



American
Heart
Association®

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A Healthy Start to Home Cooking



Course 1: Kitchen Essentials

Learning Objectives

Provide an introduction to the series of lessons. Give students an understanding about why it's positive to cook at home. Learn the heart-healthy food recommendations. Provide tips and ideas for setting up a productive home kitchen. Introduce the recipe binders.

Lesson Handouts

- American Heart Association's recommendations for a heart-healthy eating plan
- List of essential kitchen equipment
- Vinaigrette and Creamy Herb Salad Dressing recipes
- Cover sheet for the recipe binder

Needed for Class

- Course plan (this spiral pad), including DVD with the blue label
- TV & DVD player or computer with projector
- Printed handouts (enough for everyone in the class)
- Ingredients/equipment for salad dressing and pre-cut celery, carrot or jicama sticks for dipping/tasting (optional)
- An example of recipe binder (A three-ring binder with the cover sheet on the front. Print the handouts for that day and insert them into the binder with plastic page protectors/sleeves.)
- Instant hand sanitizer, if preparing food

Hands-On Option

- Make the vinaigrette or salad dressing according to the recipe and ask participants to taste with celery, carrot or jicama sticks.



Course 1: Kitchen Essentials

Introduce yourself, share a personal reason why you chose to participate. [5 minutes]

Ask everyone to introduce themselves by providing their first name and one memory of a home-cooked meal.

Speaking to the class: In today's lesson, we are going to:

- Talk about how cooking at home can make a difference in your life.
- Discuss some healthy substitutions for common foods and review the tools everyone should have in their kitchen.
- Share some recipes, have a quick taste of a home-made salad dressing (optional), and discuss how to organize recipes.
- Understand that the use of this information is at your own risk.

Why Cooking at Home Makes a Difference [5 minutes]

- Home cooking can make a big difference in your health, your budget and your relationships.
- It's important to know which foods are best for a heart-healthy lifestyle. Heart disease is the No. 1 killer of Americans, but we can promote the health of ourselves and our loved ones by serving nutritious, home-cooked meals.

Question for group; look for show of hands: How many of you eat out for at least one meal a day?

- Dining out gives us less control over what goes into our bodies, like salt, fat and sugar, and this can have an impact on our health over time.

Pass out handout: American Heart Association's recommendations for a heart-healthy eating plan

Ask the class to identify:

- The amount of fruits and vegetables that one should consume
- The recommendations for whole grains, milk products and lean meats
- The limit for sodium
- These recommendations can come in handy when planning your meals for the week.

Healthy Substitutions for Common Foods [10 minutes]

Questions for group: What food is in your kitchen right now? Do you tend to buy the same things or do you branch out sometimes?

- Healthy home cooking puts you in control of what goes into your recipes and your body and it all starts with smart shopping and stocking your kitchen with healthy substitutions for things you might commonly eat now.

Check the time, you don't need to mention all of these: Here are some other healthy ways to update your eating style and improve your health and nutrition.

- Cut down on saturated and trans fats by choosing nonfat dairy products and non-hydrogenated margarine.
- Instead of a whole egg in a recipe, use 2 egg whites or ¼ cup liquid egg substitute.
- Buy low-sodium versions of common canned recipe ingredients like tuna, beans, tomatoes and other vegetables or look for the food that has the lowest amount listed for sodium.
- Look for the American Heart Association's heart-check mark on the food label when grocery shopping.
- Choose canned fruits packed in juice rather than syrup.
- Use nonstick cooking spray instead of greasing bakeware with butter or shortening.
- Use reduced-fat, low-fat, lite or nonfat salad dressings on salads, for dips or as marinades and be conscious of the serving size.
- Make your own creamy salad dressing by blending nonfat cottage cheese and low-fat buttermilk. Add fresh herbs like dill, tarragon or chives.
- When buying crackers and chips, look for whole-grain, low-fat and low-sodium kinds.
- Choose "choice" or "select" grades of beef rather than "prime," and be sure to trim the fat off the edges before cooking.
- Choose cuts of red meat and pork labeled "loin" and "round," as they usually have the least fat.
- With poultry, use the leaner light meat (breasts) instead of the fattier dark meat (legs and thighs), and be sure to remove the skin.

Review the Essential Kitchen Equipment handout [10 minutes]

Pass out the handout with the list of essential kitchen equipment: This handout explains some items you'll need when cooking and will help you become familiar with some of the tools of the trade.

Ask the group: Is there a difference between a pot and a pan? (Answer: Yes, a pan has a handle; a pot does not.)

Show the video: Images of kitchen equipment. Point out items from the handout as they are shown.

Question for group: Are there any items that you'd like to add to the list?

- Don't let this list overwhelm you. Start cooking with what is in your kitchen now, and add items as you are able.
- We'll be adding to the list as well. Each time we meet, I'll suggest an item or two to add to your kitchen toolbox, inspired by the lesson.

The American Heart Association offers some of these Kitchen Essentials and more at
shopheart.org

Recipes [10 minutes]

Pass out recipes for Vinaigrette and Creamy Herb Salad Dressing.

- Eating a fresh green salad every day is a simple way to fit vegetables into your diet.
- It can be easy to make a variety of vinaigrette dressings. All you need is a few ingredients, a bowl, and a fork or whisk.

Optional: Ask a participant to mix one of the dressings according to the recipe. Have some instant hand sanitizer ready for anyone who will handle the food. And remind participants not to double dip.

Building a Recipe Binder [5 minutes]

- *Show binder and pass out the cover sheet handout:* A recipe binder is a good place to save all your favorite go-to recipes. We've even prepared a cover sheet to label your binder.
- You can organize recipes and cooking tips (like these handouts!) any way that works for you – by type of major ingredient, like chicken or broccoli, or by type of meal.
- Plastic sleeves will keep them clean and splatter free. You can buy these sheets at any office supply store.
- You can also organize your recipes using electronic folders or online software.



Homework: Get a binder and bring copies of a favorite healthy recipe to share with everyone at the next class. (Enough copies for everyone in the class.)

Thank participants for joining and close the lesson with questions from the group.

Course 2: Cooking Basics

Learning Objectives

Learn food safety tips and performing basic cutting techniques. Provide an understanding of knives and skillet as well as how to chop and sauté an onion.

Lesson Handouts

- Glossary of cooking terms and safe temperatures for meat and poultry
- Microwave Asparagus instructions

Needed for Class

- Course plan (this spiral pad), including DVD with the blue label
- TV & DVD player or computer with projector
- Printed handouts (enough for everyone in the class)
- Ingredients/equipment to prepare asparagus in a microwave according to the instructions (optional)
- Instant hand sanitizer, if preparing food
- Instant-read thermometer to show as an example (optional)
- Copies of your favorite healthy recipe to share with the class (optional)

Hands-On Option

- Follow the instructions to prepare asparagus in the microwave and share among participants.



Course 2: Cooking Basics

Introduce yourself, describe the recipe that you brought and why you chose that recipe. Pass out copies of the recipe. [10 minutes]

Ask participants to introduce themselves and share their recipes or name a food that they'd like to learn to make at home.

Speaking to the class: In today's lesson, we are going to:

- Talk about kitchen and meat safety.
- Discuss knives and watch a short video on chopping onions.
- Learn how to care for a nonstick skillet and the basics of sautéing.
- Prepare asparagus in the microwave (optional).
- Understand that the use of this information is at your own risk.

Kitchen Cleanliness and Safety [10 minutes]

Knowing how to handle common kitchen items can prevent food-borne illnesses.

- **Hand Washing** – Always wash your hands with soap and water before preparing food and after touching raw meat.
- **Sponges** – Use separate sponges for dishwashing and cleaning countertops and other surfaces – Replace sponges frequently – To kill bacteria, put sponge in the sink and pour boiling water over it or dampen it and microwave on high for 60 seconds.
- **Microwaves** – Never operate the microwave if it is damaged in any way, such as broken door seals or loose latches – Use microwave-safe dishes – Keep anything metal out of a microwave, including aluminum foil and dishes and utensils with a metal trim.
 - *Use the right coverings* – Some microwave dishes have lids – Waxed paper allows steam to escape; put it loosely over the food – Paper towels allow steam to escape and catch splatters. Some foods are cooked on paper towels to absorb excess moisture – Plastic wrap should fit snugly over the dish. It must be vented to allow steam to escape; pierce the top in a few places with a small sharp knife – Remove coverings carefully. Always remove plastic wrap or a lid away from your face. Steam can burn – Use a potholder, as some dishes may get hot.

- **Cutting Boards** – Designate a cutting board for raw meat and fish – Wash cutting boards with hot, soapy water after each use. Then rinse with clear water and air dry or pat dry with paper towels – Acrylic, plastic and glass boards can be washed in a dishwasher – Sanitize with a solution of one tablespoon of unscented, liquid chlorine bleach per gallon of water. Soak the board in the sink with the bleach solution for several minutes. Rinse with clear water and air dry or pat dry with paper towels – When your cutting board gets deep, hard-to-clean grooves, it should be replaced.
- **Refrigerators** – The temperature should be 34 to 40 degrees. Above 40 degrees there is a chance of rapid food spoilage and bacteria growth – Cover foods to retain moisture and prevent picking up odors. Raw meat and fish should be sealed securely to prevent raw juices from contaminating other foods; store on the bottom shelf – Eat cooked leftovers within four days – Several times a year, clean the condenser coil (on the back) with a vacuum cleaner. This will remove dirt and lint to ensure energy efficiency and top performance – Place a thermometer in your refrigerator and freezer to test the temperature – Frozen foods should be kept at 0 degrees. The temperature in the freezer should not reach higher than 5 degrees. If your freezer cannot keep ice cream rock-solid, then the temperature is above the recommended level – Prevent freezer burn by using freezer wrap, freezer bags, aluminum foil or other moisture-proof packaging – Date food packages. Use frozen foods within 6 months. Keep the freezer full for best results.

Proper Meat Handling [5 minutes]

Question for the group; allow time for a show of hands or answers: Who in the group loves to eat meat?

- A single 3-ounce cooked portion of meat is about the size of a deck of cards, and the American Heart Association recommends a limit of two, 3-ounce servings of lean or extra-lean meat or poultry a day.
- Raw meat can host a variety of surface bacteria like E. coli and salmonella.
- Separate raw meat from any food that will be eaten uncooked like salad greens.
- Keep the meat wrapped in plastic or in a sealed container on a low shelf in the refrigerator to prevent dripping on other foods.
- Keep raw meat refrigerated and never defrost frozen meat on a counter top. Always thaw meat in the refrigerator.
- Designate certain platters, cutting boards and utensils for raw meat only. Placing raw and cooked food on the same surfaces can cause cross-contamination.
- Wash anything that has touched raw meat.
- Always wash your hands with soap and warm water for at least 20 seconds before and after handling meat. Then, clean all of your work surfaces.
- Never use a wooden cutting board for chicken. Consider a plastic cutting board dedicated to chicken only.

- *Show a thermometer if you have one:* An instant-read food thermometer is another tool that can help prevent food-borne illnesses.
 - Use it toward the end of the cooking time, but before the food is expected to be “done.” Place it in the thickest part of the food and make sure it’s not touching the bone. Check a few places to make sure the food is evenly heated. Be sure to clean your food thermometer before and after every use with hot, soapy water.

Pass out the handout with cooking terms and temperatures and read through, noting temperatures for the various types of meat.

- This handout includes some common cooking terms.
- Guess what we’re adding to our kitchen essential list? That’s right, an instant-read thermometer. They start at around \$3, and it’s an important tool for food safety.

Look Sharp! Using and storing knives safely [5 minutes]

Knife Skills Video [5 minutes]

Show Video: How to chop an onion. Point out the knife safety tips mentioned below. Pause the video before the slender sauté clip.

Dry hands so the knife won’t slip in your hand. Set a damp towel under the cutting board to prevent slipping. Use a paring knife for peeling and coring, a chef knife for chopping and slicing. Peel off the flaky outer layer of the onion. Chop off and discard the non-root end. Cut remaining in half, leaving the root intact. Lay onion flat side down. Cut lengthwise twice through the middle of the onion. Chop carefully. Curl your fingers under on the hand holding the food to avoid cuts. Move your hand along as the knife cuts the onion. Make strip-like cuts lengthwise. Then chop the opposite direction for perfectly chopped onions.

- Avoid distractions while using a knife. Don’t try to catch a falling knife.
- Hand wash knives. Knives in the dishwasher or a sink full of water can be dangerous to someone who doesn’t know they are there.
- Dry completely before storing and use a sheath or cover if they are loose in a drawer. When possible, store knives in a knife block or on a magnetic rack.
- Ask participants to share what they learned.

Caring for Your Nonstick Skillet [5 minutes]

- Follow the manufacturer’s instructions regarding cooking heat. Most nonstick cookware is made for low and medium heat cooking. Too high a heat can damage the surface and cause pans to warp. A warped pan cooks unevenly.
- Wood, plastic or silicone utensils are best, instead of metal. Metal (especially knives) may damage the surface.
- Rapid temperature change can cause the pan to warp, such as putting a hot nonstick pan into cold or lukewarm water. Wash your nonstick pans by hand unless they are dishwasher safe.
- Dry completely and put a paper plate or paper towels between stacked pans.

Slender Sautéing [5 minutes]

- Slender sautéing uses a small amount of liquid—such as fat-free, low-sodium broth, wine, juice, or even plain water.

Show the video: How to slender sauté. Describe the technique as it is shown – Heat one to two tablespoons of broth or water in a skillet over medium heat. Once the liquid begins to bubble, add the chopped or sliced onions and cook, stirring frequently, for about five minutes. If the onions start to stick to the pan, add a little more liquid and keep stirring. If the onions look like they are burning, simply turn down the heat.

- Try this technique for all kinds of vegetables. Cut your veggies in the same-size pieces and sauté just until they’re tender-crisp.
- You can also use slender sauté for meats. Spray nonstick spray, and try orange juice with chicken or beef broth or red wine with steak.



Homework: For the next class, bring copies of a healthy recipe that features your favorite fruit or vegetable to share with the class.

Hands-On Option: If a microwave is available, asparagus can be prepared according to the recipe and sampled by participants. Remind anyone touching food to use the instant hand sanitizer.

Thank participants for joining and close the lesson with questions from the group.

Course 3: Kitchen Cents

Learning Objectives

Discover how to make meals and use ingredients that save time and most of all money. Provide information about seasonal produce options. Learn how to make a dish that is great as leftovers the next day.

Lesson Handouts

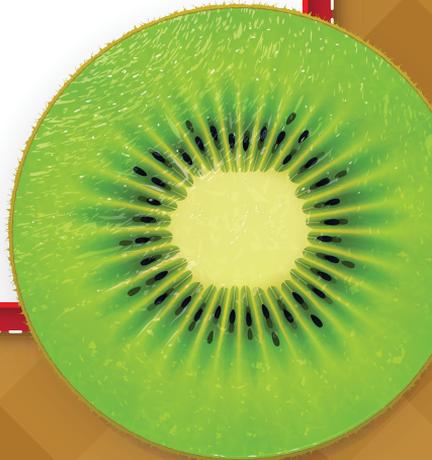
- Salmon Bake recipe
- Beans-from-Scratch recipe
- Navy Bean Hummus recipe

Needed for Class

- Course plan (this spiral pad), including DVD with the blue label
- TV & DVD player or computer with projector
- Printed handouts (enough for everyone in the class)
- Ingredients/equipment to prepare hummus according to the recipe and serve with whole-grain crackers (optional)
- Instant hand sanitizer, if preparing food
- Different types of canned or vacuum-packed salmon (optional)
- Copies of a favorite recipe using a fruit or vegetable to share with the class

Hands-On Options

- Make a small amount of hummus with a blender or handheld food processor and serve on whole-grain crackers.
- Or, share different kinds of salmon packed in cans or vacuum-packed.



Course 3: Kitchen Cents

Introduce yourself, describe the recipe that you brought and why you chose that recipe. [5 minutes]

Ask participants to introduce themselves and share their recipes or name a cooking technique that they'd like to try.

Speaking to the class: In today's lesson, we are going to:

- Talk about how to save money and time by choosing recipes and ingredients that give you the most bang for your buck
- Describe the health benefits of fish and watch a video on making a seafood dish
- Discuss buying seasonal produce and the heart-health benefits of beans
- Understand that the use of this information is at your own risk.

What is Kitchen Cents? [5 minutes]

- Saving money while spreading your food dollar as far as you can nutritionally.
- Some foods are dense in nutrients, like vitamins, minerals, better fats and other essentials that keep us healthy and strong. Choose these foods most often.

Question for the group: Can you name a food that doesn't have a lot of nutrients? (potato chips and soda come to mind) What about a food that does? (oranges are packed with vitamin C, broccoli is loaded with iron)

The Benefits of Fish [15 minutes]

- Fish are another example of a nutrient-rich food
 - Fish is an important part of a balanced diet because it contains high-quality protein and omega-3 fatty acids. Omega-3 is one of the “better fats.” Scientific evidence shows that eating fish is associated with reduced cardiovascular risks and increased health.
 - The American Heart Association recommends at least 2 servings of fish a week, particularly fatty fish such as mackerel, lake trout, herring, sardines and salmon, since they contain the highest amounts of omega-3. A serving is 3.5 ounces or $\frac{3}{4}$ cup.
 - Science supports that the benefits of eating fish are higher than the risks associated with mercury contamination.
 - Which is healthier—farmed or wild fish? Choosing a fatty fish is a heart-healthy choice regardless of whether it's farmed or wild. Especially when it's substituted for a fatty meat.

- Canned and packaged fish is a great convenience food and it's a good idea to have some in your pantry. Buy tuna and salmon packed in water, rather than oil, because it doesn't have the additional fat from the oil. Always choose the one with the least amount of sodium.

Pass out handout: Salmon recipe.

Show the video: How to make a Salmon (or Tuna) Bake. As the video plays, use the talking points below.

- This recipe calls for fresh breadcrumbs rather than the dried breadcrumbs you can buy at the store.
 - For fresh (or soft) breadcrumbs, just tear the bread into pieces, put it into a blender or food processor, and pulse until the crumbs are the size you want.
 - Despite the name, it's best to use stale or toasted bread for breadcrumbs. One standard-size slice of bread will turn into about one-half cup of crumbs.
- Let's point out the ingredients from the recipe as they are shown.
- The final plate shows a single serving. You can cut one serving into two thin slices, which is a nice trick for filling up a plate without overserving.
- This is a great recipe as leftovers. Salmon Bake is delicious cold so if you made this today, guess what you can have for lunch tomorrow? That can account for your two servings of fish for the week. You could even put it on top of mixed greens and make a nice salad or pair it with steamed vegetables and some rice.
- Guess what this week's add to the kitchen tools list is? A loaf pan!

The Benefits of Buying Seasonally [5 minutes]

Question for the group: How many of you have been to a farmers' market? Have you wondered why some produce costs less than others? You can significantly lower your food costs by buying fresh produce when it's in season.

- Don't know what is in season? Ask the produce department staff when you are in the grocery store.

Here are some suggestions for seasonal sides for your Salmon Bake.

Summer: Corn on the cob, sautéed bell peppers, or sliced tomatoes with fresh herbs

Fall: Baked acorn squash, baked or steamed green beans or a green salad

Winter: Baked potato, steamed broccoli or a green salad

Spring: Steamed asparagus, baby carrots or a green salad

- You can also buy frozen produce. It's just as healthy as fresh and lasts longer too! It's a great item to keep stashed away in your freezer for a last-minute side dish. Check the label and choose the one with the least amount of sodium.

Bean Basics and Benefits [5 minutes]

- Let's talk about beans! Protein comes from both plant and animal sources. In fact, every plant we eat has at least a little bit of protein in it, and some have a lot—like beans!
- Beans also have some health benefits that meats don't.
 - Beans have no cholesterol, very little fat, and they're high in vitamins, minerals and fiber.
 - Eating beans may reduce blood cholesterol, a leading cause of heart disease.
 - Because they digest slowly, adding beans to your diet helps keep you feeling full longer.
- Another bonus, they are inexpensive whether you buy them dried or canned.
- Preparing beans from scratch will save you the most money.
 - It's easy once you get the hang of it and really a great way to explore many different varieties of beans.
 - You can refrigerate extra cooked beans and use them in different recipes for up to four days or freeze them for future use.

Pass out handout: Beans-from-Scratch recipe.

- Here's a recipe for making beans from scratch for your binder. We'll be using cooked beans in a recipe in the next lesson.

Homework and Hands-On Option [10 minutes if making hummus, or 5 minutes]



Homework: Make a healthy substitution in your diet and tell us about it at the next class.

Check the time, you don't need to mention all of these: As a review, here are some healthy substitutions:

- Cut down on saturated and trans fats by choosing nonfat dairy products and non-hydrogenated margarine.
- Instead of a whole egg in a recipe, use 2 egg whites or ¼ cup liquid egg substitute.
- Buy low-sodium versions of common canned recipe ingredients like tuna, beans, tomatoes and other vegetables or look for the food that has the lowest amount listed for sodium.
- Look for the American Heart Association's heart-check mark on the food label when grocery shopping.
- Choose canned fruits packed in juice rather than syrup.
- Use nonstick cooking spray instead of greasing bakeware with butter or shortening.

- Use reduced-fat, low-fat, lite or nonfat salad dressings on salads, for dips or as marinades and be conscious of the serving size.
- Make your own creamy salad dressing by blending nonfat cottage cheese and low-fat buttermilk. Add fresh herbs like dill, tarragon or chives.
- When buying crackers and chips, look for whole-grain, low-fat and low-sodium kinds.
- Choose “choice” or “select” grades of beef rather than “prime,” and be sure to trim the fat off the edges before cooking.
- Choose cuts of red meat and pork labeled “loin” and “round,” as they usually have the least fat.
- With poultry, use the leaner light meat (breasts) instead of the fattier dark meat (legs and thighs), and be sure to remove the skin.

Hands-On Option: Make a small amount of hummus according to the recipe. Serve on whole-grain crackers. OR, share different kinds of salmon packed in cans or vacuum-packed.

Thank participants for joining and close the lesson with questions from the group.

Course 4: You've Got It Made

Learning Objectives

To experience the ease of slow cooking while illustrating how this technique can be a delicious and efficient way to save time and provide healthy leftovers.

Lesson Handouts

- Turkey and Vegetable Chili with Avocado Cream recipe
- Slow Cooker Oatmeal and Apples recipe

Needed for Class

- Course plan (this spiral pad), including DVD with the blue label
- TV & DVD player or computer with projector
- Printed handouts (enough for everyone in the class)
- Ingredients/equipment to prepare the Avocado Cream according to the recipe. Serve with whole-grain crackers (optional)
- Instant hand sanitizer, if preparing food

Optional

Either slow cooker recipe can be made ahead and brought to class for sampling.

Hands-On Option

- Make a small amount of Avocado Cream by mashing together ripe avocado and low-fat or nonfat Greek yogurt in a small bowl to be sampled with whole-grain, low or reduced-sodium crackers.



Course 4: You've Got It Made

Introduce yourself, and ask if anyone has tried any of the recipes. [5 minutes]

Ask participants to introduce themselves and share their recipes or name a favorite home-cooked meal.

Speaking to the class: In today's lesson, we are going to:

- Discuss slow cookers, also called crock-pots, and how easy this particular cooking technique is.
- Understand that the use of this information is at your own risk.

Question to the group: Your homework from last time was to make one healthy substitution to your diet. What are some substitutions you have made?

The Joy of the Slow Cooker [20 minutes]

- A slow cooker can be a huge time saver because you simply throw some ingredients into the pot, then come back a few hours later to a hot meal.

Pass out handout: Turkey and Vegetable Chili with Avocado Cream recipe

Show the video: Make Slow Cooker Turkey and Vegetable Chili. Use the talking points below as the video plays and point out the ingredients from the recipe.

Coring a bell pepper with a paring knife is an easy way to remove the stem and seeds. After cutting off the bottom, use your fingers to remove the ribs and remaining seeds. Switch to a chef's knife to slice into strips, then chop. Cut the carrots in half, then lengthwise before chopping. This also works for celery. You can also use pre-shredded or packaged carrots. Another option is to use whole carrots but skip the peeling. Just scrub, chop and go! Avoid turning meat too often while cooking. Allowing it to sit in the pan helps it to brown.

- You can also freeze half of the chili, for an extra meal later on. (Make a double batch if your slow cooker is big enough.)
 - Label and date with a permanent marker so you remember to use it within six months.
 - Serve leftover chili over whole-grain pasta or baked potatoes sprinkled with fat-free cheese or top it with low-fat or nonfat Greek yogurt.

Hands-On Option: Make Avocado Cream according to the recipe. Pass around to sample along with whole-grain, low- or reduced-sodium crackers. OR, bring one of the slow cooker meals for tasting. Offer hand sanitizer to anyone handling food.

Slow-Cooked Breakfast [15 minutes]

- Use your slow cooker to wake up to a healthy and comforting breakfast.
- We're using steel-cut oats, which are less processed than rolled oats and stand up to a long cooking time. Making your own oatmeal costs less than half of buying ready-made instant oatmeal packets.

Pass out handout: Slow Cooker Oatmeal and Apples recipe

- Take your oatmeal breakfast on the road in a thermos or microwave-safe container. Refrigerate, and it heats up well in the microwave to enjoy for breakfast for up to four days.
- So, guess what we're adding to our kitchen essentials list this week? A slow cooker!

A Little Note about Nuts [5 minutes]

- A small amount of unsalted nuts are the perfect addition to a slow-cooked breakfast.
- They are heart healthy and the monounsaturated and polyunsaturated fats in most nuts are known to help lower bad cholesterol, and they are packed with protein, vitamins and fiber – all important features in a heart-healthy dietary pattern.
- Many nuts are rich in unsaturated fatty acids or heart-healthy omega-3s and contain no saturated fats.
- Nuts are also high in calories, so don't eat too many and choose unsalted varieties. A serving size is 1.5 ounces or 1/3 cup.
- Pre-portion a handful for a heart-healthy snack on the go.



Homework: Next time, bring copies of a favorite, healthy slow-cooker recipe to share with the class.

Thank participants for joining and close the lesson with questions from the group.

Course 5: Meals On the Run

Learning Objectives

Provide tips and ideas for eating a healthy breakfast on the run. Learn how to make muffins and smoothies.

Lesson Handouts

- Basic Whole-Wheat Muffin recipe with suggestions for custom add-ins
- Tips for perfect muffins
- Basic Fruit Smoothie recipe

Needed for class

- Course plan (this spiral pad), including DVD with the blue label
- TV & DVD player or computer with projector
- Printed handouts (enough for everyone in the class)
- Smoothie ingredients and equipment (optional)
- Muffins made according to the recipe (optional)
- Instant hand sanitizer, if preparing food

Hands-On Options

- If a blender is available, make a smoothie according to the recipe.
- Or, bake the muffins ahead of time and share among participants.



Course 5: Meals On the Run

Introduce yourself, and ask participants to share their slow-cooker recipe or talk about the person who is the best cook in their family. [10 minutes]

Speaking to the class: In today's lesson, we are going to:

- Discuss eating healthfully in a hurry and starting your day with a healthy breakfast.
- Share a simple muffin recipe featured in a video.
- Understand that the use of these instructions is at your own risk.

Why a Good Breakfast is Important [5 minutes]

Question to the group: What did everyone have for breakfast today?

- Homemade breakfasts can be better for you and easy to make.
- Muffins are a good option because there are so many different healthy ingredients.

Recipes and Videos [15 minutes]

Pass out handouts: Basic Whole-Wheat Muffin recipe with suggestions for custom add-ins and tips for perfect muffins.

- Making muffins takes about 15 minutes of prep time.

Show the video: Make Master Muffin Recipe with carrots and sunflower seeds.

Note the following while the video plays:

- The video is demonstrating the carrots and sunflower seed muffins
- Folding means lifting the ingredients from the bottom and bringing them to the top with a wooden spoon or rubber spatula. It's a very gentle motion, no rigorous stirring here.
- It's okay if the batter is not completely smooth. Avoid over-mixing.
- Fold in any add-ins of your choice.
- Divide the batter evenly between the muffin cups. A dry measuring cup makes it easy to fill the tins evenly. You can also use paper baking cups for quick cleanup.
- Once the muffins are baked and fully cooled, you can wrap them tightly in plastic wrap and foil and freeze. Label and date with a permanent marker, and be sure to eat within six months.
- Put one in your bag and it will be thawed and ready to eat by the time you get to work or school.

Ask at the end of the video: So does that look like a recipe you can make?

Guess what we're adding to our essential kitchen tools list? You guessed it! Muffin tins!

Pass out handout: Basic Fruit Smoothie recipe

- This is recipe for a quick smoothie you can have for breakfast or as a snack.
- You can make smoothies with low-fat or fat-free milk, yogurt or 100% juice and you can use any kind of fruit—berries, bananas, mangoes, apples, even spinach, cucumbers and tomatoes.

Homework and Hands-On Option *[10 minutes if making smoothie, or 5 minutes]*



Homework: Make a batch of muffins with your choice of add-ins. Freeze one or two and bring to the next class for a muffin exchange.

- In the next lesson, we'll discuss how your muffins turned out and your favorite flavor combinations.

Hands-On Option: If a blender is available, make a smoothie according to the recipe and share among participants.

Thank participants for joining and close the lesson with questions from the group.

Course 6: Here's To the Cook!

Learning Objectives

Wrapping up the cooking series by creating a full menu, learning about food presentation and celebrating the benefits of healthy home cooking.

Course Handouts

- Menu of Celebration Meal (All recipes for the dinner included)
- Visual of proper table setting
- Certificate of completion (add the sponsor logo before printing)

Needed for class

- Course plan (this spiral pad), including DVD with the blue label
- TV & DVD player or computer with projector
- Printed handouts (enough for everyone in the class)
- Pre-baked muffins prepared from recipe (optional)
- Equipment/ingredients for preparing Fat-Free Ricotta Dessert according to the recipe, including spoons and bowls for individual servings (optional)
- Instant hand sanitizer, if preparing food

Hands-On Options

- Exchange muffins made from last class's recipe.
- Make the dessert recipe and sample together.



Course 6: Here's To the Cook!

Introduce yourself and encourage participants to share their muffins. [5 minutes]

Ask for their feedback. Remind anyone who is handling food to use the instant hand sanitizer.

Speaking to the class: In today's lesson, we are going to:

- Learn to prepare a full dinner that is delicious, healthy and visually appealing.
- Understand that the use of this information is at your own risk.

The Celebration Meal [30 minutes]

Pass out copies of the following menu, including all recipes:

The menu for our celebration dinner is:

- Lake Trout with Spinach and Almond Stuffing
- Herb-Baked Green Beans
- Brown Rice Pilaf
- Fat-Free Ricotta with Fruit and Honey

Question for group, referring to the menu: Based on what we've learned, what are the health benefits of this meal?

- **Trout:** Omega-3s. Lean protein source.
- **Stuffing:** Whole grain, unsalted nuts and green vegetable for fiber, vitamins and minerals. Healthy oil in nuts. Whether it's fresh or frozen without sauce, spinach has been touted as being iron rich.
- **Green Beans:** Another vegetable (vitamins, minerals and fiber) toward your recommended 4.5 cups a day.
- **Brown Rice:** A whole grain for fiber, vitamins and minerals.
- **Dessert:** Fat-free ricotta cheese for lean protein and calcium. Low sugar (just 1 teaspoon honey). A fruit toward your 4.5 cups a day.
- **Overall:** Small amount of oil used in cooking is heart-healthy olive oil.
- Plus, you've made a wonderful meal for family/friends.

Why We Love Fish and Nuts

- In our Kitchen Cents course, we talked about how nutritious fish is, which is why the American Heart Association recommends that you get two 3.5-ounce servings of fish a week.
- Nuts, such as almonds, have good fats that our bodies need. If we choose the heart-healthy natural fats and oils that are present in fish, olive oil, almonds and avocado, our bodies will thank us. A serving size of nuts is 1.5 ounces or 1/3 cup.
- The side dishes and dessert in our special dinner menu also have a lot of healthy elements, like lean protein and calcium...yes, even the dessert is healthy and tasty!

Health Benefits of Brown Rice

- Just like whole-grain bread, brown rice is more nutritious than its white form, and for all the same reasons.
- As a whole, unrefined grain, brown rice is a good source of fiber.

Less Added Sugar Is Better

- Adding sugar contributes extra calories and zero nutrients to food. Added sugars include any sugars or calorie-containing sweeteners that are added to foods or beverages during processing or preparation, such as putting sugar in your coffee or on cereal or fruit.
- Added sugars or sweeteners can include natural sugars such as white sugar, brown sugar and honey as well as other calorie-packed sweeteners that are manufactured, such as high-fructose corn syrup.
- Reducing the amount of added sugars cuts calories, can improve your heart health, and help you control your weight, especially when combined with regular physical activity.
- The American Heart Association recommends limiting the amount of added sugars you consume. That would be no more than 100 calories per day for an average woman and no more than 150 calories per day for an average man.
- That's about 6 teaspoons per day for women and 9 teaspoons per day for men. (As an example, a typical 12-ounce can of soda contains about 9 teaspoons of sugar.)

Show the video: Making the Trout and Stuffing and Fat-Free Ricotta dessert. Point out the various cooking techniques demonstrated.

- You can eat the trout skin as long as the fish scales have been removed.
- Now it's your turn! Would someone like to describe how to prepare the Herb-Baked Green Beans? *Ask for someone to describe each step of the recipe.*

The Joys of Food Presentation

Pass out handout for a proper table setting.

- We eat with our eyes, too. It's easy to make a meal such as this look beautiful, simply because there are so many colorful and vibrant ingredients.
- Paying attention to the visual elements of food will help the presentation when you serve and make it that much more appealing.
- In a restaurant, these ideas are referred to as “plating” and “garnish.”
- Add a sprig of fresh herbs or a sprinkling of bright chopped red pepper or some carrot shavings.
- For best results, use odd numbers. So, when using a garnish, add three sprigs of parsley instead of two, for example.
- Food presentation is all about expressing yourself, so just play with it. Get creative!

Wrapping Up [5 minutes]

- Let's go around the room and talk about what we will take away from our experience here.

Hand out certificates of completion.

- Congratulations everyone! I am honored to present you with this certificate of completion – the perfect first page of your recipe binder!

Proceed to the Hands-on Option or skip.

Hands-On Option: Assemble dessert in class and enjoy among participants. Remind anyone handling food to use the instant hand sanitizer.



Homework: Home cooking!

Thank participants for joining and close the course with questions from the group.

**And thank YOU for leading this series of classes.
Please remember to visit www.heart.org/homecooking to
give the American Heart Association your feedback.**



The enclosed information, recipes and instructions are provided to you to help you learn to cook healthy at home. Please follow safe, responsible practices and use caution when cooking. By using the information provided in this Kit, you acknowledge that there are inherent risks in cooking, including but not limited to the risk of allergic reaction to foods and personal injury. YOU UNDERSTAND AND AGREE THAT YOUR USE OF THE ENCLOSED INFORMATION, RECIPES AND INSTRUCTIONS IS AT YOUR SOLE RISK. Further, you agree on behalf of yourself and your heirs, beneficiaries and estate, not to hold the American Heart Association, Inc. and its sponsors, officers, agents, employees ("Released Parties") responsible for any accidents and loss or damage to your property & person, and you release and discharge the Released Parties from all damages, actions, claims and liabilities of any nature, specifically including, but not limited to, damages, actions, claims and liabilities arising from or related cooking at home.



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