



VEGETABLE
GUIDE
FOR
Heart Health



Boston Children's Hospital
Heart Center



VEGETABLE GUIDE FOR HEART HEALTH

Common abbreviations
for measurements used
in this guide:

Tablespoon—Tbsp.

Teaspoon—tsp.

Ounces—oz.

Pound—lb.

Please speak with your
dietitian if you have
any questions about
measurements.

There are many ways to prepare vegetables that are both delicious and nutritious – and kid friendly! This guide gives you some ideas how to prepare some of our favorite vegetables. Try adding these vegetables to your favorite dishes. Don't be afraid to mix things up by preparing vegetables in different ways and adding seasonings, like herbs, garlic and onion.

The recommended number of servings of vegetables a day depends on your child's age. We recommend at least 2 servings a day.

Bon appétit!



ASPARAGUS



BOILING

6–8



STEAMING

8–10



MICROWAVING

4–6



BAKING

8–10 at 400°F



SAUTÉING

5

COOK TIMES IN MINUTES

WHY WE LIKE IT: Asparagus is packed with antioxidants and is a great source of fiber, folate and vitamins A, C, E and K.

PREPARATION: Rinse asparagus under cold water. Pat dry.



BROCCOLI



BOILING

4-6



STEAMING

5-6



MICROWAVING

6-8



BAKING

15-18 at 425°F



SAUTÉING

3-4

COOK TIMES IN MINUTES

WHY WE LIKE IT: Broccoli is high in fiber, vitamin C, potassium, B6, and vitamin A. These are good for the immune system.

PREPARATION: If you are using a head of broccoli, cut it into small, individual florets. Rinse under cold water. Pat dry.

The logo features a central white cloud-like shape containing the text "Brussels Sprouts" in a green cursive font. This central element is surrounded by eight smaller white line-art illustrations of Brussels sprouts, each with a small stem and leaves, arranged in a circular pattern around the central cloud. The entire design is set against a solid green square background.

*Brussels
Sprouts*

BRUSSELS SPROUTS



BOILING

5-7



STEAMING

8-10



MICROWAVING

5-6



BAKING

20 at 400°F



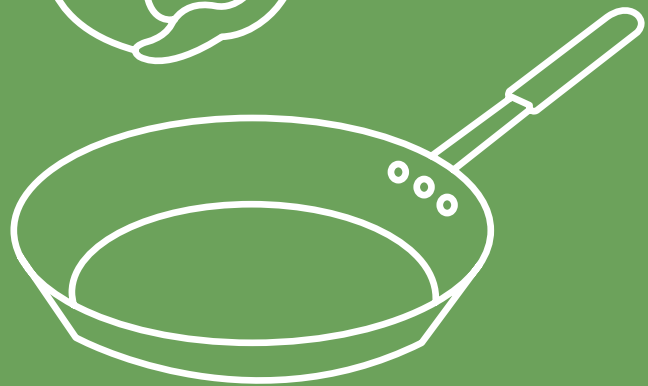
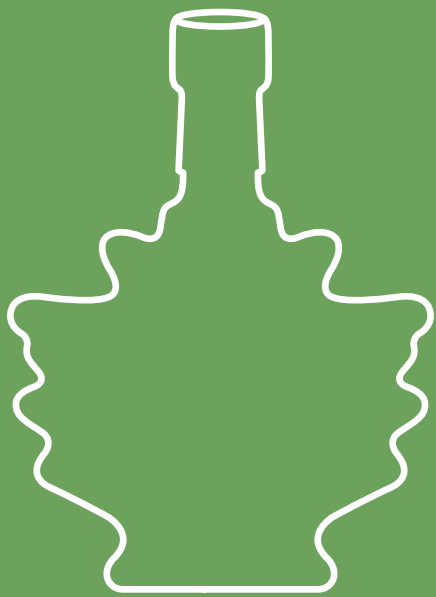
SAUTÉING

4-5

COOK TIMES IN MINUTES

WHY WE LIKE THEM: Brussels sprouts are high in fiber, which helps with digestion (the breakdown of food) and blood sugar levels. It also helps to lower cholesterol.

PREPARATION: Rinse Brussels sprouts under cold water. Pat dry. Chop into pieces or cook whole.



MAPLE BACON BRUSSELS

INGREDIENTS

1 lb. shredded Brussels sprouts

1 Tbsp. maple syrup

3 pieces chopped Canadian bacon

1 Tbsp. olive oil

Salt and pepper to taste

- 1 Sauté bacon over stove top in olive oil.
- 2 Remove bacon and add Brussels to pan and sauté.
- 3 Add maple syrup and bacon to Brussels. Toss to combine.



CABBAGE



BOILING

5–8



STEAMING

5–8



MICROWAVING

10–12



BAKING

30 at 400°F



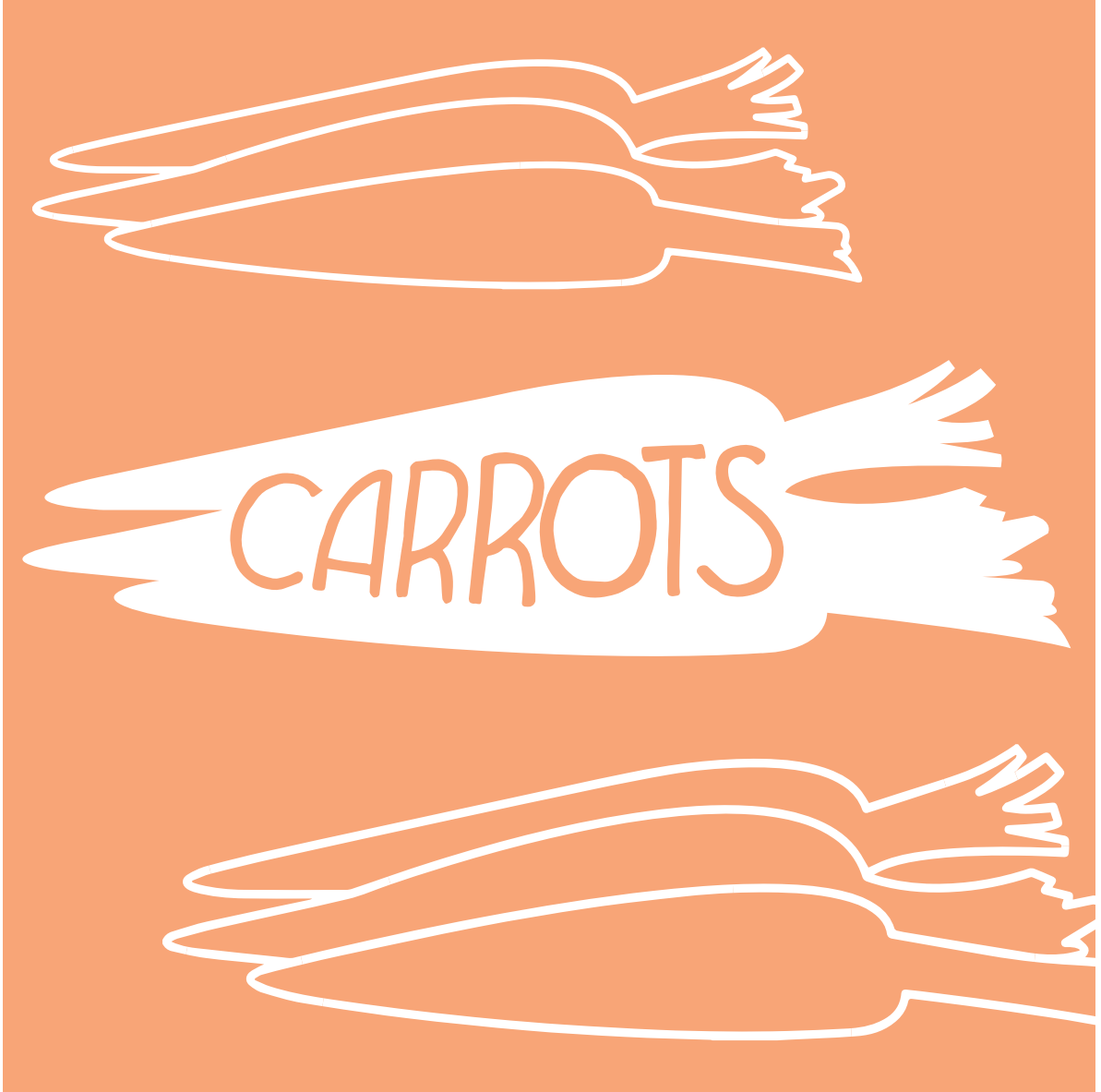
SAUTÉING

10–15

COOK TIMES IN MINUTES

WHY WE LIKE IT: Cabbage is a good source of vitamin C and K to help keep bones and the whole body healthy.

PREPARATION: Rinse cabbage under cold water. Pat dry. Cut to desired size. Do not cut the cabbage until it is going to be used. Cabbage quickly loses vitamin C after it is cut.



CARROTS



BOILING

5-10



STEAMING

4-5



MICROWAVING

5-9



BAKING

20-30 at 400°F



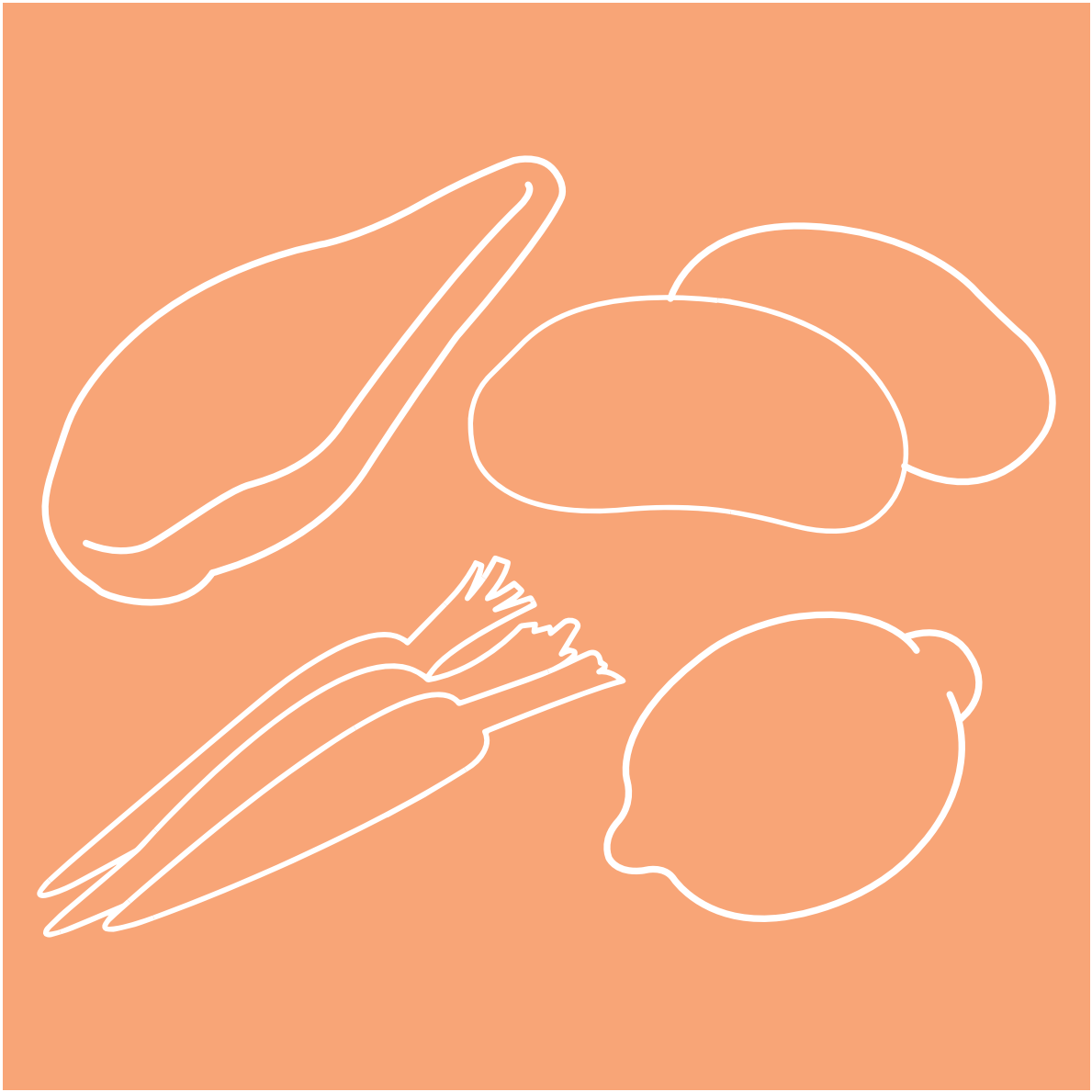
SAUTÉING

5-9

COOK TIMES IN MINUTES

WHY WE LIKE THEM: Carrots are an excellent source of vitamin A. They are good for the skin, eyes and immune system.

PREPARATION: Rinse carrots under cold water. Pat dry. Peel carrots and cut off ends.



SKILLET CHICKEN WITH POTATOES AND CARROTS

INGREDIENTS

1 Tbsp. olive oil
 4 (6-ounce) skinless, boneless
 chicken breast halves
 $\frac{3}{4}$ tsp. salt
 $\frac{1}{2}$ tsp. ground pepper
 8 oz. baby carrots
 8 oz. small red potatoes,
 halved
 1 Tbsp. chopped thyme
 8 thin lemon slices, seeds removed
 $1\frac{1}{2}$ cups whole milk
 $1\frac{1}{2}$ Tbsp. flour
 $1\frac{1}{2}$ tsp. grated lemon rind
 $\frac{3}{4}$ cup unsalted chicken stock
 $\frac{1}{3}$ cup flat-leaf parsley

- 1 Preheat oven to 425°F.
- 2 Heat a large skillet over medium-high heat. Add oil. Sprinkle chicken with salt and pepper and add to pan; cook 5 minutes or until golden brown. Turn and cook 2 minutes. Remove chicken from pan. Place carrots and potatoes, cut side down, in pan and sprinkle with thyme. Place pan in oven; bake at 425° for 10 minutes. Return chicken to pan; top with lemon slices.
- 3 Bake at 425° for 12 minutes. Remove pan and place chicken and vegetables on a plate.
- 4 Combine $\frac{1}{2}$ cup milk, flour and rind in a bowl. Return pan to medium-high heat. Add flour mixture, 1 cup milk and stock to pan, cook 3 minutes. Stir in $\frac{1}{2}$ tsp. salt and $\frac{1}{4}$ tsp. pepper. Add chicken and vegetables to pan. Sprinkle with parsley.



CAULIFLOWER



BOILING

5-10



STEAMING

5-10



MICROWAVING

8-10



BAKING

25-30 at 400°F



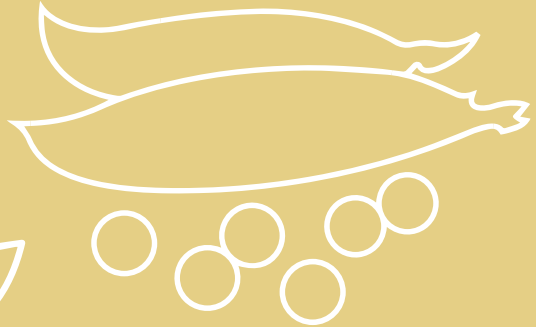
SAUTÉING

4

COOK TIMES IN MINUTES

WHY WE LIKE IT: Cauliflower is a great source of vitamin C, folate and fiber.

PREPARATION: Rinse cauliflower under cold water. Pat dry. Remove outer leaves and stems. Cut into florets.



FRIED CAULIFLOWER RICE

INGREDIENTS

1 medium cauliflower
4 large eggs
 $\frac{1}{2}$ chopped onion
3 cloves garlic
3 medium carrots
1 cup frozen corn
 $\frac{3}{4}$ cup frozen peas
5 Tbsp. low-sodium soy
sauce, or coconut aminos
 $1\frac{1}{2}$ Tbsp. olive oil
 $\frac{1}{8}$ tsp. salt
 $\frac{1}{8}$ teaspoon ground pepper

- 1 Cut cauliflower into florets and throw out the tough core of the vegetable. Wash and dry florets. Using a food processor "S" blade, pulse the cauliflower until it is crumbly and looks like rice. Depending on the size of your food processor, you may have to do this in a few batches. Set it aside.
- 2 In a large skillet, heat the olive oil over medium heat. Once the oil is hot, add the garlic and onions to the pan. Cook for about 2-3 minutes or until the onions are soft and translucent.
- 3 Add the peas, carrots and corn to the skillet and cook for 6-8 more minutes or until the carrots start to soften.
- 4 Add the riced cauliflower to the pan. Cover and cook for about 7-9 minutes or until the cauliflower is soft.
- 5 Add the whisked eggs and coconut aminos or soy sauce to the pan, mixing with a large spoon until all veggies are evenly coated with egg. Cook for 3-5 more minutes or until eggs are cooked.
- 6 Serve warm. Store leftovers in fridge for 5-7 days. Serves 4.

A graphic design featuring a central white, brush-stroke-like shape on a yellow background. The shape is elongated and has irregular, feathered edges, resembling a stylized corn cob. Inside this white shape, the text 'CORN ON THE COB' is written in a yellow, hand-drawn, sans-serif font. The words 'CORN' and 'COB' are larger and more prominent, with 'ON THE' in smaller letters between them. The entire graphic is set against a solid yellow square background.

CORN ON THE COB

CORN ON THE COB



BOILING

5-8



STEAMING

4-7



MICROWAVING

3-4



BAKING

30 at 350°F



SAUTÉING

3

COOK TIMES IN MINUTES

WHY WE LIKE IT: Corn is a good source of fiber, vitamin B and potassium.

PREPARATION: Shuck corn by peeling off the outer leaves. Remove the silks (they look like strings). Rinse corn under cold water. Pat dry.

A stylized illustration of an eggplant, rendered in white against a purple background. The eggplant is elongated and curved, with a small stem at the top left. The word "EGGPLANT" is written across its body in a bold, serif font.

EGGPLANT

EGGPLANT



BOILING

5–8



STEAMING

5–6



MICROWAVING

7–9



BAKING

25–30 at 425°F



SAUTÉING

5–10

COOK TIMES IN MINUTES

WHY WE LIKE IT: Eggplant is a great source of fiber and vitamin B6. Its purple skin is rich in antioxidants, which help to prevent damage to cells in the body.

PREPARATION: Rinse eggplant under cold water. Pat dry. Trim off the top and bottom of the eggplant, removing the stems and leaves. If you want, peel off the eggplant's thick skin. Cut eggplant as desired, such as into rounds or cubes.



MUSHROOMS



STEAMING

4-5



MICROWAVING

4-6



BAKING

25 at 400°F



SAUTÉING

7-9

COOK TIMES IN MINUTES

WHY WE LIKE THEM: Mushrooms are high in fiber, potassium and vitamin C, making them good for heart health. High potassium and low sodium helps to lower blood pressure.

PREPARATION: Rub dirt off mushrooms with a paper towel and rinse them under cold water. Pat dry. Slice or chop mushrooms.

The image features a solid purple background with a repeating pattern of white outlines representing onion scales. In the center, there is a white silhouette of an onion. The word "Onions" is written in a purple, cursive font across the middle of this silhouette.

Onions

ONIONS



BOILING

30–50



STEAMING

5



BAKING

25–30 at 425°F



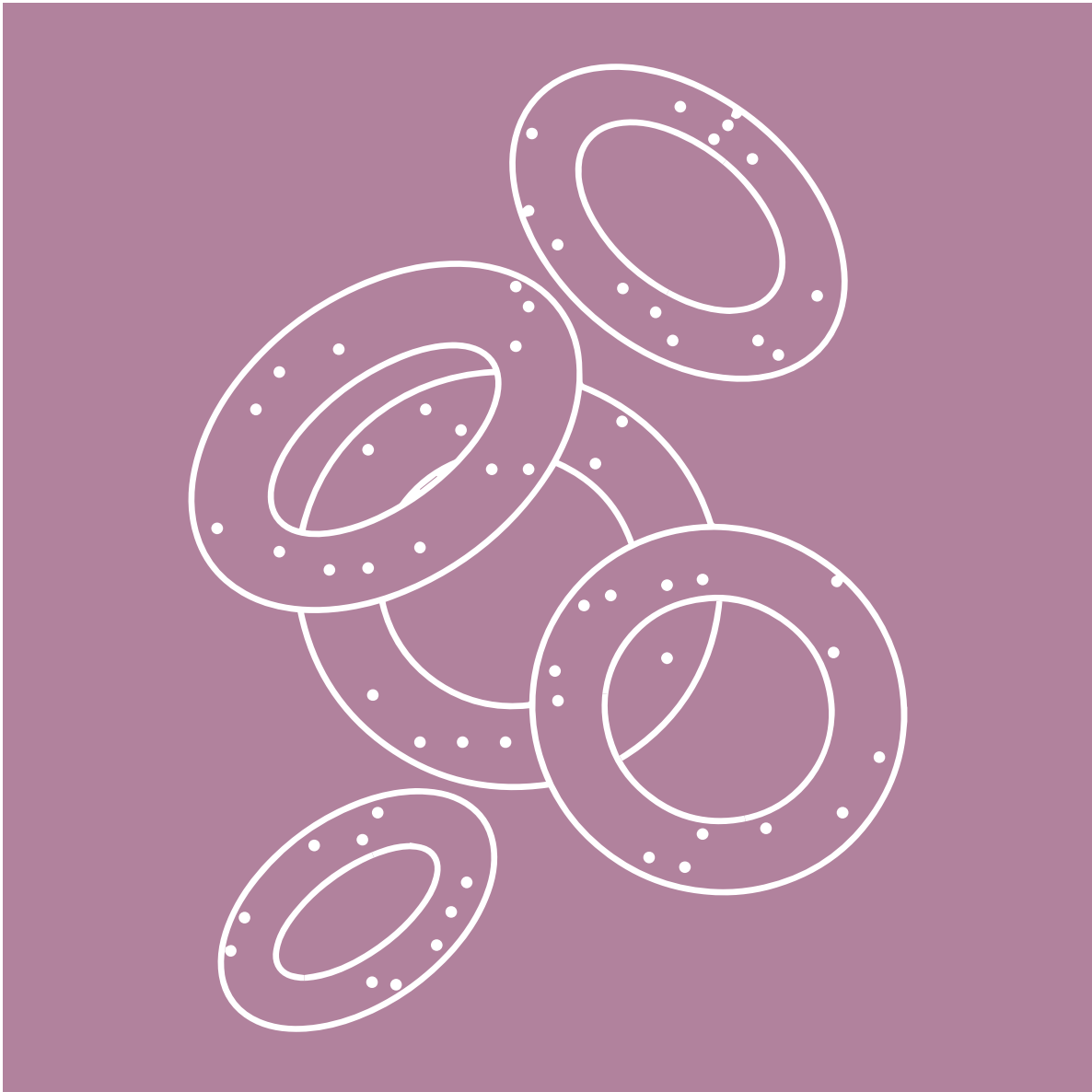
SAUTÉING

7–9

COOK TIMES IN MINUTES

WHY WE LIKE THEM: Onions are high in vitamin C, a good source of fiber. They also contain nutrients that help to thin the blood, reduce inflammation (swelling) in the body and fight cancer.

PREPARATION: Peel off the onion's outer layers (brown papery bits). Peel the onions until you get down to the firm white flesh. Cut off the top and bottom of the onion. Rinse under cold water. Pat dry. Chop or slice into pieces.



BAKED ONION RINGS

INGREDIENTS

1½ cups breadcrumbs

1½ tsp. salt

¼ tsp. garlic powder

2 large onions

2 eggs, beaten

- 1 Preheat oven to 375° F.
- 2 Combine breadcrumbs, seasoned salt and garlic powder and set aside.
- 3 Combine eggs and beat until frothy.
- 4 Slice onions into rings.
- 5 Dip onion rings into egg mixture, and then into breadcrumbs.
- 6 Arrange in single layer on a baking sheet (sprayed with cooking spray).
- 7 Bake in oven at 375° F for 20 minutes



PEAS



BOILING

8–12



STEAMING

4–5



BAKING

20 at 400°F

COOK TIMES IN MINUTES

WHY WE LIKE THEM: Peas are high in zinc, which strengthens the immune system and helps to balance blood pressure.

PREPARATION: If you are using fresh peas, snap the stems off, then tug them downwards to remove the string. Split the pods open, then run your thumb down the center to get the peas out. Rinse peas under cold water. Pat dry.



PEPPERS



STEAMING

4-6



MICROWAVING

3-5



BAKING

15 at 450°F



SAUTÉING

3-5

COOK TIMES IN MINUTES

WHY WE LIKE THEM: Peppers are rich in vitamin C, which helps to strengthen the immune system and reduce inflammation (swelling) in the body.

PREPARATION: Rinse pepper under cold water. Pat dry. Remove stem by cutting around it in a circle. Remove seeds. Cut as desired.



POTATO

POTATOES



BOILING

15-20



STEAMING

10-12



MICROWAVING

5



BAKING

20 at 425°F

COOK TIMES IN MINUTES

WHY WE LIKE THEM: Potatoes are a great source of potassium, which can help to control blood pressure. There are also a lot of nutrients found in the skin of the potato.

PREPARATION: Rinse potato under cold water. Pat dry. Cook whole or cut as desired.



SPINACH



BOILING

2-5



STEAMING

5-6



MICROWAVING

3-4



BAKING

3-6 at 450°F



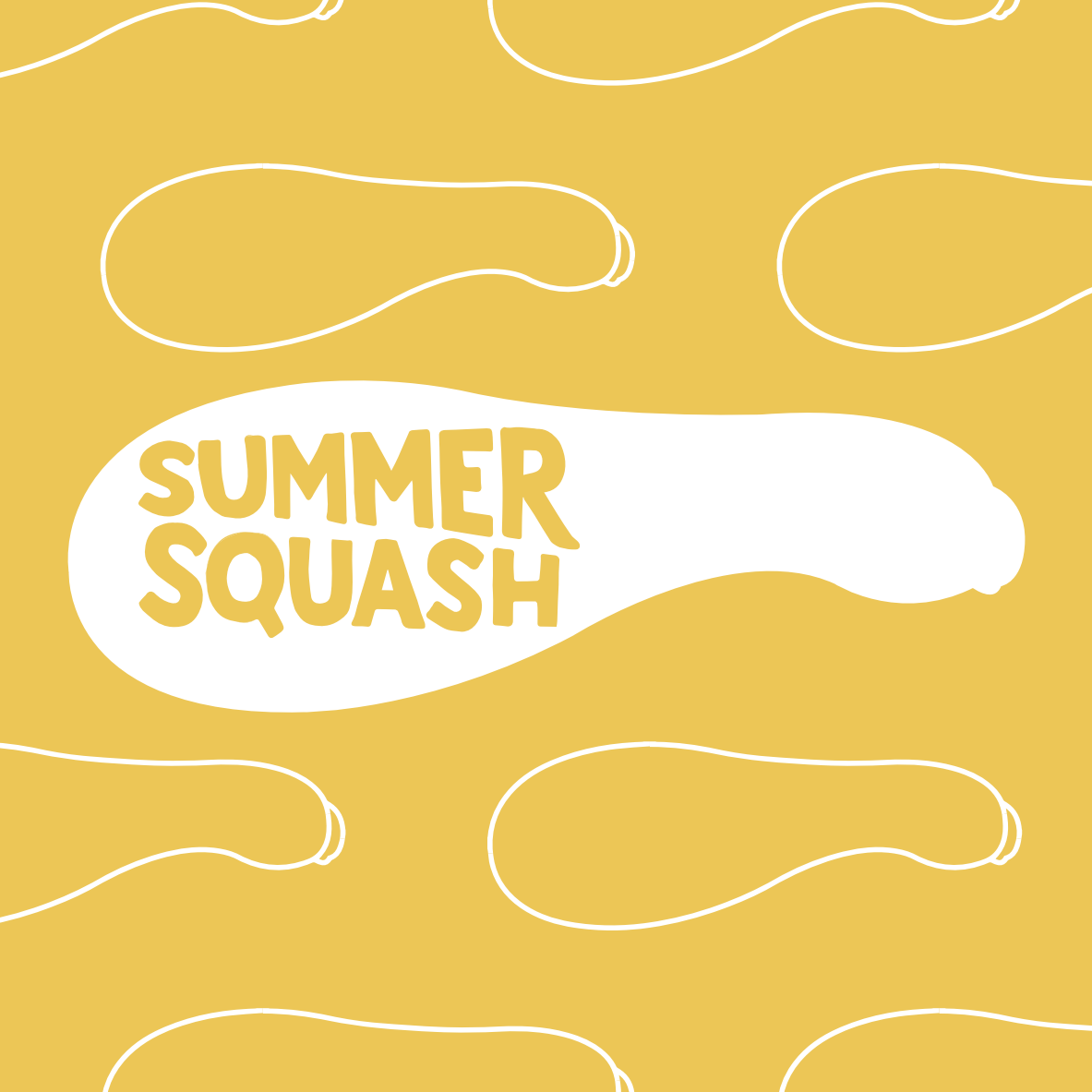
SAUTÉING

1-2

COOK TIMES IN MINUTES

WHY WE LIKE IT: Spinach is a great source of vitamin K, vitamin A, magnesium, potassium and more. Eating spinach can help with eye health, prevent cancer and reduce blood pressure.

PREPARATION: Rinse spinach under cold water. Pat dry. Chop into pieces or cook whole.



**SUMMER
SQUASH**

SUMMER SQUASH



BOILING

4



STEAMING

5-6



MICROWAVING

3-6



BAKING

10 at 450°F



SAUTÉING

7

COOK TIMES IN MINUTES

WHY WE LIKE IT: Summer squash is a broad term to describe a variety of different vegetables. Vegetables considered squash include green zucchinis, yellow zucchini and yellow squash. Most squash are high in vitamin A, vitamin C, vitamin E and more. These nutrients help to strengthen the immune system and reduce inflammation (swelling) in the body.

PREPARATION: Rinse squash under cold water. Pat dry. Peel and/or cut as desired.



SHRIMP SCAMPI WITH ZUCCHINI NOODLES

INGREDIENTS

2 Tbsp. olive oil
1/4 tsp. crushed red
pepper flakes
2 zucchinis (cut into noodles)
1 lb. shrimp
1 Tbsp. minced garlic
2 Tbsp. lemon juice
2 Tbsp. white
balsamic vinegar

You can buy a device called a spiralizer to turn your zucchini into noodles. Many supermarkets also sell ready-made zucchini noodles in the produce section.

- 1 Heat olive oil in skillet over medium-low heat. Add garlic and crushed red pepper
- 2 Season with salt and pepper. Transfer shrimp to a separate bowl. Leave leftover liquid in pan.
- 3 Increase heat to medium. Add lemon juice and white balsamic vinegar to pan.
- 4 Add zucchini noodles to pan and cook, stirring occasionally for 2-3 minutes.
- 5 Season with salt and pepper. Garnish with parsley.

The logo features a central white potato shape with the text "Sweet POTATO" inside. The word "Sweet" is in a cursive script, and "POTATO" is in a bold, uppercase sans-serif font. The entire design is set against a solid reddish-brown background with white outlines of other potatoes.

Sweet
POTATO

SWEET POTATOES



BOILING

20–30



STEAMING

5–7



MICROWAVING

6–8



BAKING

20 at 350°F



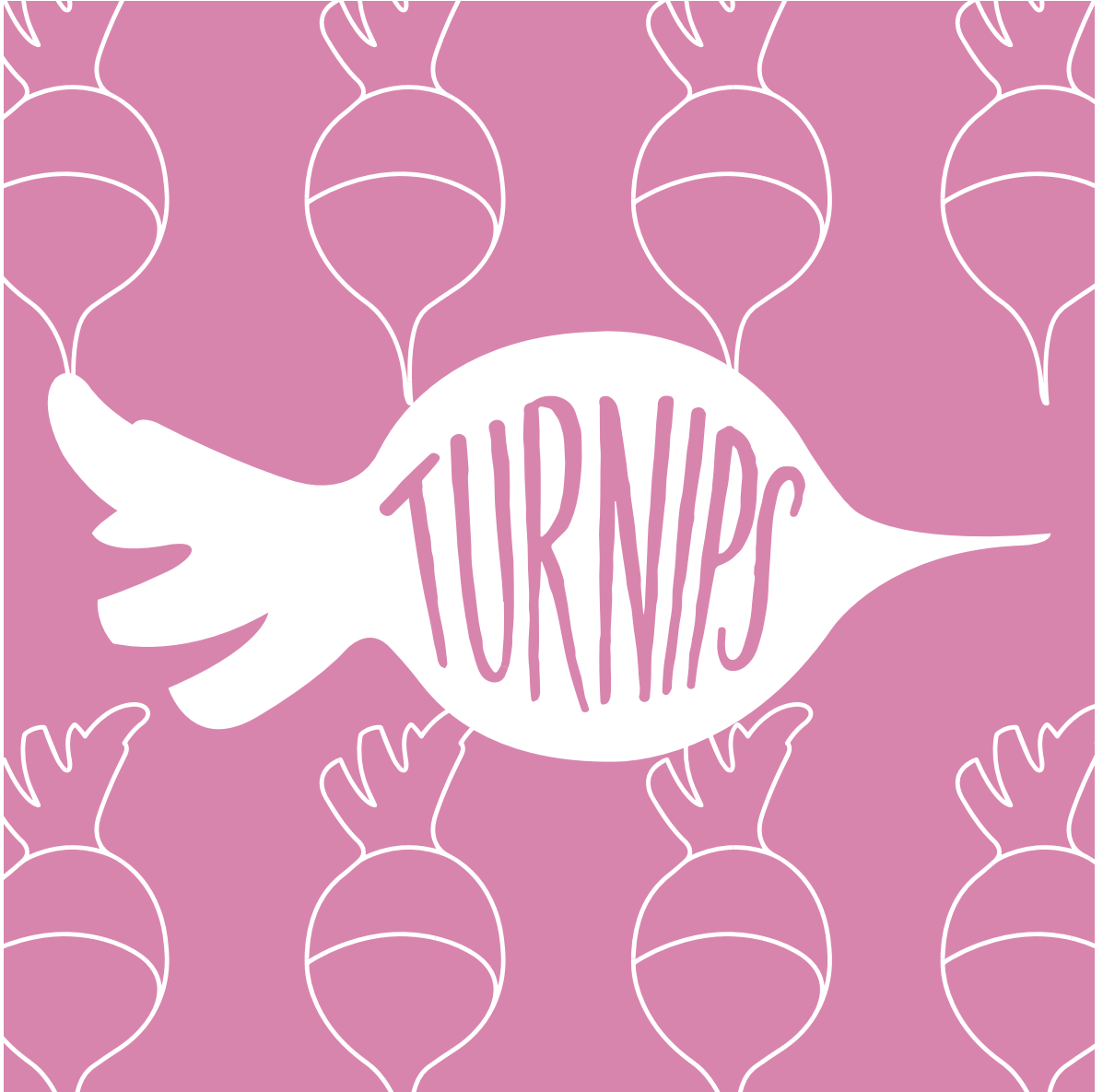
SAUTÉING

10

COOK TIMES IN MINUTES

WHY WE LIKE THEM: Sweet potatoes are rich in vitamin A, fiber and potassium. These nutrients help to strengthen the immune system and reduce inflammation (swelling) in the body.

PREPARATION: Rinse sweet potato under cold water. Pat dry. Prepare whole or cut as desired.



TURNIPS



BOILING

20–25



STEAMING

15–20



MICROWAVING

6–8



BAKING

30–35 at 450°F

COOK TIMES IN MINUTES

WHY WE LIKE THEM: Turnips contain B vitamins, calcium, copper, iron and much more. They are great for heart health and contain antioxidants, which help to prevent damage to cells in the body.

PREPARATION: Rinse the turnip under cold water. Pat dry. Peel the turnip (you can use a potato peeler). Cut the turnip into pieces.

A square graphic with a solid tan background. In the center is a white silhouette of a winter squash. The words "WINTER SQUASH" are written in a bold, tan, sans-serif font across the white area. The text is arranged in two lines: "WINTER" on top and "SQUASH" below it. The squash silhouette has a small stem on the right side. Four white wavy lines with circular nodes at their ends are positioned around the central squash, resembling decorative vines or stems. The nodes are located at the top-left, top-right, bottom-left, and bottom-right corners of the central area.

**WINTER
SQUASH**

WINTER SQUASH



BOILING

10–15



STEAMING

10–15



MICROWAVING

6–10



BAKING

40 at 450°F



SAUTÉING

8–10

COOK TIMES IN MINUTES

WHY WE LIKE THEM: Winter squash is a broad term to describe a variety of different vegetables. Vegetables considered winter squash include spaghetti squash, acorn squash and butternut squash. Winter squash is also a good source of fiber, potassium, and several other key nutrients.

PREPARATION: Rinse squash under cold water. Pat dry. Using a sharp, heavy knife, cut open the squash. Use a spoon to remove the seeds and fibers. Cut into pieces.



RECIPE

SPAGHETTI INGREDIENTS

2 spaghetti squashes, halved
lengthwise

1 Tbsp. olive oil

Salt and ground pepper

SAUCE INGREDIENTS

2 Tbsp. olive oil

4 cloves garlic, finely chopped

2 Tbsp. tomato paste

2 cans (28 oz.) crushed tomatoes

1 tsp. dried oregano

Salt and ground pepper

MEATBALL INGREDIENTS

$\frac{1}{2}$ cup breadcrumbs

$\frac{1}{2}$ cup grated Parmesan cheese

$\frac{1}{4}$ cup chopped parsley

1 clove garlic, finely chopped

$\frac{1}{4}$ cup milk

1 lb. ground turkey

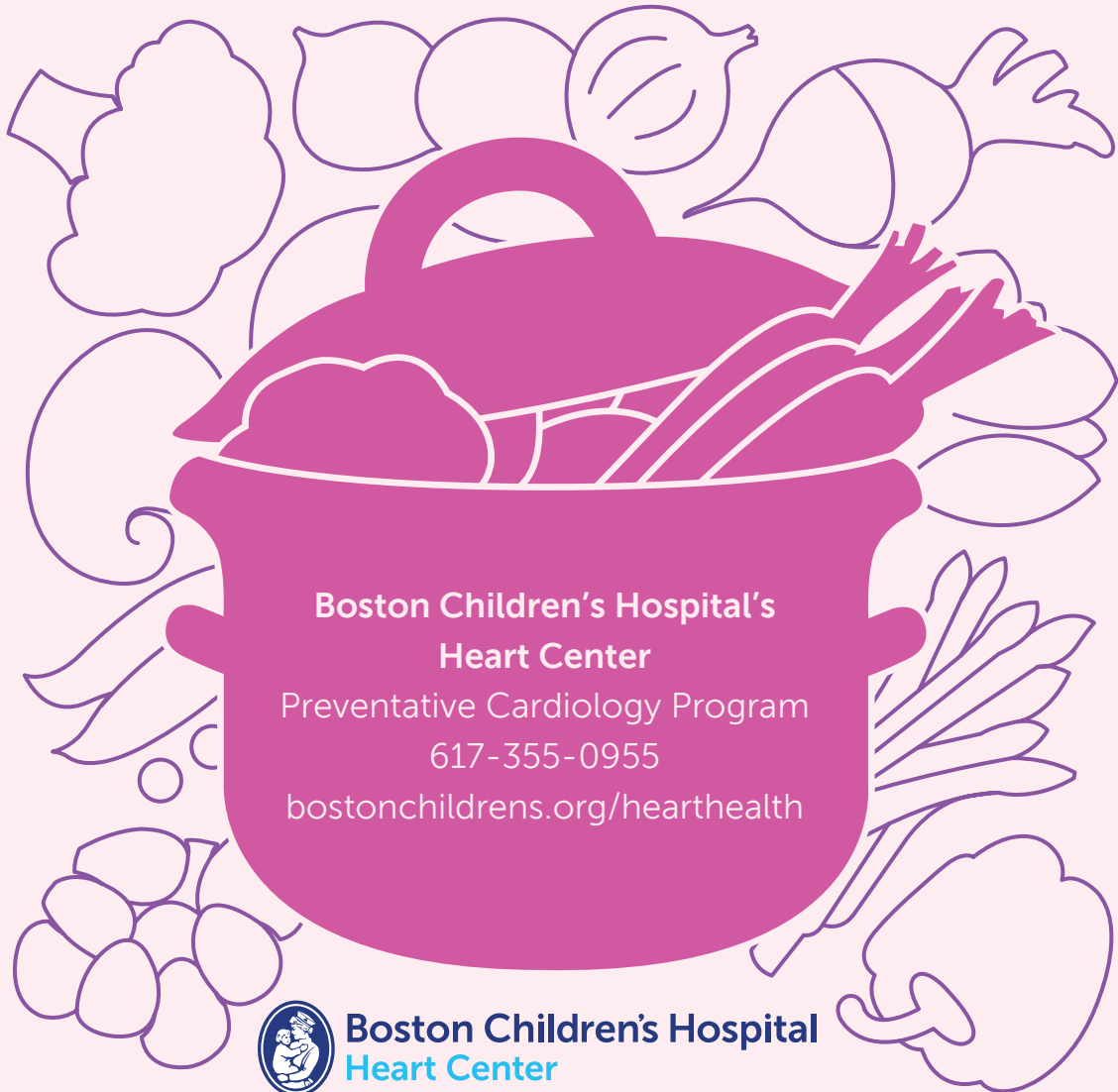
1 large egg

$\frac{3}{4}$ tsp. salt

Ground pepper

2 Tbsp. olive oil

- 1 To prepare the spaghetti, preheat oven to 400°F. Drizzle cut sides of squashes with oil. Season with salt and pepper. Place cut sides up on a baking sheet. Bake until soft, about 1 hour.
- 2 To prepare the sauce, heat the oil in a saucepan over medium-high heat. Add the garlic, stirring with a wooden spoon for 1 minute. Add the tomato paste, stirring for an additional minute. Stir in the tomatoes and oregano. Season with salt and pepper. Bring to a boil and lower to a simmer. Cook until thickened, about 20 minutes. Keep warm over low heat.
- 3 Prepare the meatballs. In a medium bowl, stir together the breadcrumbs, Parmesan, parsley and garlic with a wooden spoon until combined. Add the milk and stir until blended. Add the turkey, egg, salt and pepper, and mix with your hands until well combined. Form mixture into 1½-inch balls.
- 4 Heat the olive oil in a large nonstick skillet over medium-high heat. Working in 2 batches, cook the meatballs until evenly browned, turning often, about 6 minutes. Repeat with remaining meatballs. Transfer meatballs to the sauce and simmer until cooked through, about 10 minutes.
- 5 When the squashes are cool enough to handle, scrape the flesh off each squash with a fork into strands. Place into a large bowl. Serve squash topped with meatballs and sauce. Sprinkle with cheese if desired.



**Boston Children's Hospital's
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Preventative Cardiology Program

617-355-0955

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