

Roving Pantry

*Shopping and Delivery
From Our Hearts
to Your Home*



February, 2019

Foods That Can Save Your Heart

• **Black Beans**

Mild, tender black beans are packed with heart-healthy nutrients. Folate, antioxidants, and magnesium can help lower blood pressure. Their fiber helps control both cholesterol and blood sugar levels. Add beans to boost soups and salads.

Prep Tip: Rinse canned beans to remove extra salt.



• **Nuts - Walnuts & Almonds**

A small handful of walnuts a day may lower your cholesterol. It may also protect against inflammation in your heart's arteries. Walnuts are packed with omega-3s, healthy fats called monounsaturated fats, plant sterols, and fiber. The benefits come when walnuts replace bad fats, like those in chips and cookies.

Slivered almonds go well with vegetables, fish, chicken, and desserts. They have plant sterols, fiber, and heart-healthy fats. Almonds may help lower "bad" LDL cholesterol. Grab a small handful a day.

Taste Tip: Toast them to boost their creamy, mild flavor.



• **Sweet Potatoes**

Swap white potatoes for sweet potatoes. With a low glycemic index, these spuds won't cause a quick spike in blood sugar. They also have fiber, vitamin A, and lycopene.

Taste Tip: Boost their natural sweetness with a sprinkle of cinnamon and lime juice instead of sugary toppings.

• **Oatmeal**

A warm bowl of oatmeal fills you up for hours, fights snack attacks, and helps keep blood sugar levels stable over time -- making it useful for people with diabetes, too. Oats' fiber can help your heart by lowering bad cholesterol (LDL). Best results come from using steel cut or slow cooked oats.

Baking Tip: Making pancakes, muffins, or other baked goods? Swap out one-third of the flour and put in oats instead.



• **Low-Fat Yogurt**

When you think of dairy foods, you probably think, "Good for my bones!" These foods can help control high blood pressure, too. Yogurt is high in calcium and potassium. To really boost the calcium and minimize the fat, choose low-fat varieties.

• **Fruit - Oranges & Blueberries**

Sweet and juicy, oranges have the cholesterol-fighting fiber pectin. They also have potassium, which helps control blood pressure. In one study, 2 cups of OJ a day boosted blood vessel health. It also lowered blood pressure in men.

Blueberries are simply brilliant when it comes to nutrition. They've got anthocyanins, those blood vessel-helping antioxidants. Those antioxidants give the berries their dark blue color. Blueberries also have fiber and more than a handful of other great nutrients. Add fresh or dried blueberries to cereal, pancakes, or yogurt. Dessert Idea: Puree a batch for a sweet sauce you can use as a dip or to drizzle on other sweet treats.

Recipe of the Month:

Spinach Bean Soup

This meatless soup is an easy weeknight meal for the whole family or as a vegetable side dish.

- 1 small onion (chopped)
- 2 Tbsp jarred, minced garlic or 2 clove minced, fresh garlic
- 14.5 oz, canned, diced, no-salt-added tomatoes (undrained)
- 14.5 oz, canned, low-sodium chicken or vegetable broth
- 16 oz. canned, low-sodium navy, chickpeas or pinto beans (undrained)
- ¼ tsp pepper
- 1 tsp cumin
- 4 cups fresh spinach, tear/chop large leaves

Spray a large pot with cooking spray, heat over medium-high heat. **Sautee** onion and garlic 5 minutes or until onions become

translucent. **Add** tomatoes, chicken broth, beans, pepper and cumin and bring to a boil. **Reduce** to medium heat, add spinach and cook 10-15 minutes more. *Yield: 6 servings.*

Pantry Protocol

To speed up our service to you, **please have your grocery orders ready on your assigned day.** Our goal is to deliver quality service to all of our clients. If you ever have a problem with your order, such as receiving wrong items, being overcharged, any questions or any suggestions to improve our service, please **call us at 267-4378.**

Please note: All returned checks will be charged a \$15 service charge. Please send your coupons to us with your driver. We will use them to help all of our clients save money on their orders.

If an emergency arises **AFTER** you have placed your order and you know you will not be home to receive your order, please call Dillions at 681-6830 and leave me a message the day or night **BEFORE** your scheduled delivery day.

Thank you for your assistance.

- Opal Smith

Seasonal Fruits and Vegetables

Here is a list of fruits and vegetables that should be plentiful during February. May we suggest you consider these items when placing your grocery order?

Apples	Green Beans	Rhubarb	Sweet Potatoes
Asparagus	Green Onions	Salad (pre-bagged)	Tangerines
Avocados	Kale	Spinach	Tomatoes
Beans	Kiwi	Squash	Turnips
Blueberries	Lemons	Strawberries	
Broccoli	Lettuce		
Brussel Sprouts	Limes		
Cabbage	Mushrooms		
Carrots	Onions		
Cauliflower	Oranges		
Celery	Parsley		
Cucumbers	Parsnips		
Dry Onions	Pears		
Eggplant	Peppers		
Garlic	Potatoes		
Grapefruit	Radishes		

