



THE LIGHTER TABLE

12 LOW-CHOLESTEROL RECIPES

Breakfast · Lunch · Dinner

Eating Well for Your Heart

This little collection brings together twelve simple, satisfying recipes built around foods that support healthy cholesterol levels — without sacrificing flavor. Each dish leans on whole grains, vegetables, legumes, lean proteins, and healthy fats, and every recipe includes a short note on why it belongs on a heart-healthy table.

01 Favor soluble fiber

Oats, lentils, chickpeas, and beans help lower LDL ('bad') cholesterol by binding to it in the digestive tract.

02 Choose lean proteins

Skinless poultry, fish, tofu, and legumes provide protein with far less saturated fat than fatty cuts of meat.

03 Cook with unsaturated fats

Olive, canola, and sesame oils in modest amounts support healthy cholesterol levels better than butter or lard.

04 Reach for omega-3s

Fatty fish like salmon can help raise HDL ('good') cholesterol and lower triglycerides.

05 Load up on vegetables

Colorful vegetables add fiber and antioxidants while keeping meals naturally low in saturated fat.

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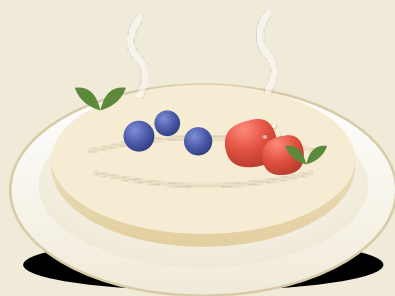
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BREAKFAST

Low-Cholesterol Recipes



BREAKFAST

Berry Flaxseed Oatmeal

A creamy, fiber-rich bowl that helps lower LDL cholesterol thanks to oats' soluble fiber and omega-3-rich flax.

PREP COOK SERVES

10 min 5 min 2

INGREDIENTS

1 cup rolled oats

2 cups unsweetened almond milk (or skim milk)

1 tbsp ground flaxseed

1 cup mixed berries (blueberries, strawberries)

1 tbsp honey or maple syrup

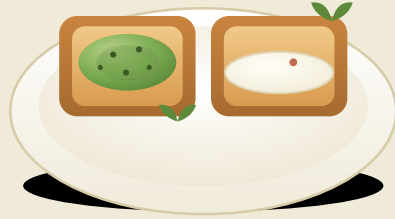
1/2 tsp cinnamon

Pinch of salt

METHOD

- 1 Combine oats, almond milk, and a pinch of salt in a saucepan over medium heat.
- 2 Simmer for 5 minutes, stirring occasionally, until creamy.
- 3 Stir in ground flaxseed and cinnamon.
- 4 Divide between two bowls and top with fresh berries and a drizzle of honey.

WHY IT'S HEART-SMART Soluble fiber from oats binds to cholesterol in the gut and helps remove it from the body.



BREAKFAST

Avocado Toast with Egg Whites

Whole-grain toast topped with heart-healthy avocado and cholesterol-free egg whites for lasting morning energy.

PREP COOK SERVES

5 min 8 min 2

INGREDIENTS

2 slices whole-grain bread

1 ripe avocado

4 large egg whites

1/2 tsp lemon juice

Red pepper flakes, to taste

Salt and black pepper, to taste

Fresh chives, chopped

METHOD

- 1 Toast the bread slices until golden and crisp.
- 2 Mash the avocado with lemon juice, salt, and pepper.
- 3 Whisk egg whites and cook in a non-stick pan over medium-low heat, stirring gently, until just set.
- 4 Spread avocado over toast, top with scrambled egg whites, chives, and a pinch of red pepper flakes.

WHY IT'S HEART-SMART Egg whites contain zero dietary cholesterol, unlike the yolk, making them a smart swap.



BREAKFAST

Whole-Grain Pancakes with Fruit

Light, fluffy pancakes made with whole-wheat flour and topped with fresh fruit instead of butter and syrup.

PREP COOK SERVES

10 min 15 min 4

INGREDIENTS

1 1/2 cups whole-wheat flour

2 tsp baking powder

1 1/4 cups skim milk

2 egg whites

1 tbsp canola oil

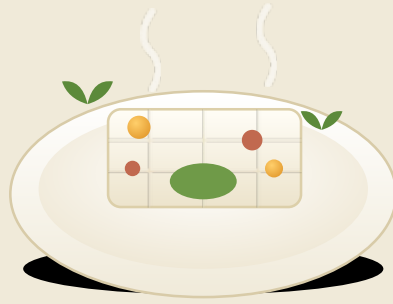
1 tbsp sugar

1 cup sliced banana and berries, for topping

METHOD

- 1 Whisk together flour, baking powder, and sugar in a bowl.
- 2 In a separate bowl, whisk milk, egg whites, and canola oil.
- 3 Combine wet and dry ingredients until just mixed (small lumps are fine).
- 4 Cook 1/4-cup portions on a lightly oiled griddle until bubbles form, then flip.
- 5 Serve warm topped with sliced banana and berries.

WHY IT'S HEART-SMART Using canola oil instead of butter cuts saturated fat, which is the biggest dietary driver of cholesterol.



BREAKFAST

Tofu Vegetable Scramble

A plant-based, cholesterol-free take on scrambled eggs, packed with colorful vegetables and turmeric.

PREP COOK SERVES

10 min 10 min 2

INGREDIENTS

1 block (14 oz) firm tofu, drained and crumbled

1/2 tsp turmeric

1 cup spinach, chopped

1/2 red bell pepper, diced

1/4 cup diced onion

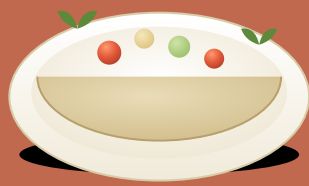
1 tsp olive oil

Salt and pepper, to taste

METHOD

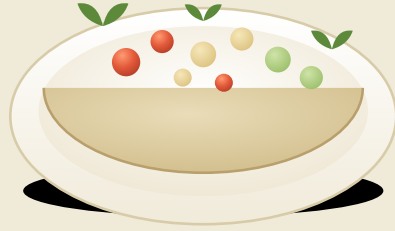
- 1 Heat olive oil in a pan over medium heat and saute onion and bell pepper until soft.
- 2 Add crumbled tofu and turmeric, stirring to coat evenly (turmeric gives an egg-like color).
- 3 Cook for 5 minutes, stirring occasionally.
- 4 Fold in spinach and cook until wilted. Season with salt and pepper.

WHY IT'S HEART-SMART Tofu is naturally cholesterol-free and a complete plant protein, ideal for a heart-healthy breakfast.



LUNCH

Low-Cholesterol Recipes



LUNCH

Quinoa & Chickpea Salad

A protein-packed, fiber-rich salad with a bright lemon dressing that's satisfying without any saturated fat.

PREP COOK SERVES

15 min 15 min 4

INGREDIENTS

1 cup quinoa, rinsed

1 can (15 oz) chickpeas, drained and rinsed

1 cucumber, diced

1 cup cherry tomatoes, halved

1/4 cup fresh parsley, chopped

3 tbsp olive oil

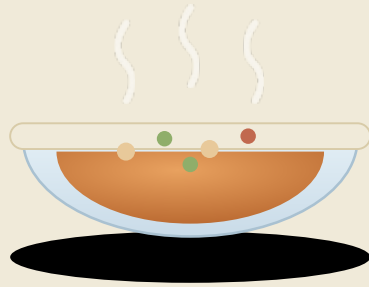
2 tbsp lemon juice

Salt and pepper, to taste

METHOD

- 1 Cook quinoa according to package directions; let cool slightly.
- 2 In a large bowl, combine quinoa, chickpeas, cucumber, tomatoes, and parsley.
- 3 Whisk olive oil, lemon juice, salt, and pepper; pour over salad and toss well.
- 4 Chill for 10 minutes before serving, or enjoy at room temperature.

WHY IT'S HEART-SMART Chickpeas are rich in soluble fiber, which studies link to modest reductions in LDL cholesterol.



LUNCH

Hearty Lentil Vegetable Soup

A warming, fiber-dense soup built on lentils and vegetables, with no added animal fat.

PREP COOK SERVES

10 min 35 min 6

INGREDIENTS

1 cup dried green or brown lentils,
rinsed

1 onion, diced

2 carrots, diced

2 celery stalks, diced

2 garlic cloves, minced

1 can (14 oz) diced tomatoes

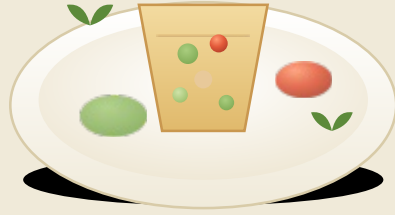
6 cups low-sodium vegetable broth

1 tsp cumin, 1 bay leaf

METHOD

- 1 In a large pot, saute onion, carrots, celery, and garlic until softened, about 5 minutes.
- 2 Add lentils, tomatoes, broth, cumin, and bay leaf.
- 3 Bring to a boil, then reduce heat and simmer, covered, for 30 minutes until lentils are tender.
- 4 Remove bay leaf and season with salt and pepper before serving.

WHY IT'S HEART-SMART Lentils provide plant protein and soluble fiber with virtually no saturated fat.



LUNCH

Mediterranean Hummus Wrap

A quick, portable wrap loaded with vegetables and creamy hummus in place of high-fat spreads.

PREP COOK SERVES

10 min 0 min 2

INGREDIENTS

2 whole-wheat tortillas

1/2 cup hummus

1/2 cup shredded carrots

1/2 cucumber, sliced thin

1/4 cup diced red onion

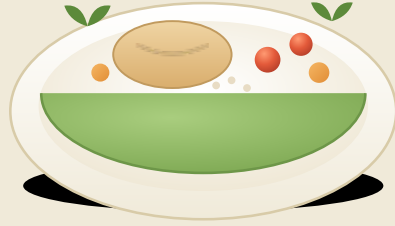
1 cup baby spinach

2 tbsp crumbled low-fat feta (optional)

METHOD

- 1 Spread hummus evenly over each tortilla.
- 2 Layer spinach, carrots, cucumber, and red onion down the center.
- 3 Sprinkle with feta if using.
- 4 Roll tightly, slice in half, and serve.

WHY IT'S HEART-SMART Hummus made from chickpeas and olive oil is a heart-smart alternative to butter or mayo-based spreads.



LUNCH

Grilled Chicken & Vegetable Salad

Lean grilled chicken breast over crisp greens, offering protein without excess saturated fat.

PREP COOK SERVES

10 min 15 min 2

INGREDIENTS

2 boneless, skinless chicken breasts

6 cups mixed salad greens

1/2 cup cherry tomatoes, halved

1/2 cup shredded carrots

1/4 cup sliced almonds

2 tbsp olive oil

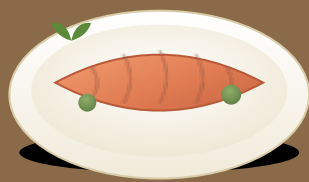
1 tbsp balsamic vinegar

Salt and pepper, to taste

METHOD

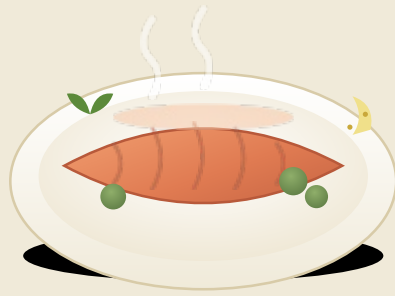
- 1 Season chicken breasts with salt and pepper; grill or pan-sear 6-7 minutes per side until cooked through.
- 2 Let chicken rest 5 minutes, then slice.
- 3 Toss greens, tomatoes, carrots, and almonds in a large bowl.
- 4 Whisk olive oil and balsamic vinegar; drizzle over salad and top with sliced chicken.

WHY IT'S HEART-SMART Choosing skinless chicken breast removes much of the saturated fat found in the skin.



DINNER

Low-Cholesterol Recipes



DINNER

Baked Salmon with Steamed Broccoli

Omega-3-rich salmon paired with steamed broccoli — a classic heart-healthy dinner.

PREP COOK SERVES

10 min 20 min 2

INGREDIENTS

2 salmon fillets (about 5 oz each)

1 tbsp olive oil

1 lemon, sliced

2 garlic cloves, minced

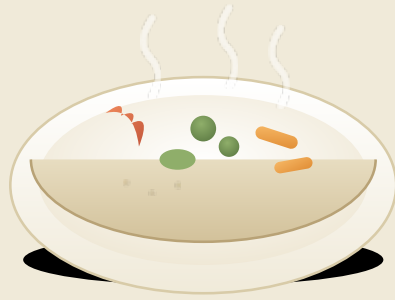
3 cups broccoli florets

Fresh dill, salt, and pepper

METHOD

- 1 Preheat oven to 400°F (200°C). Place salmon on a lined baking sheet.
- 2 Brush with olive oil, top with garlic, lemon slices, and dill; season with salt and pepper.
- 3 Bake for 15-18 minutes until salmon flakes easily.
- 4 Meanwhile, steam broccoli for 5-6 minutes until tender-crisp. Serve alongside the salmon.

WHY IT'S HEART-SMART Omega-3 fatty acids in salmon can help raise HDL ('good') cholesterol and lower triglycerides.



DINNER

Vegetable Stir-Fry with Brown Rice

A colorful, quick stir-fry using a small amount of oil and a savory garlic-ginger sauce.

PREP COOK SERVES

15 min15 min 3

INGREDIENTS

1 cup brown rice, uncooked

2 cups broccoli florets

1 red bell pepper, sliced

1 carrot, julienned

1 cup snap peas

2 tbsp low-sodium soy sauce

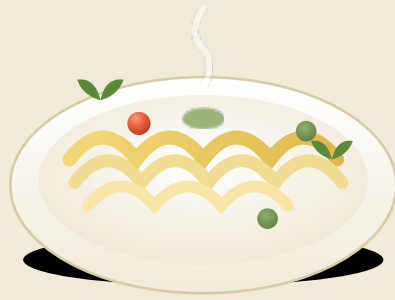
1 tbsp sesame oil

1 tbsp fresh ginger and garlic, minced

METHOD

- 1 Cook brown rice according to package directions.
- 2 Heat sesame oil in a wok over high heat; add ginger and garlic and stir for 30 seconds.
- 3 Add vegetables and stir-fry for 5-7 minutes until crisp-tender.
- 4 Stir in soy sauce and cook for 1 more minute. Serve over brown rice.

WHY IT'S HEART-SMART Brown rice's fiber, combined with minimal added fat, supports healthy cholesterol levels.



DINNER

Whole Wheat Pasta Primavera

A vegetable-forward pasta dish tossed in olive oil and herbs instead of a cream sauce.

PREP COOK SERVES

10 min 20 min 4

INGREDIENTS

8 oz whole wheat pasta

1 zucchini, sliced

1 cup cherry tomatoes, halved

1 cup asparagus, chopped

3 tbsp olive oil

2 garlic cloves, minced

1/4 cup grated Parmesan (optional,
small amount)

Fresh basil, salt, and pepper

METHOD

- 1 Cook pasta according to package directions; reserve 1/2 cup pasta water.
- 2 In a large skillet, heat olive oil and saute garlic, zucchini, and asparagus for 4-5 minutes.
- 3 Add cherry tomatoes and cook 2 more minutes until slightly softened.
- 4 Toss in cooked pasta with a splash of pasta water; season with salt, pepper, and basil. Top with a little Parmesan if desired.

WHY IT'S HEART-SMART Whole wheat pasta provides more fiber than refined pasta, supporting healthy cholesterol levels.



DINNER

Baked Cod with Roasted Vegetables

Flaky, lean white fish roasted alongside colorful vegetables for a simple, satisfying dinner.

PREP COOK SERVES

10 min 25 min 2

INGREDIENTS

2 cod fillets (about 6 oz each)

2 cups mixed vegetables (zucchini, bell pepper, red onion)

2 tbsp olive oil

1 tsp paprika

1 lemon, juiced

Salt and pepper, to taste

Fresh parsley, chopped

METHOD

- 1 Preheat oven to 400°F (200°C). Toss vegetables with 1 tbsp olive oil, salt, and pepper on a baking sheet.
- 2 Roast vegetables for 10 minutes.
- 3 Push vegetables aside, add cod fillets, drizzle with remaining oil, paprika, and lemon juice.
- 4 Roast for another 12-15 minutes until cod is opaque and flakes easily. Garnish with parsley.

WHY IT'S HEART-SMART Lean white fish like cod is very low in saturated fat, making it a smart protein choice.

THE LIGHTER TABLE

A small collection of heart-healthy recipes. This book is for general educational purposes and is not medical advice — please consult a doctor or registered dietitian about any specific health condition or dietary needs.