



Heart Health

March 2023

Important Information

Scheduling (843) 876-0444
Heart Health Team (843) 792-4717
(be sure to leave a message)
HeartHealth@MUSC.edu
www.musckids.org/heart/health



Five Ways to Eat Healthier This Month

1. Drink water every day.
2. Limit fast foods.
3. Try one new vegetable each week.
4. Reduce added sugar intake.
5. Decrease saturated fat intake.





Heart Health

Recipe of the Month

March 2023

Shepherd's Pie

Ingredients

MEAT FILLING:

- 2 tablespoons olive oil
- 1 cup chopped yellow onion
- 1 lb. 90% lean ground beef
- 2 teaspoons dried parsley leaves
- 1 teaspoon dried rosemary leaves
- 1 teaspoon dried thyme leaves
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 tablespoon Worcestershire sauce
- 2 garlic cloves -minced
- 2 tablespoons all purpose flour
- 2 tablespoons tomato paste
- 1 cup beef broth
- 1 cup frozen mixed peas & carrots
- 1/2 cup frozen corn kernels

POTATO TOPPING:

- 1 ½ - 2 lb. russet potatoes -about 2 large potatoes peeled and cut into 1 inch cubes
- 8 tablespoons unsalted butter -1 stick
- 1/3 cup half & half
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 cup parmesan cheese





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Recipe of the Month

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Shepherd's Pie (cont'd)

MAKE THE MEAT FILLING:

- Add the oil to a large skillet and place it over medium-high heat for 2 minutes. Add the onions. Cook 5 minutes, stirring occasionally.
- Add the ground beef to the skillet and break it apart with a wooden spoon. Add the parsley, rosemary, thyme, salt, and and pepper. Stir well. Cook for 6-8 minutes, until the meat is browned, stirring occasionally.
- Add the Worcestershire sauce and garlic. Stir to combine. Cook for 1 minute.
- Add the flour and tomato paste. Stir until well incorporated and no clumps of tomato paste remain.
- Add the broth, frozen peas and carrots, and frozen corn. Bring the liquid to a boil then reduce to simmer. Simmer for 5 minutes, stirring occasionally.
- Set the meat mixture aside. Preheat oven to 400 degrees F.

MAKE THE POTATO TOPPING:

- Place the potatoes in a large pot. Cover the potatoes with water. Bring the water to a boil. Reduce to a simmer. Cook until potatoes are fork tender, 10-15 minutes.
- Drain the potatoes in a colander. Return the potatoes to the hot pot. Let the potatoes rest in the hot pot for 1 minute to evaporate any remaining liquid.
- Add butter, half & half, garlic powder, salt, and pepper. Mash the potatoes and stir until all the ingredients are mixed together.
- Add the parmesan cheese to the potatoes. Stir until well combined.

ASSEMBLE THE CASSEROLE:

- Pour the meat mixture into a 9x9 (or 7x11) inch baking dish. Spread it out into an even layer. Spoon the mashed potatoes on top of the meat. Carefully spread into an even layer.
- If the baking dish looks very full, place it on a rimmed baking sheet so that the filling doesn't bubble over into your oven. Bake uncovered for 25-30 minutes. Cool for 15 minutes before serving.



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Health Benefits of Green Vegetables and Fruits

Green vegetables and fruits are abundant in nutrients associated with heart health including, vitamin K, magnesium, potassium, nitrate, and folate.

Reasons to Eat More Greens

1. Lowers bad cholesterol (LDL).
2. Improves eye health
3. Good for the digestive system.
4. Promotes brain function.
5. Leafy greens can reduce the risk of obesity, heart diseases and high blood pressure.



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Program Updates

- Clinic visits are being conducted both virtually and in person. Please specify when scheduling if you would like a virtual or in-person appointment.
- Fit Kids group exercise sessions are now offered both in-person and virtually. Sessions are held in person Monday, Wednesday, and Friday at 5:30 PM and Saturday at 9:30 AM at 1125 E Montague Ave., North Charleston. Sessions will continue to be held virtually on Tuesdays and Thursdays at 5:30 PM via Zoom: <https://zoom.us/j/9875590743?pwd=aVVna3NKT2ZKcThtWTdYdjZiNHRqUT09>.
- If your child would like to attend in-person Fit Kids sessions, you will need to reserve your spot by either emailing hhexercise@musc.edu or leaving a voicemail (843-792-4717) with your child's name and the days you want to sign him/her up. We will only take sign-ups for one week in advance and you must have your reservation in by 5:00 PM on Fridays.
- Group education sessions are currently on hold due to staffing difficulties. Please read your Heart Health text updates and look for more information on our private Facebook Group page: <https://www.facebook.com/groups/134995866512355/>. The Facebook Group is where we post helpful resources and include important announcements.
- ***Please continue to read your Heart Health text messages for timely updates.***