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to Help Lower Your ...**

3. Place the avocado, basil, lemon juice,

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and garlic in a food processor and blend until creamy. 4. Stir the sauce into the zoodles and cook for four minutes. 5. Stir in the shrimp and cook for ...

10 Heart-Healthy Meals Cardiologists Cook for Themselves

Heat the oil in a large Dutch oven over medium heat. Add the onion, peppers,

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and garlic. Sauté until they begin to soften (about 10 minutes). Mix in the salt, black pepper, paprika, oregano, thyme, bay leaf, cayenne pepper, tomato paste, chicken, chicken broth, and diced tomatoes.

4 Heart-Healthy Recipes: Cooking with our Cardiologist

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Easy Heart Healthy Cooking Tips: an easy to follow cooking tips for cooking delicious and light heart-healthy food for the entire family. These tips also include everyday heart-healthy ingredient swaps that can be easily adjusted as per your need and Cooking Cardiologist recipe video.

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Easy Heart Healthy Cooking Tips with Cooking Cardiologist

All you need: ½ cup Hy-Vee lite sour cream. ½ cup Miracle Whip fat-free salad dressing. 2 packets Equal. ½ teaspoon lemon juice. 1 (12 oz) pkg broccoli slaw mix. 1/3 cup Hy-Vee dried cranberries. 2 tablespoons Bob Red Mill or Spectrum chia seeds. 2 tablespoons sunflower

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seeds, if salted, rinse.

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**Cooking with the Cardiologist
Recipes - Eat Right and Bright**

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The Cooking Cardiologist, Dr. Richard
Collins has tips to help us change up our
tried and true recipes to make them
healthier for us without forfeiting flavor
and reduce your risk of heart disease

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**Dr. Richard Collins, The Cooking
Cardiologist - Tips to ...**

1 (15-ounce) can no-salt-added black
beans, drained and rinsed 1/2 cup
chopped yellow bell pepper. 1/4 cup
chopped red onion 1/4 cup chopped

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celery. 1/4 cup (or more) chopped fresh
cilantro 1/3 cup toasted pecans.
Dressing 2 tablespoons freshly squeezed
lime juice (1-2 limes) 1 teaspoon sugar
1/2 teaspoon salt.

Cooking with a Cardiologist - UnityPoint Health

In a bowl, mix the dry ingredients, and

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add the flax seeds. Over medium heat, melt the butter, leave it to cool for 5 minutes, and add the wet ingredients to the dry ones. Mix with a spatula until you get a dough-like mixture. Then, transfer it onto a baking pan covered with baking paper.

A Cardiologist Shares The Recipe

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For The Only Bread Which ...

Ingredients: ½ cup fat-free half-and-half
10 oz. bittersweet chocolate (at least
70% cacao) 2 tbsp. Smart Balance
Butter and Canola Blend or Benecol ½
cup agave nectar ½ tsp. vanilla ½ cup
crushed toasted almonds Optional: ½
cup shredded coconut to coat the truffle

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**Cardiologist-Approved Recipes for a
Healthy Heart - Men's ...**

Super-Nutritious Broccoli Salad with Apples and Cranberries This low-calorie, low glycemic salad combines ingredients that deliver generous amounts of heart healthy nutrients such as fiber, vitamin K, potassium, chromium, and coenzyme Q10.

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**Cardiovascular Diet Recipes (Main
Dishes)**

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Help Lower Your Cholesterol, Reduce
Risk of Heart Disease, Control Weight,
Increase Vitality and Longevity by M.D.
Collins, Richard E. Write a review

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Heart Disease, Control Weight, Increase
Vitality and Longevity by Richard E., M.D
Collins ISBN 13: 9781889462059 ISBN
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Cardiologist Recipes to Help ...**

I believe that everyone—regardless of illness —should enjoy food and have a positive approach to health and wellness, but most importantly we need take care of our heart, souls and bodies in order to live as long as possible. Cook well, live long! - The Cooking

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Cardiologist Richard E. Collins, M.D.
Risk Of Heart Disease Control
Biography: Dr. Collins received his
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medical degree from the University of
Longevity
Nebraska at Omaha ...

**The Cooking Cardiologist, Littleton,
CO (2020)**

Richard Collins, MD The Cooking
Cardiologist® Piperade has its origin

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from the Basque region of France. The basics of the dish include red bell peppers, tomatoes, onions, garlic and olive oil. There are a number of variations including adding other varieties of vegetables and proteins. This recipe is the better of two worlds...Spain and France....

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**Recipes & Nutrition Archives - South
Denver Cardiology**

What do you think of when you hear the words, “heart-healthy diet?” Is it bland, tasteless food? Well, think again! Dr. Richard Collins, also known as the Co...

**The Cooking Cardiologist shares
heart healthy recipe - YouTube**

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Love Food Network shows, chefs and recipes? Find the best recipe ideas, videos, healthy eating advice, party ideas and cooking techniques from top chefs, shows and experts.

Food Network - Easy Recipes, Healthy Eating Ideas and Chef ...

This is not an ordinary cookbook. Nor is

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it the typical health-minded version with recipes that lower cholesterol by exclusion; that is, lowering total fat content & leaving out taste. In it, Richard Collins, MD, a practicing cardiologist offers clear, easy directions for more than 350 lean, luscious recipes that will have you cooking by addition; in other words, adding soy & soy proteins

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**The Cooking Cardiologist - Richard
E. Collins - Google Books**

Dr. Richard Collins, M.D. "The Cooking
Cardiologist" and Susan Buckley RD put
on quite a show on Wednesdays starting
at 11:00 am. Here are links to recipes
they just did on this last Wednesday. All

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heart healthy and fun to prepare.
Susan's lecture and Dr. Collins Cooking
demo are free to the public. Pizza Pops...
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In a bowl, mix the dry ingredients, and
add the flax seeds. Over medium heat,

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melt the butter, leave it to cool for 5 minutes, and add the wet ingredients to the dry ones. Mix with a spatula until you get a dough-like mixture. Then, transfer it onto a baking pan covered with baking paper.

Cardiologist Shares A No Guilt, Gluten Free Bread Recipe ...

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Instructions Heat the oil in a soup pot over medium heat. Add the onions and garlic and sauté until translucent, about 3 minutes. Add the flour and whisk to create a paste.

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