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HANDOUTS/VIDEOS

Video –

Video –
Article –

Recipe –
Recipe –

Handouts –

Handouts –

Handout -

Handout –

SPACE SETUP

Chairs and tables for participants
Demo table
Pens for participants
Folders
Computer, internet access, and projector, if available

DEMO SUPPLIES (Optional if you choose to play videos provided.)

Samples of various types of potatoes and a sweet potato. Please reference the demo script for potato options.
Russet potato
Chef's knife
Cutting board

ACTIVITY INGREDIENTS* AND SUPPLIES**

SAY:

Clean the potato under cold running water. You can use a small vegetable scrubbing brush with bristles to remove any dirt. Dry the potato. If you like the f avor, leave the potato skin on. The skin gives you additional f ber. If you prefer skinless fries, peel the potato using a vegetable peeler. Cut the potato in half. Take one half and put the f at side down on the cutting board. Cut the half into ⁄ - to ¼-inch strips. You want the strips to be the same size, so they cook through at the same time. And then, because we want the fries to be skinny, take each slice (one at a time) and lay it f at. Cut vertically down the slice to create thinner strips. Repeat the process with the other half of the potato.

For a batch of oven fries, cut up three medium baking potatoes. Preheat your oven to 400°F. Lightly spray a large baking sheet with cooking spray. Arrange the potato strips on the baking sheet in a single layer. In a small bowl, stir together ½ teaspoon garlic powder (be sure to use garlic powder and not garlic salt), ½ teaspoon paprika, and ¼ teaspoon pepper. Sprinkle over the potatoes. Bake for 25 minutes, or until the potatoes are tender.

- When buying all types of potatoes, look for those that are solid and well-shaped. Stay away from potatoes that look wrinkly or have blemishes, bald spots, white sprouts, or cracks. Store potatoes in a cool, dark location with good ventilation for up to two weeks.
- Russet potatoes are the best kind to use for baking. Preheat the oven to 350°F. Prick the cleaned potato all over (about a dozen times) with the tines of a fork. Bake for 1 hour on the middle rack of the oven.

Makes 4 servings; 1 ½ cups per serving
Per serving: 277 Calories; 2.0 g Saturated Fat; 272 mg Sodium

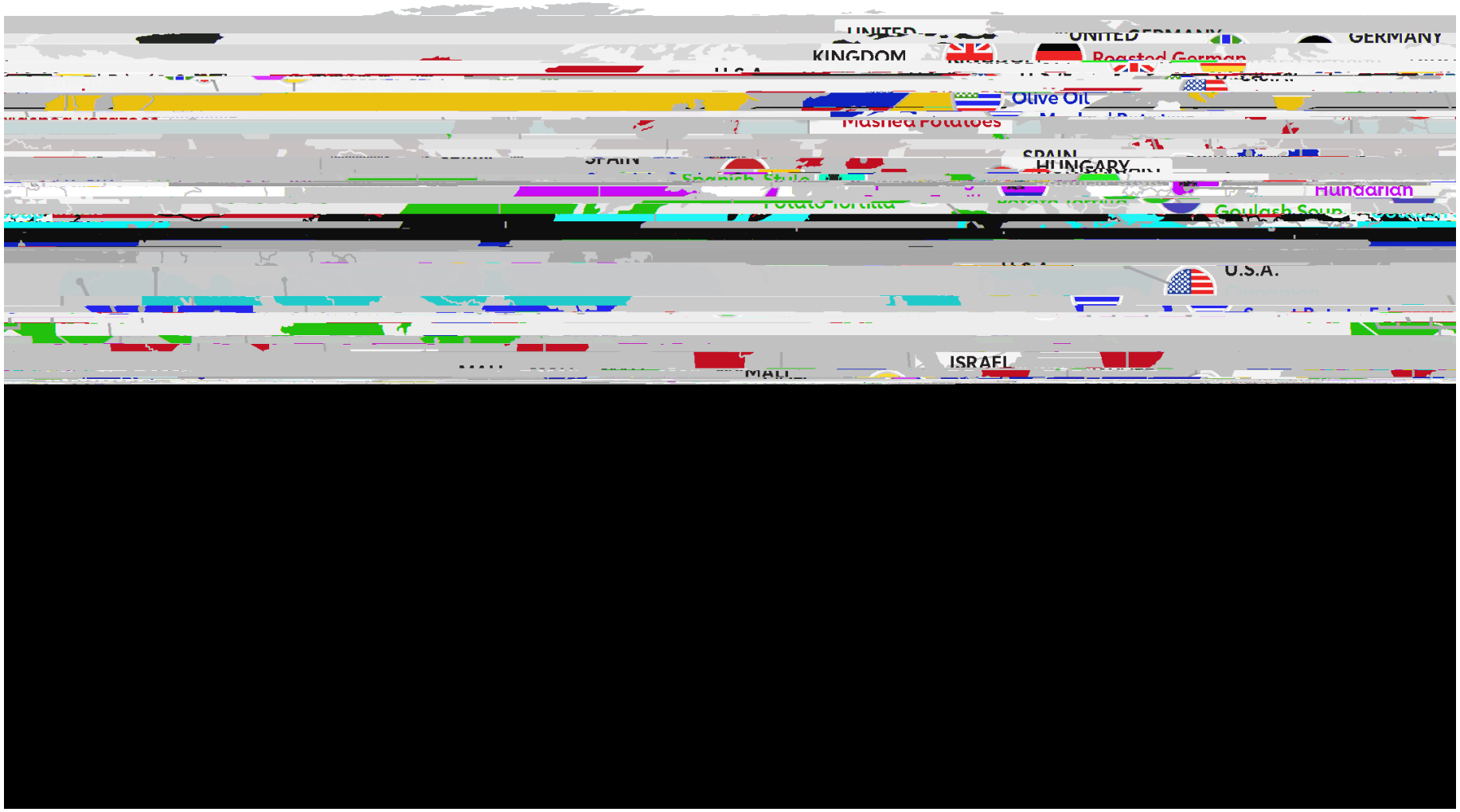
INGREDIENTS

- 2 teaspoons olive oil
- 1 small onion, chopped
- 2 medium garlic cloves, minced

Makes 8 servings; ½ cup per serving
Per serving: 134 Calories; 1.0 g Saturated Fat; 83 mg Sodium

INGREDIENTS

1 ½ pounds small Yukon Gold potatoes, halved or cut into 2-inch pieces
6 medium garlic cloves


KINGDOM
GERMANY
Olive Oil
SPAIN
HUNGARY
Hungarian
U.S.A.
ISRAEL

Cinnamon Sweet Potato Fries

Coconutty Salmon Stew

Shepherd's Pie

Roasted German Potato Salad

Spanish-Style Potato Tortilla

Hungarian Goulash Soup

Harissa Roasted Vegetables

Carrot, Parsnip, and Potato Pancakes

Mulligatawny Soup

Makes 4 servings; ½ cup per serving
Per serving: 157 Calories; 0.0 g Saturated Fat; 90 mg Sodium

INGREDIENTS

- Cooking spray
- 1 ½ pounds sweet potatoes (about 2 medium), peeled and cut into sticks about ¼-inch thick
- ¾ teaspoon olive oil
- 2 teaspoons sugar
- ½ teaspoon ground cinnamon

DIRECTIONS

1. Preheat the oven to 425°F. Lightly spray a rimmed baking sheet with cooking spray.
2. Put the sweet potatoes in a large bowl. Stir in the oil to coat. Arrange the sweet potatoes in a single layer on the baking sheet. Lightly spray them with cooking spray.
3. Bake for 10 minutes. Rearrange the sweet potatoes on the baking sheet if they're browning unevenly. Bake for 10 minutes. Turn over the sweet potatoes. Bake for 5 minutes, or until lightly browned on the outside and soft on the inside when pierced with a fork. If the edges are browning too quickly, reduce the oven temperature to 400°F.
4. Meanwhile, in a small bowl, stir together the sugar and cinnamon. When the sweet potatoes are cooked, remove from the oven. Sprinkle them with the sugar mixture, turning to coat. Serve immediately. (The moisture in the sweet potatoes causes them to lose their crispness quickly.)

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Makes 4 servings; 1 ½ cups per serving
Per serving: 285 Calories; 1.0 g Saturated Fat; 340 mg Sodium

INGREDIENTS

- 2 tablespoons grated peeled gingerroot and 1 tablespoon grated peeled gingerroot, divided use
- 3 large garlic cloves, finely chopped
- 1 tablespoon cumin seeds, crushed
- ½ teaspoon olive oil
- Cooking spray
- 2 medium green bell peppers, cut lengthwise into strips about ½ inch wide
- ½ cup red onion slices (¼ inch thick)
- 8 ounces sweet potatoes, peeled and cut into ¼-inch rounds
- ½ teaspoon paprika
- ¼ teaspoon salt
- 2 salmon steaks with skin (about 8 ounces each), bones discarded, rinsed and patted dry
- ½ teaspoon crushed red pepper flakes
- 1 14.5-ounce can no-salt-added diced tomatoes, well drained
- 2 tablespoons chopped fresh cilantro and 1 tablespoon chopped fresh cilantro, divided use
- 1 6-ounce container fat-free plain yogurt
- 2 teaspoons cornstarch
- 2 teaspoons coconut extract
- 1 tablespoon fresh lime juice

DIRECTIONS

1. Heat a small nonsticpTl.009SEMC ej41 (p)-137k49.32am /Lang (en-US)

Makes 4 servings; 1 ¾ cups per serving
Per serving: 255 Calories; 2.0 g Saturated Fat; 281 mg Sodium

INGREDIENTS

- 1 pound extra-lean ground beef
- 1 cup fat-free, low-sodium beef broth and ½ cup fat-free, low-sodium beef broth, divided use
- 1 teaspoon pepper
- 2 medium dried bay leaves
- 2 whole cloves
- Dash of dried thyme, crumbled
- 2 medium carrots, thinly sliced
- 1 large onion, thinly sliced
- 4 ounces button mushrooms, sliced
- 2 medium ribs of celery, diced
- 10 ounces frozen chopped spinach, thawed and squeezed

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Makes 8 servings; 1 ¼ cups per serving
Per serving: 267 Calories; 1.0 g Saturated Fat; 109 mg Sodium

INGREDIENTS

1 tablespoon curry powder
1 teaspoon ground cumin
½ teaspoon paprika
½ teaspoon ground cinnamon

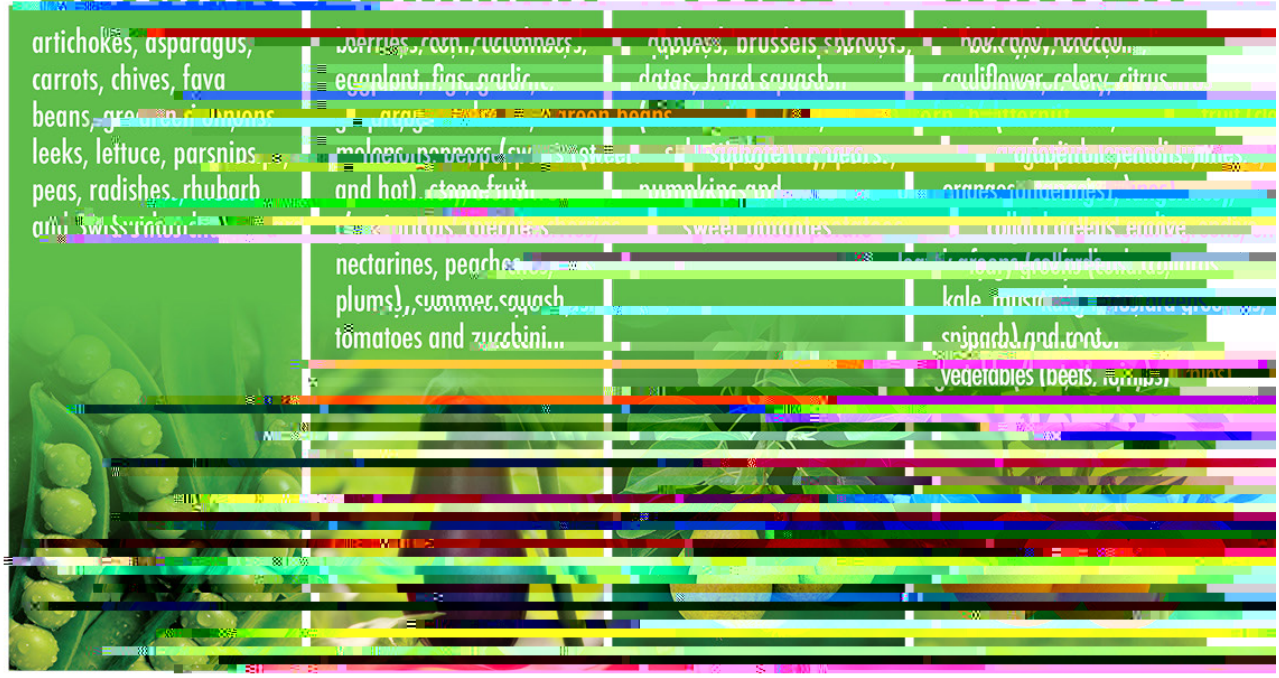
American Heart Association® | Healthy For Good™

life is why we

SEASONS OF EATING

Your heart-healthy recipes will taste even better with seasonal produce.

SPRING	SUMMER	FALL	WINTER
artichokes, asparagus, carrots, chives, fava beans, green onions, leeks, lettuce, parsnips, peas, radishes, rhubarb and Swiss chard	berries, corn, cucumbers, eggplant, figs, garlic, grapes, [illegible], melons, peppers (sweet and hot), stone fruit (apricots, cherries, nectarines, peaches, plums), summer squash, tomatoes and zucchini	apples, Brussels sprouts, dates, hard squash, [illegible], pumpkins and sweet potatoes	bok choy, broccoli, cauliflower, celery, citrus (grapefruit, lemons, limes, oranges, tangerines), [illegible], greens (collards, kale, mustard greens, spinach) and root vegetables (beets, turnips)



KEEP THESE TIPS IN MIND WHEN COOKING AND SHOPPING FOR SEASONAL FOODS

1. Fresh foods are often less expensive during their peak harvest season. You may even save money by buying in bulk.
2. Shop the farmers' market to learn more about produce and get ideas on how to prepare foods in season.
3. Gardening gives you fresh seasonal produce and a little exercise, too. The [illegible] or accomplishment you'll feel will make that produce taste even better!
4. Frozen, canned and dried fruits and vegetables also can be healthy choices. Compare food labels and choose items with the lowest amounts of sodium and added sugars.
5. Choose canned fruit packed in juice, water, unsweetened apple juice or light syrup (avoid heavy syrup).
6. Choose canned and frozen vegetables without sauces. These can be high in sodium and saturated fat.
7. Freeze fresh produce at the peak of its season. You can add it to smoothies, soups and breads and enjoy it throughout the year.

EAT SMART ADD COLOR MOVE MORE BE WELL

#HEALTHYFORGOOD

LEARN MORE AT HEART.ORG/HEALTHYFORGOOD

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Specific

- What exactly do you want to accomplish?

Measurable

- How will you track your progress towards your goal?

Achievable

- Is reaching your goal possible with your full effort?

Realistic

- Do you have the resources and ability to achieve your goal? If not, how can you get them?

Time-Bound

- When will your goal be achieved?

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.

Personal SMART goal: