

CHOLESTEROL-REDUCING RECIPES

CAREGIVERS



Cholesterol-Reducing Meals

Delicious Recipes to Help Reduce Cholesterol for Your Aging Adult

Seniors with high cholesterol should avoid certain ingredients to protect their heart health. Try these delicious cholesterol-reducing recipes instead.

High cholesterol levels put seniors at greater risk of heart disease and stroke. According to the American Heart Association (heart.org), it's important for seniors to take steps to keep their cholesterol levels under control.

Seniors and their caregivers can reduce cholesterol by eating healthily. There are many cholesterol-reducing recipes that seniors enjoy. Add them to a senior's menu to help protect their heart and health.



A Classic Dinner: Chicken Pot Pie

EatingWell offers many recipes for seniors with high cholesterol. This one's a favorite because it makes 4 individual meals. Freeze 3 for your senior to reheat for meals in the future.

Ingredients

- 4 teaspoons extra-virgin olive oil
- 1 pound boneless, skinless chicken breast, trimmed, cut into ½-inch cubes
- 1 cup sliced shallots
- 1 10- or 12-ounce bag frozen mixed vegetables thawed
- 2 cups reduced-sodium chicken broth
- ¼ cup cornstarch
- ¼ cup reduced-fat sour cream
- 6 sheets 9-by-14-inch phyllo dough, defrosted (follow package directions)
- Cooking spray (olive oil or canola oil)

Directions

1. Preheat oven to 425°F.
2. Cook chicken in a skillet with 2 teaspoons of oil over medium-high heat. Remove chicken after 3 minutes, adding shallots and 2 more teaspoons of oil. Stir over medium heat 3 minutes. Add veggies and seasonings of choice for 3 minutes.
3. Pour in 1¾ cups broth and bring to a boil. Whisk the remaining ¼ cup broth and cornstarch in a small bowl and add to the pan. Boil and cook until thickened.
4. Remove from heat, adding chicken, sour cream, and seasonings of choice.
5. Divide the mixture among four 12-ounce baking dishes.
6. Make 2 stacks of 3 sheets of phyllo each, spraying with oil lightly. Cut the stacks in half and divide, placing one stack over each baking dish.
7. Place the potpies on a baking sheet and bake until the tops are golden and the filling bubbly. Takes 18 to 20 minutes.

(Recipe from Eating Well)

