

# Help Keep Mom's Heart Healthy this Mother's Day



This Mother's Day get mom something special to let her know how much you care. Get her a copy of the National Heart, Lung, and Blood Institute's "*Keep the Beat Heart Healthy Recipes*" cookbook!

For a \$25 tax deductible donation to VDF you'll get a copy for mom. Want a copy of this yummy cookbook for yourself? Get a second cook book for only \$10 more.

To order your copy of this heart healthy cookbook, contact VDF by e-mail at [info@vdf.org](mailto:info@vdf.org), call 888.833.4463, or return this order form to VDF, 1075 S. Yukon St., Ste. 320, Lakewood, CO 80226.

Yes I want to order a *Keep the Beat* cookbook for a \$25 tax deductible donation to VDF.

Please send me \_\_\_\_\_ (number) additional cookbooks at \$10/ea.

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## Cardiovascular Healthy Recipe

VDF is proud to offer heart healthy recipe for you and your loved ones from the "*Keep the Beat: Heart Healthy Recipes*" cookbook from the National Heart, Lung, and Blood Institute (NHLBI).

### Chicken and Spanish Rice

This peppy dish is moderate in sodium but high in taste.

1 C onions, chopped  
1/4 C green peppers  
2 tsp vegetable oil  
1 can (8 oz) tomato sauce\*  
1 tsp parsley, chopped

1/2 tsp black pepper  
1 1/4 tsp garlic, minced  
5 C cooked rice (in unsalted water)  
3 1/2 C chicken breast, cooked, skin  
and bone removed, diced

\*Reduce sodium by using one 4-oz can of no salt added tomato sauce and one 4-oz can of regular tomato sauce. New sodium content for each serving is 226 mg.

1. In large skillet, sauté onions and green peppers in oil for 5 minutes on medium heat.
2. Add tomato sauce and spices. Heat through.
3. Add cooked rice and chicken, and heat through.

Yield: 5 servings. Serving size: 1 1/2 cups

Each serving provides: Calories: 406; Total fat: 6 g; Saturated fat: 2 g; Cholesterol: 75 mg; Sodium: 367 mg; Potassium: 527 mg; Total fiber: 2 g; Protein: 33 g; Carbohydrates: 52 g