



American Heart Association.

# DECEMBER

It's the most wonderful time of the year...and possibly the busiest too. Mid-year testing, holiday programs, family events, and much more can zap your energy and your willpower. The next thing you know, you're stress-eating sweets in the teachers' lounge. Yikes!

Is there a way to have a **happy, heart-healthy holiday season**? You bet, and it's easier than it sounds. Read on!

## Research has shown that walking at least 30 minutes a day can help you:

- Reduce your risk of coronary heart disease and stroke
- Improve your blood pressure, blood sugar levels and blood lipid profile
- Maintain your body weight and lower the risk of obesity
- Enhance your mental well-being
- Reduce your risk of osteoporosis
- Reduce your risk of breast and colon cancer
- Reduce your risk on of non-insulin dependent (type 2) diabetes

## A Healthy Diet Without Dieting



Go for a simple, no-fad healthy eating pattern to nourish your body and bring out your best you.

- Concentrate on smaller portions, rather than forcing yourself to eliminate foods you love.
- Add fiber-rich foods that will keep you feeling full, such as whole grains, legumes, vegetables and fruits.

Visit <https://healthyforgood.heart.org/eat-smart> to learn more.

## Chunky Marinara with Pasta & Seared Chicken

Serves 6

### Ingredients

#### Pasta and Chicken

- Nonstick Cooking spray
- 10 oz. whole-wheat pasta (spaghetti, penne, rotini, elbow, etc)
- 1 lb. chicken tenderloins
- Grated, fat-free parmesan or mozzarella (optional)

#### Marinara

- 4 cloves sliced garlic OR 2 tsp. jarred, minced garlic
- 2 tbsp. chopped, fresh basil OR 2 tsp. dried basil
- 2 tbsp. fresh oregano OR 2 tsp. dried oregano
- 1 28-oz. canned, low-sodium, diced tomatoes (undrained)
- ½ tsp. black pepper
- 2 tbsp. chopped, fresh parsley

### Directions

#### Pasta and Chicken

1. Prepare pasta to package directions.
2. Preheat oven to 350°F. Spray a 9x13 inch casserole dish with nonstick cooking spray. Lay tenderloins in dish, evenly spaced and lightly spray with cooking spray.
4. Bake for 25 minutes, flipping half way.

#### Marinara

1. Spray saucepan with cooking spray and heat over medium heat. Add garlic and cook 3 minutes.
2. Add all remaining ingredients except parsley. Bring to boil, cover and reduce to simmer for 12-15 minutes.
3. Spoon pasta on to plate, top with marinara and chicken. Sprinkle with grated fat-free parmesan or grated mozzarella (optional)
4. Top with parsley.

**Cook's Tip:** Mix it up and go vegetarian, instead of chicken try topping with oven roasted vegetables like red pepper, yellow squash, eggplant, asparagus or zucchini.



### Nutrition Analysis (per serving)

Calories	287
Total Fat	2.5 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	0.5 g
Cholesterol	48 mg
Sodium	108 mg
Carbohydrates	43 g
Fiber	7 g
Sugars	6 g
Protein	24 g

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