

## Meal Starter Ideas

*If you have:*

*You can make:*

Canned beans  
Canned tomatoes

Simple bean chili — serve with a salad  
Bean soup — add vegetables, stock, spices

Canned beans

Bean patties — Mash beans, combine with spices and sesame seeds, make patties

Pasta, canned beans,  
Canned tomato, onion, garlic, spices

Make tomato sauce, add beans, stir in cooked pasta. Sprinkle on Parmesan, bake

Rice or quinoa, stock, onion, garlic

Risotto — add leftover vegetables, meat  
Rice pilaf — add spices, nuts, vegetables, serve with a meat

Lentils, stock, canned tomatoes

Spicy lentil soup — add spices and herbs, vegetables  
Lentil curry — add curry flavors, yogurt, serve with rice and salad

Canned tuna or salmon

Fish patties — add bread crumbs, an egg, lemon juice, onion, and herbs

Dried fruit, nuts, garbanzo beans

Combine with lettuce or other greens, make vinaigrette with balsamic vinegar, olive oil, Dijon mustard

Potatoes, onion

Potato gratin — add evaporated milk, bread crumbs, cheese

*For more heart healthy recipes, go to [uwhealth.org/GoRed](http://uwhealth.org/GoRed)*