

# Heart Healthy Recipes



BlueCross BlueShield  
of Mississippi

It's good to be Blue.

Try this heart healthy meal as part of your diet today!

## Easy Roasted Pork Tenderloin with Spicy Turnip Greens and Sweet Potatoes

This is a traditional meal made heart healthy by using lean meats, salt-free seasonings, and heart healthy oils.

### Roasted Pork Tenderloin

#### Ingredients

- 1 Tbsp. salt-free steak seasoning (ie. Mrs. Dash)
- ¼ C. balsamic vinegar
- ¼ C. olive oil
- 1 lb. pork tenderloin

#### Directions

1. Mix together salt-free steak seasoning and balsamic vinegar. Stir in olive oil.
2. Place tenderloin in a plastic bag and pour balsamic marinade over meat. Refrigerate and marinate for at least 2 hours.
3. Preheat oven to 350 degrees. Place pork on a baking dish and bake for about 1 hour or until pork reaches internal temperature of 145 degrees.

Makes 4 servings.

### Spicy Turnip Greens

#### Ingredients

- 1 Tbsp. olive oil
- 1 medium onion, chopped
- 1 lb. turnip greens, chopped
- ¼ C. water
- ⅛ tsp. red pepper flakes

#### Directions

1. Drizzle olive oil into a skillet over medium heat.
2. Add chopped onion and cook until tender. Add turnip greens. Add water and red pepper flakes. Add more red pepper flakes, to taste.

Makes 6 servings.

#### Tip:

Try adding sautéed bell peppers for extra flavor and nutrition!

### Baked Sweet Potatoes

#### Ingredients

- 4 small sweet potatoes
- Cinnamon

#### Directions

1. Preheat oven to 400 degrees. Pierce sweet potato with a fork several times evenly throughout the potato. Baked for 45 minutes or until tender.
2. Season with cinnamon.

Makes 4 servings.

### Nutrition information for a meal including one serving of each.

372 calories, 18.5 g total fat, 3 g saturated fat, 74 mg cholesterol, 24.6 g carbohydrates, 5 g fiber, 9.4 g sugar, 26.5 protein, 120 mg sodium, 1044 mg potassium.