

# COLOR YOUR HEART

February is a month devoted to matters of the heart.

February is American Heart Month, which is dedicated to raising awareness of heart health. The leading cause of death in America is heart disease.<sup>1</sup> Eating healthy is an important step that can decrease your risk, especially when the winter blues slow you down.

## HEART-HEALTHY PRODUCE



If you're looking for fresh & frozen produce, including a wide selection of organics & the exclusive Wellsley Farms (WF) brand, shop our Club. Here you'll find healthy options filled with fiber & other essential vitamins.

### Vitamin C

May lower the risk of high blood pressure & slow down the progression of hardening of the arteries.

### Vitamin K

May protect the body from heart disease & decrease calcification.

### Potassium

May lower blood pressure, cholesterol & heart rhythm problems. Bananas aren't the only produce high in potassium!

### Fiber

May lower cholesterol & blood pressure & can encourage weight loss.

### Folic Acid

May lower risk for heart disease, blood clots & hardening of the arteries.

Stock up your cart with these Red, Pink & Purple produce picks to make any heart happy throughout the year.



**Raspberries (organic)**  
Fiber, Vitamin C & K, Potassium & Folic acid



**Cherries**  
Fiber, Vitamin C & K & Potassium



**Pink Grapefruit**  
Fiber, Vitamin C, Potassium & Folic acid



**Pomegranates**  
Vitamin C & K, Fiber & Potassium



**Strawberries (organic)**  
Vitamin C, Fiber, Folic acid & Potassium



**Tomatoes (WF)**  
Vitamin C & K, Fiber & Potassium



**Plums**  
Vitamin C & K, Fiber & Potassium



**Red Peppers (WF)**  
Vitamin C & K, Fiber, Folic acid & Potassium



**Cranberries**  
Vitamin C & K



**Purple Grapes (WF)**  
Vitamin C, K & Potassium



**Red Potatoes**  
Vitamin C, Fiber & Potassium



**Beets**  
Folic acid, Potassium, Fiber & Vitamin C



**Eggplant**  
Vitamin K, Fiber & Potassium



**Red Apples (WF)**  
Vitamin C, Fiber & Potassium

## PICKING PRODUCE FOR YOUR HEART



### Strawberries

When selecting strawberries, look for common attributes for tasty, ripe berries such as fresh green caps, natural sheen, plump berries & bright red coloring.



### Plums

Choose fruits that are deeply colored, shiny & firm, but not rock hard. A white or gray sheen is natural.



### Pink Grapefruits

This fruit is best January through March. Choose a fruit that is heavy for its size & has taut, springy skin with fine pores.



### Red Peppers

Look for peppers that are firm, deeply colored & glossy. Peppers with straight sides are usually easy to peel.

## RECIPES

Try making this decadent dinner or sweet smoothie recipe for loved ones:



### PECAN & CRANBERRY-CRUSTED SALMON

WITH CRAN-APPLE DRIZZLE  
Courtesy of Chef Glenn Lyman, BJ's Cooking Club Ambassador

MAKES 6 SERVINGS

HANDS-ON TIME: 30 MINUTES

TOTAL TIME: 1 HOUR 50 MINUTES

#### What You Need:

- 2 Tbsp. Dijon Mustard
- 2 Tbsp. Butter, melted
- 2 Tbsp. Wellsley Farms Organic Honey
- ½ cup Panko Bread Crumbs
- ½ cup Chopped Pecans
- ¼ cup Dried Cranberries, chopped
- 2 Tbsp. Fresh Parsley, chopped
- 4 5-6 oz. Salmon Filets
- Kosher Salt & Pepper to taste
- Cooking Spray

#### Drizzle:

- 1 cup Fresh Cranberry Sauce
- ½ cup Apple Juice
- 1 Tbsp. Apple Cider Vinegar

#### Make It:

- 1) Preheat oven to 400°.
- 2) Add fresh cranberry sauce, apple juice & vinegar into a blender. Blend until smooth.
- 3) Pour the mixture into a small saucepan & bring to a boil.
- 4) Reduce heat to medium-low & simmer for 5 minutes; stir often.
- 5) Remove from heat. Set aside.
- 6) Mix mustard, butter & honey in a small bowl until well blended. Set aside.
- 7) Mix bread crumbs, pecans, dried cranberries & parsley.
- 8) Season the salmon on all sides with salt & pepper. Lightly brush or spoon flesh side with mixture.
- 9) Divide the crumb mixture among the salmon filets & pat to coat.
- 10) Carefully place the fish in a baking dish or a sheet pan lined with foil prepared with cooking spray. Bake it for about 10-12 minutes until golden-brown & cooked through.
- 11) Serve on a plate topped with cran-apple drizzle & more parsley.

### CHERRY BERRY SMOOTHIE

MAKES 3 SERVINGS

HANDS-ON TIME: 5 MINUTES

TOTAL TIME: 5 MINUTES

Courtesy of BJ's Wholesale Clubs Cooking Club

#### What You Need:

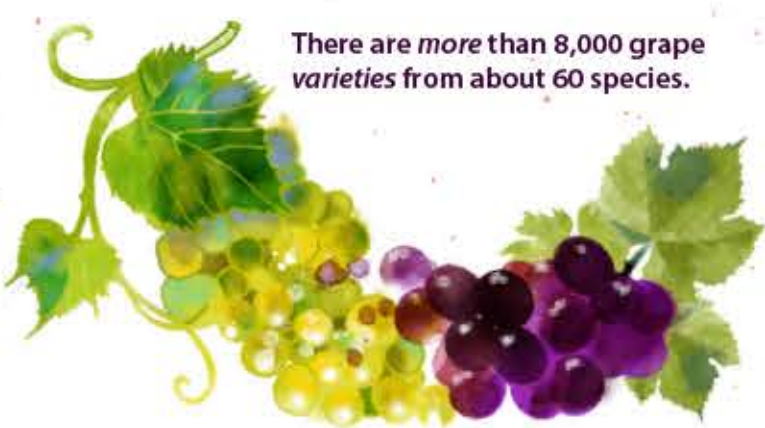
- 2 containers (5 oz. each) Yoplait® Greek Cherry or Strawberry Blended Yogurt
- 1 ½ cups Cascadian Farm™ Frozen Organic Sweet Cherries
- ½ cup Cascadian Farm™ Frozen Organic Strawberries
- 1 cup Milk

#### Make It:

- 1) Place all ingredients in a blender.
- 2) Cover & blend on high speed, about 1 minute or until smooth.
- 3) Pour into 3 glasses.
- 4) Serve immediately.



## HEALTHY HEART FRUIT FACTS



There are more than 8,000 grape varieties from about 60 species.

### Grapes:

Eating a variety of grapes may help support the heart by promoting relaxation of blood vessels to help maintain healthy blood flow & function.



The world's most popular fruit is the tomato

They have more genes than a human

### Tomatoes:

Lycopene has non-antioxidant actions that may protect against cardiovascular disease by lowering bad cholesterol. Vitamin K present in tomatoes helps to prevent occurrences of hemorrhages.



There are over 760 varieties of pomegranate.

### Pomegranates:

Potent antioxidant compounds found in pomegranates have shown to reduce platelet aggregation & naturally lower blood pressure, factors that prevent both heart attacks and strokes.



Apples, peaches & raspberries are all members of the rose family.

### Raspberries:

Red raspberries contain a compound called anthocyanin, a pigment that gives the raspberry its red color. Anthocyanins may reduce the risk factors for cardiovascular disease.

Visit [www.bjs.com/locations](http://www.bjs.com/locations) to find a Club near you.

<sup>1</sup>Facts and information obtained from the Centers for Disease Control and Prevention: [cdc.gov/heartdisease](http://cdc.gov/heartdisease)