

Cooking Demonstration

HEART HEALTHY RECIPES

720
WELLNESS
available

Carrot Cake Overnight Oats

Servings: 1

INGREDIENTS

- ½ cup old-fashioned oats
- ¾ cup non-fat milk
- ¼ cup shredded carrot
- 2 tsp honey
- ½ teaspoon ground cinnamon
- ¼ teaspoon vanilla
- ⅛ teaspoon ground ginger
- 2 Tbsp raisins (optional)
- 2 Tbsp chopped walnuts, chopped (optional)

DIRECTIONS

1. Combine all ingredients into a bowl and mix together until combined.
2. Store covered in the refrigerator overnight.
3. Give it a quick stir in the morning and enjoy cold or heated.



Black Bean Salsa

Servings: 6

INGREDIENTS

- 1 (15.5 oz) can black beans (no salt added or low sodium), drained and rinsed
- 1 (15 oz) can kernel corn (no salt added or low sodium), drained and rinsed
- 1 medium bell pepper, diced
- 1 medium tomato, diced
- ½ cup red onion, diced
- 1 tsp minced garlic
- 2 Tbsp chopped cilantro
- 2 Tbsp cider vinegar
- 3 Tbsp extra virgin olive oil
- 1 juice of lime

DIRECTIONS

1. Toss all ingredients together.
2. Best if chilled at least 1 hour before serving.

Slow Cooker White Chicken Chili

INGREDIENTS

- 1 medium yellow onion, diced
- 2 cloves garlic, minced
- 1 jalapeno, diced (optional)
- 1 boneless skinless chicken breast
- 1 (16 oz) jar salsa verde
- 2 (15 oz) cans cannellini beans, drained and rinsed
- 1 (15 oz) can pinto beans, drained and rinsed
- 1 Tbsp ground cumin
- 1 tsp dried oregano
- ¼ tsp cayenne pepper
- ¼ tsp black pepper
- 2 cups low-sodium chicken broth

DIRECTIONS

1. Place onion, garlic, jalapeno, chicken breast, salsa verde, cannellini beans, pinto beans, cumin, oregano, cayenne pepper, black pepper, and chicken broth into slow cooker.
2. Stir all ingredients together.
3. Place lid on slow cooker and cook on high for 4 hours, until chicken is easily shredded with a fork. If chicken cannot be shredded after 4 hours, cook for 1 more hour.
4. Use two forks to shred the chicken.
5. Stir chili and serve hot.

