



American Stroke Association®
A division of the American Heart Association.

Together to End Stroke®

Simply Good

A cookbook for stroke survivors
and their families



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STROKE SUPPORT SERVICES

A stroke changes a survivor's life — and their loved ones' lives — in an instant. Whether it's in person, online or on the phone, the American Stroke Association is here to support your journey to recovery.

Find a stroke support group to connect with others with similar experiences, learn helpful information and help ease the depression and isolation that's common after stroke. stroke.org/SupportGroup

Join our FREE online Support Network to be a part of a community of survivors and caregivers that knows what you're going through and can help you find your footing on the path to better health. stroke.org/SupportNetwork

Call our Stroke Family Warmline to talk with our trained specialists who can provide helpful information, connect you to local services or just be a listening ear. 1-888-4-STROKE (1-888-478-7653) or stroke.org/SpeakWithUs

Table of Contents

Eating Well After a Stroke2
Meal Preparation Tips for Stroke Survivors3
Super Simple Snack and Side Dish Ideas4
About the Recipes5

RECIPES

Breakfast Entrées

Scrambled Eggs with Cheddar Cheese6
Pumpkin Pie Oatmeal8
Raspberry Yogurt Parfait with Peaches10

Seafood Entrées

Baked Salmon in Foil with Lemon and Herbs12
Curried Tuna Salad14
Steamed Catfish with Southern-Style Remoulade Sauce16

Poultry Entrées

Steamed Orange and Garlic Chicken18
Cajun Chicken Salad Lettuce Wraps20
Skillet Chicken with Barbecue Sauce22
Turkey Chili24

Meat Entrées

Mushroom Meat Loaf with Brown Gravy26
Shepherd’s Pie28

Vegetarian Entrées

Stuffed Sweet Potato with Avocado, Feta, and Hummus Dressing30
Egg and Avocado Salad32
Sodium-Free Seasonings and Flavorings34

Recipe for the cover photo appears on page 14.

Eating Well After a Stroke

Eating well can help reduce your risk of having another stroke. As you make daily food choices, base your eating pattern on these American Heart Association recommendations.

- **Eat a variety of vegetables.** Nonstarchy vegetables are low in calories. They're also high in fiber, essential vitamins, and minerals. Choose fresh, frozen, or canned without high-calorie sauces or added salt.
- **Eat a variety of fruit.** Choose fresh, frozen, or canned without added sugar.
- **Choose fiber-rich whole grains,** such as brown rice, oats, quinoa, barley, and breads and pastas made with whole grains. (Look for "100% whole grains" on the package.) Limit foods made with refined grains, such as white breads, white pastas, and many baked goods.
- **Choose lean proteins.** Select poultry without skin and lean and extra-lean cuts of meat. Prepare them in healthy ways and discard any visible fat.
- **Eat fish twice a week.** Choose fish preferably high in omega-3 fatty acids, such as salmon, lake trout, albacore tuna, sardines, and herring.
- **Include legumes (beans, peas, chickpeas, lentils), nuts, and seeds.**
- **Select low-fat (1%) or fat-free dairy products.**
- **Include healthy unsaturated (monounsaturated and polyunsaturated) fats.** These fats, also referred to as the "good fats," are in nontropical vegetable oils (for example, olive, canola, and corn) and foods such as fish, avocados, nuts, and seeds. When cooking, choose oils that are liquid at room temperature, instead of butter, coconut oil, or lard.
- **Limit saturated fats.** These "bad fats" are primarily found in animal products, such as fatty meats and full-fat dairy products.
- **Avoid trans fats.** These "bad fats" are in packaged baked goods, such as cookies and cakes, as well as in shortening and some margarines. Check the Nutrition Facts label and look for products with 0 grams of trans fat. Avoid foods that contain partially hydrogenated oils. Look for them in the ingredients list.
- **Limit added sugars.** Check the ingredients lists for: sugar, corn syrup, high fructose corn syrup, corn sweetener, brown sugar, honey, malt sugar, molasses, and maple syrup. These added sugars are found in most candy and desserts as well as in many beverages, including sodas, energy drinks, fruit drinks, and sweetened tea and coffee drinks.
- **Choose foods with less sodium.** Choose whole foods and look for products that are lower in sodium (check the Nutrition Facts label; products considered low sodium contain 140 mg or less of sodium per serving). Use little or no salt when preparing food.

Meal Preparation Tips for Stroke Survivors

- Create a weekly meal plan. This will help you save time and have more varied and healthy meals. Make your grocery list based on store layout for easy and efficient shopping.
- When grocery shopping, look for foods that have the American Heart Association Heart-Check mark on the front of the package. This mark helps you easily make healthy choices.
- Look for pre-cut or pre-chopped meats and vegetables at the grocery store. Or do your prep work ahead of time when you feel up to it or have more energy. Store pre-cut foods in a zip-top bag or airtight storage container in the refrigerator and use within one or two days.
- Use rubber grip mats under your bowls and cutting boards to keep them securely in place.
- Use a cutting board with suction cups for one-handed cutting.
- Stock your kitchen with knives with a good rubber grip, rocker knives, and manual or electric processors. These are all good tools for cutting, chopping, and shredding.
- Other helpful items include utensils with suction or non-skid/non-slip features and one-handed jar, can, and bottle openers.
- Use a household kitchen or dining chair to provide support while standing and to take rest breaks.
- A microwave oven can be a great timesaver. For easier access, install it at counter height.
- A slow cooker is another alternative to stovetop cooking. It lets you select the shut-off time, so you won't overcook your meal and it frees up the time spent at the stove.

For more post-stroke resources, visit stroke.org/recovery.



Super Simple Snack and Side Dish Ideas

These healthy snack and side dish ideas are quick and easy to whip up in the kitchen. Be sure to use a knife, food processor, or blender to get the correct food texture for you and adjust liquid consistencies as needed.

Avo-Cocoa Pudding

In a food processor or blender, add a banana, ripe avocado, splash of fat-free/low-fat milk and/or scoop of fat-free plain Greek yogurt, unsweetened cocoa powder, and a splash of vanilla extract. Process until the desired texture.

Guacamole

In a food processor or blender, add a ripe avocado, small scoop of fat-free/low-fat sour cream, dash of garlic powder, cumin, pepper, and a few squeezes of fresh lime juice to taste. Process until the desired texture.

Banana Smoothie

In a food processor or blender, add a banana, fat-free plain Greek yogurt, and one or more of the following: water, 100% fruit juice, or fat-free/low-fat milk. Process until the desired texture. Get creative with mix-ins such as mango, peaches, berries, spinach, kale, avocado, canned pumpkin, unsweetened cocoa powder, ground cinnamon, turmeric, and vanilla extract.

Cinnamon Applesauce

Peel and chop a few apples. Put in a saucepan with some water. Bring to a boil. Simmer, covered for 15 to 20 minutes, or until very tender. Mash or puree (and drain as needed) for the desired texture. Stir in a splash of fresh lemon juice or vanilla extract. Sprinkle with ground cinnamon.

Steamed Vegetables

Add some fresh lemon juice and enough water to a saucepan for a depth of about an inch. Place a steamer basket in the pan. Bring the liquid to a boil. Add the desired vegetables, such as carrots or cauliflower, to the basket. Steam, covered, for a few minutes, or until the vegetables are tender. Drain in a colander. Using a knife, cut into pieces or process in a food processor or blender to the desired texture as needed.

Roasted Vegetables

In a single layer, place cut-up (similar in size) vegetables, such as broccoli, cauliflower, mushrooms, parsnips, and carrots, on a large heavy-duty baking sheet lined with aluminum foil. Drizzle with a healthy oil, such as canola, corn, or olive. Sprinkle with sodium-free seasonings, such as pepper, dried oregano, and dried parsley. Toss to coat. Roast in a preheated 450°F oven for 30 minutes, or until very tender, stirring occasionally.



About the Recipes

Every stroke is unique, but they tend to affect people in common ways. Your stroke may have caused a swallowing disorder called dysphagia. In the hospital after your stroke, you most likely were evaluated to determine your ability to swallow safely. That's because some foods and liquids are more difficult to swallow after a stroke.

All the recipes in this booklet were created with adult stroke survivors in mind and follow the standards set by the International Dysphagia Diet Standardization Initiative (IDDSI). The recipes are designed for food texture **Level 7: Regular**, but each recipe includes modifications. Look for the color-coded information that best corresponds to your eating level needs on how to adjust the recipe.

Level 4 • Pureed

- Usually eaten with a spoon
- Do not require chewing
- Have a smooth texture with no lumps
- Hold shape on a spoon
- Fall off a spoon in a single spoonful when tilted
- Are not sticky
- Liquids must not separate from solids

Level 5 • Minced and Moist

- Soft and moist, but with no liquid leaking/dripping from the food
- Biting is not required
- Pieces should fit between the tines of a fork
- Minimal chewing required
- Lumps of 4 mm in size
- Lumps can be mashed with the tongue
- Food can be easily mashed with just a little pressure from a fork
- Should be able to scoop food onto a fork with no liquid falling off the fork

Level 6 • Soft and Bite-Size

- Soft, tender, and moist but with no thin liquid leaking/dripping from the food
- Ability to bite off a piece of food is not required
- Ability to chew bite-size pieces so they are safe to swallow is required
- Bite-size pieces are no bigger than 1.5 cm x 1.5 cm, about the size of a thumbnail
- Food can be mashed/broken down with pressure from a fork
- A knife is not required to cut food

Level 7 • Regular

- Normal, everyday foods of various textures that are developmentally and age appropriate
- Ability to bite off pieces of food is required
- Chewing ability is required for hard *and* soft food
- Ability to chew all types of food textures without tiring easily
- May include mixed consistency foods (for example, cereal with milk or soup with vegetable pieces)
- Includes sandwiches

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The suggestions and information contained in this publication are consistent with the American Heart Association guidelines and the International Dysphagia Diet Standardization Initiative. However, no publication can ever replace the services of a health care professional in providing information and advice about your health. Before preparing the following recipes, individuals should consult with their doctors to best determine their needs.



Scrambled Eggs

with Cheddar Cheese

Serves 4 • 1/3 cup per serving

The trick for light and fluffy eggs is using both whole eggs and egg whites. That combo results in a soft, airy consistency, while the Cheddar cheese adds creaminess.

Ingredients

- | | | | |
|-----|-----------------------------|---|--|
| 1/2 | teaspoon canola or corn oil | 2 | large egg whites |
| 5 | large eggs | 2 | ounces shredded low-fat Cheddar cheese |

Directions

1. In a large nonstick skillet, heat the oil over medium heat, swirling to coat the bottom.
2. Meanwhile, in a large bowl, vigorously whisk together the eggs and egg whites for 15 to 20 seconds, or until frothy and smooth. Stir in the Cheddar.
3. Pour the egg mixture into the skillet. Let it stand for 5 to 10 seconds, or until the mixture begins to lightly set. Using a rubber spatula, stir constantly for 2 to 3 minutes, scraping the skillet, or until the mixture has thickened, no visible liquid egg remains, and the Cheddar is melted.



Cook's Tip: Eggs will continue to cook after being removed from the heat. Cook them slightly less than the consistency you prefer to eat.

Level 4 • Pureed

Don't overcook the eggs. In a food processor or blender, process the egg mixture (including the Cheddar) for 30 seconds, or until smooth, not sticky, and lump free, scraping down the sides as needed.

Level 5 • Minced and Moist

Using a food processor, blender, or knife, process or cut the egg mixture into pieces no more than 4 millimeters in size. The pieces should be moist and fit between the tines of a fork.

Level 6 • Soft and Bite-Size

Using a knife, cut the egg mixture into pieces no bigger than 1.5 x 1.5 centimeters (about the size of your thumbnail). To test for softness, press down on the eggs using the back of a fork. The eggs should remain squashed and not regain their shape.

Nutrition Analysis (per serving)

Calories	128
Total Fat	7.5 g
Saturated Fat	2.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	3.0 g
Cholesterol	236 mg
Sodium	203 mg
Carbohydrates	1 g
Fiber	0 g
Total Sugars	0 g
Includes Added Sugars	0 g
Protein	13 g

Dietary Exchanges

2 lean meat



Breakfast

Pumpkin Pie Oatmeal

Serves 4 • 1¼ cups per serving

When you're looking for a satisfying, quick breakfast, this pumpkin pie oatmeal is easy breezy. Cooking the oats in almond milk gives each bite creaminess. The pumpkin and spices pack this dish with the flavors of autumn.

Ingredients

- | | | | |
|---|---|---|--|
| 2 | cups uncooked quick-cooking oatmeal | 2 | teaspoons pumpkin pie spice |
| 4 | cups unsweetened vanilla almond milk | 1 | tablespoon firmly packed light brown sugar |
| ½ | cup canned solid-pack pumpkin (not pie filling) | | |

Directions

1. In a food processor or blender, process the oatmeal for 45 seconds, or until it resembles very fine cornmeal.
2. In a medium saucepan, bring the milk, pumpkin, and pumpkin pie spice to a boil over medium-high heat, stirring constantly until smooth.
3. Stir in the oats and brown sugar. Reduce the heat to medium. Cook, uncovered, for 1 to 2 minutes, or until thickened, stirring constantly. Spoon into bowls.
4. Add a small amount of hot water if you prefer a smoother, thinner consistency.



Cook's Tip: For Apple Pie Oatmeal, substitute $\frac{1}{2}$ cup unsweetened applesauce for the pumpkin. Omit the brown sugar.



Cook's Tip: To make homemade pumpkin pie spice, stir together 1 tablespoon plus 1 teaspoon ground cinnamon, 2 teaspoons ground ginger, 1 teaspoon ground cloves, and $\frac{1}{2}$ teaspoon ground nutmeg until well blended.

Level 4 • Pureed

If the oatmeal is lumpy, process the desired serving(s) in a food processor or blender until smooth. There should be no separation of liquid.

Level 5 • Minced and Moist

Serve as prepared.

Level 6 • Soft and Bite-Size

Serve as prepared.

Nutrition Analysis (per serving)

Calories	222
Total Fat	6.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	1.0 g
Cholesterol	0 mg
Sodium	184 mg
Carbohydrates	35 g
Fiber	7 g
Total Sugars	5 g
Includes Added Sugars	3 g
Protein	8 g

Dietary Exchanges

2 starch, $\frac{1}{2}$ other carbohydrate



Raspberry Yogurt Parfait with Peaches

Serves 4 • 1 cup per serving

To avoid a lot of the added sugars in store-bought flavored yogurts, make your own by blending fruit and plain yogurt. This parfait is an easy-to-make, delicious, nutritious breakfast or snack. Enjoy in any season as frozen raspberries and peaches are available year-round.

Ingredients

- 1½ cups fat-free plain Greek yogurt and 1 cup fat-free plain Greek yogurt, divided use
- 1 cup fresh or frozen unsweetened raspberries, thawed if frozen
- ½ teaspoon ground cinnamon
- ½ teaspoon vanilla extract
- 1 cup no-sugar-added canned sliced peaches, packed in their own juice, drained, or frozen unsweetened peaches, thawed if frozen, and diced

Directions

1. In a food processor or blender, process 1½ cups yogurt and the raspberries for 15 to 20 seconds, or until the mixture is smooth, stopping to scrape the sides as needed.
2. In a small bowl, stir together the remaining 1 cup yogurt, cinnamon, and vanilla until well blended.
3. In four small cups, layer as follows: 2 tablespoons peaches, ¼ cup raspberry yogurt mixture, ¼ cup plain yogurt mixture, ¼ cup raspberry yogurt mixture, and 2 tablespoons peaches.



Cook's Tip: Experiment with different flavor combinations. Swap out the raspberries for no-sugar-added canned pears or frozen mixed berries. Substitute frozen cherries or mango for the peaches. Be sure to avoid substituting pineapple, grapes, and dried fruits.

Level 4 • Pureed

Omit the layering step. In a food processor or blender, process all the ingredients until smooth. There should be no separation of liquid.

Level 5 • Minced and Moist

If needed, using a knife, cut the fruit into pieces no more than 4 millimeters in size. The pieces should fit between the tines of a fork. Layering is optional.

Level 6 • Soft and Bite-Size

Using a knife, cut the fruit into pieces no bigger than 1.5 x 1.5 centimeters (the size of your thumbnail).

Nutrition Analysis (per serving)

Calories	125
Total Fat	1.0 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
Cholesterol	7 mg
Sodium	51 mg
Carbohydrates	14 g
Fiber	2 g
Total Sugars	9 g
Includes Added Sugars	0 g
Protein	15 g

Dietary Exchanges

1 other carbohydrate, 2 lean meat



Baked Salmon

in Foil with Lemon and Herbs

Serves 4 • 3 ounces fish per serving

This omega-3-rich dish brings all the flavor together in one packet. It'll be on your table in about 30 minutes. A bit of citrus, fresh herbs, and everyday spices are all you need to enhance these fillets.

Ingredients

Cooking spray

1 large lemon (ends cut off and reserved), cut crosswise into 8 slices, each about ¼-inch thick (all seeds discarded)

4 boneless, skinless salmon fillets (about 4 ounces each), rinsed and patted dry

1 teaspoon olive oil

¼ teaspoon salt

¼ teaspoon pepper

4 large sprigs of fresh tarragon

2 tablespoons fresh parsley (Italian flat-leaf preferred), stems discarded, finely chopped, or 2 teaspoons dried parsley, crumbled

Directions

1. Preheat the oven to 350°F. Line a large baking sheet with aluminum foil.
2. Lightly spray the foil with cooking spray. Arrange four lemon slices in a square pattern in the center of the sheet, leaving about 1½ inches between each slice. With the bottom side down (the side that had skin), place one fillet on each lemon slice, leaving about ½ inch between fillets.
3. Squeeze the two lemon end pieces over the fish. Drizzle the oil over the fish. Sprinkle with the salt and pepper.
4. Top each fillet with a sprig of tarragon and one of the remaining four lemon slices. Wrap the foil loosely, leaving room for the heat to circulate inside the packet. Seal the edges of the foil tightly.
5. Bake for 20 to 25 minutes. Using the tines of a fork, carefully open the packet away from you (to prevent steam burns). If the fish flakes easily when tested with the fork, remove the baking sheet from the oven. If the fish isn't cooked enough, reclose the packet. Bake for 3 to 5 minutes. Discard the lemon slices and tarragon sprigs.
6. Transfer the fish to plates.
7. Sprinkle with the parsley.



Cook's Tip: *If your salmon fillet is on the thin side, about 1 inch thick, then check it a few minutes early to be sure it doesn't overcook. If your fillet is about 2 inches thick, then it may need more time to cook.*

Level 4 • Pureed

Omit the sprig(s) of tarragon. In a food processor or blender, process the desired serving(s) until smooth.

Level 5 • Minced and Moist

Using a food processor, blender, or knife, process or cut the fish into pieces more than 4 millimeters in size. The pieces should be moist and fit between the tines of a fork.

Level 6 • Soft and Bite-Size

Using a knife, cut the fish into pieces no bigger than 1.5 x 1.5 centimeters (the size of your thumbnail). To test for softness, press down on the fish using the back of a fork. The fish should remain squashed and not regain its shape.

Nutrition Analysis (per serving)

Calories	159
Total Fat	6.0 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	2.5 g
Cholesterol	53 mg
Sodium	233 mg
Carbohydrates	0 g
Fiber	0 g
Total Sugars	0 g
Includes Added Sugars	0 g
Protein	24 g

Dietary Exchanges

3 lean meat



Curried Tuna Salad

Serves 4 • $\frac{3}{4}$ cup salad and 1 tortilla per serving

Keep your pantry stocked with canned tuna to make an easy no-cook lunch any day of the week. Traditional tuna salad uses mayo and celery. Try this version that's jazzed up with Greek yogurt and more flavorful vegetables. Sweetness from the pears, tanginess from the citrus, and a mild spiciness from the curry powder are the perfect balance of flavors.

Ingredients

- | | |
|--|---|
| $\frac{3}{4}$ cup finely chopped carrots | 2 teaspoons curry powder (Madras style preferred) |
| $\frac{3}{4}$ cup finely chopped radishes | $1\frac{1}{2}$ teaspoons fresh lime juice |
| 1 tablespoon water | 1 15-ounce can no-sugar-added pear slices, packed in their own juice, drained and chopped |
| 2 4.5-ounce cans very low sodium chunk light tuna, packed in water, drained and flaked | 4 8-inch whole-wheat tortillas (lowest sodium available) |
| 3 tablespoons fat-free plain Greek yogurt | 1 small avocado, quartered and sliced |

Directions

1. In a small, microwaveable bowl, stir together the carrots, radishes, and water. Cover with plastic wrap, poking a small hole in the top to vent. Microwave on 100% power (high) for 4 minutes, or until the vegetables are tender. Uncover and let cool completely.
2. In a medium bowl, stir together the carrot mixture, tuna, yogurt, curry powder, and lime juice. Refrigerate, covered, for at least 20 minutes, to allow the flavors to blend.
3. Gently stir the pears into the tuna mixture until well blended.
4. Spoon $\frac{3}{4}$ cup tuna salad onto the center of each tortilla. Top with an avocado slice.
5. To roll up, bring the left and right sides of the tortilla toward the center. Pinch them tightly together with your fingers. Lift the bottom edge of the tortilla and bring it up toward the joined sides to form an envelope. Carefully roll the tortilla from the bottom up to enclose the filling. Transfer to a plate with the smooth side up. Secure with a wooden toothpick if desired.

Level 4 • Pureed

Omit the tortilla. Make sure the vegetables are soft enough to puree without being crunchy or you should omit them. In a food processor or blender, process the tuna salad until smooth. There should be no separation of liquid.

Level 5 • Minced and Moist

Omit the tortilla. In a food processor or blender, process the tuna salad into pieces no more than 4 millimeters in size. The mixture should be moist and the vegetables should fit between the tines of a fork.

Level 6 • Soft and Bite-Size

To test for softness, press down on the mixture using the back of a fork. The mixture should remain squashed and not regain its shape. After rolling the tortilla, use a knife to cut into pieces no bigger than 1.5 x 1.5 centimeters (about the size of your thumbnail).

Nutrition Analysis (per serving) (with the tortilla)

Calories	350
Total Fat	11.5 g
Saturated Fat	2.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat	6.0 g
Cholesterol	20 mg
Sodium	388 mg
Carbohydrates	42 g
Fiber	9 g
Total Sugars	11 g
Includes Added Sugars	0 g
Protein	23 g

Dietary Exchanges

1½ starch, 2 vegetable, ½ fruit,
2½ lean meat, ½ fat



Steamed Catfish

with Southern-Style Remoulade Sauce

Serves 4 • 3 ounces fish and 1 tablespoon plus 1 teaspoon sauce

Mild white fish pairs well with this lighter, healthier version of a classic remoulade sauce for a quick and easy meal.

Ingredients

- | | | | |
|---|---|---|--|
| 4 | catfish or tilapia fillets (about 4 ounces each), rinsed and patted dry | ½ | teaspoon paprika |
| ⅛ | teaspoon salt | ½ | teaspoon Dijon mustard (lowest sodium available) |
| ⅛ | teaspoon pepper | ⅛ | teaspoon garlic powder |
| ⅓ | cup fat-free plain Greek yogurt | ¼ | cup minced fresh oregano (optional) |
| 1 | teaspoon red hot-pepper sauce (Louisiana-style preferred) | | |

Directions

1. Heat a large pot fitted with a steamer basket placed over water on medium-high heat. Bring the water to a boil.
2. Meanwhile, sprinkle the salt and pepper over both sides of the fish. Place the fish in the steamer basket. Steam, covered, for 7 to 10 minutes, or until the fish flakes easily when tested with a fork.
3. While the fish is cooking, in a small bowl, whisk together the yogurt, hot-pepper sauce, paprika, mustard, and garlic powder.
4. Transfer the fish to plates. Sprinkle with the oregano. Serve with the sauce.



Cook's Tip: You can substitute 1 tablespoon plus 1 teaspoon dried oregano for the fresh oregano. Just sprinkle it over the fish with the salt and pepper before steaming.



Cook's Tip: If you don't have a steamer basket, you can use a small kitchen strainer or colander and place it over the water in the pot.

Level 4 • Pureed

In a food processor or blender, process the desired serving(s) until smooth. There should be no separation of liquid.

Level 5 • Minced and Moist

Using a food processor, blender, or knife, process or cut the fish into pieces no more than 4 millimeters in size. The pieces should be moist and fit between the tines of a fork.

Level 6 • Soft and Bite-Size

Using a knife, cut the fish into pieces that are no bigger than 1.5 x 1.5 centimeters (about the size of your thumbnail). To test for softness, press down on the fish using the back of a fork. The fish should remain squashed and not regain its shape.

Nutrition Analysis (per serving)

Calories	121
Total Fat	3.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	1.0 g
Cholesterol	67 mg
Sodium	201 mg
Carbohydrates	1 g
Fiber	0 g
Total Sugars	1 g
Includes Added Sugars	0 g
Protein	21 g

Dietary Exchanges

3 lean meat



Steamed Orange and Garlic Chicken

Serves 4 • 3 ounces chicken per serving

Allow some marinating time. The result is a garlicky, citrusy meal that's well worth the wait.

Ingredients

- ½ cup 100% pulp-free orange juice and 1½ teaspoons 100% pulp-free orange juice, divided use
- 1 medium green onion, finely chopped
- 1 tablespoon white wine vinegar and 1½ teaspoons white wine vinegar, divided use
- 1½ teaspoons minced garlic
- 4 boneless, skinless chicken breast halves (about 4 ounces each), all visible fat discarded, pounded to ½-inch thickness
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons finely chopped fresh cilantro
- 1½ teaspoons olive oil
- 1 tablespoon hot chili sauce (sriracha preferred) (optional)

Directions

1. In a large shallow bowl, stir together $\frac{1}{2}$ cup orange juice, the green onion, 1 tablespoon vinegar, and the garlic. Add the chicken, turning to coat well with the marinade. Cover and refrigerate for at least 2 hours or up to 24 hours, turning occasionally.
2. To cook the chicken, place a steamer basket in a large pot. Fill the pot with water to about $\frac{1}{2}$ inch below the steamer basket. Bring the water to a boil over medium-high heat.
3. Drain the chicken, discarding the marinade. Using a paper towel, wipe most of the marinade off the chicken. Sprinkle the salt and pepper over the chicken. Place the chicken in the steamer basket. Steam, covered, for 10 to 15 minutes, or until the chicken is no longer pink in the center.
4. Meanwhile, in a large bowl, whisk together the remaining $\frac{1}{2}$ teaspoons orange juice and $\frac{1}{2}$ teaspoons vinegar, the cilantro, and oil. Add the chicken, tossing gently to coat.
5. Transfer the chicken to plates. Drizzle with the remaining dressing and the chili sauce.



Cook's Tip: *Don't have a steamer basket? No worries. Simply use aluminum foil and an ovenproof plate that's slightly smaller than the pot. Roll up three large balls of foil. Place them in the bottom of the pot. Add the water as directed. Place the chicken on the plate. Put the plate on top of the foil balls.*

Level 4 • Pureed

Omit the cilantro. In a food processor or blender, process the desired serving(s) until smooth. If the mixture is too thick or sticky, add a small amount of fat-free, low-sodium chicken broth and process again until smooth. There should be no separation of liquid.

Level 5 • Minced and Moist

Using a food processor, blender, or knife, process or cut the chicken into pieces no more than 4 millimeters in size. The pieces should be moist and fit between the tines of a fork.

Level 6 • Soft and Bite-Size

Using a knife, cut the chicken into pieces no bigger than 1.5 x 1.5 centimeters (about the size of your thumbnail). To test for softness, press down on the chicken using the back of a fork. The chicken should remain squashed and not regain its shape.

Nutrition Analysis (per serving)

Calories	148
Total Fat	4.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	2.0 g
Cholesterol	73 mg
Sodium	280 mg
Carbohydrates	1 g
Fiber	0 g
Total Sugars	0 g
Includes Added Sugars	0 g
Protein	24 g

Dietary Exchanges

3 lean meat



Cajun Chicken Salad

Lettuce Wraps

Serves 4 • $\frac{3}{4}$ cup salad and 1 lettuce leaf per serving

Popping with bold flavors from the Louisiana Bayou, this southern-style version of chicken salad blankets the chicken in a tangy yogurt dressing with a hint of heat. The salad's rolled up in cool lettuce leaves.

Ingredients

- | | | | |
|---------------|---|---------------|---|
| 1 | pound boneless, skinless chicken breasts, all visible fat discarded, cut into 1-inch pieces | $\frac{1}{2}$ | teaspoon dried oregano, crumbled |
| 1 | medium green bell pepper, chopped | $\frac{1}{2}$ | teaspoon red hot-pepper sauce (optional) |
| $\frac{1}{2}$ | cup fat-free plain Greek yogurt | $\frac{1}{4}$ | teaspoon cayenne |
| $\frac{1}{4}$ | cup finely chopped green onion | $\frac{1}{4}$ | teaspoon minced garlic |
| 1 | tablespoon cider vinegar | $\frac{1}{4}$ | teaspoon salt |
| 1 | tablespoon Dijon mustard (lowest sodium available) | 4 | large lettuce leaves, such as romaine or butter |
| 2 | teaspoons paprika (smoked preferred) | | |

Directions

1. Fill a large saucepan with 8 cups of water. Bring to a boil. Add the chicken. Return to a boil. Add the bell pepper.
2. Remove from the heat. Let stand for 15 minutes, or until the chicken is no longer pink in the center. Drain well in a colander.
3. Meanwhile, in a medium bowl, stir together the remaining ingredients except the lettuce. Add the chicken and bell pepper, tossing to coat.
4. To serve, put one lettuce leaf on each plate. Spoon the chicken salad onto the center of each leaf. Tuck in the two short ends of the leaf while rolling it lengthwise away from you to enclose the salad.



Cook's Tip: *If you prefer your chicken salad cold, refrigerate the chicken and bell pepper, covered, for at least 2 hours or up to one day ahead before adding to the yogurt mixture.*

Level 4 • Pureed

Omit the lettuce. In a food processor or blender, process the desired serving(s) of the chicken salad until smooth. For best results, chill the chicken and bell pepper as directed in the Cook's Tip.

Level 5 • Minced and Moist

Omit the lettuce. In a food processor, blender, or with a knife, process or cut the salad into pieces no more than 4 millimeters in size. The mixture should be moist and fit between the tines of a fork.

Level 6 • Soft and Bite-Size

Omit the lettuce. As needed, using a knife, cut the chicken and bell pepper into pieces no bigger than 1.5 x 1.5 centimeters (the size of your thumbnail). To test for softness, press down on the salad mixture using the back of a fork. The mixture should remain squashed and not regain its shape.

Nutrition Analysis (per serving)

Calories	167
Total Fat	3.5 g
Saturated Fat	0.5 g
Trans Fat	0.5 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	1.0 g
Cholesterol	74 mg
Sodium	356 mg
Carbohydrates	5 g
Fiber	2 g
Total Sugars	3 g
Includes Added Sugars	0 g
Protein	28 g

Dietary Exchanges

½ other carbohydrate,
3½ lean meat



Skillet Chicken

with Barbecue Sauce

Serves 4 • 3 ounces chicken per serving

You don't need a grill to make comfort food with lots of barbecue flavor. This chicken is bathed in a slightly sweet, homemade sauce. Savor the summertime tang any time of year.

Ingredients

- | | | | |
|---|--|----|--|
| 1 | teaspoon paprika | ½ | cup water |
| ½ | teaspoon chili powder | 1 | 8-ounce can no-salt-added tomato sauce |
| ½ | teaspoon ground cumin | 3 | tablespoons cider vinegar |
| ¼ | teaspoon garlic powder | 1 | tablespoon dark brown sugar |
| 4 | boneless, skinless chicken breast halves (about 4 ounces each), all visible fat discarded, pounded to ½-inch thickness | 1½ | teaspoons Worcestershire sauce (lowest sodium available) |
| ½ | teaspoon canola or corn oil | ¼ | teaspoon salt |

Directions

1. In a small bowl, stir together the paprika, chili powder, cumin, and garlic powder.
2. Sprinkle the paprika mixture over both sides of the chicken. Using your fingertips, gently press the mixture so it adheres to the chicken.
3. In a large nonstick skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the chicken for 4 minutes. Turn over the chicken. Cook for 2 minutes, or until no longer pink in the center. Remove from the skillet. Set aside, covering to keep warm.
4. Using the same skillet, still over medium heat, add the water, scraping to dislodge any browned bits. Stir in the tomato sauce, vinegar, brown sugar, Worcestershire sauce, and salt. Cook over medium heat for 10 minutes, or until the mixture is reduced to about ½ cup, stirring frequently. Return the chicken to the pan. Heat for 2 to 4 minutes, turning the chicken to coat.
5. Transfer to plates. Top with any remaining sauce.

Level 4 • Pureed

In a food processor or blender, process the desired serving(s) until smooth. If the mixture is too firm or sticky, add more sauce and process again until smooth. There should be no separation of liquid.

Level 5 • Minced and Moist

Using a food processor, blender, or knife, process or cut the chicken into pieces that are no more than 4 millimeters in size. The pieces should be moist and fit between the tines of a fork.

Level 6 • Soft and Bite-Size

Using a knife, cut the chicken into pieces no bigger than 1.5 x 1.5 centimeters (the size of your thumbnail). To test for softness, press down on the chicken using the back of a fork. The chicken should remain squashed and not regain its shape.

Nutrition Analysis (per serving)

Calories	173
Total Fat	4.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	1.5 g
Cholesterol	73 mg
Sodium	301 mg
Carbohydrates	8 g
Fiber	1 g
Total Sugars	6 g
Includes Added Sugars	3 g
Protein	25 g

Dietary Exchanges

½ other carbohydrate, 3 lean meat



Turkey Chili

Serves 4 • 1¼ cups per serving

Easy, hearty, and delicious! This bowl of comfort is perfect on a cold evening. But it's so tasty, you'll want to make it more often.

Ingredients

- | | | | |
|---|--|----|---|
| ½ | teaspoon canola or corn oil and ½ teaspoon canola or corn oil, divided use | 1 | cup water |
| 1 | pound ground skinless turkey breast | 1 | tablespoon chili powder |
| 1 | small onion, chopped (about 1 cup) | 1½ | teaspoons brown sugar |
| 1 | medium green bell pepper, chopped | 1 | teaspoon ground cumin |
| 2 | teaspoons minced garlic | ½ | teaspoon chipotle powder |
| 3 | 8-ounce cans no-salt-added tomato sauce | ¼ | teaspoon salt |
| | | ¼ | teaspoon pepper |
| | | 2 | tablespoons shredded low-fat Cheddar cheese |
| | | 2 | tablespoons fat-free plain Greek yogurt |

Directions

1. In a medium nonstick skillet, heat ½ teaspoon oil over medium heat, swirling to coat the bottom. Cook the turkey for 5 minutes, or until browned, stirring occasionally to turn and break up the turkey. Remove from the heat. Set aside.
2. In a large saucepan, heat the remaining ½ teaspoon oil over medium heat, swirling to coat the bottom. Cook the onion and bell pepper for 3 minutes, or until soft and the liquid has evaporated, stirring occasionally.
3. Stir in the garlic. Cook for 1 minute, or until the garlic is soft and fragrant.
4. Stir in the tomato sauce, water, chili powder, brown sugar, cumin, chipotle powder, salt, pepper, and turkey. Increase the heat to medium high. Bring to a boil, being careful not to scorch, stirring frequently.
5. Reduce the heat to low. Simmer for 10 minutes, stirring occasionally. Remove from the heat. Stir in the Cheddar until it's completely melted and no longer visible.
6. Transfer to bowls. Just before serving, top each bowl with a dollop of the yogurt.

Level 4 • Pureed

Omit the Cheddar. In a food processor or blender, process the desired serving(s) until smooth. There should be no separation of liquid. Drain as needed.

Level 5 • Minced and Moist

Using a food processor, blender, or knife, process or cut the ground turkey and vegetables into pieces no more than 4 millimeters in size. The pieces should be moist and fit between the tines of a fork. If there's too much liquid, drain or cook the chili longer to thicken it to the recommended liquid consistency.

Level 6 • Soft and Bite-Size

If needed, using a knife, cut the chili into pieces no bigger than 1.5 x 1.5 centimeters (the size of your thumbnail). All the vegetables should be fully cooked and soft. If there's too much liquid, drain or cook the chili longer to thicken it to the recommended liquid consistency.

Nutrition Analysis (per serving)

Calories	234
Total Fat	3.5 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	1.0 g
Cholesterol	78 mg
Sodium	277 mg
Carbohydrates	20 g
Fiber	5 g
Total Sugars	12 g
Includes Added Sugars	2 g
Protein	32 g

Dietary Exchanges

3 vegetable, 3 lean meat



Mushroom Meat Loaf

with Brown Gravy

Serves 4 • 2 slices meat loaf and ¼ cup gravy per serving

With this take on a classic comfort food, you can enjoy a super-moist meat loaf that's smooth in texture, flavorful, and heart healthy. The secret? Finely ground mushrooms are combined with the beef rather than being added to the gravy.

Ingredients

Cooking spray	1	teaspoon Worcestershire sauce (lowest sodium available)
½ cup uncooked quick-cooking oatmeal	½	teaspoon garlic powder
½ cup fat-free milk	¼	teaspoon salt
5 medium brown (cremini) or button mushrooms, stems discarded	¼	teaspoon pepper
1 tablespoon finely chopped fresh oregano or 1 teaspoon dried oregano, crumbled	1	pound extra-lean ground beef
1 teaspoon onion powder	1	cup fat-free, low-sodium beef broth
	1	tablespoon cornstarch
	2	tablespoons cold water

Directions

1. Preheat the oven to 350°F. Lightly spray a baking sheet or 9 x 5 x 3-inch loaf pan lined with parchment paper with cooking spray.
2. In a food processor or blender, process the oatmeal for 30 seconds, or until it resembles fine bread crumbs. Transfer to a large bowl. Add the milk, stirring to combine. Set aside to soak.
3. In the food processor or blender, pulse the mushrooms for 10 to 15 seconds, or until finely minced.
4. Add the mushrooms to the oats. Stir in the oregano, onion powder, Worcestershire sauce, garlic powder, salt, and pepper until well combined.
5. Add the beef. Using your hands or a large spoon, combine the ingredients until well blended.
6. Place the beef mixture on the baking sheet, shaping it into a 9 x 5 x 3-inch loaf, or place it in the loaf pan.
7. Bake for 45 minutes, or until the meat loaf registers 160°F on an instant-read thermometer. Remove from the oven and let stand for 10 to 15 minutes before slicing.
8. Meanwhile, in a small saucepan, heat the broth over medium heat. Bring to a simmer.
9. Put the cornstarch in a small bowl. Add the water, whisking until the cornstarch is dissolved.
10. When the broth comes to a boil, pour in the cornstarch mixture, whisking constantly for 1 minute, or until the broth thickens. Remove from the heat.
11. Using a sharp knife, cut the meat loaf into eight slices. Transfer to plates. Serve the gravy with the meat loaf.

Level 4 • Pureed

In a food processor or blender, process the desired serving(s) until smooth. If the mixture is too firm or sticky, add additional gravy. There should be no separation of the gravy from the meat loaf puree.

Level 5 • Minced and Moist

Using a food processor, blender, or knife, process or cut the meat loaf into pieces no more than 4 millimeters in size. The pieces should be moist and fit between the tines of a fork.

Level 6 • Soft and Bite-Size

Using a knife, cut the meat loaf into pieces no more than 1.5 x 1.5 centimeters (the size of your thumbnail). To test for softness, press down on the meat loaf using the back of a fork. The meat loaf should remain squashed and not regain its shape.

Nutrition Analysis (per serving)

Calories	219
Total Fat	6.5 g
Saturated Fat	2.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	2.5 g
Cholesterol	63 mg
Sodium	282 mg
Carbohydrates	12 g
Fiber	2 g
Total Sugars	2 g
Includes Added Sugars	0 g
Protein	28 g

Dietary Exchanges

1 starch, 3 lean meat



Shepherd's Pie

Serves 4 • 1½ cups per serving

Shepherd's pie is a popular British dish, created as a cost-effective way to use leftovers from the Sunday roast. This version goes beyond the basic baked meat pie topped with a layer of mashed potatoes and adds lots of vegetables for a hearty one-dish meal.

Ingredients

Cooking spray	1	tablespoon all-purpose flour
2 medium potatoes, peeled and chopped (about 2 cups)	1	tablespoon no-salt-added tomato paste
2 pounds cauliflower, cut into bite-size florets	½	teaspoon ground thyme
1 teaspoon canola or corn oil	½	teaspoon onion powder
1 cup chopped carrots	¼	teaspoon pepper
1 cup chopped mushrooms (button or brown [cremini] preferred)	¼	teaspoon salt and ¼ teaspoon salt, divided use
1 pound extra-lean ground beef	1	cup water
½ teaspoon minced garlic	¼	cup fat-free milk



Cook's Tip: To make this dish the day before, prepare the pie as directed. Cover and refrigerate. Before baking, bring the pie to room temperature (about 45 minutes to 1 hour).



Cook's Tip: To cook once, eat twice, double this recipe. Freeze separately the extra portion of the potato mixture and the extra portion of the beef mixture. When you're ready to use them, thaw both mixtures in the refrigerator. Assemble and bake as directed.

Directions

1. Preheat the oven to 400°F. Lightly spray an 8- or 9-inch square baking dish with cooking spray.
2. Put the potatoes and cauliflower in a large pot. Pour in enough water to cover. Bring to a boil over high heat. Reduce the heat to medium. Boil for 12 to 15 minutes, or until the potatoes are very tender when pierced with a fork. Drain the vegetables well in a colander.
3. Meanwhile, in a large nonstick skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the carrots and mushrooms for 5 minutes, or until soft, stirring occasionally. Stir in the beef and garlic. Cook for 5 minutes, or until the beef is browned on the outside and no longer pink in the center, stirring frequently to turn and break up the beef.
4. Stir in the flour, tomato paste, thyme, onion powder, pepper, and ¼ teaspoon salt. Cook for two minutes, stirring frequently. Stir in the water. Simmer for 3 to 5 minutes, or until the sauce has thickened, stirring occasionally. Remove from the heat.
5. In a food processor or blender, process the potatoes, cauliflower, milk, and the remaining ¼ teaspoon salt for 30 seconds, or until smooth.
6. Transfer the beef mixture to the baking dish. Spread the potato mixture evenly over the top. Bake for 45 minutes, or until heated through and bubbly.

Level 4 • Pureed

In a food processor or blender, process the desired serving(s) until smooth.

The beef and vegetable mixture can be pureed and served separately from the mashed potatoes/cauliflower, if desired.

Level 5 • Minced and Moist

Using a food processor, blender, or knife, process or cut the ground beef and vegetables into pieces no more than 4 millimeters in size. The pieces should be moist and fit between the tines of a fork.

Level 6 • Soft and Bite-Size

If needed, using a knife, cut the food into pieces no bigger than 1.5 x 1.5 centimeters (about the size of your thumbnail). To test for softness, press down on the ground beef and vegetables using the back of a fork. They should remain squashed and not regain their shape.

Nutrition Analysis (per serving)

Calories	278
Total Fat	7.5 g
Saturated Fat	2.5 g
Trans Fat	0.5 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	3.0 g
Cholesterol	63 mg
Sodium	447 mg
Carbohydrates	26 g
Fiber	5 g
Total Sugars	6 g
Includes Added Sugars	0 g
Protein	30 g

Dietary Exchanges

1 starch, 2 vegetables, 3 lean meat

Vegetarian



Stuffed **Sweet Potato** with Avocado, Feta, and Hummus Dressing

Serves 4 • 1 stuffed sweet potato per serving

All you need is a few ingredients to create this super-simple, creamy vegetarian entrée with a Mediterranean flair.

Ingredients

- | | | | |
|---|--|----|--|
| 4 | medium sweet potatoes, pierced in several places with a fork | 1½ | tablespoons fresh lemon juice |
| ½ | cup canned, no-salt-added chickpeas, rinsed and drained | ½ | teaspoon ground cumin |
| ½ | cup water | ½ | teaspoon garlic powder |
| | | 2 | small avocados, halved, pitted, and mashed with a fork |
| | | ½ | cup fat-free feta cheese |

Directions

1. Place the sweet potatoes on a large plate, leaving a small amount of space between them. Microwave for 10 minutes on 100% power (high). Using tongs or a potholder, turn over the sweet potatoes. Microwave for 10 to 15 minutes, or until they're tender and can be easily pierced with a fork. Let stand for 5 minutes.
2. Meanwhile, in a food processor or blender, process the chickpeas, water, lemon juice, cumin, and garlic powder for 30 seconds, or until the mixture is smooth, scraping the bottom and side of the bowl as needed.
3. Halve each sweet potato lengthwise. Using a fork, fluff the pulp. Top each with the mashed avocado. Drizzle each with the hummus dressing and sprinkle with the feta. Serve immediately.



Cook's Tip: *The hummus dressing is similar in consistency to ranch dressing. If it's too thick, add water to reach the desired consistency.*



Cook's Tip: *If you prefer, bake the sweet potatoes in a preheated oven at 400°F for 45 to 50 minutes, or until they're tender and can be easily pierced with a fork.*

Level 4 • Pureed

Omit the sweet potato skins. In a food processor or blender, process the desired portion(s) until smooth. There should be no separation of liquid.

Level 5 • Minced and Moist

Omit the sweet potato skins. Using a food processor, blender, or knife, process or cut the feta and avocado into pieces no more than 4 millimeters in size. The pieces should be moist and fit between the tines of a fork.

Level 6 • Soft and Bite-Size

Using a knife, cut the feta and avocado into pieces no bigger than 1.5 x 1.5 centimeters (about the size of your thumbnail). To test for softness, press down on the sweet potato mixture using the back of a fork. The mixture should remain squashed and not regain its shape.

Nutrition Analysis (per serving)

Calories	307
Total Fat	11.5 g
Saturated Fat	1.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	7.5 g
Cholesterol	0 mg
Sodium	406 mg
Carbohydrates	44 g
Fiber	12 g
Total Sugars	11 g
Includes Added Sugars	0 g
Protein	10 g

Dietary Exchanges

2½ starch, 1 vegetable,
1 lean meat, 1 fat



Egg and Avocado Salad

Serves 4 • ½ cup serving

Here's a tasty and healthy alternative to traditional egg salad that calls for just a few simple ingredients.

Ingredients

- | | | | |
|----|---|---|--|
| 4 | hard-boiled eggs, cut in half | ¼ | teaspoon salt |
| 1 | cup canned, no-salt-added chickpeas, rinsed and drained | ⅛ | teaspoon pepper |
| ½ | medium avocado, minced, and
½ medium avocado, minced,
divided use | 1 | tablespoon chopped fresh tarragon or 1 teaspoon dried tarragon, crumbled |
| 1½ | tablespoons Dijon mustard (lowest sodium available) | 4 | large red leaf lettuce leaves |
| 1 | tablespoon water | 2 | 6-inch whole-grain pita pockets (lowest sodium available), halved |
| 1½ | teaspoons white vinegar | | |

Directions

1. Using a cutting board, chop the eggs until finely minced.
2. In a food processor or blender, process the chickpeas, ½ avocado, the mustard, water, vinegar, salt, and pepper for 15 seconds, scraping the sides as needed. Process for 15 seconds, or until the mixture is smooth.
3. In a medium bowl, gently stir together the eggs, the remaining ½ avocado, the tarragon, and the chickpea mixture.
4. Put a lettuce leaf in each pita half. Add the egg salad. Serve immediately.



Cook's Tip: To make ahead, stir together all the ingredients except the avocado. Refrigerate, covered, for up to three days. At serving time, gently stir in the avocado. Prepare as directed.



Cook's Tip: To hard-boil eggs, place the eggs in a saucepan large enough to hold them in a single layer. (Be sure to choose a saucepan that has a lid.) Add cold water to cover the eggs by 1 inch. Heat the pan over high heat until the water is just boiling. Remove the pan from the heat. Cover it with a lid. Let the eggs sit in the hot water for 12 minutes. Drain off the water. Hard-boiled eggs will keep for up to five days in the refrigerator.

Level 4 • Pureed

Omit the lettuce and pita. In a food processor or blender, process the desired serving(s) of the salad until smooth. There should be no separation of liquid.

Level 5 • Minced and Moist

Omit the lettuce and pita. Using a food processor, blender, or knife, process or cut the egg salad mixture into pieces at least 4 millimeters in size. The pieces should be moist and fit between the tines of a fork. There should be no separation of liquid.

Level 6 • Soft and Bite-Size

Omit the lettuce. Substitute a soft, moist slice of whole-wheat bread for the pita. If needed, using a food processor, blender or knife, process or cut the food into pieces that are 1.5 x 1.5 centimeters (about the size of your thumbnail).

Nutrition Analysis (per serving)

Calories	315
Total Fat	14.5 g
Saturated Fat	3.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat	7.0 g
Cholesterol	187 mg
Sodium	505 mg
Carbohydrates	34 g
Fiber	8 g
Total Sugars	2 g
Includes Added Sugars	0 g
Protein	14 g

Dietary Exchanges

2 starch, 1½ lean meat

Sodium-Free Seasonings and Flavorings*

Breads	Anise, caraway seeds, cardamom, citrus zest, dried fruits, fennel, poppy seeds, sesame seeds
Desserts	Anise, caraway seeds, cardamom, cinnamon, cloves, coriander, dry-roasted unsalted nuts, ginger, mace, mint, nutmeg, poppy seeds, vanilla and other extracts
Beef	Allspice, bay leaf, bell pepper, cayenne, cumin, curry powder, garlic, fresh horseradish, marjoram, fresh mushrooms, dry mustard, nutmeg, onion, pepper, rosemary, sage, thyme, table wine
Pork	Apple, applesauce, caraway seeds, cherries, cinnamon, cloves, fennel, garlic, ginger, mint, onion, oranges or orange juice, peaches, sage, savory, table wine
Poultry	Basil, bay leaf, bell pepper, cinnamon, citrus fruits, cranberries, curry powder, garlic, kiwifruit, lemon juice, lemon pepper, mace, marjoram, fresh mushrooms, onion, oregano, paprika, parsley, rosemary, saffron, sage, savory, sesame, tarragon, thyme, table wine
Seafood	Allspice, basil, bay leaf, bell pepper, cayenne, curry powder, cumin, fennel, garlic, lemon juice, mace, marjoram, mint, fresh mushrooms, dry mustard, onion, paprika, saffron, sage, sesame seeds, tarragon, thyme, turmeric, table wine
Salads	Basil, chervil, coriander, dill, lemon juice, mint, mustard, oregano, parsley, rosemary, sage, savory, sesame seeds, turmeric, vinegar, watercress
Vegetables	
Asparagus	Garlic, lemon juice, onion, dry-roasted sesame seeds
Beans, Dried	Caraway seeds, cloves, cumin, mint, savory, tarragon, thyme
Beets	Anise, caraway seeds, fennel, ginger, orange juice, savory
Carrots	Anise, cinnamon, cloves, mint, sage, tarragon
Corn	Allspice, bell pepper, cumin, pimiento, tomato
Cucumbers	Chives, dillweed, garlic, vinegar
Green Beans	Dillweed, lemon juice, marjoram, nutmeg, pimiento
Greens	Garlic, lemon juice, onion, pepper, vinegar
Peas	Allspice, bell pepper, mint, fresh mushrooms, onions, parsley, sage, savory
Potatoes	Bell pepper, chives, dillweed, garlic, onion, pimiento, saffron
Spinach	Garlic, lemon juice, vinegar
Squash	Allspice, brown sugar, cinnamon, cloves, fennel, ginger, mace, nutmeg, onion, savory
Tomatoes	Allspice, basil, garlic, marjoram, onion, oregano, sage, savory, tarragon, thyme

*Use only the suggested ingredients that fit within your food texture level and will not interfere with swallowing.

What to do **instead** of having another **stroke**.

About one in four stroke survivors suffers a second one — but it doesn't have to be that way. Reduce your risk. Work with your doctor to create a secondary stroke prevention plan and stick with it.



PREVENTION CHECKLIST

I plan to take these steps instead of having another stroke:

- Manage high blood pressure*
- Control cholesterol*
- Reduce blood sugar*
- Be active*
- Eat better*
- Lose weight*
- Stop smoking*
- Discuss an aspirin regimen with my doctor*

WHEN STROKE STRIKES, EVERY SECOND COUNTS.

Learn to recognize the signs of stroke using the letters F-A-S-T.

F.A.S.T.

Face
Drooping

Arm
Weakness

Speech
Difficulty

Time to
Call 911

stroke.org



American Stroke Association.
A division of the American Heart Association.

Together to End Stroke®



I WILL celebrate all my victories.

Rehabilitation is the key to recovery post-stroke, and the right program can help you regain your strength, courage, and independence. Work with your health care team, family, and friends to rewrite your success story.

Download our guideline-based **Life After Stroke Guide**
— also available in Spanish —
to help you and your loved ones understand the effects of stroke
and how to maximize your rehabilitation.

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