

Recipes From the Heart



Lowering bad cholesterol (LDL-C) can be a challenge, but here's a "recipe" that may work for you.

- ☒ A healthy diet* ☒ Regular exercise* ☒ Adding LEQVIO^{®†}

To help you get started, we've gathered recipes that emphasize a variety of fruits and vegetables, high-fiber whole grains, healthy fats, and lean sources of protein.

We've also taken cholesterol into account. Foods with higher dietary cholesterol content often contain elevated levels of saturated fat, which are linked to a higher risk of cardiovascular disease. Consequently, these recipes follow recommendations for reduced saturated fat (less than 6% of total calories) and lower sodium (less than 1500 mg/day).

Making even a few small changes to your diet can make a difference in lowering LDL-C. You can do it.



Let's get cooking.

*Remember to talk to your doctor before making any lifestyle changes.

†If your doctor has decided LEQVIO is right for you.

What is LEQVIO?

LEQVIO (inclisiran) is an injectable prescription medicine used along with diet and exercise to reduce low-density lipoprotein (LDL-C) or "bad" cholesterol in adults with high blood cholesterol levels called hypercholesterolemia (including a type of high cholesterol called heterozygous familial hypercholesterolemia [HeFH]).

IMPORTANT SAFETY INFORMATION

Do not use if you have had an allergic reaction to LEQVIO or any of its ingredients.

The most common side effects of LEQVIO were: injection site reaction (including pain, redness, and rash), joint pain, and chest cold.

These are not all the possible side effects of LEQVIO. Ask your health care provider for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please [click here](#) for LEQVIO full Prescribing Information.

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Novartis Pharmaceuticals Corporation
East Hanover, New Jersey 07936-1080

Apple "Donuts"

This so-simple 3-ingredient recipe turns apple slices into "donuts." Topped with nut butter and coconut, they make a satisfying no-added-sugar dessert or healthy snack.

BREAKFAST

INGREDIENTS | SERVINGS: 4

- 1 medium apple
- 3 tablespoons almond butter
- 2 teaspoons shredded unsweetened coconut

DIRECTIONS | TOTAL TIME: 5 min

1. Remove apple core with an apple coring tool. Slice the apple crosswise into 8 thin rings, about 1/4 inch thick. Spread each apple ring with almond butter. Sprinkle with coconut.



PER SERVING



TOTAL FAT: 7 g

Saturated: 1 g



CALORIES: 103



CHOLESTEROL: 0 mg



SODIUM: 28 mg



TOTAL SUGAR: 6 g

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Apple-Cinnamon Overnight Oats

Prepare overnight oats with almond milk; add toppings in the morning. Make four jars for breakfasts throughout the week.

INGREDIENTS | SERVINGS: 4

- 1/2 cup old-fashioned rolled oats
- 1/2 cup unsweetened almond milk
- 1/2 tablespoon chia seeds (Optional)
- 1 teaspoon maple syrup
- 1/4 teaspoon ground cinnamon
- Pinch of salt
- 1/2 cup diced apple
- 2 tablespoons toasted pecans (Optional)

DIRECTIONS | TOTAL TIME: 6 hr

1. Combine oats, almond milk, chia seeds (if using), maple syrup, cinnamon and salt in a pint-sized jar and stir. Cover and refrigerate overnight.
2. Before serving, top with apple and pecans, if desired.



PER SERVING



TOTAL FAT: 4 g

Saturated: 1 g



CALORIES: 222



CHOLESTEROL: 0 mg



SODIUM: 236 mg



TOTAL SUGAR: 11 g

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Avocado Corn Salsa

A fresh salsa of avocado and corn is great with simple sautéed fish or just about anything Mexican-inspired—huevos rancheros, a quick quesadilla, or atop rice and beans.

INGREDIENTS | SERVINGS: 4

- 1 medium avocado, diced
- ¾ cup frozen corn, thawed
- ½ cup quartered grape tomatoes
- 1 tablespoon chopped fresh cilantro
- 2 teaspoons lime juice
- ¼ teaspoon kosher salt

DIRECTIONS | TOTAL TIME: 10 min

1. Toss avocado, corn, tomatoes, cilantro, lime juice and salt in a medium bowl.



PER SERVING



TOTAL FAT: 3 g
Saturated: 0 g



CALORIES: 43



CHOLESTEROL: 0 mg



SODIUM: 37 mg



TOTAL SUGAR: 2 g

LUNCH & SNACK

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Charred Tomato & Chicken Tacos

Charring tomatoes in a cast-iron skillet yields smoky results.

INGREDIENTS | SERVINGS: 6

- 1 pound ripe plum tomatoes, cored (about 4-5)
- 2 teaspoons extra-virgin olive oil, divided
- 1 pound boneless, skinless chicken breasts, trimmed and cut into 1-inch chunks
- Salt & freshly ground pepper
- 1 large white onion, finely chopped (about 1-1/2 cups)
- 2 cloves garlic, very finely chopped
- 2 jalapeño peppers, seeded and very finely chopped
- 2 tablespoons lime juice
- 2 tablespoons chopped fresh cilantro
- 4 scallions, chopped
- 12 corn tortillas, warmed
- ¼ cup reduced-fat sour cream for garnish
- 2 limes, cut into quarters

DIRECTIONS | TOTAL TIME: 35 min

1. Heat a large cast-iron skillet over high heat until very hot. Place tomatoes in the skillet and turn occasionally with tongs until charred on all sides, about 10 minutes. Transfer to a plate to cool slightly. Cut in half crosswise; squeeze to discard seeds. Chop the remaining pulp and skins; set aside.
2. Add 1 teaspoon of the oil to the pan and heat over high heat until the oil is very hot. Add chicken and season with salt and pepper. Cook, stirring occasionally, until the chicken is browned on all sides and no longer pink in the center, about 5 minutes. Transfer to a plate and set aside.
3. Reduce the heat to medium and add the remaining 1 teaspoon oil. Add onions and cook, stirring, until softened, about 5 minutes. Add garlic and jalapeños and cook, stirring, for 1 minute more. Add lime juice and the reserved chicken and tomatoes. Bring to a simmer and stir in cilantro and scallions. Season to taste with salt and pepper. Cover to keep warm.
4. Spoon filling into warm tortillas, roll up and serve with sour cream and lime wedges.

PER SERVING



CALORIES:
301



TOTAL FAT: 7 g
Saturated: 2 g



CHOLESTEROL:
68 mg



SODIUM:
68 mg



TOTAL SUGAR:
5 g



Roasted Vegetable Pasta

Zucchini, bell pepper, and onion combine to create a delicious medley of flavor and color in this healthy vegetable pasta dish.

INGREDIENTS | SERVINGS: 6

- 1 medium zucchini, diced
- 1 red or yellow bell pepper, seeded and diced
- 1 large onion, thinly sliced
- 2 tablespoons extra-virgin olive oil, divided
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 2 large tomatoes, chopped
- ¼ cup chopped fresh basil
- 2 cloves garlic, minced
- 12 ounces whole-wheat pasta
- ½ cup crumbled feta cheese



DIRECTIONS | TOTAL TIME: 35 min

1. Preheat oven to 450 °F. Put a large pot of lightly salted water on to boil.
2. Toss zucchini, bell pepper and onion with 1 tablespoon oil in a large roasting pan or a large baking sheet with sides. Season with salt and pepper. Roast the vegetables, stirring every 5 minutes, until tender and browned, 10 to 20 minutes.
3. Meanwhile, combine tomatoes, basil, garlic and the remaining 1 tablespoon of oil in a large bowl. Season with salt and pepper.
4. Cook pasta until just tender, 8 to 10 minutes. Drain and transfer to the bowl with the tomatoes. Add the roasted vegetables and toss well. Serve, passing feta cheese separately.

PER SERVING



CALORIES:
307



TOTAL FAT: 8 g
Saturated: 3 g



CHOLESTEROL:
11 mg



SODIUM:
234 mg



TOTAL SUGAR:
7 g

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DINNER

Maple-Roasted Chicken Thighs With Sweet Potato Wedges and Brussels Sprouts

This easy sheet-pan recipe brings together many fall favorites into a hearty dinner.

INGREDIENTS | SERVINGS: 4

- 2 tablespoons pure maple syrup
- 4 teaspoons olive oil, divided
- 1 tablespoon snipped fresh thyme
- ½ teaspoon salt, divided
- ½ teaspoon black pepper, divided
- 1 pound sweet potatoes, peeled and cut into 1-inch wedges
- 1 pound Brussels sprouts, trimmed and halved
- 4 bone-in chicken thighs, skinned
- 3 tablespoons dried cranberries, chopped
- 3 tablespoons chopped pecans, toasted
- Nonstick cooking spray



DIRECTIONS | TOTAL TIME: 50 min

1. Preheat oven to 425 °F. In a small bowl combine maple syrup, 1 tsp. of the oil, the thyme, 1/4 tsp. of the salt, and 1/4 tsp. of the pepper. In a large bowl combine sweet potatoes and Brussels sprouts. Drizzle with the remaining 1 tbsp. oil and sprinkle with the remaining 1/4 tsp. salt and 1/4 tsp. pepper; toss to coat.
2. Line a 15x10-inch baking pan with foil. Heat the prepared pan in oven 5 minutes. Remove pan from oven and coat with cooking spray. Arrange chicken, meaty sides down, in center of pan. Arrange vegetables around chicken. Roast 15 minutes.
3. Turn chicken and vegetables; brush with maple syrup mixture. Roast 15 minutes more or until chicken is done (at least 175 °F) and potatoes are tender. Serve topped with pecans and cranberries.

PER SERVING



CALORIES:
436



TOTAL FAT: 14 g
Saturated: 3 g



CHOLESTEROL:
133 mg



SODIUM:
491 mg



TOTAL SUGAR:
18 g

Roasted Broccoli With Lemon

Maybe you've never considered cooking broccoli this way, but roasting yields surprisingly good results. The heat concentrates the flavors and caramelizes the natural sugars. A touch of olive oil gives it a crispy, delicious finish.

INGREDIENTS | SERVINGS: 4

- 4 cups broccoli florets
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt
- Freshly ground pepper
- Lemon wedges

DIRECTIONS | TOTAL TIME: 15 min

1. Preheat oven to 450 °F.
2. Toss broccoli with oil, salt and pepper. Place on a large baking sheet (not air-insulated) and roast until the broccoli is tender and blackened on the bottom, 10 to 12 minutes. Serve immediately, with lemon wedges.



PER SERVING



TOTAL FAT: 4 g
Saturated: 1 g



CALORIES: 54



CHOLESTEROL: 0 mg



SODIUM: 135 mg



TOTAL SUGAR: 1 g

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Balsamic-Parmesan Sautéed Spinach

Tender spinach with a hint of garlic, Parmesan cheese, and sweet balsamic vinegar makes a quick and flavorful side dish. The sturdy leaves of mature spinach hold up best during cooking.

INGREDIENTS | SERVINGS: 5

- 2 tablespoons extra-virgin olive oil
- 3 cloves garlic, minced
- 1 pound fresh spinach
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 2 tablespoons grated Parmesan cheese
- 4 teaspoons good-quality balsamic vinegar or balsamic glaze

DIRECTIONS | TOTAL TIME: 15 min

1. Heat oil in a large pot over medium heat. Add garlic and cook, stirring, until fragrant, 30 seconds to 1 minute. Add spinach, salt and pepper; toss to coat. Cook, stirring, until just wilted, 3 to 5 minutes. Remove from heat and stir in Parmesan. Drizzle with vinegar (or glaze) and serve immediately.



PER SERVING



TOTAL FAT: 6 g
Saturated: 1 g



CALORIES: 84



CHOLESTEROL: 2 mg



SODIUM: 225 mg



TOTAL SUGAR: 1 g

SIDES

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No-Sugar-Added Vegan Oatmeal Cookies

These soft, chewy, no-sugar-added oatmeal cookies are sweetened with bananas and raisins or dates. Nut butter adds flavor and binds them, keeping the cookies vegan and gluten-free.

INGREDIENTS | SERVINGS: 4

- 1 cup quick-cooking oats
- ¾ cup almond flour or almond meal
- ¾ teaspoon ground cinnamon
- ¼ teaspoon salt
- 2 medium ripe bananas, mashed
- ½ cup almond butter or natural peanut butter
- 1 teaspoon vanilla extract
- ¾ cup raisins or chopped dates



DIRECTIONS | TOTAL TIME: 1 hr 15 min

1. Preheat oven to 350 °F. Line a large baking sheet with parchment paper or a silicone baking mat.
2. Whisk oats, almond flour (or almond meal), cinnamon and salt in a medium bowl. Mash bananas, almond butter (or peanut butter) and vanilla together in a large bowl until creamy and well combined. Add the dry ingredients and raisins (or dates) to the banana mixture and stir with a wooden spoon until combined. Scoop or roll level tablespoons of dough into balls and place on the prepared baking sheet, making 12 cookies per batch. Press with a fork to flatten slightly.
3. Bake until firm to the touch and light brown on the bottom, about 15 minutes. Transfer to a wire rack to cool completely. Repeat with the remaining batter.

PER SERVING



CALORIES:
177



TOTAL FAT: 10 g
Saturated: 1 g



CHOLESTEROL:
0 mg



SODIUM:
76 mg



TOTAL SUGAR:
9 g

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Cucumber Lemonade Seltzer

Turn fresh rosemary, cucumbers, and lemons into grown-up lemonade that will keep you cool on a hot day.

INGREDIENTS | SERVINGS: 4

- 3 large cucumbers
- 1 tablespoon chopped fresh rosemary, plus 4 sprigs for garnish
- 1 cup water
- ½ cup lemon juice
- 3 tablespoons agave syrup

DIRECTIONS | TOTAL TIME: 15 min

1. Cut 12 thin slices of cucumber for garnish.
2. Peel and chop the rest of the cucumber. Transfer to a food processor, add rosemary and puree.
3. Pour the puree through a fine-mesh strainer set over a medium bowl or large measuring cup.
4. Press on the solids to extract all the juice. Add water, lemon juice, and agave syrup to the cucumber juice; stir until the agave is dissolved.
5. Divide among 4 ice-filled glasses. Garnish with cucumber slices and rosemary sprigs.



PER SERVING



TOTAL FAT: 0 g
Saturated: 0 g



CALORIES: 71



CHOLESTEROL: 0 mg



SODIUM: 5 mg



TOTAL SUGAR: 15 g