



COOKING FROM THE HEART



Dietary Approaches to Stop Hypertension

DASH EDITION

Affordable tasty recipes for the whole family, with a focus on incorporating DASH ingredients.

A joint initiative between Pharma Dynamics and The Heart and Stroke Foundation South Africa

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THE HEART
AND STROKE
FOUNDATION
SOUTH AFRICA

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Printed by **Trident Press Printing**
Cape Town, August 2022

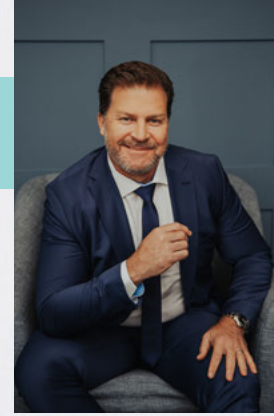
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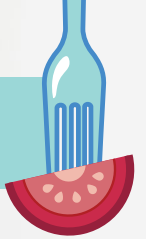
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Erik Roos
CEO,
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Foreword



At **Pharma Dynamics** we are inspired by improving the quality of life for all South Africans and we understand that health is more than just using the right medication. It's holistic; the health of the heart and mind, is invariably underpinned by the physical health of the body.

As part of our expanding range of patient support programmes, we are pleased to introduce you to **Dietary Approaches to Stop Hypertension**, or **DASH**, which is recommended to prevent and treat hypertension.

The DASH recipe book is the **fifth edition** in our **Cooking from the heart** recipe book series, compiled in partnership with **The Heart and Stroke Foundation South Africa (HSFSA)** and leading South African food consultant, Heleen Meyer. These heart and hypertension-friendly recipes are a feast of choice, whether you're cooking for your family, or yourself.

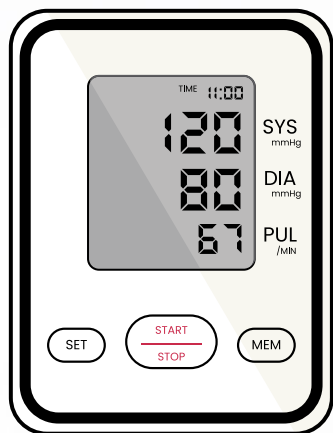
With over 20 years of bringing quality medication to hypertensive patients, and as SA's largest supplier of heart medication, we want to partner with you and guide you on your wellness journey.

Here's to joyful living!
Yours in health,
Erik Roos



What is hypertension?

Hypertension (or **high blood pressure**) is a common condition and often associated with lifestyle choices. Hypertension is when the force of the blood flowing through the blood vessels (arteries) remains higher than normal or is higher for a longer period of time. Uncontrolled high blood pressure can lead to heart disease and strokes.



How is it measured?

When a healthcare practitioner measures your blood pressure, the reading indicates how hard the heart is pumping to move blood through the arteries.

This reading is measured in two numbers: the top number (known as systolic pressure) shows the pressure in your arteries when your heart beats. The bottom number (diastolic pressure) shows the pressure in your arteries between beats. A normal blood pressure level is less than or equal to 120/80 mmHg. The harder your heart needs to work, the higher your blood pressure will go.

High blood pressure is known as a ‘silent killer’ because there are rarely any symptoms or visible signs to warn that blood pressure is high. That is why more than 50 % of people with high blood pressure are unaware of their condition. It’s important to have your blood pressure checked at least once a year, follow the advice of your healthcare practitioner and **make good lifestyle choices**.

What is DASH?

If you were wondering what the acronym **DASH** stands for, it’s **Dietary Approaches to Stop Hypertension**. The DASH diet is considered an important advance in nutritional science. It emphasises the importance of **eating foods rich in protein, fibre** and the **micro-nutrients potassium (K), magnesium (Mg) and calcium (Ca)** in order to manage and prevent hypertension. These foods include ingredients such as vegetables, fruits,



beans, unsalted nuts, whole grains and lean red meat, like venison or ostrich, poultry (without the skin), fish and low-fat dairy. Apart from the focus to include these **healthy ingredients**, this approach further **encourages** everyone to **limit** the intake of foods high in saturated (unhealthy) fats and sugar.

The DASH way of eating is **not a sodium-reduced** diet, but its effect is enhanced when combined with the reduction of sodium (salt) in meals, particularly in patients with high blood pressure. Therefore, the focus is to **include** more of the important healthy elements and **not only to avoid high levels of salt** in your food. When you enjoy recipes like the ones in this book, made with **fresh ingredients** and cooked from scratch, you will automatically take in **more healthy ingredients** and in turn eat less salt from convenience, highly processed and refined foods.

Why the DASH way?

A DASH trial was done to compare the typical American diet and the DASH diet. The typical American diet provided 25-50 % of the daily recommended amounts of **potassium, magnesium and calcium**. The DASH diet however provided these minerals in the range of 75-100 % of daily recommended amounts (USA). Minerals such as potassium, magnesium and calcium are essential in regulating blood pressure for both normal (normotensive) and high blood pressure (hypertensive) patients.

The DASH diet is **recommended** by South African and international hypertension guidelines as numerous studies have consistently shown that it **lowers blood pressure** across a diverse range

of patients with hypertension and pre-hypertension. **Healthy eating and lifestyle changes** are important aspects in the management of hypertension.

Make it a lifestyle

This **Cooking from the heart DASH edition recipe book** is designed to provide us with recipes and ingredients which everyone should make part of their **daily meals**. These recipes also show how easy it is to enjoy delicious recipes, while including **more micronutrients** and **limiting the intake of salt**. The regular intake of these important micronutrients (potassium, magnesium and calcium) from a variety of ingredients, is beneficial in the management of blood pressure for all of us. The **combination** of the **DASH** diet and **reduced sodium** is greater than either approach alone.

The focus of all of the **Cooking from the heart** recipe books is to not think about **healthy eating** as a diet, but to make it a **way of life**, in an **easy** and **affordable** way.



Let's talk salt (sodium)

Eating too much salt can contribute to the development of high blood pressure (hypertension) and worsen existing high blood pressure conditions. Reducing excess salt intake improves blood pressure and lowers the risk of heart disease, strokes and kidney disease.



Salt and sodium explained

The chemical name for salt is sodium chloride (NaCl) and it is made up of 2 parts — **sodium** and **chloride**. Sodium is the part that should be limited, and this is what is indicated on food labels. Take into consideration that a **teaspoon of salt contains 2000 mg of sodium**. The World Health Organization (WHO) **recommends** eating **no more than 5 grams (5 ml = 1 teaspoon) of salt per day**, which is equal to 2000 mg of sodium (Na) per day. This includes the amount of **salt added during cooking**, at the **table**, and in **highly processed and convenience foods**.

Salt is added to **processed foods** for taste, texture, and to preserve it. Even foods that don't taste salty can be high in salt. It's easy to consume too much salt as it is **hidden** in many foods, and over time people become accustomed

to the taste of salty food. In a recent study it showed that 28 % of 900 South Africans consumed more than 9 grams of salt per day.

Reducing salt in your diet

Salt is displayed as **sodium** on **food labels**. The amount of sodium is indicated **per 100 g** of the specific food on the **nutritional information table**. Use this number to **compare** similar products. The indication on the label can also assist you to determine the amount of **sodium in a portion of food** that will contribute to your daily limit of 2000 mg. When looking at a food label that does not display a nutritional information table, check the **ingredients list** to see if the product contains salt or another form of added sodium. Ingredients are listed in order of highest to lowest quantity in a specific food. Often, the first three ingredients on the label make up the largest portion of the food, so if salt is high up on the list, this food should rather be limited or avoided. Remember that sodium (salt) can also be indicated by using **other names**, like nitrates, nitrites, baking soda or MSG. See page 23 for more information on the Heart Mark and **reading food labels**.

Pharma Dynamics developed a **Low salt booklet** to help you identify foods that should be eaten less frequently due to their high sodium content. It lists foods that are considered more suitable choices. To access and download this booklet, [visit the Pharma Dynamics website](#).

Lemon is the new salt

We all know that we need to eat less salt, but it's not always easy to know how to make it practical when it comes to cooking and planning meals. *Cooking from the heart* is all about handy tips to **make healthier lifestyle choices** and helps you to make cooking easier.

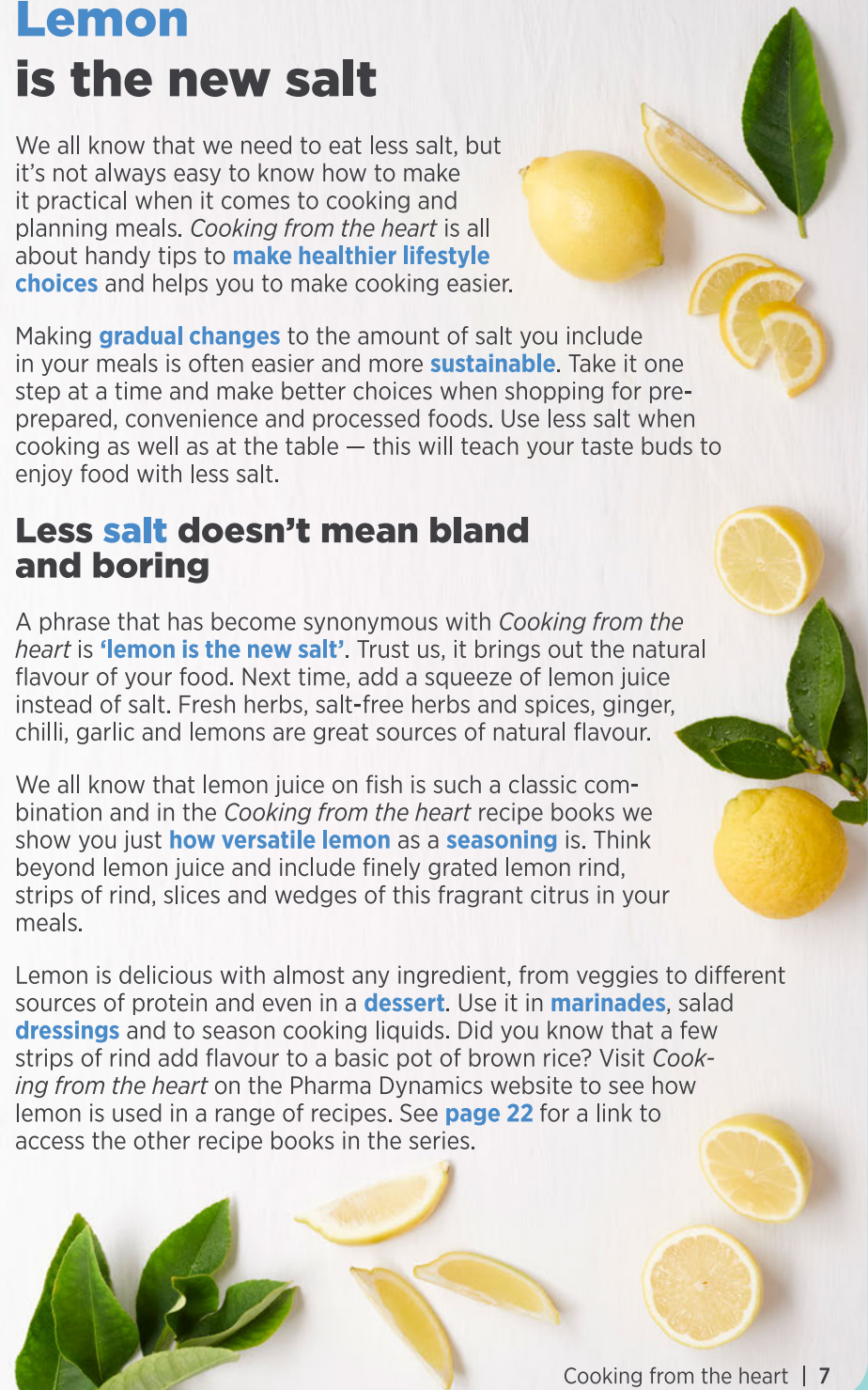
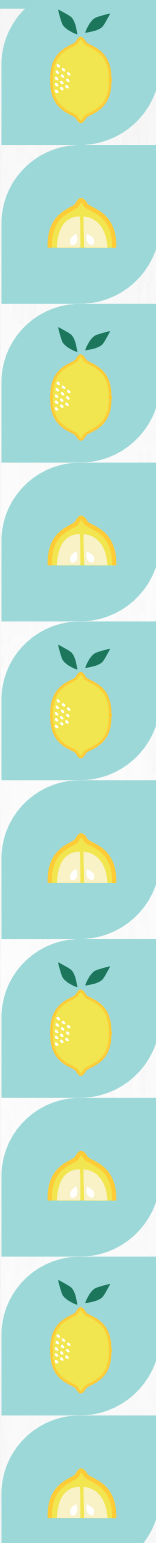
Making **gradual changes** to the amount of salt you include in your meals is often easier and more **sustainable**. Take it one step at a time and make better choices when shopping for pre-prepared, convenience and processed foods. Use less salt when cooking as well as at the table — this will teach your taste buds to enjoy food with less salt.

Less salt doesn't mean bland and boring

A phrase that has become synonymous with *Cooking from the heart* is **'lemon is the new salt'**. Trust us, it brings out the natural flavour of your food. Next time, add a squeeze of lemon juice instead of salt. Fresh herbs, salt-free herbs and spices, ginger, chilli, garlic and lemons are great sources of natural flavour.

We all know that lemon juice on fish is such a classic combination and in the *Cooking from the heart* recipe books we show you just **how versatile lemon** as a **seasoning** is. Think beyond lemon juice and include finely grated lemon rind, strips of rind, slices and wedges of this fragrant citrus in your meals.

Lemon is delicious with almost any ingredient, from veggies to different sources of protein and even in a **dessert**. Use it in **marinades**, salad **dressings** and to season cooking liquids. Did you know that a few strips of rind add flavour to a basic pot of brown rice? Visit *Cooking from the heart* on the Pharma Dynamics website to see how lemon is used in a range of recipes. See **page 22** for a link to access the other recipe books in the series.



Foods to include for a **DASH** lifestyle

There are **three essential micronutrients** that need to be included in our meals when following the DASH principles: **potassium (K)**, **magnesium (Mg)**, and **calcium (Ca)**. These are all minerals that our bodies need to function properly.

On the **next three pages**, we explain what the importance of each micronutrient is. We also provide you with a list of vegetables and fruit, beans, lentils (legumes), nuts, wholegrains, protein and dairy high in these micronutrients. Include these in your meals on a regular basis.

Foods rich in potassium

Potassium is important to ensure normal functioning of all cells in the body | help activate nerve impulses to regulate muscle contractions | regulate heartbeat and reflexes | support normal blood pressure | ensure proper metabolism*

- Sweet potatoes
- Beetroot
- Potatoes in the skin
- Spinach
- Broccoli
- Tomatoes
- Tomato puree
- Bananas
- Avocados
- Oranges
- Carrot juice
- Dried apricots
- Raisins
- White beans
- Red kidney beans
- Lentils
- Chickpeas
- Almonds, unsalted
- Cashews, unsalted
- Mixed nuts with peanuts: roasted and all unsalted
- Tuna, tinned or fresh
- Eggs
- Plain yoghurt: fat-free and low-fat

Foods rich in magnesium

Magnesium is important to relay signals between the brain and the body | assist enzyme function in the body | ensure the heart and muscles contract properly | help improve and regulate blood pressure and blood sugar levels*

- Spinach
- Baked potatoes in the skin
- Avocados
- Bananas
- Raisins
- Chickpeas
- White beans
- Black beans
- Red kidney beans
- Peanut butter with no added salt and sugar
- Almonds, unsalted
- Cashews, unsalted
- Mixed nuts with peanuts: roasted and all unsalted
- Pumpkin seeds
- Quinoa
- Oats
- Wholewheat bread
- 100 % bran cereal
- Mackerel, tinned or fresh
- Chicken breast, roasted
- Eggs



Foods rich in calcium

Calcium is important to maintain healthy bones and teeth | help muscles to contract and blood to clot regularly | regulate normal heart rhythms and nerve functions | maintain healthy blood pressure | improve cholesterol levels*

Spinach
Broccoli
Kale
Turnip greens
Dried figs
Lentils
Chickpeas
White beans
Red kidney beans
Sesame seeds:
 black and white
Cashews, unsalted
Almonds, unsalted
Mixed nuts with peanuts:
 roasted and all unsalted
Tinned salmon with bones
 or fresh salmon
Tinned sardines with bones
 or fresh sardines
Tofu
Eggs
Milk: full-cream, low-fat
 and skim (fat-free)
Plain yoghurt: fat-free
 and low-fat
Low-fat cottage cheese
Ricotta cheese

* as per Harvard Medical School and Harvard School of Public Health websites.



Foods high in all 3 micronutrients:



Spinach | White beans | Red kidney beans | Chickpeas | Almonds, unsalted | Cashews, unsalted | Mixed nuts with peanuts: roasted and all unsalted | Eggs (see back cover)

Homemade is best

One of the best ways to look after your health is to **know exactly what you are eating**. That's why *Cooking from the heart* recommends **preparing food from scratch**, using fresh ingredients. **Avoiding processed foods** and foods that are high in salt should be your aim. This book encourages everyone to follow the **Cooking from the heart way of eating**. Eating healthily is important for the **whole family** and does not mean bland or boring meals. The emphasis of the recipes in this book is to make **eating foods rich in potassium (K), calcium (Ca) and magnesium (Mg)** part of your **everyday meals**.

These **recipes** are **quick, affordable** and **easy** to prepare using **everyday ingredients**. The creative use of ingredients and cooking methods ensure tasty meals that everyone will enjoy.

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Practical tips to reduce salt in your meals

- **Read food labels** and compare similar products or different brands to choose foods lower in sodium.
- **Limit** very **salty processed foods** like take-outs, soup powder, stock cubes, polony, sauces and salty spreads in your meals.
- **Choose fresh ingredients** and **seasonings** like fresh herbs, garlic, ginger, lemon and chillies to prepare healthy and tasty meals.
- Season food with **salt-free spices** like cumin, coriander, curry powder and paprika.
- **Taste** food **before adding salt** and remove the saltshaker from the table — rather season with lemon juice, as the 'new salt'.

Savoury green smoothie

This refreshing green smoothie is packed with nutrients and flavour. Enjoy as a light meal or snack. The avocado adds creaminess and is delicious with the freshness of cucumber, spinach, fresh ginger and mint.

- 1 medium ripe avocado or 1 medium banana
- ¼ cucumber, cubed
- 2 medium spinach or kale leaves, shredded
- 5 tsp (25 ml) finely grated fresh ginger
- ¼ cup (60 ml) coarsely chopped unsalted almonds or cashew nuts
- 1 tsp (5 ml) finely grated lemon rind
- 125-150 ml plain low-fat yoghurt
- 8-10 small fresh mint leaves, or to taste
- 1 cup (250 ml) ice-cold water
- 1 medium apple in the skin, cubed
- lemon juice to taste

1. Lightly mash the avocado or banana with a fork and place with all the other ingredients in a large jug.
2. Blend with a stick blender until smooth. Add a squeeze or two of lemon juice to taste.
3. Pour smoothie mixture into glasses and garnish with any extra elements used in the mixture; like thin strips of cucumber, grated lemon rind and mint leaves.



1. **Make it dairy-free:** Pour ¼ cup (60 ml) boiling water over 20 raw, unsalted almonds in a measuring jug. Allow to stand for 10 minutes. Blend with a stick blender until smooth. Use this nut milk instead of the yoghurt in the recipe.
2. Prepare smoothie to your preference: To thicken, add 2-3 tbsp (30-45 ml) uncooked ordinary oats with the rest of the ingredients and blend well. To thin, add more water.
3. Replace fresh ginger with a small piece of fresh turmeric, when in season, for an added health boost.
4. For a spicier version, blend a small piece of fresh chilli or a pinch of cayenne pepper with the ingredients.



Carrot cake smoothie

This quick and easy smoothie is inspired by the flavour of a classic carrot cake. Sip on this guilt-free version and enjoy it as a breakfast or snack. It will keep you feeling fuller for longer.

- 2 tbsp (30 ml) raisins
- ¾ cup (180 ml) strong warm Rooibos tea
- 1 medium carrot, coarsely grated
- ½ small pineapple, peeled and cubed
- 1 medium banana, sliced
- 1 medium apple in the skin, chopped
- ¼ cup (60 ml) uncooked ordinary oats or ground almonds
- ½ tsp (2,5 ml) ground cinnamon
- a pinch each ground nutmeg and ginger, or to taste
- lemon juice to taste

1. Soak raisins in Rooibos tea for 10-15 minutes to soften.
2. Place all the ingredients with the soaked raisins in a large jug. Blend with a stick blender until well blended. Season to taste with more ground spices and lemon juice.
3. Pour smoothie mixture into glasses and garnish with any extra elements used in the mixture; like a lemon wedge and sprinkle of cinnamon. If too thick, thin down with a little water or more Rooibos tea to your preference.

1. **Peanut butter & blueberry smoothie:** Replace the carrot and pineapple with another small banana and ½ cup (125 ml) frozen or fresh blueberries. Blend as above with 2 tbsp (30 ml) peanut butter (with no added salt or sugar) and 50 ml strong Rooibos tea. Garnish with more berries and ground spices. Makes 500 ml, to serve two portions.
2. Overripe fruit, like berries or bananas can be frozen in freezer bags — perfect for an ice-cold smoothie. First slice bigger fruit like banana or pineapple, and then freeze.



Quick banana & oat flapjacks

These heavenly flapjacks can be made in no time and are perfect for breakfast or a lunch box. Be creative with wholesome toppings of your choice like peanut butter, banana and unsalted nuts. This recipe is even great for little ones starting to eat solids.



1 cup (250 ml) uncooked ordinary oats
1 tsp (5 ml) baking powder
1 tsp (5 ml) ground cinnamon
2 medium-large ripe bananas, mashed
3 eggs, beaten
50 ml plain low-fat yoghurt
olive oil for frying
peanut butter, unsalted nuts, more fresh banana, honey and finely grated lemon rind for serving

1. Place the oats in a bowl and blend with a stick blender until it forms a fine flour. Add the baking powder and cinnamon.
 2. Mix the bananas with the oat flour until it forms a thick paste.
 3. Add the eggs and yoghurt and mix to form a batter. Take care not to overmix.
 4. Heat a large frying pan over a medium temperature and add a thin layer of oil. Drop spoonfuls (about 30 ml each) of batter into the pan. Fry for a few minutes on the one side until golden brown.
 5. Turn over and fry until cooked and golden brown on the other side. Keep warm and repeat with the remaining batter. Add more oil in a thin layer as needed.
 6. Serve four flapjacks as a portion.
- Enjoy with toppings of your choice from the list above. These flapjacks are also delicious with dollops of plain low-fat yoghurt, other seasonal fruit, or a thin slice of cheese.

This recipe is a great way to use overripe bananas.

TIP

Peanut butter energy balls

These peanut butter energy balls are great as a snack and ideal to pack in a lunch box or take on a hike — so nourishing!

25 unsalted almonds, coarsely chopped, or 100 ml sunflower seeds
2 cups (500 ml) uncooked ordinary oats
150 g pitted dates, coarsely chopped
¼ cup (60 ml) raisins
1 tbsp (15 ml) cocoa powder
1 tsp (5 ml) ground cinnamon
⅓ cup (80 ml) peanut butter (with no added salt and sugar)
¼ cup (60 ml) strong Rooibos tea, cooled

1. Blend almonds or sunflower seeds in a food processor until coarsely ground. This should make about ¼ cup (60 ml) ground almonds or seeds.
2. Add oats and blend until it almost looks like a coarse flour mixture. Add dates, raisins, cocoa powder and cinnamon and blend. Add peanut butter and Rooibos tea and blend until it starts to look like cookie dough.
3. Roll about a tablespoonful each of the mixture into balls.
4. Pack in an airtight container and refrigerate for up to a week. Serve three as a portion for a snack.

Roll balls in cocoa powder for an added chocolate flavour.

TIP





Roasted beetroot & cottage cheese dip

This colourful dip can be served in so many ways. It's delicious as a dip, a sandwich spread or enjoyed in a pita with chicken and salad ingredients. Serve with the Crispy sesame seed fish on page 21.

- 4 tsp (20 ml) olive oil
- 1 clove of garlic, crushed
- 1 tbsp (15 ml) lemon juice
- 2 tsp (10 ml) finely grated lemon rind
- 1 tbsp (15 ml) fresh thyme leaves or 1 tsp (5 ml) dried thyme
- black pepper to taste
- 250 g beetroot in the skin, cut into wedges
- 1 cup (250 ml) plain smooth low-fat cottage cheese or plain low-fat yoghurt
- extra fresh thyme to garnish

1. Preheat oven to 200 °C. Line a baking tray with foil.
2. Mix oil, garlic, lemon juice, rind and thyme in a bowl and season with pepper.
3. Toss beetroot in the oil mixture to coat well. Place beetroot with oil mixture on baking tray and roast for 30-40 minutes or until cooked. Allow to cool.
4. Place beetroot and pan juices with cottage cheese or yoghurt in a bowl. Blend with a stick blender to a consistency of your preference. Season to taste with more lemon juice, pepper and fresh thyme.
5. Enjoy as a dip with veggies, a side dish or meat. It's even delicious as a quick snack. Keep dip refrigerated in an airtight container for 3-4 days.

TIPS

1. If preferred, stir in some tahini for a delicious nutty taste and added micronutrients.
2. Thin beetroot dip with plain low-fat yoghurt and use as a dressing for salads or as a sauce.
3. Replace half of the beetroot with white beans or chickpeas, well drained, and roast with beetroot.
4. If you prefer to use ricotta cheese in this recipe, it will have a different texture, so add a drizzle of olive oil to make it smoother.



Easy bean salad

This bean salad is a wonderful source of all three of the important DASH micro-nutrients: magnesium, potassium and calcium. Tuck into this vibrant side dish or have it as a light vegetarian meal.

Salad

- 100 g broccoli, cut into small florets
- 1 x 410 g tin butter beans or any other white bean, drained (see tip)
- 1 x 400 g tin red kidney or black beans, drained
- 2 ripe tomatoes, cut into thin wedges and then halved
- 1 slice feta, cubed
- fresh origanum, Italian parsley and thin strips of lemon rind to garnish

Dressing

- ¼ cup (60 ml) olive oil
- 2 tbsp (30 ml) lemon juice
- 1 tsp (5 ml) finely grated lemon rind
- 1 tbsp (15 ml) red wine vinegar or orange juice
- 1 tsp (5 ml) ground cumin
- 4 tsp (20 ml) chopped fresh origanum
- 5 tsp (25 ml) chopped fresh mint
- black pepper to taste

1. **Salad:** Place broccoli in a bowl and cover with boiling water. Allow to stand for 10-15 minutes or until just cooked, but still bright green. Rinse broccoli in a bowl of iced water to stop the cooking process. Drain well and pat dry with paper towel.
2. **Dressing:** Mix all the ingredients together in a bowl or jug and season to taste.
3. Gently toss all the salad ingredients with half of the dressing in a large mixing bowl. Refrigerate for 30 minutes to allow the flavours to develop. Mix in the remaining dressing, garnish with extra herbs and lemon rind. Serve immediately.



TIPS

1. When in season, add one avocado, cubed.
2. Keep the butter bean liquid and freeze, to use as stock for stews and soups.

Quinoa salad with roasted veg & spinach

Quinoa is a great source of protein and magnesium. It's a versatile base for a side dish or vegetarian meal, as a wide range of veggies and seasonings can be added. This wholegrain seed is also gluten-free.

finely grated rind and juice of 1 lemon
1 tbsp (15 ml) dried thyme or dried mixed herbs
⅓ cup (80 ml) olive oil
½ tsp (2,5 ml) salt
black pepper to taste
4-5 medium carrots, thickly sliced
6 baby marrows, thickly sliced
2 onions, cut into wedges
1 red pepper, cut into chunks
200 g broccoli, cut into florets
¼ cup (60 ml) coarsely chopped unsalted almonds
1 cup (250 ml) uncooked white quinoa
½ tsp (2,5 ml) salt
2 medium spinach leaves, shredded
2 tbsp (30 ml) chopped fresh Italian parsley
¼ cup (60 ml) pumpkin seeds, toasted
lemon wedges to serve

1. Preheat oven to 200 °C.
2. Mix lemon rind and juice, dried herbs and half of the oil together in a large glass bowl. Season with salt and pepper.
3. Add carrots, baby marrows, onions and pepper and toss well to coat evenly. Spoon veggies in a single layer into a large oven dish. Roast for 20 minutes. Toss in broccoli and almonds. Roast for another 10 minutes — veggies should be cooked but not mushy.
4. Meanwhile, place quinoa with salt and 2½ cups (625 ml) water in a pot. Bring to the boil over medium heat, reduce the temperature and simmer with the lid, for 20-25 minutes or until just cooked. Drain well. The quinoa is



cooked when its 'white tail' is visible.
 5. Add the remaining oil to the quinoa and toss through.
 6. Mix spinach with roasted veggies and nuts in a large bowl and toss in cooked quinoa, Italian parsley and pumpkin seeds. Serve warm or at room temperature with lemon wedges.

TIPS

1. Substitute white quinoa for brown lentils or red quinoa and cook for 25-30 minutes.
2. Roast pumpkin seeds in a frying pan, over medium heat, without any oil, for a few minutes until aromatic. Take care as these can easily burn.

One-pot chilli pilchards

Save on dishes and prepare this easy one-pot supper. Keep the pilchard bones in the mixture, as they are soft enough to eat, and add a boost of calcium.

2 tbsp (30 ml) olive oil
2 medium onions, chopped
1 medium carrot, grated
2 cloves of garlic, crushed
1 small red chilli, whole, or chopped if preferred
1 tsp (5 ml) mild curry powder, or more to taste
1 tsp (5 ml) paprika
1 tbsp (15 ml) ground cumin
1 tbsp (15 ml) dried mixed herbs
2 cups (500 ml) strong Rooibos tea
1 cup (250 ml) uncooked red lentils
1 x 50 g (50 ml) sachet tomato paste
1 x 410 g tin chopped tomatoes
1 x 400 g tin pilchards in tomato sauce
1 x 400 g tin red kidney beans, drained
black pepper to taste
fresh Italian parsley or coriander leaves and lemon wedges to serve

1. Heat oil over medium temperature in a large saucepan and fry onions and carrot until soft. Stir in garlic, chilli, spices and herbs and fry for a few more minutes.
2. Add Rooibos tea and lentils and simmer, with a lid, for 10-12 minutes or until lentils are almost tender.
3. Stir in tomato paste and chopped tomatoes. Add pilchards in tomato sauce, with the bones and gently flake fish into chunks. Stir through gently and add beans.
4. Reduce heat, cover and simmer for another 10 minutes. Season with pepper to taste and serve with fresh herbs and lemon wedges.

1. Replace pilchards with any fish of your choice, like tinned tuna or mackerel or even leftover white fish.
2. Substitute the red lentils for brown lentils and simmer for another 10-15 minutes.

TIPS



Aromatic citrus chicken

A flavourful chicken dish, so easy to prepare, and this cooking method keeps the chicken juicy. The combination of tomato paste, citrus, spices and tangy apricots is so good.

8-10 dried apricots, quartered
 ½ cup (125 ml) strong warm Rooibos tea
 1 x 50 g (50 ml) sachet tomato paste
 2 tbsp (30 ml) olive oil
 finely grated rind and juice of 1 orange (see tip)
 1 tbsp (15 ml) lemon juice
 2 tsp (10 ml) finely grated lemon rind
 2 cloves of garlic, crushed
 1 tsp (5 ml) ground coriander
 1 tsp (5 ml) ground cumin
 4 tsp (20 ml) paprika
 2 tbsp (30 ml) chopped fresh parsley
 1,3 kg chicken breasts on the bone, excess fat removed (about 6-8 portions)
 1 orange in the skin, cut into thin wedges
 black pepper to taste

1. Soak apricots in Rooibos tea for 20 minutes or until plump.
2. Mix tomato paste, oil, both the citrus juices and rinds, garlic, spices and parsley together.
3. Place chicken with apricots and any leftover Rooibos tea in a large mixing bowl. Pour the marinade over and toss well. Cover and marinate in the fridge for 1 hour.
4. Preheat the oven to 180 °C.
5. Spoon chicken with all the marinade into an oven dish. Place orange wedges in between the chicken and season with pepper.
6. Cover with foil and roast for 30 minutes. Remove the foil and roast for another 15-20 minutes or until just cooked, but still juicy.
7. Serve chicken and orange wedges with some of the sauce on a small portion of the mash on the opposite page. Or enjoy with any healthy side of your choice.

1. When oranges are not in season, replace the orange juice with more strong Rooibos tea and add another 15 ml lemon rind. Replace orange wedges with 1 onion, cut into wedges.
2. If the apricots are very dry, soak for 30 minutes.

TIPS



Crispy sesame seed fish

Ditch store-bought crumbed fish and make this easy, wholesome version from scratch. The sesame seeds form a crispy coating. Lemon rind and herbs go perfectly with the fish, with no need for any added salt.

300 ml raw sesame seeds
 finely grated rind of 4 lemons
 ¾ cup (180 ml) chopped fresh parsley
 ½ cup (125 ml) cake flour
 200 ml plain low-fat yoghurt
 900 g-1 kg frozen fish portions, like hake, lightly thawed for one hour (about 6 large or 12 small portions)

1. Heat a frying pan over medium heat. Toast sesame seeds without any oil, until golden brown. Take care, these burn easily. Remove and allow to cool.
2. Preheat oven to 200 °C. Lightly grease an oven dish with a bit of oil.
3. Mix lemon rind, parsley and sesame seeds together on a flat plate.
4. Spoon flour and yoghurt onto two separate flat plates. Dust fish portions lightly in flour, then lightly coat fish in yoghurt. Roll fish in sesame seed mixture until evenly coated.
5. Place fish portions in oven dish. Bake for 30 minutes or until lightly golden and the fish flakes easily.
6. Serve warm with a fresh salad, sweet potato & bean mash (below) or baby potatoes in the skin, and lemon wedges.



1. This sesame crumble will be delicious on chicken fillets. Bake for 20 min or until just cooked. Enjoy with the beetroot dip on page 16.
2. To ensure an even cooking time, use chunky pieces of fish. Take note, thinner pieces will cook faster.

TIPS

Sweet potato & bean mash

Heat 2 tsp olive oil in a saucepan and fry 1 onion, chopped, until soft. **Add** 1 large, sweet potato in the skin, diced, with 100 ml water. Bring to the boil. **Simmer** with a lid for 20 minutes or until soft enough to mash. **Drain** 1 x 410 g tin of butter beans but keep the liquid. Add beans to the sweet potato mixture and cook together for 2-3 minutes. **Mash** mixture with about 30 ml of the retained liquid. **Season** with 1 tsp mustard and parsley, lemon juice and pepper to taste. **Serve** a small portion of mash with a lean protein of your choice. Try it with the Aromatic citrus chicken or the Crispy sesame seed fish on these 2 pages. **Serves 6.**



The **Cooking from the heart** philosophy

As **South Africa's leading supplier of cardiovascular medication**, Pharma Dynamics has been committed to providing healthcare practitioners and patients with the necessary lifestyle change programmes to better manage and prevent cardiovascular disease.

Since 2012, Pharma Dynamics has partnered with The Heart and Stroke Foundation South Africa (HSFSA) to bring you a series of **four Cooking from the heart recipe books**. This recipe book, the **DASH edition**, is the **fifth** book in the series. There is also a **Low salt booklet**, with valuable information on the importance of reducing salt in your meals. See page 6 for more details.

Cooking from the heart is all about keeping the **whole family healthy**. The recipes are typical South African dishes that have been modified to **increase fibre** intake, and **reduce**

- kilojoules (kJ)
- sugar
- salt
- saturated fat
- cholesterol
- total fat



TO ACCESS all 5 **Cooking from the heart** recipe books, **visit the Pharma Dynamics website.**

More than 160 recipes have been developed to be **nutritious** and **tasty** and include ingredients that are accessible and affordable. The series of four recipe books have been developed as follows:

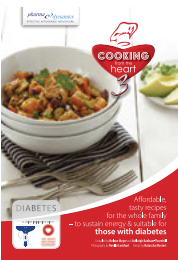
CFTH 1: Meals, salads, side dishes & desserts (2012)



CFTH 2: Breakfast, lunch & snacks (2014)



CFTH 3: Recipes for those living with diabetes (2016)**



CFTH 4: Braai Edition (2019)



** CFTH 3 was developed in conjunction with the Centre for Diabetes and Endocrinology (CDE) to assist patients living with diabetes.

Practical tips for a **healthy lifestyle**

Part of a healthy lifestyle is **making good choices** and following **basic guidelines for healthy eating**. This can play a big role to prevent and manage chronic diseases such as diabetes, high blood pressure, heart disease, strokes and cancer.

Portion control and eating a variety of wholesome foods is another step in the right direction. *Cooking from the heart* uses the **Plate Model** as a practical guideline for **portion control**. By dividing the plate into vegetables, starches, proteins and fats, it is easy to determine how much of each food we should eat.

Knowing what is in your food will help you to make the best choices. **Reading food labels** can make a difference in leading a healthy lifestyle and should become a habit. There are two important aspects to understand food labels: first, the nutrition information panel, and secondly the list of ingredients in the product.

Read more about each of these topics by visiting the Pharma Dynamics website.



See **pages 6, 7** and **11** for **practical tips** on reducing salt in your meals.



Follow our **Facebook page, @CookingFromTheHeartSA** for weekly posts, practical tips and more.



Sign up for weekly recipes from our **ambassador, Ginger** on the Facebook page, by clicking on the Messenger button.

Visit www.ichange4health.co.za for guidance on: healthy eating, quitting smoking, moderate exercise and reduced alcohol intake. **Ichange4health** is a joint initiative with the Chronic Disease Initiative for Africa (CDIA).



**DASH HERO
INGREDIENTS:**

All high in
potassium (K),
magnesium (Mg)
and calcium (Ca)

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