



# Heart Healthy Meals

Dig in to our delicious recipes filled with good-for-the-heart fresh ingredients, healthy fats, and plenty of flavour.



CREATED BY LEAGUE MARKETPLACE

# Grocery List



46 ingredients

## FRUITS

- 3 Avocado
- 2 cups Blueberries
- 6 Lemon
- 1 Lime

## SEEDS, NUTS & SPICES

- 1/4 tsp Black Pepper
- 1/4 tsp Chili Powder
- 2 tsps Cumin
- 1/8 tsp Garlic Powder
- 1/2 cup Pine Nuts
- 1/2 cup Pistachios
- 1/2 cup Pumpkin Seeds
- 1 1/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 cups Walnuts

## BAKING

- 1 tsp Nutritional Yeast
- 1 cup Oats

## VEGETABLES

- 1/2 cup Basil Leaves
- 2 Beet
- 1 head Cauliflower
- 4 stalks Celery
- 1 3/4 cups Cherry Tomatoes
- 2 tbsps Cilantro
- 4 cups Coleslaw Mix
- 4 cups Collard Greens
- 1 Cucumber
- 4 Garlic
- 2 stalks Green Onion
- 2 Jalapeno Pepper
- 11 cups Kale Leaves
- 2 cups Parsley
- 1/4 cup Red Onion
- 1 head Romaine Hearts
- 1 Spaghetti Squash
- 1 tsp Thyme
- 10 White Button Mushrooms

## CONDIMENTS & OILS

- 1 tbsp Balsamic Vinegar
- 1 1/2 tsps Coconut Aminos
- 1 tsp Dijon Mustard
- 1 1/8 cups Extra Virgin Olive Oil
- 1 1/2 tsps Tamari

## BOXED & CANNED

- 2 cups Black Beans
- 1/4 cup Organic Salsa
- 1 tbsp Organic Vegetable Broth

## BREAD, FISH, MEAT & CHEESE

- 1 1/4 lbs Salmon Filet
- 2 Tilapia Fillet

## OTHER

- 2 cups Water



# Spaghetti Squash with Kale Pesto



9 ingredients



50 minutes



4 servings

## DIRECTIONS

1. Preheat oven to 375°F (191°C). Carefully cut the spaghetti squash in half lengthwise and carve out the seeds. Place the halves on a parchment paper-lined baking sheet flesh side up. Brush with olive oil and sprinkle with sea salt and pepper.
2. Toss the cherry tomatoes in a bowl with a splash of your olive oil, salt and pepper then place these on the baking sheet with the squash. Cook the squash and tomatoes in the oven for 45 to 50 minutes.
3. In the mean time, prepare your kale pesto. In a food processor or magic bullet, add the kale, basil leaves, garlic cloves, lemon juice, remaining olive oil, salt, pepper and pine nuts. Blend until a creamy pesto forms. Add a very small splash of warm water if mixture is too thick. Be careful with this as adding too much can completely ruin the pesto!
4. Remove the spaghetti squash and allow to cool for 5 minutes. Then stand each half up vertically and scrape out the flesh of the squash into a large bowl using a fork. It should come out as string-like noodles.
5. Divide spaghetti squash into portions on plates. Top with a large spoonful of kale pesto and roasted tomatoes. Enjoy!

## INGREDIENTS

- 1 Spaghetti Squash
- 1 cup Cherry Tomatoes (halved)
- 1/3 cup Extra Virgin Olive Oil (divided)
- 1 cup Kale Leaves
- 1/2 cup Basil Leaves
- 2 Garlic (cloves, minced)
- 1 Lemon (juiced)
- 1/4 cup Pine Nuts
- Sea Salt & Black Pepper (to taste)

## NUTRITION

### Amount per serving

Calories	264	Cholesterol	0mg
Fat	23g	Sodium	8mg
Carbs	15g	Vitamin A	1242IU
Fiber	3g	Vitamin C	28mg
Sugar	2g	Calcium	66mg
Protein	3g	Iron	2mg



# Blueberry Kale Salad



11 ingredients



20 minutes



6 servings

## DIRECTIONS

1. In a large bowl, combine the kale, cucumber, celery, blueberries, spiralized beets, and pumpkin seeds.
2. In a mason jar, combine the olive oil, lemon juice, Dijon mustard, salt and pepper. Shake well.
3. Before serving, pour dressing over the salad and toss well. Enjoy!

## NOTES

### Storage

Keeps well in the fridge for 4 days.

### More Protein

Add a salmon fillet, grilled chicken breast, or lentils.

### More Carbs

Add cooked quinoa.

## INGREDIENTS

- 10 cups Kale Leaves (chopped)
- 1 Cucumber (chopped)
- 4 stalks Celery (chopped)
- 2 cups Blueberries
- 2 Beets (peeled and spiralized)
- 1/2 cup Pumpkin Seeds
- 1/2 cup Extra Virgin Olive Oil
- 3 Lemon (medium, juiced)
- 1 tsp Dijon Mustard
- 1 tsp Sea Salt
- 1/4 tsp Black Pepper

## NUTRITION

		Amount per serving	
Calories	279	Cholesterol	0mg
Fat	23g	Sodium	467mg
Carbs	17g	Vitamin A	1895IU
Fiber	6g	Vitamin C	50mg
Sugar	9g	Calcium	123mg
Protein	5g	Iron	3mg



# Pistachio Crusted Salmon



9 ingredients



30 minutes



4 servings

## DIRECTIONS

1. Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
2. Place pistachios and sea salt in a blender and pulse just until coarse but not into a fine powder. (Do not over process!)
3. Lay fillets on the baking sheet and coat with the pistachio mixture. Place in the oven and bake for 15 minutes or until fish flakes with fork.
4. Meanwhile, create your pesto by combining the pine nuts, garlic, parsley, olive oil and lemon juice in the food processor. Blend until smooth and transfer to a jar.
5. Create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency. Transfer into a bowl.
6. Remove the salmon from the oven. To serve, add a few spoonfuls of cauliflower rice to the plate and top with salmon. Add a spoonful of pesto and garnish with a lemon wedge. Enjoy!

## NOTES

### More Veg

Serve with a side of baby spinach drizzled with leftover pesto.

### Likes it Warm

Saute the cauliflower rice in a bit of olive oil before serving.

## INGREDIENTS

- 1/2 cup Pistachios (removed from shell)
- 1/4 tsp Sea Salt
- 1 1/4 lbs Salmon Fillet
- 1/4 cup Pine Nuts
- 1 Garlic (clove, minced)
- 2 cups Parsley (chopped)
- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1 head Cauliflower (chopped into florets)

## NUTRITION

### Amount per serving

Calories	516	Cholesterol	78mg
Fat	36g	Sodium	271mg
Carbs	16g	Vitamin A	2666IU
Fiber	6g	Vitamin C	117mg
Sugar	5g	Calcium	110mg
Protein	36g	Iron	5mg



# Black Bean & White Fish Wraps



13 ingredients



25 minutes



4 servings

## DIRECTIONS

1. Preheat oven to 425°F (218°C). Line a baking sheet with parchment paper. Add tilapia fillets and season with sea salt and pepper. Bake in oven for 10 to 15 minutes or just until the fish flakes with a fork.
2. In a food processor, combine black beans, salsa, and green onions. Blend until smooth. Transfer to a bowl and set aside.
3. Remove the fish from the oven. Transfer to a mixing bowl and use a fork to break into pieces. Stir in half the lemon juice. Add the avocado, jalapeno, coleslaw mix, cilantro, olive oil and remaining lemon juice. Toss well.
4. Heat the bean mixture in the microwave for 30 to 60 seconds or until warmed through.
5. To assemble wraps, spread each collard green wrap with the bean mixture and add the fish and vegetable mix over top. Squeeze a lime wedge over top and wrap. Enjoy!

## NOTES

### No Coleslaw Mix

Use shredded cabbage instead.

### More Carbs

Use gluten-free tortillas instead.

### Not a Wrap Fan

Chop up the collard greens and turn it into a salad.

## INGREDIENTS

- 2 Tilapia Fillet (drained & rinsed)
- 2 cups Black Beans (cooked, drained, & rinsed)
- 1/4 cup Organic Salsa
- 2 stalks Green Onion (diced)
- 1 Lemon (juiced & divided)
- 2 Avocado (peeled & chopped)
- 1 Jalapeno Pepper (de-seeded & chopped)
- 4 cups Coleslaw Mix
- 2 tbsps Cilantro (chopped)
- 1 tbsp Extra Virgin Olive Oil
- 4 cups Collard Greens (washed & stems chopped off)
- 1 Lime (cut into wedges)

## NUTRITION

		Amount per serving	
Calories	410	Cholesterol	29mg
Fat	20g	Sodium	191mg
Carbs	40g	Vitamin A	5351IU
Fiber	18g	Vitamin C	72mg
Sugar	6g	Calcium	176mg
Protein	24g	Iron	3mg



# Raw Walnut Tacos



11 ingredients



15 minutes



4 servings

## DIRECTIONS

1. In a food processor, add the walnuts, cumin, balsamic vinegar, chili powder, tamari and garlic. Pulse to combine until the walnuts are crumbly like ground meat.
2. Add the ground mixture to romaine leaves and top with tomatoes, jalapeno, red onion, and avocado. Serve and enjoy!

## NOTES

### Leftovers

Refrigerate the walnut taco mixture in an airtight container for up to four days.

### Serving Size

One serving is equal to approximately two romaine lettuce tacos

### Less Spicy

Omit the jalapeno or replace with sweet bell pepper instead.

## INGREDIENTS

- 1 1/2 cups Walnuts (raw)
- 2 tsps Cumin
- 1 tbsp Balsamic Vinegar
- 1/4 tsp Chili Powder
- 1 1/2 tsps Tamari
- 1/8 tsp Garlic Powder
- 1 head Romaine Hearts (leaves separated, washed & dried)
- 3/4 cup Cherry Tomatoes
- 1 Jalapeno Pepper (thinly sliced)
- 1/4 cup Red Onion (thinly sliced)
- 1 Avocado (cubed)

## NUTRITION

		Amount per serving	
Calories	388	Cholesterol	0mg
Fat	36g	Sodium	140mg
Carbs	14g	Vitamin A	1025IU
Fiber	7g	Vitamin C	15mg
Sugar	4g	Calcium	69mg
Protein	9g	Iron	3mg



# Savory Mushroom Oats



8 ingredients



15 minutes



2 servings

## DIRECTIONS

1. In a skillet over medium-low heat, add the vegetable broth and the mushrooms. Cook for 5 minutes. Add the garlic, thyme and nutritional yeast and continue cooking for 4 to 5 minutes.
2. Meanwhile, add the oats and water to a pot. Bring to a gentle boil over medium heat and cook for 8 to 10 minutes. Stir frequently. Once cooked through, add the coconut aminos and stir.
3. Add the oats to a bowl and top with mushrooms. Enjoy!

## NOTES

### Leftovers

Refrigerate in an airtight container for up to 3 days.

### More Flavor

Add extra virgin olive oil, ghee or butter on top.

### Additional Toppings

Add chopped parsley, parmesan or dairy-free cheese on top.

### No Coconut Aminos

Use tamari or soy sauce instead.

### No Vegetable Broth

Use avocado oil, or omit if using a non-stick pan.

## INGREDIENTS

- 1 **tblsp** Organic Vegetable Broth
- 10 White Button Mushrooms (sliced)
- 1 Garlic (clove, minced)
- 1 **tsp** Thyme (fresh, minced)
- 1 **tsp** Nutritional Yeast
- 1 **cup** Oats (rolled)
- 2 **cups** Water
- 1 **1/2 tsps** Coconut Aminos

## NUTRITION

### Amount per serving

<b>Calories</b>	183	<b>Cholesterol</b>	0mg
<b>Fat</b>	3g	<b>Sodium</b>	103mg
<b>Carbs</b>	32g	<b>Vitamin A</b>	35IU
<b>Fiber</b>	5g	<b>Vitamin C</b>	3mg
<b>Sugar</b>	3g	<b>Calcium</b>	54mg
<b>Protein</b>	9g	<b>Iron</b>	2mg