



**Irish Heart
Foundation**

The National Stroke & Heart Charity

Heart Healthy Recipes

Summer Edition

Support your heart health this summer

Summer gives us lots of opportunities to optimise our heart health. We can enjoy more active outdoor activities. The abundance of fresh, seasonal food and perhaps some inspiration from summer travels also makes it a great time to try out some new recipes.

Here are 4 ideas to help support your heart health this summer:

- **Stay hydrated.** Did you know we lose about a pint of water while we sleep? Drink plenty of water first thing in the morning and throughout the day to stay hydrated, especially in the summer heat. Adequate hydration is essential for maintaining good heart health, regulating our appetites and bowel habits and overall well-being. Sugar-free drinks like water, milk, tea and coffee are best.
- **Take time out to find your 'why'.** Kickstart your inner motivation to eat healthily or change your physical activity habits by identifying what motivates you. This will help keep you on track. Write down your 'why' and keep it in a place where you'll see it regularly.
- **Take the time to plan your meals for the week.** This helps you see where you can make small and sustainable changes, like having healthy snacks available and swapping white bread, pasta and rice for higher fibre, wholegrain options.
- **Aim to fill half your plate with fruit and vegetables.** Berries, beans, leafy greens and tomatoes are packed with heart-protecting ingredients like fibre, vitamins and antioxidants.

Get into the spirit of summer with our favourite mouth-watering summer recipes, full of fresh, vibrant flavours and heart-loving ingredients.





8 Summer Recipes

In this guide, you will find:

- Ultimate overnight oats
- Loaded Caribbean-style sweet potatoes with spiced black beans
- High protein creamy lemon chicken with baby potatoes
- Baked garlic and herb salmon with mixed vegetables
- Crispy fish tacos with mango-coriander salsa
- Lentil and mushroom burgers with sweet potato wedges
- Low-fat white veggie lasagne
- Easy tropical popsicles

Understanding the nutritional content of each recipe:

The calories, fat, saturated fat, protein, fibre, carbohydrate (carbs), sugar and salt are calculated per portion. You can check how much fat, saturated fat, sugar and salt is in your food using the traffic light system:

 HIGH per 100g  MEDIUM per 100g  LOW per 100g

 Other information such as calories, protein and carbohydrate are not marked using the traffic light system.



ULTIMATE OVERNIGHT OATS

This is the ultimate on-the-run breakfast. Prepare everything the night before and then grab it as you're running out the door in the morning for a filling and nourishing breakfast.

Prep Time:
10 Mins

Cook Time:
0 Mins

Serves:
2

Difficulty:
Super Easy

Method

1. The night before, put the oats, chia seeds, pumpkin seeds, sweetener, yogurt and milk into two glass jars and mix. Place the lids on the jars and chill in the fridge overnight.
2. In the morning, top your oats with as many textures and flavours as you like. In the picture, we use banana and almonds. Here are more ideas:

- **Something crunchy** – toasted nuts (flaked almonds, pine nuts, walnuts), toasted seeds (sunflower, sesame, pumpkin, chia), reduced-sugar granola, toasted coconut flakes.
- **Something fruity** – frozen berries, stewed apple and cinnamon, fruit compote, freshly sliced fruit.
- **Something creamy** – soya yogurt, low-fat yogurt, coconut yogurt, any nut butter or nut butter powder.
- **Something sweet** – chopped dates, date syrup, maple syrup, cinnamon, few drops of vanilla extract, raisins, dried mango.

Typical nutritional content (per portion)

| | | | | | | | |
|----------|-----|-----------|---------|-------|-------|--------|------|
| 334 | 11g | 1.5g | 13g | 9.3g | 41g | 7.8g | 0.2g |
| Calories | Fat | Saturates | Protein | Fibre | Carbs | Sugars | Salt |

Ingredients

- 100g oats
- 2 tablespoons chia seeds
- 1 tablespoons pumpkin seeds
- 200ml low-fat milk or fortified plant alternative
- 200g fortified soya yogurt or low-fat natural yogurt
- Sweetener of choice, e.g., 3 chopped Medjool dates or 1 tablespoon maple syrup
- Toppings of your choice (see method)

LOADED CARIBBEAN- STYLE SWEET POTATOES WITH SPICED BLACK BEANS

The topping choices are endless and burst with flavour, colour and heart-healthy ingredients.



Ingredients

- 4 medium sweet potatoes (about 1.4kg)
- 1 tablespoon olive oil
- 1 large red onion, sliced
- 3 tablespoons jerk seasoning
- 1 x 400g tin of black beans, drained and rinsed
- 1 x 400g tin sweetcorn, drained and rinsed
- 1 x 400g tin of chopped tomatoes
- 1 ripe mango, peeled and finely chopped (if you can't get a ripe one, try frozen mango, thawed)
- Juice of 1 lime
- Small handful of fresh coriander, chopped
- Freshly ground black pepper



Prep Time:
20 Mins



Cook Time:
45 Mins



Serves:
4



Difficulty:
Super Easy

Method

1. Preheat the oven to 180°C (fan). Jab each sweet potato a few times with the tip of a knife. Place them directly onto the middle shelf of the oven and bake for 45 minutes until the centre is soft and the skin is crisp.
2. Meanwhile, you can prepare the filling: Heat the olive oil in a large pan and gently fry the onion for 10 minutes until soft. Add the jerk seasoning and cook for a further minute. Then add the beans, sweetcorn and chopped tomatoes. Cook for 15 minutes until the mixture has reduced.
3. Add the lime juice and freshly ground black pepper. Roughly slice open the baked sweet potatoes and generously spoon the bean mixture into each. Top with chopped mango and fresh coriander.

Typical nutritional content (per portion)

508
Calories

7.8g
Fat

1.5g
Saturates

15g
Protein

22.5g
Fibre

110g
Carbs

43g
Sugars

1.8g
Salt



HIGH PROTEIN CREAMY LEMON CHICKEN WITH BABY POTATOES



Prep Time:
10 Mins



Cook Time:
25 Mins



Serves:
4



Difficulty:
Super Easy

Ingredients

- 2 teaspoons olive oil
- 4 free range chicken breasts (about 150g each)
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 350ml no-salt chicken stock
- Juice and zest of ½ a lemon
- 150g low-fat cream cheese (3.5% fat or less)
- 750g steam-in-the-bag baby potatoes
- 50g spinach leaves
- 300g frozen peas, thawed
- Freshly ground black pepper

This creamy, lemony dish feels so indulgent you'd never guess that it's low in saturated fat. It will last for 2 days in the fridge and can be frozen.

Typical nutritional content (per portion)

| | | | |
|-----------------|--------------|-------------------|----------------|
| 435 Calories | 7.3g Fat | 1.9g Saturates | 47g Protein |
| 6.2g Fibre | 44g Carbs | 9.6g Sugars | 1g Salt |

Method

1. Add a teaspoon of olive oil to a frying pan on a medium heat. Add the chicken breasts and cook for 2 minutes on each side to seal and colour. Remove to a plate and place to one side.
2. Add a further teaspoon of olive oil to the pan, then add the onions and sauté for 5 minutes until soft, adding in the chopped garlic for the last 2 minutes.
3. Add the chicken stock, lemon juice and lemon zest to the pan, bring to a simmer, then add the low-fat cream cheese and stir until fully melted.
4. Return the chicken to the pan and simmer for 10-15 minutes, stirring occasionally, until the chicken is cooked through. The sauce should have reduced and thickened slightly to the consistency of single cream. If it's too thin, just turn up the heat and continue to cook until thickened.
5. Meanwhile, microwave the bag of steam-in-the-bag baby potatoes according to the instructions on the packet. If you prefer, you can boil them for 12-15 minutes in a saucepan.
6. Stir in the spinach and peas to the creamy chicken mixture and cook for another 1-2 minutes until the spinach has wilted and the peas have warmed through. Season with a little freshly ground black pepper if needed and serve out with the steamed potatoes on the side.



BAKED GARLIC AND HERB SALMON WITH MIXED VEGETABLES

This omega-3 packed dish is the kind of meal you can make from memory time and time again. Simply swap out the vegetables for whatever you have at home.



Ingredients

- 4 carrots
- 3 parsnips
- 2 medium red onions
- 2 tablespoon olive oil
- 3 garlic cloves, peeled and crushed
- 2-3 sprigs thyme, leaves only
- Handful fresh basil leaves, chopped
- A squeeze of fresh lemon juice
- 4 boneless salmon darnes (sustainably sourced)
- 500g baby potatoes with skins
- Freshly ground black pepper
- 200g ripe cherry tomatoes on the vine
- 1-2 sprigs fresh rosemary, leaves only



Prep Time:
15 Mins



Cook Time:
30 Mins



Serves:
4



Difficulty:
Super Easy

Method

1. Preheat oven to 180°C (fan) and boil the kettle.
2. Peel and chop the carrots, parsnips and onions into bite-sized chunks. Pierce the baby potatoes with a fork and cut any larger potatoes in half so all the vegetables are roughly the same size. Add the potatoes, carrots and parsnips (not the onions) to a large saucepan, pour over the boiling water and parboil for 10 minutes.
3. Meanwhile, in a medium bowl, mix 1 tablespoon of olive oil with the garlic, thyme, basil and lemon juice. Lightly oil a large oven-proof casserole dish or use a roasting tray that has been lined with baking paper. Place the salmon darnes into it, skin-side down. Pour the garlic and herb mixture over the salmon. Strain the water from the saucepan, add in the onions and coat all the vegetables lightly with olive oil, the picked rosemary leaves and freshly ground black pepper.
4. Add the potatoes, carrots, parsnip and red onion around the salmon in the ovenproof dish and bake for 30-40 minutes.
5. In the last 15 minutes of baking, add the cherry tomatoes on top of the salmon darnes and continue to bake until the salmon is cooked through, the chunky vegetables are soft and tender, and the onions are beginning to caramelise.

Typical nutritional content (per portion)

| | | | | | | | |
|----------|-----|-----------|---------|-------|-------|--------|------|
| 518 | 19g | 2.7g | 31g | 14g | 49g | 21g | 0.2g |
| Calories | Fat | Saturates | Protein | Fibre | Carbs | Sugars | Salt |



CRISPY FISH TACOS WITH MANGO- CORIANDER SALSA



Prep Time:
15 Mins



Cook Time:
15 Mins



Serves:
4



Difficulty:
Not Too Tricky

Ingredients

- 12 corn tacos or tortillas
- 1 small head of lettuce, shredded
- 2 avocados, peeled, pitted and sliced
- 4 tablespoons low-fat natural yogurt/crème fraîche
- 1 teaspoon salt-free fajita seasoning

For the crispy fish:

- 4 skinless white fish fillets (about 500g), e.g., hake, from sustainable sources
- 1 free range egg
- 100g oats
- 2 tablespoons no-salt fajita seasoning

For the mango salsa:

- 1 medium mango, peeled and diced
- ¼ of a cucumber, finely diced
- ½ a small red onion, finely diced
- 1 tomato, finely diced
- Zest and juice of 1 lime
- 2 tablespoons coriander, chopped
- Freshly ground black pepper

This is a great recipe for family dinners and dinner parties alike because everyone can get involved by building their own tacos and adding their favourite fillings. The key to this recipe is good quality fish – any firm white fish works well. Hake, tilapia and haddock are more sustainable options than cod. For vegetarians or vegans, swap the fish for tofu or cauliflower, and, for a meat option, chicken works really well.

Typical nutritional content (per portion)

| | | | |
|-----------------|--------------|-------------------|----------------|
| 655 Calories | 18g Fat | 2.4g Saturates | 41g Protein |
| 9.2g Fibre | 97g Carbs | 12g Sugars | 1.3g Salt |

Method

1. Line a baking tray with parchment paper and pre-heat the oven to 220°C (fan).
2. Slice the fish fillets into thumb-sized chunks. Whisk the egg in a bowl. Blitz the oats in a food processor if you prefer a smooth crumb (we like to leave them chunky), then put the oats and 2 tablespoons of fajita seasoning into another bowl. Dip each fish finger into the beaten egg then into the oat mix so that they are fully coated. Lay them on the lined tray and bake for 10 minutes until opaque.
3. For the salsa, combine all the ingredients in a bowl. Combine the yogurt with a teaspoon of fajita seasoning in another bowl.
4. Lay out the lettuce, salsa, avocado and yogurt.
5. Char the tortillas by placing one in a large dry pan (no oil) on a high heat until it begins to gently blister – usually about 30 seconds. Use a fork to flip over to the other side, then move onto a clean plate and repeat with the rest of the tortillas. If you're short on time, you can just warm the tortillas in the oven for a few minutes while it's still warm.
6. Grab a tortilla, load it up with crispy fish and all your favourite toppings and enjoy.



LENTIL AND MUSHROOM BURGERS WITH SWEET POTATO WEDGES



Prep Time:
10 Mins



Cook Time:
40 Mins



Serves:
6



Difficulty:
Not Too Tricky

Ingredients

For sweet potato wedges:

- 2 large sweet potatoes
- Drizzle of olive oil
- 1 teaspoon of paprika

For burger patties:

- 2 tablespoons milled flaxseed or 1 free range egg
- 3 tablespoons of warm water
- 2 tablespoons of olive oil
- 250g of mushrooms, finely chopped
- 1 tablespoon of reduced-salt soy sauce
- 1 tablespoon of balsamic vinegar
- ½ teaspoon of paprika
- 1 small onion, diced
- 2 garlic cloves, diced
- 6 springs of parsley, roughly chopped
- ½ teaspoon of black pepper
- 1 x 400g tin green lentils, drained and rinsed
- 200g of panko breadcrumbs

Serving suggestion:

- Lettuce leaves
- Sliced tomato
- Wholemeal burger buns
- Side salad

Packed with flavour, these veggie burgers are healthy and seriously satisfying.

Typical nutritional content (per portion)

| | | | |
|-----------------|--------------|-------------------|-----------------|
| 342 Calories | 9g Fat | 1.9g Saturates | 9.1g Protein |
| 8.1g Fibre | 54g Carbs | 11g Sugars | 0.5g Salt |

Method

1. Preheat oven to 200°C (fan). Wash the sweet potatoes under cold running water, scrubbing well with a scrubber to get rid of any dirt (there's no need to peel them). On a chopping board, cut each potato in half lengthways, then cut each half in half lengthways, and then each piece in half again so you end up with 8 wedges per potato, then add to a large mixing bowl. Sprinkle over a tiny pinch of black pepper and paprika. Drizzle over 2 tablespoons olive oil, then toss everything together to coat. Spread out into a single layer over 1-2 large baking trays, then bake in the hot oven for 35-40 minutes, or until golden and cooked through.
2. While the wedges cook, prepare the burgers. For a vegan burger, start by making a 'flax egg' – mix the flaxseed and water in a bowl and set aside to thicken. For a non-vegan version, just whisk an egg. Heat 1 tablespoon of olive oil in a large frying pan over a medium heat and add the chopped mushrooms, soy sauce, balsamic vinegar and paprika, and cook for 5-7 minutes until soft. Set aside in a large bowl. Add the onions to the remaining oil in the pan and cook for 3 minutes before adding garlic and pepper. Continue to cook for another 5 minutes.
3. Transfer to a food processor and add in lentils, breadcrumbs, parsley sprigs and flaxseed or egg. Blend until chunky. Add this mixture into the large bowl of mushroom mixture, mix well and shape mixture into 6 patties, roughly 2cm thick. Heat a splash of oil in a griddle pan over a medium heat, add the patties to the pan and cook for 10 minutes, or until golden and cooked through, turning halfway.
4. Remove the sweet potato wedges from oven and plate up with the burger patties. If making a larger meal, layer toasted burger buns with a patty, lettuce, sliced tomato and burger bun top, and serve with a fresh green side salad and the sweet potato wedges.





LOW-FAT CREAMY WHITE VEGGIE LASAGNE



Prep Time:
30 Mins



Cook Time:
60 Mins



Serves:
8



Difficulty:
Showing Off

Ingredients

- 1 butternut squash
- 2 courgettes
- 1 large head of broccoli
- 100g baby spinach
- 50g feta cheese
- 200g wholemeal lasagne sheets
- 75g reduced-fat white cheddar cheese, grated

For béchamel sauce:

- 1 onion
- 2 cloves of garlic
- 1.75 litres of low-fat milk (or fortified plant alternative)
- 3 sprigs of fresh parsley
- ½ tsp grated nutmeg
- 6 peppercorns
- 1 bay leaf
- Handful of mint leaves, chopped
- Handful of basil leaves, chopped
- 80ml olive oil
- 80g white flour
- Freshly ground black pepper
- Zest and juice of 1 lemon
- 4 tablespoons of nutritional yeast flakes (if you can't get these, you can use 100g of reduced-fat mature cheddar cheese instead)
- Basil leaves, to garnish

This showstopper takes a little extra time to make but we promise you it's worth it. It's a lasagne like you've never tasted before. The fresh herbs and zesty béchamel sauce make this dish feel super indulgent while at the same time lighter and fresher than a traditional lasagne. It's low in fat and salt, a great one to freeze in portions.

Typical nutritional content (per portion)

| | | | |
|-----------------|--------------|-------------------|----------------|
| 318 Calories | 8.6g Fat | 3.6g Saturates | 20g Protein |
| 7.4g Fibre | 35g Carbs | 15g Sugars | 0.35g Salt |

Method

1. Pre-heat the oven to 180°C (fan).
2. Peel and chop the butternut squash and courgettes (unpeeled) into bite-sized chunks. Spread onto a baking tray and bake for 20 minutes until cooked but not mushy.
3. Meanwhile, cut the broccoli into small, bite-sized florets and boil for 3 minutes, then blanch in cold water to bring out the green colour.
4. Peel and finely chop the onion and garlic. Add to a medium sized pan with the milk, parsley, nutmeg, peppercorns and bay leaf. Bring to the boil, stirring occasionally to avoid burning, then take off the heat and leave to infuse for 10 minutes.
5. To make the roux, gently heat the olive oil in a large saucepan, and whisk in the flour a spoon at a time, until the flour is fully absorbed and you are left with a thick paste, or roux. Strain the milk through a sieve and slowly add to the roux, a small amount at a time. The mixture will loosen and begin to look like a thick, creamy sauce. It should be the consistency of custard – just add a splash of milk to thin the sauce or continue cooking to thicken the sauce further.
6. Stir in the mint, basil, lemon zest and juice, pepper and nutritional yeast flakes or cheese.
7. In a large bowl, mix the cooked butternut squash, courgettes and broccoli with the spinach leaves, crumbled feta and two thirds of the béchamel sauce
8. Spoon half the creamy vegetable mix into a large, oven-proof casserole dish and cover with a layer of lasagne sheets. Spoon the rest of the creamy vegetable mix on top, followed by another layer of lasagne sheets. Top with the remaining béchamel sauce, white cheddar cheese and basil leaves to garnish.
9. Bake in the oven for 30 minutes or until the top blisters and turns golden.



EASY TROPICAL POPSICLES

Summer desserts don't get much better than this fruity little number – blitz up a batch and leave in the freezer ready for that rare day when our lovely Irish sun shines.



Ingredients

- 1 small ripe banana, peeled
- 1 ripe peach, peeled
- 125g mango flesh (fresh or frozen), cubed
- 50ml orange juice



Prep Time:
5 Mins



Cook Time:
0 Mins



Serves:
4



Difficulty:
Super Easy

Method

1. Add all ingredients to a blender and blitz until smooth.
2. Pour into popsicle moulds and place the wooden popsicle stick in. Transfer to the freezer to set overnight.
3. Remove from the freezer and carefully run the moulds under warm water to loosen the pops.

Typical nutritional content (per portion)

| | | | | | | | |
|----------|------|-----------|---------|-------|-------|--------|------|
| 49 | 0.0g | 0.0g | 0.7g | 1.2g | 10g | 9.8g | 0.0g |
| Calories | Fat | Saturates | Protein | Fibre | Carbs | Sugars | Salt |



Irish Heart Foundation

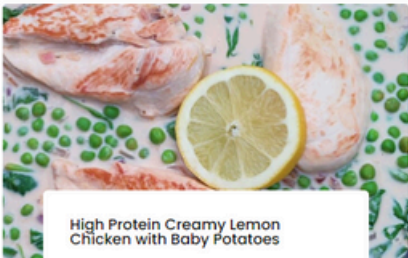
The National Stroke & Heart Charity

A message from the Irish Heart Foundation

We would like to wish our patients, supporters and all those affected by heart disease and stroke in Ireland, a happy and healthy summer.

Heart Healthy Recipes

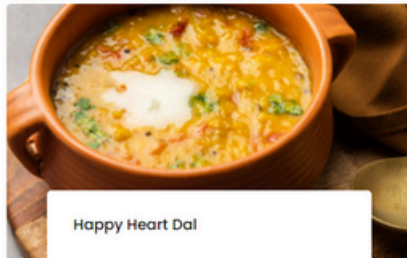
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High Protein Creamy Lemon
Chicken with Baby Potatoes

[View Recipe](#)

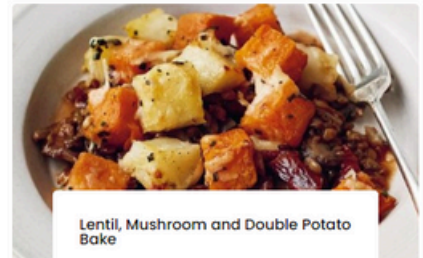
🕒 10 MIN 🍴 SUPER EASY



Happy Heart Dal

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🕒 20 MIN 🍴 NOT TOO TRICKY



Lentil, Mushroom and Double Potato
Bake

[View Recipe](#)

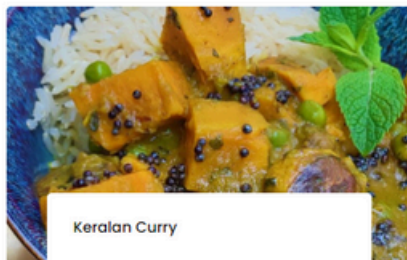
🕒 30 MIN 🍴 SHOWING OFF



Winter Nut Roast with Spiced
Tomato Salsa

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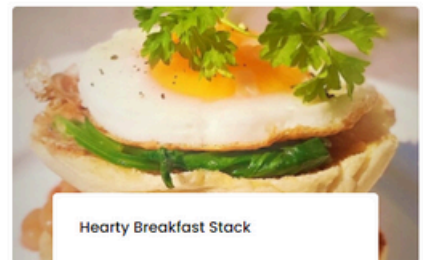
🕒 40 MIN 🍴 SHOWING OFF



Keralan Curry

[View Recipe](#)

🕒 15 MIN 🍴 NOT TOO TRICKY



Hearty Breakfast Stack

[View Recipe](#)

🕒 10 MIN 🍴 SUPER EASY