally invasive and robotic surgeries** offer an alternative to traditional surgery. The Heart Institute is one of just a few programs in the country offering transcatheter aortic valve replacement (TAVR) and other highly advanced surgical options.

- The **heart transplant and mechanical heart program** consistently ranks among the top transplant centers in the country by the U.S. Dept. of Health & Human Services. Survival rates surpass the national average.

- **Hybrid operating room**—one of only a few in the country to combine a sophisticated cath lab, interventional radiology and cardiac technologies.

- Providence **Medical Research Center** makes the latest devices and medical treatments available.
When minutes matter
Call 911
Having heart attack symptoms?

If you experience some of the telltale signs of a heart attack—pressure or burning in your chest combined with a rapid heartbeat, nausea, arm or jaw pain—don’t ignore them. If symptoms last for more than 10 minutes and you’re also sweaty, dizzy or short of breath, call 911 right away.

Are you prepared to help someone in cardiac arrest?

Saving a life starts with immediate response. If you see someone collapse suddenly, check if the victim is responsive.

🌟 Call 911.
🌟 Start hands-only CPR and continue until help arrives.
🌟 If an automated external defibrillator (AED) is available, don’t be afraid to use it. The device has voice instructions to lead you step by step.
Providence hospitals offer certified stroke programs.

Sacred Heart was recognized for its superior stroke care program when the medical center received the Gold Seal of Approval—the highest recognition possible—from The Joint Commission for its Primary Stroke Program, a designation later upgraded to Certified Comprehensive Stroke Center. This means advanced care for you or your loved one … when every minute counts.

Know the symptoms of stroke and act

**F**

**Face Drooping** – Does one side of the face droop or is it numb? Ask the person to smile. Is the person’s smile uneven?

**A**

**Arm Weakness** – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

**S**

**Speech Difficulty** – Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like “The sky is blue.” Is the sentence repeated correctly?

**T**

**Time to call 911** – If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you’ll know when the first symptoms appeared.

**Know the symptoms of stroke and act**
Heart disease can run in the family. Genetic factors likely play some role in high blood pressure, heart disease and other vascular conditions. However, it is also likely that people with a family history of heart disease share common environments and risk factors that increase their risk. The risk for heart disease can increase even more when heredity is combined with unhealthy lifestyle choices, such as smoking or eating a poor diet. Knowing your “numbers” can help you and your doctor make smart choices for your health. Cholesterol is one of the indicators of your cardiovascular system’s health.

Cholesterol is a waxy substance produced by the liver or consumed in certain foods. When there is too much cholesterol in the body—because of diet and the rate at which the cholesterol is processed—it clogs arteries, leading to heart disease and other complications.

A higher level of high-density lipoprotein cholesterol, or HDL, is considered “good,” and gives some protection against heart disease. Higher levels of low-density lipoprotein, or LDL, are considered “bad” and can lead to heart disease. Your health care provider can do a blood test to determine your numbers.

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<thead>
<tr>
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<th>Desirable Range</th>
<th>Risk Range</th>
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<tr>
<td>Total Cholesterol</td>
<td>Less than 200*</td>
<td>240 and above</td>
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<tr>
<td>LDL</td>
<td>Less than 100*</td>
<td>160 and above</td>
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<tr>
<td>HDL</td>
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<td>40 or less (men)</td>
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<td>50 or less (women)</td>
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<tr>
<td>Triglycerides</td>
<td>Less than 150</td>
<td>200 and above</td>
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*If you have multiple risk factors, your doctor may set your target lower.

Other Important Numbers

Blood pressure is measured in two numbers. First is the systolic—the highest pressure in the arteries when your heart beats. The second measurement is the diastolic pressure—the lowest blood flow as your heart rests between beats. Ideal blood pressure is under 120/80. High blood pressure, above 140/90, is considered hypertension and can cause damage.

Fasting Blood Glucose (blood sugar) is a test for diabetes. Normal levels are less than 100. High is 126 and above.
More women die of heart disease than the next four causes of death combined. One challenge is that heart disease symptoms in women can be subtle and unrelated to chest pain, including:

- Neck, jaw, shoulder, upper back or abdominal discomfort
- Shortness of breath
- Right arm pain
- Nausea or vomiting
- Sweating
- Lightheadedness or dizziness
- Unusual fatigue

Eighty percent of cardiac events in women could be prevented with healthy choices. Our cardiologists help patients learn to maintain a strong heart and how to spot the unique signs and symptoms for cardiac problems in women.

For information on cardiac and vascular specialists, visit psheart.org or call (509) 47-HEART
Balance your plate with healthy foods!

Half of your plate should be covered with fruits and non-starchy vegetables. Your goal should be 2.5 cups of vegetables and 2 cups of fruit daily (for an average adult consuming 2,000 calories).

One quarter of your plate should have starchy vegetables and whole grains.

The other quarter should be lean protein. Lean meat is fine, but remember that dried beans, lentils, tofu, eggs, nuts and quinoa are also great options.
Heart problems don’t just happen to adults. Thousands of children are diagnosed with cardiac conditions each year. That’s why Sacred Heart Children’s Hospital has a team of highly trained pediatric specialists ready to treat even the most-complex heart defects with innovative procedures.

- More than 120 children’s physicians in 30 specialties
- The region’s only pediatric intensive care, cardiology, cancer care and psychiatry programs
- Level IV neonatal intensive care and perinatal programs are the highest designation available
- A Children’s Emergency and dedicated Surgery Center
Make healthy choices for your whole family.

The choices we make to improve our children’s heart health are beneficial to the entire family. So be a good role model. Send a message to your kids that good health is important to your family by helping them develop heart-healthy habits today that will last a lifetime.

• **Don’t smoke.** Children exposed to secondhand smoke have a 25 to 30% greater risk of heart disease than children who aren’t.

• **Include children in healthy food choices.** Invite your kids into the kitchen and get them involved in planning and preparing healthy meals. Take them grocery shopping and read nutrition labels. Make family outings to the local farmers market or plant a garden and let your kids grow and pick their foods.

• **Put a cap on screen time.** Television, smart-phones, video and computer games encourage unnecessary snacking and a sedentary lifestyle – habits which can lead to obesity and heart disease. Limit screen time to two hours a day.

• **Avoid junk food and soda.** Foods that combine empty calories with high levels of salt, sugar, saturated fat and cholesterol are bad for heart health. Limit these foods. Make them the exception, not the norm.

• **Go green.** A plant-based diet is typically high in fiber and low in fat – great for reducing the risk of heart disease, hypertension, obesity and more. So, pile those plates with fruits and veggies!

• **Get active for at least 30 minutes a day.** Let children experiment with activities until they find one they like. Swimming, soccer, dance, gymnastics, yoga – kids are more likely to stick with an activity if it is something they enjoy. Schedule time for the whole family to get active – take walks, ride bikes or toss around the Frisbee. Everyone in the family will benefit from exercising together.

Visit shmcchildren.org To learn about the Children’s Hospital!
Get connected to your health care

MyChart gives you online access to your health record. Whether you’re at work, on the go, or at home, you can view test results, messages from your care team and your key medical information. You can even access your family’s records, send messages to your care team and schedule your next appointment online.

Sign up at your next appointment or visit providence.org/mychart — get connected to your health.
Does “fat-free” mean healthy?

Not necessarily, especially when it comes to processed foods. When manufacturers take the fat out of a product, they usually add in other ingredients, like sugar and sodium.

“You need to look closely at the labels,” says Sean A. Spangler, M.D., a cardiologist at Providence Spokane Cardiology. “If you see sugar as one of the first or second ingredients, that’s a sign there’s too much.”

Yes, you should stay away from saturated fats and trans fats. The former are found in animal products (like beef, pork and full-fat dairy products). Trans fats are found in hydrogenated and partially hydrogenated oils (usually used in commercial baked products, fast foods and processed foods). These fats raise your blood cholesterol and, in turn, your risk of heart disease.

Also, not all fats are bad for you—some you need. Monounsaturated (olive oil) and polyunsaturated fats (fatty fish such as tuna and salmon) have been found to lower the LDL (bad cholesterol) in the bloodstream and/or raise the amount of HDL (good cholesterol).

The American Heart Association recommends eating 25 to 35 percent of your total daily calories as fats.
These heart healthy recipes are provided by INHS Community Wellness for your family to enjoy!

INHS Community Wellness is your resource for better health, offering affordable health care coaching, classes, screenings and education both in the community and on the job. INHS Community Wellness provides a wide variety of services for improved health, well-being and quality of life. Learn more about our programs and services, and what we can do for you.

509-232-8138
wellness.inhs.org
Granola Goodness

**Ingredients:**
- 3 cups rolled oats
- 1 cup slivered almonds
- ½ cup chopped walnuts
- ½ cup raw pumpkin seeds
- ¾ cup shaved (flaked) unsweetened coconut
- ¼ cup brown sugar
- ¼ cup maple syrup
- ¼ cup vegetable oil
- ¾ teaspoon salt
- ½ cup raisins
- ½ cup craisins

**Directions:**
Preheat oven to 250 degrees F.

In a large bowl, combine the oats, nuts, coconut, and brown sugar.

In a separate bowl, combine maple syrup, oil, and salt. Combine both mixtures and pour onto 2 sheet pans. Cook for 1 hour and 15 minutes (you can adjust time based on how crunchy you like it), stirring every 15 minutes to achieve an even color.

Remove from oven and transfer into a large bowl. Add raisins/craisins and mix until evenly distributed.

Calories: 252 | Fat: 13g | Saturated Fat: 3g | Sodium: 111mg | Carbs: 32g | Fiber: 5g | Sugar: 16g

Makes 16 servings - 1/4 cup per serving
Green Machine Muffins

Makes 12 servings, one muffin each

Ingredients:
⅔ cup whole wheat flour
⅔ cup all-purpose flour
⅔ cup wheat bran
¼ cup ground flax seed
2 teaspoon baking powder
⅛ teaspoon salt
1 teaspoon ground cinnamon
1 teaspoon ground allspice
½ cup mashed ripe, fresh avocado
⅚ cup sugar
1 teaspoon vanilla extract
2 eggs
2 cups shredded zucchini

Directions:
Preheat oven to 325 degrees F and line 12 muffin tins with muffin papers.

In a mixing bowl, mix together flours, wheat bran, flax seed, baking powder, salt, cinnamon and allspice.

In a separate mixing bowl, cream avocado and sugar until well blended; if using an electric mixer, use a wire whisk attachment to remove lumps; add vanilla and then add eggs, one at a time.

Gently fold in flour mixture and zucchini, stirring until just mixed. Spoon batter into prepared muffin tins.

Bake for 40 minutes or until fork inserted into muffin comes out clean.
Chickpea Salad

Ingredients:
1 cup cooked or canned chickpeas, drained and rinsed
3 tablespoons diced green bell pepper
2 tablespoons peeled, seeded and diced cucumber
1/2 tablespoon chopped fresh parsley
1/2 cup diced tomato
3 tablespoons snipped fresh dill or 1/4 teaspoon dried dill
1/2 tablespoon lemon juice
1 tablespoon olive oil
Salt and pepper to taste

Directions:
In a medium-size bowl, combine all ingredients.
Refrigerate for several hours to allow flavors to blend.
Serve the salad on romaine lettuce leaves or in whole wheat pita bread pockets.
You may also puree the salad in a food processor to make a chickpea spread.

Chickpeas (garbanzo beans) are an excellent vegan and gluten-free source of protein and fiber, chickpeas also contain exceptional levels of iron, vitamin B-6 and magnesium. Originally cultivated in the Mediterranean and the Middle East, chickpeas have spread their culinary influence all over the world. They are featured in Italian, Greek, Indian, Middle Eastern, Spanish and Portuguese cuisine.
Sauteed Brussel Sprouts

makes 10 servings, 3/4 cup each

Ingredients:
2 ½ pounds Brussels sprouts, trimmed
4 slices bacon, cut into 1-inch pieces
1 tablespoon extra-virgin olive oil
1 large onion, diced
4 sprigs thyme or savory, plus 2 teaspoons leaves, divided
3/4 teaspoon salt
Freshly ground pepper to taste
2 teaspoons lemon juice (optional)

Directions:
Bring a large pot of water to a boil. If sprouts are very small, cut in half; otherwise cut into quarters. Cook the sprouts until barely tender, 3 to 5 minutes. Drain.

Meanwhile, cook bacon in a large heavy skillet over medium heat, stirring, until brown but not crisp, 3 to 6 minutes. Remove with a slotted spoon to drain on a paper towel. Pour out all but 1 tablespoon bacon fat from the pan.

Add oil to the pan and heat over medium heat. Add onion and cook, stirring often, until soft but not browned, reducing the heat if necessary, about 4 minutes. Stir in thyme (or savory) sprigs, salt and pepper. Increase heat to medium-high, adding Brussels sprouts, and cook, tossing or stirring occasionally, until tender and warmed through, about 3 minutes. Remove the herb sprigs. Add the bacon, thyme (or savory) leaves and lemon juice, if using, and toss.
Hazelnut Encrusted Halibut

Ingredients:
1 egg
1/3 cup hazelnuts
¼ cup seasoned bread crumbs
14 ounces or 4-3.5 ounce Halibut filets
1.5 tablespoon olive oil

Directions:
Preheat oven to 500 degrees.

Pulse the hazelnuts and bread crumbs in a food processor until finely ground, but not ground into a paste. Pour onto a shallow dish.

Mix egg with water and pour into a small bowl. Dip the halibut in egg mixture to coat. Gently press halibut fillets into the nut mixture to coat both sides, and set aside.

Heat the olive oil in an oven proof skillet over medium-high heat. Place the halibut fillets into the skillet; cook until the halibut begins to brown, 3 to 4 minutes. Turn the fillets over and bake in oven until the fish flakes easily with a fork, about 5 minutes.

With omega-3 fatty acids in abundance, halibut provides several cardiovascular benefits. Not only does it prevent irregular and erratic heartbeats but it also assists in stoppage of clumping of arteries. Eating halibut also benefits the body by lowering cholesterol and triglycerides in the blood.
Heart Healthy Quesadillas

Makes 2 servings, one prepared quesadilla each

Ingredients:
1 tablespoon olive oil
1 small onion chopped
1 carrot, thinly sliced
¼ cup red cabbage, chopped
1 cup packed spinach leaves, chopped
1 tablespoon fresh parsley, chopped
½ teaspoon ground cumin
¼ teaspoon chili powder
6 pitted black olives, rinsed (reduces salt) and finely chopped (2 tablespoons)
1 cup canned black beans, rinsed and drained
2 (6- to 8-inch) 100% whole wheat flour or corn tortillas
2 tablespoons finely crumbled feta cheese

Directions:
Heat oil in large nonstick skillet over medium heat. Add onion and cook 3 minutes. Add carrot and red cabbage and continue cooking 3 minutes. Add spinach, parsley, cumin, chili powder, olives, and beans. Cook 3 minutes.

Coat a nonstick skillet with cooking spray and place over medium-high heat. Add 1 tortilla and cook until golden brown on bottom. Turn and fill with half of vegetable mixture, 1 tablespoon of cheese on each, and 1 tablespoon of salsa. Use a large spatula to fold tortilla over filling. Cook 2 minutes or until heated through.

Transfer to a serving plate and repeat with remaining ingredients to prepare second quesadilla.
Greek Lentil Stew

Ingredients:
1 tbsp extra virgin olive oil
1 small red onion, chopped
1 medium yellow sweet pepper, chopped
2 garlic cloves, finely chopped
1 cup lentils
2 tsp dried oregano
1 tsp ground cinnamon
2 ½ cups low-sodium vegetable broth, divided
1 medium zucchini squash, chopped
1 tbsp tomato paste
½ cup unsweetened pomegranate juice
Salt and freshly ground pepper
4 tbsp crumbled reduced-fat feta cheese

Directions:
In small Dutch oven or large, heavy saucepan, heat oil over medium-high heat. Add onions and sweet pepper and sauté for 1 minute. Cover pot tightly and cook over medium heat for 4 minutes so vegetables let their juices. Mix garlic and cook for 1 minute longer.

Mix in lentils, oregano and cinnamon and cook until seasoning is fragrant, 30 seconds. Pour in 2 cups of broth. Bring to boil, reduce heat, cover and simmer lentils for 25 minutes. Add squash, tomato paste, juice and remaining broth. Simmer stew for 15 minutes, or until lentils are done to your taste. Add seasoning with salt and pepper to taste.

Let stew sit, uncovered, for 15 minutes. Serve warm or at room temperate, divided among soup bowls, with 1 tablespoon of feta sprinkled over each serving.

Makes 4 servings - 1 1/4 cup each

Calories: 288 | Fat: 6g | Saturated Fat: 2g | Sodium: 495mg | Carbs: 42g | Fiber: 17g | Sugars: 8g | Protein: 17g
Spinach & Artichoke Dip

Ingredients:
2 cups shredded part-skim mozzarella cheese, divided
½ cup fat-free greek yogurt
¼ cup grated fresh Parmesan cheese, divided
¼ teaspoon black pepper
3 garlic cloves, crushed
1 (14-ounce) can artichoke hearts, drained and chopped
1 (8-ounce) block low-fat cream cheese, softened
1 (8-ounce) block fat-free cream cheese, softened
1/2 (10-ounce) package frozen chopped spinach, thawed, drained, squeezed dry
1 (13.5-ounce) package baked tortilla chips (about 16 cups)

Directions:
Assemble up to two days ahead, and bake just before serving.

Preheat oven to 350°. Combine 1½ cups mozzarella, greek yogurt, 2 tablespoons Parmesan, and next 6 ingredients (through spinach) in a large bowl; stir until well blended. Spoon mixture into a 1½-quart baking dish.

Sprinkle with remaining ½ cup mozzarella and remaining 2 tablespoons Parmesan. Bake at 350° for 30 minutes or until bubbly and golden brown. Serve with tortilla chips.

Substituting low-fat ingredients significantly reduces both the fat and overall calories is this fun family favorite.
Pasta with Artichoke Hearts

**Ingredients:**
8 ounces whole-wheat rotini
1 teaspoon extra-virgin olive oil
2 shallots, minced
2 garlic cloves, minced
1 tablespoon fresh oregano, chopped
¼ cup dry white wine
3 tablespoons fresh lemon juice
1 can (14 ounces) quartered artichoke hearts, drained
6 ounces baby spinach leaves
½ cup part-skim ricotta cheese
2 teaspoons grated lemon zest
Freshly ground black pepper
3 tablespoons prepared basil pesto sauce

**Directions:**
Cook pasta according to package directions.

Heat oil in a large nonstick skillet, add shallots and garlic, and sauté over medium heat until soft, about 5 minutes. Add oregano, wine, lemon juice, and artichoke hearts. Cook stirring frequently, until artichokes are heated through. Add spinach and turn with tongs until the spinach is wilted, about 2 minutes. Remove from heat and stir in ricotta cheese, lemon zest, and pepper to taste.

Drain pasta and return to same pot. Add pesto sauce and toss well. Serve immediately.
Grilled Tofu & Zucchini with Rice

Makes 4 servings, 1 1/4 cup per serving

Ingredients:
1 cup vegetable broth
1 cup of brown rice
2 zucchinis
2 medium or large red tomatoes (or 1.5 cup of grape tomatoes)
4 oz firm tofu (not silken)
1 tbsp olive oil
2 tbsp reduced fat cream cheese
Black pepper to taste
¼ cup fresh basil
4 slices of low fat mozzarella cheese or 4 oz shredded (1/2 package)

Directions:
Mix vegetable broth and water and take it to a boil. Add rice, ¼ tablespoon olive oil and black pepper to taste. Once it boils again, turn down the heat and cover and let it cook until all water is absorbed, approximately 10-15 minutes.

Slice thin the zucchini, the tofu and the tomatoes. Turn on the Panini grill or a grill pan. Mix black pepper and ½ tablespoon olive oil and brush it on tomatoes, tofu and zucchini. Grill them until marked and well cooked.

Chop really fine the fresh basil leaves. Mix it with the cream cheese. Spread the cream cheese mixture on top of grilled zucchini and tofu.

In a rectangular baking pan, layer the rice, then some tomatoes, tofu, zucchini and top it with more tomatoes and the mozzarella cheese.

Take it to the oven to heat it up and just slightly melt the mozzarella cheese. Serve warm with salad if desired.
Lentil Curried Chicken

Ingredients:
1 ¼ cups low-salt chicken broth, divided
½ cup red lentils
1 teaspoon curry powder
½ teaspoon ground cumin
1/8 teaspoon cayenne pepper
2 large or 4 small bone-in chicken thighs, skin removed (about 12 ounces)
2 teaspoons olive oil
¼ cup low-fat Greek-style thick yogurt
1 tablespoon fresh mint leaves, chopped

Directions:
Combine 1 cup of the broth and lentils in a medium saucepan. Bring to a boil over high heat. Reduce heat to low; cover and simmer 20 to 25 minutes or until liquid is absorbed and lentils are tender.

Meanwhile, combine curry powder, cumin, and cayenne pepper. Rub mixture over both sides of chicken. Heat oil in a large nonstick skillet over medium-high heat. Add chicken and cook 3 minutes per side. Add remaining ¼ cup broth to skillet, cover, and cook over medium-low heat 8 to 10 minutes or until chicken is no longer pink in center. Transfer chicken to serving plates.

Increase heat to high and cook juices in skillet 1 minute or until reduced and thickened. Stir in yogurt and mint; simmer 1 minute longer, stirring constantly.

Transfer lentils to serving plates and top with chicken. Spoon sauce over chicken and lentils.

Makes 2 servings - 13 oz. each

Calories: 420 | Fat: 12g | Saturated Fat: 2g | Sodium: 180mg | Carbs: 32g | Fiber: 8g | Protein: 46g | Sugar: 2g | Potassium: 939mg
Avocado Chocolate Mousse

Makes 8 servings, 1/4 cup per serving

Ingredients:
1 large (8oz), ripe, avocado, halved, peeled and seeded
½ cup cocoa powder
1 Tbsp. vanilla
½ cup agave syrup
¼ cup coconut milk
Fresh strawberries

Directions:
Chop the avocado into a few medium-sized pieces and put it in a food processor.
Add the cocoa powder, vanilla, agave syrup and coconut milk to the food processor and blend on high for about thirty seconds, or until mousse reaches desired consistency.
Serve chilled with fresh sliced strawberries.

Avocados are a nutrient-dense food, which is one of the healthiest ways to eat. Nutrient density is a measure of the amount of nutrients a food contains in comparison to the number of calories. One-fifth of a medium avocado (1 oz.) has 50 calories and contributes nearly 20 vitamins and minerals, making it a nutrient-dense food choice.
Antioxidants are nutrients and enzymes that prevent or slow cell damage caused by oxidation.

When oxygen interacts with a cell, the natural process of oxidation occurs, creating a byproduct of unstable molecules, called “free radicals.” Too many free radicals can lead to oxidation stress, a condition that’s linked to cancer, stroke, heart disease, Alzheimer’s and rheumatoid arthritis.

Unfortunately, it’s impossible to avoid free radicals – they occur naturally in our body and also come from our environmental pollutants, sunlight, X-rays, cigarette smoke, alcohol and even strenuous exercise.

Fortunately, antioxidants stabilize free radicals and combat their harmful effects.

Our bodies produce antioxidants; however, most of the antioxidants we need come from food. Dietary antioxidants are vitamins C, E and beta-carotene.

Find Super Foods at the Supermarket
You don’t have to search out hard-to-find foods to load your plate with these important nutrients. Common fruits, vegetables, legumes and complex grains are loaded with antioxidants. When you’re shopping, keep color in mind: blues, purples, reds, oranges and yellows are great clues that foods are packed with antioxidants.

Consider adding some of these super foods to your grocery list:
**Vitamin C**: green peppers, blueberries, raspberries, citrus fruits (oranges, grapefruit and tangerines), tomatoes, broccoli, strawberries, red beans
**Vitamin E**: broccoli, carrots, chard, spinach, mangoes, avocados, nuts, almonds, pumpkin, red peppers, sunflower seeds
**Beta-carotene**: cantaloupe, carrots, peas, sweet potatoes, carrots, squash, apricots, mangoes, spinach and kale
Your kids (or grandkids) need exercise just as much as you do. Exercise helps develop muscle strength and fine motor skills, combat obesity, boost self-esteem and much more. When you exercise as a family, you show your kids that good health is important and help them establish healthy habits. But beyond health benefits, family exercise invites playtime. It’s a chance to bond one-on-one with your children – to be playful and get a little silly without the distractions of daily life.
Fun ways to exercise with your family

The choices we make to improve our children’s heart health are beneficial to the entire family. So be a good role model. Send a message to your kids that good health is important to your family by helping them develop heart-healthy habits today that will last a lifetime.

- **Train for an event together.** From fun runs to marathons, there are plenty of opportunities to get involved in local events. Better yet, train for a charity event that helps raise money for something your family is passionate about!
- **Take post-dinner walks.** Leave the dishes and take a family walk after dinner. A simple 30-minute walk not only helps boost your metabolism and improve digestion, it also gives your family a chance to catch up on the day’s happenings.
- **Bike or walk whenever possible.** It’s tough to give up the convenience of cars, but make an effort to leave the keys behind and bike or walk to your destination.
- **Plant a garden.** Planting and tending a garden is a rewarding way to get outside, be active, promote healthy-eating habits and learn more about the natural environment. In other words, it’s perfect family fun!
- **Turn up the music and dance!** Kids love to shake, jump and wiggle to music. Dancing is great exercise and easy to add to any busy schedule. Sneak in a dance party after school or turn off morning cartoons and turn up the Top 40.
- **Make your family gatherings active.** Plan a birthday party at the local pool, or spend your family reunion hiking around a nearby lake. For holidays, make a game of tag or soccer as traditional as the big meal.

Physical activity is the best thing you can do for your health. As little as 30 minutes of exercise a day can reduce your risk of heart disease.
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