



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

Dietitian's Dish

Sensational Salads to Help Your Heart

Heart-healthy foods include lean meats, fish, plant-based proteins, fruits, vegetables, leafy greens, whole grains, fat-free and low-fat dairy, and healthy fats.

Leafy greens like spinach supply potassium, calcium and magnesium – nutrients linked to heart health and blood pressure regulation.

Fish and seafood, like tuna, salmon, trout and shrimp, consumed twice a week contribute heart-protective omega-3 fatty acids.

Nuts also contain omega-3s that lower triglycerides, prevent dangerous heart rhythms and reduce the risk of developing blood clots.

In fact, walnuts have the most omega-3s of any other tree nut (2.5g/oz of ALA).

Eat nuts in small portions - consuming too many eliminates their benefits!

What combination of heart-healthy ingredients will you try in a salad for your next lunch or dinner?

Mediterranean Tuna Antipasti Salad

Ingredients:

- 2/3 cup California walnuts, coarsely chopped
- 1/2 cup finely chopped red onion
- 1/2 cup chopped red bell pepper
- 2 (5-oz.) cans water packed chunk tuna
- 1 (15.5-oz.) can garbanzo beans, rinsed and drained
- 2 Tbsps. lemon juice
- 2 Tbsps. extra virgin olive oil
- 2 Tbsps. chopped fresh parsley
- 4 cups shredded or baby romaine lettuce
- Salt and pepper to taste (optional)



Recipe and image courtesy of Walnuts.org.

Directions:

1. Place walnuts, onion, bell pepper, parsley, tuna and garbanzo beans in a large bowl and mix lightly.
2. Whisk together lemon juice and olive oil and drizzle over salad; stir lightly to coat ingredients with dressing. Season with salt and pepper, if desired.
3. Place lettuce on a platter or divide it between 8 salad bowls. Top with equal amounts of salad.

Walnut Broccoli Salad with Poppy Seed Dressing

Ingredients:

- 1/2 cup olive oil
- 1/4 cup vinegar, champagne or white wine
- 1 Tbsp. honey
- 1 tsp. poppy seeds
- salt and pepper to taste
- 6 cups broccoli florets, bite-sized pieces
- 1 1/2 cups California walnuts, toasted
- 4 strips bacon, cooked and roughly chopped
- 1 cup red grapes, halved or quartered
- 1/2 cup red onion, julienne strips



Recipe and image courtesy of Walnuts.org.

Directions:

1. To prepare dressing, whisk together oil, vinegar, honey and poppy seeds in a small bowl, season to taste with salt and pepper.
2. Lightly toss the salad ingredients together in a large bowl; drizzle with dressing and toss again to coat. (May be prepared several hours in advance and stored tightly covered in the refrigerator.)