



Love Your Heart



Quick Facts about Heart Disease

- An estimated 80 million people in the United States have one or more forms of cardiovascular disease.
- A heart-healthy lifestyle includes a heart-healthy diet, getting at least 30 minutes of moderately vigorous physical activity on five or more days of the week and staying away from tobacco products.
- High cholesterol levels put you at risk for heart attack. Atherosclerosis (fatty buildups of plaque) in arteries can result in stroke.
- One way to lower your cholesterol level is by eating foods low in saturated fat, trans fat and cholesterol.
- Foods high in sodium can increase blood pressure in some people. Eating foods that are lower in sodium can help reduce your risk for high blood pressure and heart attack.
- Make reading food labels a habit. This will help you choose foods more wisely. The American Heart Association established its Food Certification Program to provide consumers a quick, easy way to identify heart-healthy foods that can be part of a healthful eating plan. Products certified by the American Heart Association contain the heart-check mark and state that the product “Meets American Heart Association criteria for saturated fat and cholesterol for healthy people over age 2.” While shopping, look for foods with the heart-check mark symbol on their label. These foods are approved to be part of a healthy diet.

Source: The American Heart Association



American Heart Association

Products displaying the heart-check mark meet American Heart Association food criteria for saturated fat and cholesterol for healthy people over age 2.

heartcheckmark.org

Eating Smart Is a Great Start

At Campbell, it's our goal to nourish people's lives everywhere, every day. We offer a variety of great-tasting products that fit into a heart-healthy lifestyle and meet the criteria for “healthy” foods. Try the recipes in this booklet and see how easy it is to eat good-tasting food that's also good to your heart.



Campbell's® Healthy Request® Soups

Low in fat, low in cholesterol and lower in sodium, Campbell's® Healthy Request® soups are all certified by the American Heart Association. There are 25 great-tasting soup options, and many of them can be used to make delicious meals.

See more at www.campbellsoup.com/healthyrequest.



Healthy Request® Skillet Herb Roasted Chicken

From: Campbell's Kitchen
Prep: 5 min.
Cook: 20 min.
Makes: 4 servings

INGREDIENTS

1/4 tsp. ground sage
1/4 tsp. dried thyme leaves, crushed
4 skinless, boneless chicken breast halves
Vegetable cooking spray
2 cloves garlic, minced
1 can (10 3/4 oz.) Campbell's® Healthy Request® Condensed Cream of Chicken Soup
1/2 cup water
Parslied Rice

DIRECTIONS

1. Stir sage and thyme in small bowl. Season chicken with sage mixture.
2. Spray 12" nonstick skillet with cooking spray and heat over medium heat 1 min. Add chicken and cook 15 min. or until well browned on both sides and cooked through. Remove chicken from skillet and keep warm.
3. Add garlic to skillet and cook and stir until lightly browned. Stir in soup and water and cook until mixture is hot and bubbling. Serve sauce over chicken with Parslied Rice.

Parslied Rice: Toss **4 cups** hot cooked long-grain white rice with **1 tsp.** chopped fresh parsley.

NUTRITIONAL VALUES PER SERVING

Calories 400.82, Total Fat 5.12g, Saturated Fat 1.63g, Cholesterol 76.28mg, Sodium 326.91mg, Total Carbohydrate 52.73g, Dietary Fiber 1.36g, Protein 32.32g, Vitamin A 7.36%DV, Vitamin C 1.57%DV, Calcium 3.51%DV, Iron 16.43%DV



Lighter Green Bean Casserole

From: Campbell's Kitchen
Prep: 15 min.
Bake: 30 min.
Makes: 6 servings

INGREDIENTS

1 can (10 3/4 oz.) Campbell's® Healthy Request® Condensed Cream of Mushroom Soup
1/4 cup milk (2% fat)
1 tsp. onion powder
1/8 tsp. ground black pepper
1 tsp. reduced-sodium soy sauce
1 lb. fresh-cut green beans (about 3 cups), cooked and drained
2 tbsp. crushed French's® French Fried Onions

DIRECTIONS

1. Stir soup, milk, onion powder, black pepper, soy sauce and green beans in 1 1/2-qt. casserole.
2. Bake at 350°F. for 25 min. or until mixture is hot and bubbling. Stir bean mixture. Top with onions.
3. Bake 5 min. or until onions are golden brown.

NUTRITIONAL VALUES PER SERVING

Calories 65, Total Fat 2g, Saturated Fat 1g, Cholesterol 3mg, Sodium 235mg, Total Carbohydrate 10g, Dietary Fiber 2g, Protein 2g, Vitamin A 9%DV, Vitamin C 10%DV, Calcium 8%DV, Iron 3%DV



Savory Lemon Chicken

From: Campbell's Kitchen
Prep: 10 min.
Cook: 20 min.
Makes: 4 servings

INGREDIENTS:

Vegetable cooking spray
4 skinless, boneless chicken breast halves
1 can (10 3/4 oz.) *Campbell's® Healthy Request®*
Condensed Cream of Chicken Soup
2 tbsp. water
1 tbsp. chopped fresh parsley **or** 1 tsp. dried
parsley flakes
1 tbsp. lemon juice
1/2 tsp. paprika
1/4 cup chopped green **or** red pepper
4 lemon slices

DIRECTIONS:

1. Spray 10" nonstick skillet with cooking spray and heat over medium-high heat 1 min. Add chicken and cook 10 min. or until well browned on both sides. Remove chicken from skillet.
2. Stir soup, water, parsley, lemon juice, paprika and pepper in skillet and heat to a boil. Return chicken to skillet. Reduce heat to low. Cover and cook 5 min. or until chicken is cooked through. Top chicken with lemon slices.

NUTRITIONAL VALUES PER SERVING:

Calories 197, Total Fat 5g, Saturated Fat 2g, Cholesterol 76mg, Sodium 348mg, Total Carbohydrate 9g, Dietary Fiber 1g, Protein 28g, Vitamin A 6%DV, Vitamin C 15%DV, Calcium 2%DV, Iron 6%DV



Healthy Request® Chicken Mozzarella

From: Campbell's Kitchen
Prep: 5 min.
Bake: 20 min.
Stand: 5 min.
Makes: 4 servings

INGREDIENTS:

4 skinless, boneless chicken breast halves
1 can (10 3/4 oz.) *Campbell's® Healthy Request®*
Condensed Tomato Soup
1/2 tsp. dried Italian seasoning **or** dried oregano
leaves, crushed
1/2 tsp. garlic powder
1/4 cup shredded mozzarella cheese
4 cups hot cooked corkscrew-shaped pasta,
cooked without salt

DIRECTIONS:

1. Heat oven to 400°F.
2. Place chicken in 2-qt. shallow baking dish. Stir soup, Italian seasoning and garlic powder in small bowl. Spoon soup mixture over chicken.
3. Bake 20 min. or until chicken is cooked through.
4. Sprinkle cheese over chicken. Let stand 5 min. or until cheese melts. Serve with pasta.

NUTRITIONAL VALUES PER SERVING:

Calories 432, Total Fat 7g, Saturated Fat 2g, Cholesterol 77mg, Sodium 391mg, Total Carbohydrate 52g, Dietary Fiber 3g, Protein 38g, Vitamin A 6%DV, Vitamin C 6%DV, Calcium 8%DV, Iron 15%DV



Healthy Request® Creamy Chicken Stir-Fry

From: Campbell's Kitchen
Prep: 10 min.
Cook: 20 min.
Makes: 4 servings

INGREDIENTS:

Vegetable cooking spray
1 lb. skinless, boneless chicken breasts, cut into strips
3 cups cut-up fresh vegetables (broccoli, carrots, green **or** red peppers)
1 can (10 3/4 oz.) Campbell's® Healthy Request® Condensed Cream of Celery Soup
1/2 cup milk
1 tbsp. low-sodium soy sauce
1/4 tsp. garlic powder
4 cups hot cooked rice, cooked without salt

DIRECTIONS:

1. Spray 12" skillet with cooking spray and heat over medium-high heat 1 min. Add chicken and stir-fry until well browned. Push chicken to one side of skillet.
2. Add vegetables to skillet and stir-fry until tender-crisp. Stir in soup, milk, soy sauce and garlic powder and cook until chicken is cooked through. Serve chicken mixture over rice.

NUTRITIONAL VALUES PER SERVING:

Calories 422, Total Fat 5g, Saturated Fat 2g, Cholesterol 73mg, Sodium 483mg, Total Carbohydrate 60g, Dietary Fiber 3g, Protein 32g, Vitamin A 119%DV, Vitamin C 40%DV, Calcium 15%DV, Iron 18%DV



Healthy Request® Chicken & Pasta Primavera

From: Campbell's Kitchen
Prep: 5 min.
Cook: 20 min.
Makes: 4 servings (2 cups each)

INGREDIENTS:

1 can (10 3/4 ounces) Campbell's® Healthy Request® Condensed Cream of Mushroom Soup
1/2 cup milk
3 tbsp. grated Parmesan cheese
1/4 tsp. garlic powder
1 bag (16 oz.) frozen vegetable combination (broccoli, cauliflower, carrots)
2 cups cubed cooked chicken
1/2 of a 1-lb. pkg. spaghetti, cooked without salt and drained

DIRECTIONS:

1. Heat soup, milk, cheese, garlic powder and vegetables in 3-qt. saucepan over medium heat to a boil. Reduce heat to low. Cover and cook 10 min. or until vegetables are tender-crisp.
2. Stir chicken in saucepan and cook until mixture is hot and bubbling. Serve chicken mixture over spaghetti.

NUTRITIONAL VALUES PER SERVING:

Calories 473.35, Total Fat 9.96g, Saturated Fat 3.19g, Cholesterol 71.94mg, Sodium 449.26mg, Total Carbohydrate 58.9g, Dietary Fiber 6.31g, Protein 34.62g, Vitamin A 49.17%DV, Vitamin C 72.59%DV, Calcium 20.71%DV, Iron 17.74%DV



Beef & Mushroom Dijon

From: Campbell's Kitchen
Prep: 10 min.
Cook: 25 min.
Makes: 4 servings

INGREDIENTS:

Vegetable cooking spray
2 cups sliced mushrooms
1 medium onion, chopped
3/4 lb. boneless beef sirloin steak, 3/4" thick, cut into strips
1 can (10 3/4 oz.) *Campbell's® Healthy Request®* Condensed Cream of Mushroom Soup
1/2 cup water
2 tbsp. Dijon-style mustard
4 cups hot cooked rice, cooked without salt
Chopped fresh parsley (optional)

DIRECTIONS:

1. Spray 10" skillet with cooking spray and heat over medium heat 1 min. Add mushrooms and onion and cook until tender. Remove vegetables from skillet. Remove skillet from heat.
2. Spray skillet with cooking spray and heat over medium-high heat 1 min. Add beef and cook until well browned, stirring often. Pour off any fat.
3. Stir soup, water, mustard and vegetables in skillet and cook until mixture is hot and bubbling. Toss rice with parsley, if desired. Serve beef mixture with rice.

Tip: To make slicing easier, freeze beef 1 hr.

NUTRITIONAL VALUES PER SERVING:

Calories 373, Total Fat 5g, Saturated Fat 2g, Cholesterol 48mg, Sodium 506mg, Total Carbohydrate 56g, Dietary Fiber 2g, Protein 22g, Vitamin A 0%DV, Vitamin C 4%DV, Calcium 9%DV, Iron 21%DV



Oven-Roasted Chicken with Artichokes, Lemon and Tomato Sauce

From: Campbell's Kitchen
Prep: 15 min.
Cook: 35 min.
Makes: 6 servings

INGREDIENTS:

6 skinless, boneless chicken breast halves
1 pkg. (8 oz.) frozen artichoke hearts, cut into quarters
3 cups *Prego®* Heart Smart Roasted Red Pepper & Garlic Italian Sauce
1 tbsp. lemon juice
1 tsp. grated lemon zest
3 cups hot cooked couscous

DIRECTIONS:

1. Heat oven to 400°F.
2. Place chicken and artichoke hearts into 17 x 11" shallow roasting pan. Stir sauce, lemon juice and lemon zest in medium bowl. Pour sauce mixture over chicken and artichoke hearts.
3. Roast 35 min. or until chicken is cooked through. Serve chicken mixture over couscous.

Tip: Try sprinkling finished dish with chopped pitted Kalamata olives.

NUTRITIONAL VALUES PER SERVING:

Calories 285, Total Fat 6g, Saturated Fat 2g, Cholesterol 67mg, Sodium 529mg, Total Carbohydrate 28g, Dietary Fiber 6g, Protein 28g, Vitamin A 16%DV, Vitamin C 16%DV, Calcium 5%DV, Iron 12%DV



Golden Chicken with Autumn Vegetables

From: Campbell's Kitchen
Prep: 10 min.
Cook: 30 min.
Makes: 4 servings

INGREDIENTS:

1 tbsp. vegetable oil
4 skinless, boneless chicken breast halves
1 cup Swanson® Chicken Stock
1 tbsp. minced garlic
1/2 tsp. dried rosemary leaves, crushed
1/4 tsp. dried thyme leaves, crushed
2 large sweet potatoes, cut into 1/2" pieces
2 cups fresh **or** frozen whole green beans

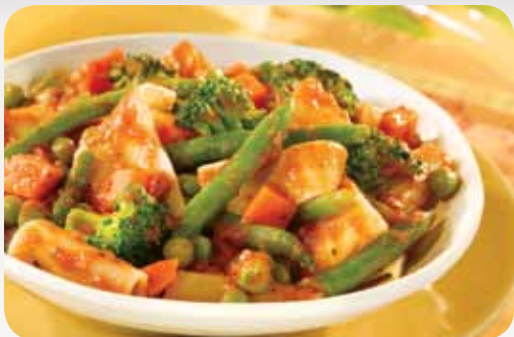
DIRECTIONS:

1. Heat oil in 12" skillet over medium-high heat. Add chicken and cook 10 min. or until well browned on both sides. Remove chicken and set aside. Increase heat to high. Stir stock, garlic, rosemary, thyme, potatoes and green beans in skillet. Heat to a boil and cook 5 min.
2. Return chicken to skillet and reduce heat to low. Cover and cook 12 min. or until chicken is cooked through and potatoes are tender. Season to taste.

Tip: *Herbed Chicken Dijon with Wine:* Add **1/4 cup** white wine, **1 tsp.** lemon juice and **2 tbsp.** Dijon-style mustard with stock. Substitute Yukon Gold for sweet potatoes.

NUTRITIONAL VALUES PER SERVING:

Calories 251, Total Fat 7g, Saturated Fat 1g, Cholesterol 74mg, Sodium 343mg, Total Carbohydrate 18g, Dietary Fiber 4g, Protein 29g, Vitamin A 193%DV, Vitamin C 9%DV, Calcium 6%DV, Iron 11%DV



Pappardelle Primavera

From: Campbell's Kitchen
Prep: 15 min.
Cook: 20 min.
Makes: 6 servings (2 cups each)

INGREDIENTS:

1 tsp. olive oil
1 large onion, finely chopped
8 oz. fresh green beans, trimmed
2 large carrots, diced
1 pkg. (10 oz.) frozen broccoli florets, thawed
1 cup frozen peas, thawed
3 cups Prego® Heart Smart Roasted Red Pepper & Garlic Italian Sauce
2 pkgs. (about 8 oz. **each**) pappardelle pasta, cooked and drained
1/4 cup fresh basil leaves, cut into thin strips

DIRECTIONS:

1. Heat oil in 12" skillet over medium heat. Add onion, beans and carrots and cook 5 min. or until vegetables are tender-crisp.
2. Stir broccoli, peas and sauce in skillet and heat to a boil. Reduce heat to low. Cook 5 min. or until vegetables are tender.
3. Toss vegetable mixture with pasta. Sprinkle with basil.

Tip: For thinner consistency, stir 1/4 cup pasta cooking water into sauce.

NUTRITIONAL VALUES PER SERVING:

Calories 439, Total Fat 5g, Saturated Fat 1g, Cholesterol 0mg, Sodium 520mg, Total Carbohydrate 82g, Dietary Fiber 10g, Protein 16g, Vitamin A 145%DV, Vitamin C 66%DV, Calcium 10%DV, Iron 25%DV



Herb Grilled Vegetables

From: Campbell's Kitchen
Prep: 10 min.
Cook: 10 min.
Makes: 6 servings

INGREDIENTS:

1/2 cup Swanson® Natural Goodness® Chicken Broth
1/2 tsp. dried thyme leaves, crushed
1/8 tsp. ground black pepper
1 large red onion, thickly sliced
1 large red **or** green pepper, cut into wide strips
1 medium zucchini **or** yellow squash, thickly sliced
2 cups large mushrooms

DIRECTIONS:

1. Stir broth, thyme and black pepper in small bowl. Brush vegetables with broth mixture.
2. Lightly oil grill rack and heat grill to medium. Grill vegetables for 10 min. or until tender-crisp, turning over once during cooking and brushing often with broth mixture.

NUTRITIONAL VALUES PER SERVING:

Calories 28, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 54mg, Total Carbohydrate 6g, Dietary Fiber 2g, Protein 2g, Vitamin A 3%DV, Vitamin C 25%DV, Calcium 2%DV, Iron 3%DV