



American Heart Association®
Healthy for Good™



Eat Smart

HEALTHY COOKING WITH THE AMERICAN HEART ASSOCIATION

*Spice up your week with a **virtual cooking demo**! Dress comfortably and **grab the ingredients** to follow along with chef James Warner from The Ohio State University Wexner Medical Center. The program will also include **heart healthy tips** and a **stretch break**.*

THURSDAY • JANUARY 28 • 4:30 P.M.

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MEDITERRANEAN CHICKEN MEATBALLS

Serves 4

Ingredients:

1 lb lean ground chicken or turkey	1 egg
4 cloves garlic	1 tsp dried oregano
½ medium onion (diced small)	½ tsp parsley
1 tsp olive oil	½ tsp dried basil
½ cup multigrain or whole wheat breadcrumbs	½ tsp red pepper flakes (optional)

ROASTED SPAGHETTI SQUASH WITH MARINARA

Serves 4

Ingredients:

1 spaghetti squash	24 roma tomatoes – cut in half, lengthwise
Olive oil	8-10 garlic cloves
Salt and pepper	Extra virgin olive oil

