

Make Recipes Healthy

Learn how easy it is to prepare heart-healthy recipes at home. We've created recipes that not only taste great but are good for you.

[Tortilla Scramble](#)

Try this when you're in a hurry but want a "stick to your ribs" breakfast...with Mexican flair!

[Sweet-and-Sour Chicken Bundles](#)

Whether you bake or grill the chicken, you'll love this dish with its Asian flair. Individual foil packets not only keep the chicken moist and tender but also make cleanup a snap.

[Slow-Cooker Chicken Cacciatore](#)

This classic Italian mainstay has been updated for today's modern cook. Simply put all the cacciatore ingredients in a slow cooker, then forget about this one-dish meal until it's time to put the pasta on to boil. Buon appetite!

[Spanish Tacos](#)

Filled with shredded chicken simmered in tomato-based mixed-vegetable juice seasoned with turmeric, these tacos are a delicious alternative to the traditional Mexican version.

[Sirloin and Broccoli Stir-Fry](#)

This fragrant dish contains an unusual mixture of vegetables and typical Asian seasonings, all of which complement the beef. Serve the stir-fry over nutty-tasting brown rice for an all-in-one meal that provides protein, vegetables, and a whole grain.

[Asian Chicken and Vegetable Stew](#)

With this easy recipe, you can make a healthy entrée that has that great take-out flavor.

[Broiled Orange Roughy Parmesan](#)

A Parmesan and sour cream topping—ready in minutes—adds richness to mild orange roughy.

[Basil Pork Tenderloin with Black Bean Salsa](#)

Fresh basil and tomatoes flavor both the pork and the salsa in this tempting entrée.

[Turkey Cutlets with Country Gravy](#)

Be prepared for compliments when you serve these golden-brown turkey cutlets, topped with creamy gravy.