Super Bowl Eats

By

Boston Heart Diagnostics



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A Note From Boston Heart

Cheers to Heart Health

Welcome to Boston Heart's Super Bowl Eats Guide! Get ready to score big on flavor while keeping your heart in the game. We've crafted a winning lineup of delicious recipes that bring together the excitement of game day and the goodness of heart-healthy ingredients. So, no matter what team you are cheering for, let's dive into a playbook of tasty heart healthy dishes.

Celebrate Heart Health Awareness Month with Boston Heart Diagnostics

Boston Heart is transforming the treatment of cardiovascular disease by providing healthcare providers and their patients with novel, personalized diagnostics and integrated customized lifestyle programs that have the power to change the way clinicians and patients communicate about disease and improve heart health.

Evaluate risk beyond standard lipid assessment with advanced markers in our new foundational cardiovascular panel, CVMap at www.bostonheartdiagnostics.com/cvmap.

For more information on Boston Heart Diagnostics, please visit www.BostonHeartDiagnostics.com.

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Appetizers

Edamame Pods



Ingredients

1 bag of frozen edamame pods
2 tbsp sesame oil
1/2 tsp Himalayan salt
1/4 tsp roasted garlic powder
1/2 tsp 5-spice powder (cloves, fennel, cinnamon, peppercorns, anise)

Directions

1. Boil 1 1/2 quart of filtered water in a large pot.
2. Add edamame pods, cover and bring to a boil again..
3. Simmer for 2-3 minutes and drain.
4. Cool to room temperature.
5. Sprinkle with salt, garlic and 5-spice powder.
6. Drizzle with sesame oil and toss to coat.

Chili Lime Roasted Almonds



Ingredients

3 cups raw almonds
1/4 cup lime juice (about 2 limes)
2 tbsp chili powder
1/2 tsp salt1/2 tsp cayenne pepper (optional)
1tbsp extra-virgin olive oil

Directions

1. Preheat oven to 350° F.
2. Spread almonds in a single layer on a large baking sheet.
3. In a small bowl, combine lime juice and all spice.
4. Pour mixture over nuts and stir to evenly coat.
5. Bake for 15-20 minutes stirring occasionally.
6. Cool completely.
7. Store in an air tight container.

Guacamole Cups



Ingredients

Tortilla Cups
6 nine inch whole grain, flour or gluten free tortillas
2 tbsp extra-virgin olive oil
Mini-muffin tins

Guacamole
1 large ripe avocado, peeled and pitted
1 1/2 tbsp lime juice
3 cherry tomatoes, finely diced
1 jalapeño, seeded and finely minced
2 tbsp red onion, minced
3 tbsp cilantro, chopped
1 garlic clove, peeled and minced
1/4 tsp sea salt
1/8 tsp black pepper, freshly ground
1/4 cup black olives, thinly sliced (optional)
cilantro prigs for garnish (optional)

Directions

1. Preheat oven to 375° F.
2. Warm tortillas to make the pliable.
3. Use a 3 inch cookie cutter to cut the tortillas into 18 rounds. Save the remaining pieces for toasting and dipping.
4. Brush the tortilla rounds and mini muffin tins with olive oil.
5. Gently press 1 tortilla round into each oiled muffin cup.
6. Toast shells in oven of 8 minutes or until almost crispy and golden.
7. Remove from pan and set aside to cool. They can be stored in an air tight container for several days.
8. In a large bowl, combine avocado and lime juice and mash with a potato masher or fork until almost smooth leaving a few small avocado chunks.
9. Add remaining ingredients for the guacamole and fold in.
10. Spoon equal amounts of guacamole into the tortilla cups and garnish with olive and cilantro sprigs.

Seasoned Chickpeas



Ingredients

15 oz can chickpeas, drained and rinsed
1 tbsp extra-virgin olive oil
1/4 tsp pink Himalayan salt
1/4 tsp smoked paprika
1/4 tsp black pepper
1/8 tsp cayenne pepper
1/8 tsp garlic powder

Directions

1. Spread the drained and rinsed chickpeas evenly on paper towels.
2. Allow to sit for 2 hrs then pat dry.
3. Preheat oven to 425° F.
4. Spread chickpeas on an even layer on a large cookie sheet with edges .
5. Bake until crunchy and lightly brown, 20 to 25 minutes, stirring once halfway through . They should be crunchy and brown.
6. Turn off oven, stir the chickpeas and allow them to sit int the oven for 10-15 minutes.
7. Meanwhile, whisk oil, salt, paprika, black pepper, cayenne, and garlic powder together in a medium bowl.
8. Stir in chickpeas and mix until well coated.
9. Adjust seasonings to your preference.
10. Let stand 5 minutes before serving.

Texas Caviar



Ingredients

2 - 15 oz can black beans, drained and rinsed
2 - 15 oz can pinto or adzuki beans, drained and rinsed
2 - 15 oz can yellow corn, drained and rinsed
1 - 4 oz can chopped green chilies, undrained
1 red bell pepper, cored, seeded and finely chopped
1 green bell pepper, cored, seeded and finely chopped
1 small red onion, finely chopped
1 jalapeño chili pepper, seeded and finely chopped (optional)
1 bunch cilantro leaves, finely chopped

Dressing:
1/4 cup rice vinegar
1/4 cup lime juice
1/2 cup olive oil
1/3 cup white sugar
1tsp garlic powder

Directions

1. Add all dressing ingredients into a small saucepan and bring to a boil stirring constantly.
2. Remove from heat and allow to cool for 10 minutes.
3. Add beans, and other vegetables to a large bowl.
4. Pour cooked dressing over the vegetable mixture.
5. Mix gently to coat evenly.
6. Serve with gluten free corn chips or tortilla chips.

Gluten Free Feta Dip



Ingredients

3/4 cup crumbled feta cheese
1 1/2 cup 2% cottage cheese
1 tsp lemon zest
1 tbsp fresh lemon juie
1 large garlic clove, peeled and minced

Toppings
1 1/2 tbsp honey
1 tsp crushed red pepper
1/8 cup toasted pine nuts or pistachios
1/8 cup chopped fresh herbs such as parsley mint, chervil or finely chopped sweet red or yellow pepper
2 tbsp pomegranate seeds
1 tbsp extra-virgin olive oil

Directions

1. Blend all dip ingredients together in a high seed blender.
2. Blend until creamy and smooth.
3. Spread into a shallow bowl.
4. Drizzle with honey and sprinkle with red pepper.
5. Add other toppings according to taste.
6. Serve with gluten free pita chips or fresh vegetables for dipping.

SUBSTITUTION TIPS

- When cooking, watch for opportunities to cut sugars and fats.
- Often applesauce can be substituted for oil in a recipe without changing the taste or texture.
- “Flax eggs” (2 tbsp flax meal and 1tbsp water) can be substituted for an egg in cookie recipes, too.



- Try making easy substitutions, such as plain yogurt for sour cream.
- Using ghee in lieu of butter eliminates the solids in the butter for those with dairy sensitivities.
- Try cutting the sugar called for in a recipe by ¼ of the total amount, or try using monk fruit or stevia as sugar substitutes.

Ham and Cheddar Muffins



Ingredients

10 oz shredded sharp cheddar cheese
2 cups all-purpose flour (may use gluten free flour substitute)
2 cups plain yellow cornmeal
2 tbsp baking powder
2 tbsp granulated sugar
1/4 tsp salt
1/2 tsp black pepper
2 cups whole buttermilk
1/4 cup unsalted melted butter cooled to room temp
4 large eggs, lightly beaten
1 1/2 cups ham, shredded
1/2 cup green onions, thinly sliced
1-2 tbsp jalapeño pepper, seeded and minced

Toppings:
Green onions, thinly sliced
Jalapeño pepper, seeded and thinly sliced

Directions

1. Preheat oven to 375^0 F.
2. Blend the flour, cornmeal, baking powder, sugar, salt and pepper together in a large bowl.
3. Whisk the buttermilk, melted butter, and eggs together in another large bowl until smooth.
4. Add flour mixture to buttermilk mixture, stirring just until combined.
5. Stir in shredded cheese, ham and green onions.
6. Grease a 12-cup muffin tray with avocado oil.
7. Spoon 1/2 cup batter into each muffin well.
8. Bake in preheated oven until muffins rise and appear dry on top, about 18 - 22 minutes. An inserted toothpick should come out with moist crumbs.
9. Remove from oven and sprinkle with sliced green oinons and a slice of jalapeño pepper.
10. Let cool in the tins for 10 minutes before loosening and removing from the pan.

Salsa With Tortilla Chips



Ingredients

Chips:
8 corn tortillas (regular or gluten free)
1tbsp oil
Pinch of sea salt (optional)

Salsa:
1/2 can (28 oz) whole plum tomatoes, drained*
4 green onions (use portion of green part too)
1/8 cup red onion, finely chopped
1/2 cup cilantro, minced
2 tbsp jalapeño pepper, minced
1 clove garlic, minced
1 tsp hot pepper sauce (optional)

*may substitute 5 small fresh tomatoes in place of canned

Directions

1. Preheat oven to 400^0 F.
2. Cut tortillias into equal portions to make chips.
3. Place the chips on a baking sheet, add oil and toss to coat eachchip, spread into a single layer, and sprinkle with a pinch of salt if desired.
4. Place chips into oven and bake for 8-10 minutes or until chips are slightly browned and crispy.
5. Remove from the oven and let cool.
6. Prepare your salsa with a food processor, a chopper, or by hand. If by hand, chop your tomatoes, onion and cilantro into small diced size pieces and add to a medium bowl for mixing. Add all remaining ingredients and stir. If using a food processor, place all ingredients into the food processor and pulse until you reach your desired texture.
7. Pour salsa into a bowl and serve with the tortilla chips.

Main Eats

Orzo Mediterranean Style with Gremolata Topping



Ingredients

1 cup uncooked orzo pasta
3 tbsp extra-virgin olive oil
1 1/2 tbsp fresh lemon juice
1/4 cup sliced basil leaves
2 garlic cloves, peeled and minced
12 oz box of fresh spinach leaves, washed and dried
2 green onions, thinly sliced
1 roasted red pepper, cut into thin strips
3/4 cup of artichokes packed in oil, cut into quarters
1/4 cup Kalamata olive, pitted and halved
1/4 tsp Himalayan pink salt
1/4 tsp black pepper, freshly ground

Gremolata Topping:
1 cup Italian parsley, coarsely chopped
1 tbsp orange zest
2 tsp lemon zest
1 large garlic clove, peeled and minced
1/3 cup feta cheese crumbled

Directions

1. In a large saucepan, bring 8 cups of water to a boil and add a pinch of salt.
2. When fully boiling, add the pasta and return to a boil.
3. Cook uncovered for 8-10 mins, stirring occasionally.
4. Drain and reserve 1/2 cup of the water to use as needed in the recipe later.
5. In a large serving bowl, combine and mix the olive oil, lemon juice, basil, garlic and green onions.
6. Add the hot orzo, spinach, artichokes, red peppers and olives. Toss together until mixed.
7. Add 1-2 tbsp of the reserved pasta water if needed. Add salt and pepper to taste.
8. Make the gremolata in a small bowl combining all ingredients except the feta cheese.
9. Sprinkle the parsley mixture on the pasta and then sprinkle on the feta cheese.
10. Serve warm or refrigerate overnight and serve cold.

Peanut Soup- African style

Ingredients

1 tbsp. extra-virgin olive oil
1 large onion, peeled and diced
3 cloves garlic, peeled, flattened and coarsely chopped
1 tbsp. fresh ginger root, peeled and grated
1 tsp ground cumin
1/2 tsp ground coriander
4 1/2 cups butternut squash, diced
3/4 cup carrots, peeled and diced
3 1/2 cups low sodium vegetable stock
1 1/2 cups chicken bone broth
14 oz can crushed tomatoes
1 chipotle pepper in adobo sauce, finely diced
3/4 cup natural smooth peanut butter



Directions

1. Add olive oil and onions to a large saucepan and saute 5 mins over medium heat.
2. Add in garlic, ginger root, cumin and coriander.
3. Cook for 1 minute until spices become fragrant.
4. Add in butternut squash, carrots, broth, bone broth, tomatoes and pepper.
5. Bring to boil, turn heat down and simmer until vegetables are soft, approximately 30 mins.
6. When vegetables are tender, add in peanut butter and stir until combined.
7. Adjust seasonings.
8. Serve hot.

White Bean and Kale Soup

Ingredients

2 tbsp olive oil
1 medium onion, chopped
2 cloves garlic, minced
1 large carrots, peeled and diced
1 lg celery stalk ,diced
1 medium potato, peeled and diced
3 cups low-sodium gluten free chicken bone broth
2 cups filtered water
1 15oz can cannellini beans, well rinsed and drained
2 cups kale leaves, washed, deveined and chopped



Directions

1. Heat oil in a 2 qt sauce pan on medium heat.
2. Add onion, garlic, carrots and celery and cook until translucent, about 5 minutes, stirring to prevent sticking.
3. Add potato, chicken bone broth and water. Cook until potato is tender about 10-15 mins.
4. Remove vegetables from broth with a slotted spoon and puree in blender along with 1/2 cup of the cannellini beans.
5. Pour pureed mixture back into the broth.
6. Add the remaining beans and bring to a boil.
7. Add chopped kale and reduce heat and simmer for 5-10 minutes.
8. Remove from heat and adjust seasonings with salt and pepper as needed.

GATHERING TIPS

- You may not always know the ingredients of what is being served at a gathering. Now is not the time to deviate from your prescribed eating plan.
- Eat a light meal or healthy snack with lots of fiber before you go so you will not be tempted by high-fat and high-sugar foods.
- Watch your serving sizes! During the party, most hosts will serve above-average portions.



- Choose wisely; look for raw veggies with hummus instead of “creamy dips,” fresh fruit, grilled seafood with lemon juice, or simple steamed vegetables without heavy sauces.
- Plan ahead and take a couple safe foods with you if you’re not sure what is being served.
- One unfrosted cookie is always safer bet than a piece of cake or pie.

Slow Cooker Chili

Ingredients

1/4 small red onion, chopped
1 clove garlic, peeled and minced
1 small red bell pepper, chopped
1 small green pepper, chopped
8 ounces ground turkey breast
1 28oz can crushed tomatoes
8 oz red kidney beans, rinsed and drained
1 tbsp plus 1 tsp brown sugar
1tbsp chili powder
1/2 tbsp chili powder
1/2 tsp cayenne pepper
1/2 tsp cumin
1/2 tsp black pepper



Directions

1. Brown the ground turkey in a skillet on the stove.
2. Add the turkey and remaining ingredients to the slow cooker.
3. Stir and cover.
4. Cook on high setting for 4 hours or low setting for 8 hours.
5. When finished, turn off heat and let chili sit for a few minutes to thicken.
6. Top with plain yogurt and shredded cheese as desired.

Barbecue “Meatballs” (Vegan style)



Ingredients

1 cup cooked brown rice
2/3 cup onion, finely chopped
1/2 cup carrot, finely chopped
1/2 cup celery, finely chopped
1/2 cup baby spinach leaves, stems removed and chopped
2 tsp minced garlic cloves
1 1/2 cups canned black beans, drained and rinsed
2/3 cup quick-cooking gluten-free rolled oats
2 tsp Italian seasoning
1/4 cup unflavored oat milk (more as needed)
Commercial gluten-free low sugar barbeque sauce of your choice

Directions

1. Saute onions, spinach, carrots, celery, and garlic, over medium heat in a large skillet stirring frequently until carrots are tender about 5-6 mins.
2. Add water 1 tbsp at a time as needed to keep vegetables from sticking to the skillet.
3. In a large bowl, mash the black beans with a potato masher until nearly smooth.
4. Stir in cooked rice, oats, Italian seasoning, and sauteed veggies.
5. Add enough oat milk so that the mixture comes together.
6. Season with salt and pepper to taste.
7. Shape into 12 balls, about 2 inches each.
8. Transfer meatballs to a baking pan and bake about 15 minutes.
9. Drizzle with 1/2 of the barbeque sauce.
10. Bake about 5 additional minutes until the meatballs are baked through.
11. Drizzle the meatballs with the remaining barbeque sauce and serve.

Sweets

Chocolate Avocado Pudding



Ingredients

2 ripe avocados
4 tbsp raw cacao powder or cocoa powder
4-6 tbsp maple syrup
1 tsp vanilla extract
2 pinches of salt
4 tbsp filtered water to blend

Directions

1. Scoop out the flesh of both avocados and place in a small food processor or a high speed blender.
2. Add in the cacao powder, 4 tbsp of the maple syrup, vanilla, salt and water and blend until smooth.
3. Taste and adjust flavors as you would like.
4. Place in a covered bowl and chill in the refrigerator for one hour.
5. Before serving, stir the pudding, place in individual glasses, and top with fresh raspberries or strawberries.

Date Nut Balls



Ingredients

1 cup pitted medjool dates
1/2 cup walnuts
1/2 cup almonds
1 tbsp vanilla extract
1 tsp cinnamon powder or pumpkin spice
1/8 tsp sea salt (optional)
1/2 cup shredded coconut

Directions

1. Add the dates and vanilla extract to the food processor jar and blend it till they get soft and form a ball. Make sure to use pitted dates. If the dates appear too dry , add couple tablespoons of water to help make it grind easier.
2. Add the nuts in the food processor bowl. Add salt and cinnamon or pumpkin spice powder in the bowl and blend to a slightly coarse texture.
3. Mix in the dates and nuts together. It should form a sticky dough. Mix with hands or spatula.
4. Using a melon baller or cookie scoop, take 1 tbsp of the mixture into your hands and roll them into a small bite size balls. Roll in shredded coconut.

Lemon Squares Alive



Ingredients

Bars:
3 cups almonds
1 1/4 cups dates, pitted and chopped
1/2 tsp salt
Zest from 3 lemons
1/4 tsp vanilla
2 1/2 tbsp fresh lemon juice
2/3 cup coconut flakes

Frosting:
1 cup cashews
2 1/2 tbsp lemon juice
1 tbsp coconut oil
1 tsp local raw honey
1/8/tsp vanilla extract
3 Tbsp filtered water

Directions

To make the bars:

1. Process the almonds in a food processor until you have a fine powder.
2. Add salt, dates, zest, vanilla and lemon juice and process until you have a "dough" that sticks together when you pinch it.
3. Put the mixture in a large bowl and add the coconut flakes, mixing it in with your hands.
4. Press the "dough" into a shallow 8x8 pan until even and set aside.

To make the frosting:

1. Blend all ingredients in a high speed blender until smooth and creamy. The mixture will creep up the sides of the blender. Push it down with a spatula so it will blend evenly.
2. Spread the frosting over the bars and sprinkle with lemon zest and coconut flakes.
3. Chill in the refrigerator for 1 hour before serving.
4. Cut into squares and enjoy!

Molasses Cookies with Fresh Fruit Salad



Ingredients

6 tbsp avocado or macadamia nut oil
6 tbsp butter, unsalted
3/4 cup sugar
1/3 cup molasses
1 large egg
2 1/4 cups unbleached flour
1 tsp cinnamon
1 1/2 tsp baking soda
2 cups rolled oats
1 cup pecans, coarsely chopped

Fruit Salad:
1 navel orange peeled and sections cut in halves or thirds.
1 tart apple (honeycrisp) cut into slices and diced
1/2 cup of halved seedless grapes
1 kiwi peeled and diced
1/2 cup blueberries, washed
1/4 cup pomegranate seeds
1/2 cup strawberries, washed and quartered

Directions

1. Preheat oven to 350° F.
2. In a large mixing bowl, cream together butter, oil and sugar until fluffy.
3. Add egg and molasses.
4. Add flour, baking soda and cinnamon. Mix well.
5. Add oats and pecans. Stir until combined.
6. Divide dough into 4 equal portions.
7. Make 15 teaspoon sized cookie balls from each dough portion.
8. Bake for 8-10 minutes on a parchment paper lined or non-stick cookie sheet.
9. When done, transfer to a cooling rack.
10. When cookies have cooled, serve along side a fresh fruit salad and enjoy!

NUTRITION TIPS

- Be mindful of eating as to avoid overeating.
- Chew food completely and slowly.
- Start with smaller portions. Don't feel pressure to eat when you're already full.



- Be extra vigilant about taking vitamins during this time to support your immune system. A good daily multi-vitamin is essential.
- Consider taking Vitamin D3 with K2 due to the general lack of sun this time of year.
- Elderbery, Echinacea, Vitamin C, and Zinc, as well as various teas, can also offer support.

Mocktails

Citrus Sunshine



Ingredients

Unsweetened grapefruit juice
Sparkling water
Honey syrup

Directions

1. Fill a tall glass with ice cubes and top with equal parts unsweetened grapefruit juice, sparkling water and a splash of honey syrup.
2. Garnish with a sprig of rosemary and a slice of grapefruit if desired.

Mint Cooler



Ingredients

Lemon slices
Mint leaves
Sparkling water

Directions

1. Fill glass with ice cubes, add equal parts of lemon slices and mint.
2. Fill with sparkling water.

Cucumber Delight



Ingredients

3-4 chopped cucumber slices
2 Tbsp. honey syrup
1 tbsp. freshly squeezed lime juice
Sparkling water
Fresh tarragon

Directions

1. Use a wooden spoon to muddle cucumber slices with honey syrup, 1/2” tarragon sprig and lime juice in a deep bowl.
2. In a highball glass, place a couple ice cubes and strain cucumber juice overtop.
3. Add sparkling water and garnish as desired with a tarragon sprig.

Ginger Refresher



Ingredients

2 slices of lime
1/2 cup mint leaves
1/2-1" piece ginger root shaved
1/4 cup water
1 tsp. honey syrup
Sparkling water

Directions

1. In a deep bowl, muddle lime, and ginger together with water and honey syrup.
2. Fill a rocks glass with ice cubes and strain muddled lime mixture overtop.
3. Add sparkling water and garnish with a mint leaf and a lime slice.

Harissa Mocktail



Ingredients

Cinnamon stick
1/2 cup water
Thyme sprigs
1 tsp. agave syrup
1 tsp. Harissa seasoning
Sparkling water
1 tsp. fresh lime juice
Small pinch of Himalayan salt

Directions

1. In a small dry saucepan, shake cinnamon stick over medium heat until it begins to smell aromatic.
2. Add water, generous sprigs of thyme, agave syrup, and harissa.
3. Stir over medium heat until simmering and blended.
4. Fill highball glass with ice cubes. Strain mixture overtop and fill glass with sparkling water
5. Garnish as desired.

ALCOHOL TIPS

- Alcohol has a load of calories without any nutritional benefit. Now is not the time to pack on the pounds from excess alcohol. It adds up and is hard to get off later.
- "Social drinking" can be safe if you commit to seltzer water with lime or lemon in a wine glass and allow yourself one alcoholic beverage for every two non-alcoholic drinks.
- This might be the time to try lower calorie beverages such as light beer.



About Boston Heart Diagnostics

Boston Heart is transforming the treatment of cardiovascular disease by providing healthcare providers and their patients with novel, personalized diagnostics and integrated customized lifestyle programs that have the power to change the way clinicians and patients communicate about disease and improve heart health. Founded by renowned cardiovascular researchers and led by seasoned lab and diagnostic executives, Boston Heart looks beyond the "good" and "bad" cholesterol assessment that conventional labs provide to give a more complete picture of heart health. For more information on Boston Heart Diagnostics, please visit www.BostonHeartDiagnostics.com.

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