

# Eating for a healthy heart

Diet is a vital component in keeping the heart healthy. Here are some tasty heart-friendly recipes to try

**F**EBRUARY IS National Heart Month, drawing attention to the ways that you can prevent heart disease and its associated conditions.

A healthy diet is one important way that you can help reduce the risk of developing coronary heart disease and also stop you gaining weight, thereby reducing your risk of diabetes and high blood pressure. It can also help lower your cholesterol levels and reduce your risk of some cancers.

Even if you already have a heart condition, a healthy diet can also benefit your heart.

Oats are one element of a healthy diet, containing the soluble fibre beta-glucan which has been shown to help lower cholesterol, and the recipes on these pages suggest imaginative ways you can include them in your diet.

Eating for a healthy heart also means reducing the fat content of your diet – and in particular the saturated fat content. The recipes featured on these pages include rapeseed oil, which is lower in saturated fat than all other cooking oils and fats and just as versatile. It also provides healthy monounsaturated and polyunsaturated essential fatty acids, omega 3, 6 and 9.

The recipes are not only low in fat and full of wholegrains but are also low in salt – another important factor in keeping your heart healthy.

More recipes and information can be found at: ([www.allaboutoats.com](http://www.allaboutoats.com)) and ([www.rapeseedoilbenefits.com](http://www.rapeseedoilbenefits.com)).



**Hint and tip:** Capers and chopped olives will work well instead of the apricots

## Oat topped mackerel with roast tomatoes SERVES FOUR

**Prep time: 15 minutes**  
**Cook time: 15 minutes**

**Ingredients:**  
1 tbsp rapeseed oil  
1 onion, chopped  
75g oats  
50g dried apricots, chopped  
25g pack parsley, chopped  
2 tbsp chopped chives  
4 mackerel fillets  
400g vine-on cherry tomatoes

### Method:

- 1 Preheat the oven to 200C, gas mark 6
- 2 For the topping, heat the oil in a frying pan and fry the onion for four to five minutes. Add the oats and apricots and cook for one to two minutes. Stir in 100ml of water, the herbs and season well. Cool slightly
- 3 Press the topping onto the flesh side of the mackerel and place on a large baking tray. Add the cherry tomatoes on the vine and bake for 15 minutes until cooked throughout.

## Q10 study

The vitamin-like substance coenzyme Q10 plays a key role in the energy supply for all body cells. Heart muscle cells in particular require huge volumes of Q10 to function normally, but Q10 levels decrease with age. To date there have been many placebo-controlled studies supporting Q10's role in heart health. The KiSel-10 trial from Sweden, published in June 2012, revealed how a 200mg Q10 supplement, plus 200mcg of selenium, reduced cardiovascular mortality by 50 per cent and also improved heart function in a group of healthy older adults. This encouraging outcome is further supported by the Q-Symbio study, which is soon to be published. Preliminary results were revealed at the International Coenzyme Q10 Association meeting in Seville in November 2012. Scientists found that about twice as many patients with chronic heart failure will survive their disease and reduce complications by taking 100mg of Q10 three times a day. Danish preventative nutrition specialists Pharma Nord were chosen to supply their patented Bio-Quinone Q10 product in both KiSel-10 and Q-Symbio.

## Lemon chicken parcels

SERVES FOUR

**Prep time: 15 minutes**  
**Cook time: 25-30 minutes**

### Ingredients:

1 red pepper, sliced  
175g pack baby corn  
1 lemon  
4 skinless chicken breasts, scored  
4 large sprigs of thyme  
2 tbsp cold-pressed rapeseed oil

### Method:

- 1 Preheat the oven to 200C, gas mark 6. Make 4 large squares of foil
- 2 Divide the vegetables into four and place in the centre of each foil square. Halve the lemon and slice 1 half into 4, then place a slice on top of the vegetables in each foil square
- 3 Top each with a chicken breast and lay a sprig of thyme over each. Scrunch up the foil, leaving a small vent in the centre. Juice the other lemon half and mix with the

oil, drizzle over the chicken through each of the small vents

- 4 Place each of the foil parcels on a baking tray and bake for 25 to 30 minutes until cooked throughout.

**Hint and tip:** Vegetables such as courgettes, red onion and asparagus work well, too



## Oaty pork in cider SERVES FOUR

**Prep Time: 15 minutes**  
**Cook time: 1 hour**

### Ingredients:

2 tbsp rapeseed oil  
350g leeks, sliced  
450g pork fillet, diced  
50g oats  
½ chicken stock cube  
300ml cider  
1 tsp mustard e.g. Dijon  
1 tsp chopped sage

### Method:

- 1 Preheat the oven to 200C, gas mark 6
- 2 Heat 1 tbsp oil in a frying pan and fry the leeks for 3 to 4 minutes. Transfer to a casserole dish
- 3 Heat the remaining oil and brown the pork, add the oats, stock cube, 200ml water, cider and mustard, bring to the boil. Stir into the leeks and add the sage. Cover and bake for 1 hour until the meat is tender.



**Hint and tip:** Try adding some cannellini beans towards the end to help the meat go further



**Hint and tip:** Try strips of chicken breast instead of prawns by stir frying with the vegetables

## Prawn and noodle stir fry SERVES FOUR

**Prep time: 5 minutes**  
**Cook time: 10 minutes**

### Ingredients:

250g egg noodles  
2 tbsp rapeseed oil  
1 red pepper, sliced  
1 bunch spring onions, cut into 2cm pieces  
100g mange tout  
1 tbsp tomato puree  
2 tbsp reduced-fat soy sauce  
2 tbsp Thai sweet chilli sauce  
1 tbsp clear honey  
250g cooked, peeled tiger prawns

### Method:

- 1 Cook the noodles in boiling water for four to five minutes until tender, then drain
- 2 Meanwhile, heat the oil in a large frying pan and fry the vegetables for four to five minutes
- 3 Blend the tomato puree with the soy, chilli sauce and honey and stir into the vegetables with the prawns, cook for 1 to 2 minutes. Gently stir in the noodles and serve.