

Slow Cooker Chicken, Potatoes, and Green Beans

Ingredients:

- 1.5 lbs. boneless, skinless chicken breasts
- ½ lb. fresh green beans, trimmed (or frozen)
- 1 lb. red potatoes, cubed
- 1/3 cup lemon juice
- ¼ cup olive oil
- 1 tsp. lemon pepper
- ½ tsp. salt
- ½ tsp. black pepper
- ¼ tsp. onion powder
- ½ tsp. garlic powder



Directions:

1. In a medium bowl, add the lemon juice, olive oil, lemon pepper, salt, pepper, onion powder, and garlic powder. Whisk together.
2. On one side of the slow cooker, pile in diced potatoes. On the other side, pile in the green beans. Layer your chicken breasts in the center.
3. Pour lemon juice mixture evenly over the chicken, potatoes, and green beans.
4. Cover and cook on HIGH for 4 hours or LOW for 7-8 hours.

February is celebrated as American Heart Month. A healthy diet and lifestyle are your best weapons in the fight against heart disease. While it's generally healthier and cheaper to buy groceries at the store and prepare your meals at home, sometimes the sheer number of food choices at the supermarket can seem overwhelming.

Here are some tips to help you be heart-smart at the grocery store:

- Be sure a wide variety of fruits and vegetables make it into your cart. Many fruits and vegetables such as beans, peas, oranges, bananas, strawberries and apples are a good source of fiber. A diet high in fiber can help lower a person's cholesterol. Canned fruits and veggies can be more affordable, just be sure to get reduced sodium or no-salt-added varieties of veggies, and fruits canned in 100% fruit juice.
- Select fat-free, low-fat or reduced-fat milk, cheese and yogurt. Save ice cream for special occasions or opt for a low-fat frozen yogurt.
- Use egg whites or egg substitutions instead of egg yolks, which contain dietary cholesterol.
- Choose soft margarines that contain "0 grams trans fat" instead of buying butter.
- Buy heart healthy fish such as salmon, trout, herring or tuna. Stick with baking or grilling instead of frying.
- Choose cuts of red meat and pork labeled "loin" or "round", they usually have the least fat.
- Poultry can be very lean, just be sure to choose light meat (breasts) over dark meat (legs and thighs). To limit fat intake, choose the skinless version or remove the skin yourself.

- Pick up nuts and seeds, which are good sources of healthy fats.
- Choose whole-grain, high-fiber breads such as those containing whole wheat, oats, oatmeal, whole rye, whole grain corn and buckwheat. The whole grain should be listed as the first ingredient.
- Limit the amount of bakery products you purchase such as doughnuts, pies, cakes and cookies as these tend to be high in saturated and trans fats. It's best to make these at home so you can control what ingredients are put into them and use heart healthy oils, skim or low-fat milk, and egg whites.
- Heart healthy cooking oils include canola oil, corn oil, olive oil, safflower oil, sesame oil, soybean oil and sunflower oil. Avoid oils high in saturated fats such as palm oil, palm kernel oil, coconut oil and cocoa butter.

By following these recommendations while you're filling your grocery cart, you'll be sure to have a strong and healthy heart!

For a simple heart-healthy recipe try this chicken entrée with a side of veggies!