



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Take Heart

Cardiovascular disease is the #1 cause of death in the US.

But, making healthier choices gives you the power to prevent becoming a statistic. A healthy diet is one of your best weapons against heart disease. When you eat a heart-healthy diet, you boost your chances of staying healthy – and feeling good for life!



Eating better is one of the **American Heart Association's Life's Simple 7®** - small steps to be healthy for good.



items are better-for-you foods that help make eating heart healthier a little easier. The one thing you can guarantee is that they have less sodium and saturated fat and more micronutrients and antioxidants.

Home-prepared foods have higher nutritional quality, so make the choice to eat at home more often. Plan a menu around simple, flavorful recipes that don't require the skills of an expert chef.

A wealth of recipes and simple cooking videos are available at Heart.org.

This turkey cutlet recipe was adapted from their library and can be on the table in 20 minutes.

Turkey Cutlets with Cranberry Mustard Sauce

Ingredients:

- 1/4 cup canned cranberry sauce with whole cranberries
- 1 Tbsp. honey mustard
- 1 tsp. olive oil
- 1 lb. boneless, skinless, trimmed turkey cutlets
- Sea salt and pepper, to taste



Directions:

1. In a small bowl, mix the cranberry sauce and mustard until well combined. Cover the bowl with a paper towel and microwave on high in 15 second intervals until the mixture is hot and begins to thin slightly, about 30 seconds total. Stir again to combine.
2. Rub the oil and then salt and pepper evenly over both sides of each cutlet. Pan "fry" the center. Transfer them to a large plate and top evenly with the sauce. Serve immediately.

Serving suggestion:

Balance the plate with a whole grain side dish, plus steamed vegetables or a salad.