

A Heart-y Meal For The Entire Family

(NAPSA)—Although many people think of heart health as a concern only for older adults, the fact is that by establishing healthy eating habits early in life, you can help reduce your child's risk of heart-related issues as an adult. One way to do something delicious for your family's heart health is to incorporate their favorite heart-healthy foods into everyday meals. Take this Grape Turkey Chili, for example. It's a heart-healthier version of a traditional favorite that contains heart-smart choices like ground turkey breast and beans. It also uses Welch's 100% Grape Juice made from Concord grapes, which is certified by the American Heart Association as a heart-healthy beverage and is naturally rich in antioxidants. This savory chili, with just a hint of sweetness, is easy to prepare and can be served in a variety of ways: in a bowl with low-fat sour cream, in tacos with lettuce and tomatoes, or sandwiched on whole-wheat buns for sloppy joes. And one serving contains just 300 calories and seven grams of fat—something that will make your family's hearts sing!

GRAPE TURKEY CHILI

- 2 tablespoons canola oil**
- 1 large onion, finely chopped**
- 2 garlic cloves, finely chopped**
- 1½ pounds ground turkey breast**
- 1 can (14 oz.) tomato sauce**
- 1½ cups Welch's 100% Grape Juice made from Concord grapes**



- 1 can (15 oz.) cannellini beans, drained and rinsed**
- 1 teaspoon mild chili powder (or to taste)**
- ½ teaspoon oregano**
- ½ teaspoon ground cumin**
- ¼ teaspoon ground salt**
- ¼ teaspoon ground black pepper**
- chopped red onion,**
- chopped cilantro, low fat sour cream for garnish**

In a large pot, cook the onion in the oil over medium heat until softened, about 8 minutes. Add the garlic to the pot and cook 1 minute. Add the turkey and cook, stirring often to break up the lumps, until lightly browned.

Stir in the tomato sauce, grape juice, beans, chili powder, oregano, cumin, salt and pepper. Bring to a simmer. Cook 20 minutes or until thickened.

Serve hot topped with red onion, cilantro and sour cream.

Makes 6 servings. Nutrition per serving: 300 calories, 7g fat, 1g saturated fat, 32g protein, 19g carbohydrate, 65mg cholesterol, 620mg sodium, 5g fiber.