

Dig into delicious!

Think you have to give up the foods you love because you have AFib? Not so! With a few tweaks and substitutions, you can still enjoy all the flavors and textures of your favorite meals without the heavy carbs, saturated fat and sodium that can worsen AFib and increase your risk of high blood pressure and cardiovascular disease. Check out these three comfort food dishes remade to be more heart-smart.



If you crave creamy mac and cheese ...

Try... Butternut squash mac and cheese.

Cook 2 cups whole-grain macaroni. Mix 2-1/2 cups skim milk, 1 cup shredded low-fat cheese and 2 cups butternut squash purée in a bowl (or blender) and whisk into a sauce. Combine and enjoy.



If you crave a hamburger ...

Try... Portobello burger with black bean salsa.

Spritz a Portobello mushroom cap with extra virgin olive oil and grill on stovetop for five minutes on each side. In a small bowl, combine one diced red pepper, one diced tomato, one mango, 1/2 cup low-sodium cooked black beans and 1 Tbsp olive oil. Place mushroom cap on whole grain bun with lettuce and salsa.



If you crave diner-style pancakes...

Try... Banana oat pancakes.

Mix two bananas, two eggs, 1/2 cup of rolled oats and 1/2 tsp baking powder into a blender or in a bowl until smooth. Heat on a non-stick pan until batter is golden brown on both sides. Top with fresh fruit like bananas. 