



Tuesday, February 23, 2021

Greater Newark Conservancy's Health Tip and Recipe

What Lowers BP?

Happy Healthy Tuesday!

February is National Heart Month so I like to take this opportunity every year to reflect on some of the ways we can protect our hearts.

As we discussed earlier this month, consuming too much salt can lead to high blood pressure, which can then lead to more serious heart disease. While limiting salt intake is one important strategy, did you know that potassium lowers blood pressure by blunting the negative effects of sodium? We derive other health benefits from potassium, including a lower risk of kidney stones and decreased bone loss. It helps your muscles contract and helps regulate fluids and mineral balance in the body.

According to the latest Dietary Guidelines, Americans only get about half of the recommended potassium. Ideally, we should get 3,500-4,700 milligrams of potassium every day. Fortunately, potassium can be found in many food groups, particularly vegetables, fruits, and milk products.

Good sources of potassium include potatoes, beans and peas, beet greens, plain yogurt, sweet potatoes, bananas, avocados, cantaloupe, broccoli, tomatoes, spinach, and plantains. It's best to get potassium from a variety of food sources, rather than from supplements.

The Superbowl may be over, but it's still chili season. In fact, National Chili Day is on Thursday! Celebrate by making this week's potassium-packed and easy-to-make chili recipe! It's also loaded with vitamin A, vitamin C, fiber, and iron.

Wishing you wellness,

P.S. Want to make this recipe along with me? Check out the Youtube video of my Family Fun in the Kitchen program during our 2020 Octoberfest [here!](#)



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Recipe of the Week

Sweet Potato & Black Bean Chili

Adapted from <http://www.eatingwell.com/>
Total time: 30 minutes
Yields: 4 servings

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 onion, finely diced
- 1 sweet potato, peeled and diced
- 2 cloves garlic, minced
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1/4 teaspoon ground chipotle chile
- 1/8 teaspoon salt, or to taste
- 1 1/3 cups water
- 1 15-ounce can black beans, rinsed
- 1 cup canned diced tomatoes (reduced-sodium or no-salt-added)
- Juice of 1 lime (or about 2 tablespoons lime juice)
- 2 tablespoons chopped fresh cilantro

Directions:

1. Heat oil in a large saucepan over medium-high heat.
2. Add onion and potato and cook, stirring often, until the onion is slightly softened, about 4 minutes.
3. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, until fragrant, about 30 seconds.
4. Add water, bring to a simmer, cover, reduce heat to maintain a gentle simmer and cook until the potato is tender, 10 to 12 minutes.
5. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often.
6. Reduce heat to maintain a simmer and cook until slightly reduced, about 4 minutes.
7. Remove from the heat and stir in cilantro. Serve over rice.

Per serving: 374 calories; 6 g fat (1 g sat, 4 g mono); 0 mg cholesterol; 67 g carbohydrates; 14 g protein; 15 g fiber; 699 mg sodium; 603 mg potassium.
Nutrition Bonus: Vitamin A (410% daily value), Vitamin C (45% dv), Iron (30% dv), Potassium (17% dv).

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