American Heart Association Certified Recipe

Ground Beef & Pasta Skillet Primavera

INGREDIENTS:

- ❑ 1 pound Ground Beef (96% lean)
- ❑ 1 can (14-½ ounces) reduced-sodium beef broth
- ❑ 1 cup uncooked whole wheat pasta
- ❑ 2 zucchini or yellow squash, cut in half lengthwise, then crosswise into ½-inch slices
- ❑ 1 can (14-½ ounces) no-salt added diced tomatoes
- ❑ 1-½ teaspoons Italian seasoning

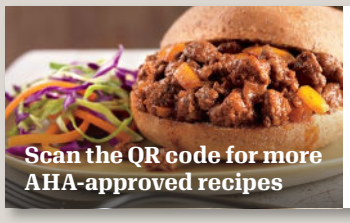
6 INGREDIENTS

30 MINUTES

4 SERVINGS

PREPARATION:

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Pour off drippings.
2. Stir in broth, pasta, squash, tomatoes and Italian seasoning; bring to a boil. Reduce heat, cover and cook 9 to 11 minutes or until pasta and squash are almost tender and sauce is slightly thickened, stirring occasionally.



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Pair lean beef with fruit, vegetables, whole grains, and low-fat dairy to meet the USDA MyPlate recommendations and create a deliciously satisfying meal.

Small Steps for BIG Results

Aim for a Healthy Weight

Eating adequate protein plays an important role in weight management by helping you stay full between meals. Evidence shows that eating 25-30 grams of protein at each meal helps you to feel full longer and maintain a healthy body weight while preserving muscle mass, which supports healthy aging.[1-2]

Choose Healthy Fats

Monounsaturated and polyunsaturated fats, including omega-3 fatty acids, can be beneficial to heart health. Include foods such as nuts, avocado, fatty fish, flaxseed, and lean cuts of beef.

More Movement

Aim for between 30–60 minutes of moderate intensity exercise most days. Start slowly and make it fun.

Moderate Alcohol Intake

Limit alcohol consumption to a maximum of one drink per day.

Boost Your Fiber

Dietary fiber can help you improve blood cholesterol levels and lower your risk of heart disease. Oatmeal, brown rice, whole wheat bread/pasta, beans, as well as whole fruits and vegetables are all sources of fiber.[3]

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Heart Healthy Lifestyle

SNACK IDEAS

- ❑ Apple slices and beef jerky
- ❑ Carrots with hummus
- ❑ Unsalted nuts or popcorn
- ❑ Unsalted rice cakes with nut butter
- ❑ Cucumber sprinkled with lime juice

Grocery & Prep Guide

	Grocery List	Tips
Protein	❑ **Beef:** lean ground beef, round steak/roast, shoulder roast, top sirloin steak, kabob meat (top sirloin), tenderloin, fajita strips ❑ **Pork:** tenderloin, loin chops ❑ **Fish:** salmon, tuna ❑ **Chicken/poultry:** skinless breast, tenderloins ❑ **Eggs** ❑ **Beans:** pinto, black, garbanzo ❑ **Soy:** soy milk, tofu	• Trim external fat from meat • Broil, grill, or roast meat and fish • Drain fat from ground meat after cooking • Rinse ground meat crumbles with hot water after cooking and before adding to dish • Limit consumption of deep fried and pan-fried foods • Remove skin from poultry
Non-starchy Vegetables	❑ **Asparagus** ❑ **Green beans** ❑ **Bell peppers** ❑ **Mushrooms** ❑ **Broccoli** ❑ **Okra** ❑ **Brussels sprouts** ❑ **Onions** ❑ **Tomatoes** ❑ **Eggplant** ❑ **Carrots** ❑ **Yellow squash** ❑ **Celery** ❑ **Cauliflower** ❑ **Salad greens:** arugula, kale, lettuce, spinach ❑ **Cucumber**	• Cook vegetables with a small amount of oil or no oil • Use garlic, herbs (rosemary, thyme, sage), pepper (black, cayenne), and other seasonings for flavor • Limit cooking in butter • Limit the use of salt in cooking and at the table • Fresh, frozen & canned are all great options! When choosing canned, look for no salt added • Fill at least a ¼ of your plate with non-starchy vegetables • Choose low calorie / low sugar salad dressings
Fruit	❑ **Apple** ❑ **Grapes** ❑ **Orange** ❑ **Banana** ❑ **Mango** ❑ **Berries** ❑ **Peach** ❑ **Melon** ❑ **Pomegranate** ❑ **Pineapple**	• Eat edible skins and seeds for added fiber and nutrients • Eat fruit as a sweet treat in place of other desserts • Keep fruit on hand and prepared for easy snacks
Grains & Starches	❑ **Brown rice** ❑ **Whole grain bread** ❑ **Whole grain pasta** ❑ **Oatmeal** ❑ **Popcorn** ❑ **Quinoa** ❑ **Squash:** acorn, spaghetti, butternut ❑ **Potatoes:** regular, sweet ❑ **Corn tortillas**	• Choose whole grains at least half the time • Pick products that state "100% whole grain" on the label • Beans and legumes provide starch, protein, and fiber - a great addition to any meal!
Dairy	❑ **Reduced-fat milk** ❑ **Reduced-fat cheese** ❑ **Cottage cheese** ❑ **Yogurt** ❑ **Calcium-fortified soy products**	• Choose reduced fat milk products most of the time • If you are lactose intolerant, try lactose-free milk • If selecting non-dairy options, look for soy products fortified with calcium

Enjoying Lean Beef and Taking Care of Your Heart

Research shows that beef can be part of the top two diets for heart health ranked by U.S. News and World Reports - DASH and Mediterranean - with no negative impact on blood lipid levels.[4-6] In fact, about half of the fat in beef is monounsaturated fat, the same type of healthy fat found in olive oil.[7]

These are just a few of the delicious cuts of lean beef:

- Eye of Round Roast and Steak
- Top Round Roast and Steak
- Bottom Round Roast and Steak
- Cubed Steak (Tenderized Round Steak)
- Tenderloin / Filet Mignon Steak
- Tri-Tip Roast and Steak
- Top Sirloin Steak
- Strip Steak
- Flank Steak
- Brisket Flat
- Shoulder Roast and Steak

EASY TIP!
Look for "Round" and "Loin" in the name of the cut for many lean beef options.

Understanding Cholesterol

- Cholesterol is a waxy substance that your body needs to build cells, hormones, and other necessary compounds.
- Too much cholesterol can pose a problem. High blood cholesterol is assosiated with a higher risk of health conditions such as heart disease and stroke.
- LDL cholesterol is considered "bad" cholesterol, because it contributes to fatty buildups in arteries. HDL cholesterol can be thought of as the "good" cholesterol because it carries LDL (bad) cholesterol away from the arteries and back to the liver to be broken down and passed from the body.
- It is important to have your cholesterol tested, so you know your levels and can work with your doctor to maintain or improve them.

References:

1. Leidy HJ, et al. The role of protein in weight loss & maintenance. Am J Clin Nutr. 2015;101:1320S-9S.
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4. O'Connor LE, et al. A Mediterranean-style eating pattern with lean, unprocessed red meat has cardiometabolic benefits for adults who are overweight or obese in a randomized, crossover, controlled feeding trial. Am J Clin Nutr 2018;108:33-40.
5. Roussell MA et al.Beef in an Optimal Lean Diet study: effects on lipids, lipoproteins, and apolipoproteins. Am J Clin Nutr 2012;95:9-16.
6. Roussell MA et al. Effects of a DASH-like diet containing lean beef on vascular health. J Hum Hypertens 2014;28:600-605.
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