



3 Meals That Can Lower Cholesterol*

If you suffer from high cholesterol, managing your diet is critical to maintaining good heart health. By including foods like almonds, whole-wheat grains and black beans, you can help lower your cholesterol. In general, avoid processed foods high in trans fats, salt and sugar.

BREAKFAST

CHOCOLATE ALMOND SMOOTHIE

INGREDIENTS

- 1 banana
- 2 fresh or soaked dried dates
- 2 cups cold water
- 1/4 cup almonds (or 2 tbsp raw almond butter)
- 1 tbsp ground flaxseed
- 1 tbsp hemp protein
- 1 tbsp roasted carob powder (or cacao nibs to make smoothie 100% raw)

METHOD

- 1) Blend all smoothie ingredients in a blender until smooth.
- 2) Makes 2 servings.

LUNCH

CREAMY FETTUCCINE WITH BRUSSELS SPROUTS & MUSHROOMS

INGREDIENTS

For Salad:

- 12 ounces whole-wheat fettuccine
- 1 tbsp extra-virgin olive oil
- 4 cups sliced mixed mushrooms, such as cremini, oyster and/or shiitake
- 4 cups thinly sliced Brussels sprouts
- 1 tbsp minced garlic
- ½ cup dry sherry (see Note), or 2 tbsp sherry vinegar
- 2 cups low-fat milk
- 2 tbsp all-purpose flour
- ½ tsp salt
- ½ tsp freshly ground pepper
- 1 cup finely shredded Asiago cheese, plus more for garnish

METHOD

- 1) Cook pasta in a large pot of boiling water until tender, 8 to 10 minutes. Drain, return to the pot and set aside.
- 2) Meanwhile, heat oil in a large skillet over medium heat. Add mushrooms and Brussels sprouts and cook, stirring often, until the mushrooms release their liquid, 8 to 10 minutes. Add garlic and cook, stirring, until fragrant, about 1 minute. Add sherry (or vinegar), scraping up any brown bits; bring to a boil and cook, stirring, until almost evaporated, 10 seconds (if using vinegar) or about 1 minute (if using sherry).
- 3) Whisk milk and flour in a bowl; add to the skillet with salt and pepper. Cook, stirring, until the sauce bubbles and thickens (2 minutes). Stir in Asiago until melted. Add the sauce to the pasta; gently toss. Serve with more cheese, if desired.

DINNER

SWEET POTATO & BLACK BEAN CHILI

INGREDIENTS

- 1 tbsp plus 2 teaspoons extra-virgin olive oil
- 1 medium-large sweet potato, peeled and diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 tbsp chili powder
- 4 tsp ground cumin
- ½ tsp ground chipotle chile (see Note)
- ¼ tsp salt
- 2½ cups water
- 2 15-ounce cans black beans, rinsed
- 1 14-ounce can diced tomatoes
- 4 tsp lime juice
- ½ cup chopped fresh cilantro

METHOD

- 1) Heat oil in a Dutch oven over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.
- 2) Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.

Make Ahead Tip: Cover and refrigerate for up to 3 days or freeze for up to 3 months.

*These recipes are not written by a nutritionist, please see a doctor/nutritionist for official medical advice.

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