

Heartburn-Friendly Recipes

Delicious and Easy-to-Make Recipes That Your Whole Family Will Love

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Disclaimer

David Smith's **Heartburn Friendly Recipes** is intended to provide actionable advice and general information about diet, nutrition, and healthy lifestyle habits. The information presented is the opinion of David Smith, and is not intended as a substitute for professional medical advice, diagnosis, or treatment. Before incorporating any new practice, medication, or dietary change to your lifestyle, please consult with your physician. The advice and comments of David Smith, are his own, and do not necessarily reflect the views of the creators, producers, participants, and distributors of this program.

Dear Reader,

Get ready to start eating delicious and healthy homemade meals again! Forget about the bland and unappetizing food that you were forced to eat because of your heartburn and acid reflux.

That's because I have carefully chosen the *best and most delicious* recipes I have come across during my years of research and personal experience as a heartburn and reflux sufferer. Now they are here in one place for you to enjoy and benefit.

Go ahead, turn to page 6 and learn how to make yummy Applesauce Oatmeal Muffins that will be gone as soon as you take them out of the oven!

If tomato-based products trigger your heartburn, you'll want to turn to **page 29** and learn the secret to preparing the perfect No Tomato Sauce Recipe.

Wish you could eat **grilled cheeseburgers** but are afraid that they are too fatty and will trigger your heartburn? Just use this mouthwatering low-fat alternative to ground beef to reduce your risk of heartburn and acid reflux – it's on page 35.

Keep reading and soon you will be well on your way to treating and curing your condition with these succulent and healthy heartburn-safe dishes.

All this and more awaits you in **Heartburn-Friendly Recipes**. I hope you'll enjoy it and benefit from all the tasty treats you will learn how to prepare quickly and easily in your own home.

It's a privilege to have you as one of our readers. I hope your life improves and your health and energy skyrocket after you prepare and savor the delectable meals in this guide.

Sincerely, Your Friend and Coach,

David Smith

David Smith

CEO & Founder – KD Natural Health Publishing

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Since I'm always looking to improve my heartburn-safe recipes, I'd be delighted to know what you thought of these recipes. Did you add or subtract anything? Did you prepare it differently? Do you have your own heartburn-friendly recipes? **Whatever it is, I'd LOVE to hear about it, just send me an email:**

David@KDNaturalHealth.com

Applesauce Oatmeal Muffins

Enjoy these applesauce oatmeal muffins fresh from the oven, or pack one in your kids' lunch boxes for a healthy snack. They are easy to prepare and taste great without being too sweet.

Experiment with the ingredients as you like. For instance, you can add black raspberries instead of raisins.

Cook Time: 18 minutes

Ingredients:

- 1 1/4 cups whole wheat flour
- 1 1/4 cups oats
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/2 tsp cinnamon
- 1 cup unsweetened applesauce
- 1/2 cup low-fat buttermilk
- 1/2 cup firmly packed brown sugar
- 2 tbsp canola oil
- 1 large egg, lightly beaten

- 1/2 cup raisins

Preparation:

1. Preheat oven to 400 degrees.
2. Line a 12 cup muffin tin with paper cases or spray with nonstick cooking spray.
3. In a large bowl combine the dry ingredients: flour, oats, baking powder, baking soda, salt and cinnamon.
4. In a medium bowl combine applesauce, buttermilk, sugar, oil and egg.
5. Make a well in the dry ingredients and add the applesauce mixture. Stir until just moist.
6. Fold in the raisins. Fill the muffin cups 2/3 full.
7. Bake for 16-18 minutes.

Nutritional information (per muffin):

Calories: 208

Calories from Fat: 37

Total Fat: 4.1g (sat 0.6g)

Cholesterol: 18mg

Sodium: 123mg

Carbohydrate: 37.4g

Fiber: 3.8g

Protein: 5.4g

Beef and Vegetable Stir-Fry

You can still enjoy beef even if you suffer from heartburn. While fat is sometimes a heartburn trigger, you can select leaner cuts of meat and very lean ground beef to cut down on the fat content.

This recipe uses only a small amount of vegetable oil, which cuts down on the heartburn risk from fried foods. You can adapt this recipe to suit your taste. For example, you can add more vegetables or replace them with your own favorites.

Prep Time: 20 minutes

Cook Time: 20 minutes

Ingredients:

- Nonstick cooking spray
- 2 teaspoons vegetable oil, divided
- 3 tablespoons reduced-sodium soy sauce
- 1/4 cup water
- 1 tablespoon brown sugar
- 1 tablespoon cornstarch
- 1 lb boneless, beef sirloin steak, cut across grain into 1/8" strips
- 1/2 cup diagonally sliced celery
- 1 cup diagonally sliced carrots
- 3 cups small broccoli florets
- 1 1/2 cups long-grain white rice, cooked according to directions

Preparation:

1. In a mixing bowl combine soy sauce, water, brown sugar, and cornstarch. Set aside.

2. Spray a large skillet with nonstick vegetable spray and then add 2 teaspoons vegetable oil, heating over a medium heat.
3. When skillet is hot, add the beef strips, and stir-fry for 3 to 4 minutes, or until the beef is thoroughly cooked.
4. Remove beef strips from the skillet and set aside.
5. Add celery, carrots, and broccoli florets to skillet and stir-fry for 4 to 5 minutes.
6. Add approximately 1 tablespoon of water, cover skillet, and cook vegetables until they are tender.
7. Add soy sauce and water mixture to skillet
8. Stir constantly until sauce thickens.
9. Add beef strips back to the skillet.
10. Simmer until heated through.
11. Serve over rice.

Serves 4

Baked Salmon

Seafood is the ideal food for heartburn sufferers because it is low in “bad” saturated fats, which makes it easier to digest than meats. Many fish also contain the “good” omega fats that are heart-friendly.

This baked salmon dish contains heartburn-safe ingredients such as ginger, couscous, and mushrooms. It also contains enough protein and carbohydrates to give you the energy you need without snacking on unhealthy treats and junk food.

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients:

- 4 tsp reduced-sodium soy sauce
- 1 tsp brown sugar
- 2 tsp fresh grated ginger
- Four 6 oz salmon fillets
- Nonstick vegetable cooking spray

- 2 cups water
- 2 tsp chicken bouillon granules
- 1 cup mushrooms, sliced thin
- 1 cup dry couscous

Preparation:

1. Preheat the oven to 450 degrees Fahrenheit.
2. In a small bowl mix together the soy sauce, brown sugar, and ginger.
3. Spray the vegetable spray on a shallow baking dish, then arrange the fillets in it.
4. Drizzle the soy sauce mixture evenly over the salmon.
5. Cover and bake for 10 to 12 minutes, or until the salmon flakes easily with a fork.
6. As the salmon is baking, combine water, chicken bouillon granules, and mushrooms in a saucepan, and bring to a boil.
7. Cover the saucepan and cook for 3 minutes, or until the mushrooms are tender.
8. Stir in the dry couscous.
9. Remove the saucepan from the heat, cover, and let stand 5 minutes.
10. Serve the contents over the salmon once it's done.

Serves 4

Nutritional information (per serving):

- Calories: 389
- Fat: 6 grams
- Sodium: 278 mg
- Carbohydrates: 44 grams
- Protein: 42 grams

Chicken and Mushroom Stroganoff

Chicken is a safe meal for most heartburn sufferers, but it can become tiresome if eaten too often. This recipe adds some variety to the typical chicken dish to give it a great new taste.

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients:

- Nonstick vegetable cooking spray
- 1 tablespoon vegetable oil, divided into 1/2 tablespoon servings
- 1 1/2 lb boneless, skinned chicken breasts
- 3 cups sliced mushrooms
- 1 cup low-fat sour cream
- 1/4 teaspoon salt
- 8 oz linguine noodles, cooked without salt or fat

Preparation:

1. Cut chicken breasts into 1/2" strips.
2. Spray a large skillet with the nonstick cooking spray, then add 1/2 tablespoon vegetable oil.
3. Heat oil until hot over a medium-high heat.
4. Add chicken breast strips and cook, stirring occasionally, for 4-5 minutes, or until it is no longer pink
5. Remove chicken and set aside
6. Adding the remaining 1/2 vegetable oil and mushrooms to the same skillet.
7. Sauté mushrooms for 3-4 minutes.
8. Add low-fat sour cream and salt to the skillet.
9. Stir and heat thoroughly.
10. Add chicken to the mushroom mixture
11. Serve over linguine noodles

Serves 4

Healthier Banana Bread

This recipe puts your leftover ripe bananas to good use to make a delicious and healthy dessert treat. Unlike the usual banana bread recipes, this version uses unsaturated fat of canola oil instead of the saturated fat of butter or shortening. It also replaces some of the flour with whole wheat flour, and cuts the sugar content in half.

You can add more milk if the batter is too stiff. Some people have used yogurt instead of buttermilk and say it tastes great. The bread has a soft and moist texture and you can toast it to bring out more sweetness.

Prep Time: 15 minutes

Cook Time: 1 hour

Ingredients:

- 1 cup whole wheat flour
- 1 cup all-purpose flour
- 3/4 tsp baking soda

- 1/4 tsp salt
- 1/2 cup firmly-packed light brown sugar
- 1/4 cup canola oil
- 1 large egg, lightly beaten
- 1/2 cup low-fat buttermilk
- 1 tsp vanilla extract
- 3 medium-sized ripe bananas, mashed

Preparation:

1. Preheat oven to 350 degrees. Coat an 8 1/2 inch x 4 1/2 inch loaf pan with nonstick cooking spray.
2. Whisk flour, baking soda and salt together in a large bowl. Stir in brown sugar.
3. In a medium bowl, combine oil, egg, buttermilk and vanilla extract. Add these ingredients to the dry ingredients. Stir in mashed bananas.
4. Pour batter into the loaf pan and bake in the oven for 50-60 minutes, until a toothpick placed in the center comes out clean.

Yield: 12 slices

Per slice: Calories 190, Calories from Fat 50, Total Fat 5.3g (sat 0.5g), Cholesterol 17mg, Sodium 148mg, Carbohydrate 31.8g, Fiber 2.2.g, Protein 3.6g

Chicken & Mozzarella Roll-Ups

This recipe is perfect for the whole family. It will satisfy most any heartburn sufferer as it is quite plain tasting and uses low fat cheese and skinless chicken.

If your reflux can tolerate it, jazz up the rice with some chopped veggies or the chicken with a little Worcester sauce.

Prep Time: 15 minutes

Cook Time: 35 minutes

Ingredients:

- 4 skinless, boneless chicken breast, pounded flat
- Dash of salt
- 1 cup shredded, low-fat mozzarella cheese
- Nonstick vegetable cooking spray
- 2 tsp vegetable oil
- 1 tsp chopped fresh parsley
- ¼ cup long-grain white rice, cooked without salt or fat (prepared according to package instructions)

Preparation:

1. Preheat oven to 350°.
2. Place chicken breasts between plastic wrap and pound flat, until they are about ½" thick.
3. Place chicken breasts on a platter and evenly sprinkle with salt.
4. Spread mozzarella cheese evenly over chicken breasts.
5. Roll the breasts, and seal the edges with toothpicks.
6. Spray a skillet with nonstick vegetable cooking spray, add vegetable oil, and place over medium-high heat.

7. Add chicken rolls and cook 2 minutes on each side until browned.
8. Place chicken rolls in a small baking dish sprayed with nonstick vegetable cooking spray.
9. Top rolls with parsley.
10. Cover and bake for 30 minutes.
11. Serve over hot cooked rice.

Serves 4

Each serving includes:

- Fat: 7 grams
- Protein: 39 grams
- Carbohydrates: 40 grams
- Total calories: 350

Spinach and Pear Salad

Here's a tasty fall salad that includes wonderfully fragrant ripe pears. Probably the hardest thing about making this salad is to keep yourself from eating the pears ahead of time. Add some slivered red onions or a half cup of sliced mushrooms if you wish.

Ingredients:

- 1 10 ounce package baby spinach
- 3 ripe Bartlett pears, peeled, cored and sliced
- 1/2 cup raisins or dried cranberries
- 1/4 cup chopped walnuts
- 2 tsp extra-virgin olive oil
- 3 tbsp white wine vinegar
- 1 tbsp lemon juice
- Pinch of salt (optional)

Preparation:

Wash and dry spinach and place in large bowl with pear slices. Sprinkle raisins and walnuts on top. Whisk oil, vinegar, lemon and salt and drizzle over salad.

Serves 4-6

Per Serving: Calories 164, Calories from Fat 46, Total Fat 5.2g (sat 0.5g), Cholesterol 0mg, Sodium 39mg, Carbohydrate 26.6g, Fiber 3.8g, Protein 2.8

Sweet Potato Casserole with Marshmallows

Try this classic Thanksgiving side dish that will surely please the kids at the table.

You can make this sweet potato casserole ahead of time. Just bake the sweet potatoes without the marshmallows, cool, wrap tightly and refrigerate.

Just before serving, heat in a 350 degree-oven for about 15 minutes, then add the marshmallows and bake 5-10 minutes longer.

Ingredients:

- 5 large sweet potatoes (4-5 lbs.)
- 1/4 cup butter
- 1/2 cup firmly-packed brown sugar
- 2 large eggs
- 2/3 cup evaporated milk
- 2 Tbsp. orange juice
- 1/2 tsp. cinnamon
- 1/4 tsp. nutmeg
- 1 10.5 oz. package miniature marshmallows

Preparation:

1. Preheat oven to 350 degrees F. Spray a 1-1/2 to 2-quart baking dish with cooking spray.
2. Wash and prick potatoes with a fork several times. Place on a baking sheet and bake 1 hour. Alternatively, place on a paper towel in the microwave, and heat on high 6-12 minutes until soft.
3. Let potatoes cool. Peel and place sweet potato pulp in a food processor so the stringy parts get smoothly mixed in.
4. Add remaining ingredients except marshmallows. Puree until smooth. Pour into prepared pan.
5. Bake 30 minutes. Remove from oven. Spread marshmallows over top of casserole. Bake another 5-10 minutes on the top rack, until the marshmallows brown.

Lentil and Vegetable Barley Soup

This heartburn-friendly vegetarian recipe is quite delicious and digests really well, which will soothe the stomach of acid reflux sufferers. Feel free to increase or cut down on the measurements if you like some ingredients more than others.

Prep Time: 15 minutes

Cook Time: 60 minutes

Ingredients:

- 1 tbsp olive oil
- 1 cup chopped celery
- 1 cup chopped carrots
- 2 cups sliced mushrooms
- 8 cups water
- 1 cup dry lentils
- 1/4 cup dry pearl barley
- 1/2 tsp cumin
- 1/4 cup fresh chopped parsley
- 2 tsp Worcestershire sauce

- 3/4 tsp salt
- 1/2 cup (2 oz) feta cheese

Preparation:

1. In a large saucepan, over medium-high heat, add olive oil
2. Sauté for 1 minute
3. Add celery, carrots, and mushrooms
4. Sauté for 2 minutes
5. Add water, lentils, barley, cumin, parsley, and Worcestershire sauce
6. Bring to a boil then reduce heat to a simmer
7. Cook the soup for 40 minutes to an hour or until the lentils are softened and the soup is thick. Add more water if the soup gets too thick before lentils are soft
8. Season with salt and serve with crumbled feta cheese on top

Makes 4 servings.

No Tomato Sauce Lasagna

Enjoy lasagna again with this no tomato sauce recipe. If tomato-based products trigger your heartburn, this will be the perfect substitute. There's enough here for a second serving or for a family get-together.

Cook Time: 35 minutes

Total Time: 35 minutes

Ingredients:

- 12 ounces very lean ground beef
- 1/2 cup beef broth
- 12 ounces wide lasagna noodles
- 2 cups low-fat alfredo sauce
- 1 1/2 cups grated skim mozzarella cheese

Preparation:

1. Preheat oven to 375 degrees.

2. Cook noodles in a large pot of boiling water until just tender. Drain Well.
3. While noodles are cooking, brown the ground beef in a nonstick frying pan coated with nonstick cooking spray.
4. In a large bowl, add browned beef and broth. Toss together.

ASSEMBLING THE LASAGNA:

1. Spread 1 cup of the alfredo sauce on the bottom of 9x13 inch baking pan.
2. Add 3 strips of lasagna noodles.
3. Spread half the beef mixture on top.
4. Lay 3 strips of lasagna noodles.
5. Spread the remaining beef mixture on top.
6. Add 3 strips of lasagna noodles.
7. Spread the very top with remaining white sauce.
8. Sprinkle with grated mozzarella cheese.
9. Bake for 25-35 minutes.

Serves 10

Baked Pork Chops with Oregano

If the usual pork recipes give you heartburn, this recipe will give you variety and taste without the burn. This flavorful meal is tasty without being spicy. Customize it to your taste by adding extra ingredients of your choice.

Cook Time: 2 hours

Total Time: 2 hours

Ingredients:

- 8 large pork chops or steaks, with bones
- 1 teaspoon salt
- 1/2 cup apple cider or juice
- 2 teaspoons dried oregano
- 3 bay leaves
- 1 cup chicken broth
- Fresh chopped parsley as garnish

Preparation:

1. Place pork chops into a glass baking dish and sprinkle on salt.
2. Drizzle apple cider over the chops.
3. Sprinkle on oregano.
4. Place bay leaves between a couple of the chops.
5. Cover dish with plastic wrap and place in refrigerator for at least 4 hours.
6. Preheat oven to 325 degrees F.
7. Heat a nonstick skillet over high heat.
8. Remove the pork chops from the marinade and brown lightly on both sides, then replace chops into the baking dish with the marinade.
9. Pour in chicken broth, cover baking dish with foil, and bake for 2 hours or until the meat is very tender.
10. Garnish with parsley and serve.

Serves 6

Broiled Chicken Kabobs with Vegetables

Now you can make a quick version to the traditional kabobs, without the heartburn that can occur with the usual kabob recipe. Great for camping and cooking over the fire.

Prep Time: 20 minutes

Cook Time: 15 minutes

Ingredients:

- 1 tbsp olive oil
- 1 tsp oregano
- 1 tsp basil
- 1/2 tsp rosemary
- 1 1/2 lb boneless skinned, chicken breast, cut into 1" pieces
- Nonstick vegetable cooking spray
- 4 cups zucchini cut into 1" pieces
- 3 cups button mushrooms, stems removed
- 8, 10" wooden skewers, soaked in water for 20 minutes

- 1 cup long-grain brown rice, cooked according to directions without salt or fat

Preparation:

1. In a medium-size bowl combine olive oil, oregano, basil, rosemary and parsley.
2. Add chicken pieces to bowl and mix well.
3. Let sit for 5 minutes.
4. Spray a broiler pan with nonstick vegetable spray.
5. Stir zucchini pieces and mushrooms into the bowl of chicken mixture and stir to blend.
6. Thread chicken, mushrooms and zucchini pieces, alternating them, on all 8 skewers.
7. Place kabobs on broiler pan
8. Broil 5 minutes on each side, turning once.
9. Serve with hot brown rice.

Makes 4 servings.

Mushroom and Cheese Turkey Burgers

Wish you could eat grilled cheeseburgers but are afraid that they are too fatty and will trigger your heartburn? Just use this low-fat alternative to ground beef to reduce your risk of heartburn and acid reflux.

Prep Time: 15 minutes

Cook Time: 15 minutes

Ingredients:

- 1 pound ground turkey
- 8 ounces finely chopped fresh mushrooms
- 2 tbsp soy sauce
- ½ tsp salt
- ¼ tsp black pepper
- ¼ cup low-fat cheese, crumbled

Preparation:

1. Preheat charcoal or oven grill for high heat
2. In a large bowl, mix together the ground turkey, mushrooms and soy sauce
3. Add salt and pepper
4. Form meat mixture into 4 burger patties
5. Place patties on the grill, and cook for approximately 6 minutes per side, or longer if you want them well done
6. Top the burgers with the blue cheese during the last few minutes of cook time

Serves 4

Nutritional information (per serving):

- Calories: 259
- Fat: 12 grams
- Sodium: 901 mg
- Protein: 27 grams

Chicken Wraps with Rice

Never again suffer from heartburn after eating the usual chicken wraps. This recipe replaces the rich sauces with fat-free or low-fat cheese and are baked instead of fried to prevent heartburn and reflux.

Prep Time: 15 minutes

Cook Time: 35 minutes

Ingredients:

- 4 boneless, skinless chicken breasts
- Dash of salt
- 1 cup shredded fat-free or low-fat mozzarella cheese
- Nonstick vegetable cooking spray
- 2 teaspoons vegetable oil
- 1 cup mushrooms
- 4 teaspoons chopped fresh parsley
- 1 cup long-grain white rice, cooked according to instructions on package, cooked without fat or salt

Preparation:

1. Preheat oven to 350 degrees.
2. Pound chicken breasts flat, approximately 1/2" thick.
3. Place chicken on a plate and evenly sprinkle with salt.
4. Spread mozzarella cheese evenly on chicken.
5. Roll up chicken to make a wrap, and seal edges with toothpicks.
6. Spray a skillet with nonstick vegetable cooking spray, place over medium-high heat, and add vegetable oil.
7. Add chicken wraps, and cook 2 to 4 minutes on each side until browned.
8. Place chicken wraps to a small baking dish that has been sprayed with nonstick vegetable cooking spray
9. Top with mushrooms and parsley.
10. Cover and bake for 30 minutes.
11. Serve over hot cooked rice.

Serves 4

Oven Steak Fries

Fried foods, such as French Fries, can trigger heartburn. Try this alternative to French Fries that are still golden brown and crispy.

They are softer inside than pan fried fries yet nice and crispy on the outside. Your family will love it and will want oven steak fries every time!

Cook Time: 40 minutes

Ingredients:

- 2 pounds Idaho or russet potatoes, cut into 1/2-inch by 5-inch sticks
- 1/4 cup vegetable oil
- 1 tablespoon dried parsley flakes
- 1/2 teaspoon dried oregano
- 1 teaspoon paprika
- Nonstick cooking spray

Preparation:

1. Preheat oven to 425 degrees F.
2. Spray a baking or cookie sheet with the nonstick cooking spray.
3. Place potatoes in a large bowl.
4. Add oil, parsley flakes, oregano and paprika, and toss potatoes until thoroughly coated.
5. Arrange potatoes in a single layer on the prepared baking / cookie sheet.
6. Bake for 30-40, turning the potatoes over once approximately halfway through baking time, until golden brown and thoroughly cooked. Serve hot.

Serves 8

Buttermilk Oven-Fried Chicken

This recipe will give you much of the taste of fried chicken without all the ingredients that can cause acid reflux.

Cook Time: 20 minutes

Ingredients:

- 6 large boneless, skinless chicken breasts
- 2 cups buttermilk
- 4 tablespoons butter, melted
- 1/2 cup flour
- 1/2 cup cornmeal
- 1 teaspoon salt

Preparation:

1. Place chicken in a large bowl and add milk.
2. Cover bowl with plastic wrap and chill for 30 minutes.
3. Preheat oven to 400 degrees F.

4. Spray a 9 x 13-inch baking dish with nonstick cooking spray.
5. In a large zipper-style plastic bag, mix together flour, cornmeal, and salt.
6. Place one milk-coated piece of chicken breast into the flour mixture, and shake well to coat chicken.
7. Place the coated chicken into the prepared baking dish.
8. Repeat steps 5 and 6 with the remaining chicken breasts.
9. Drizzle half of the melted butter over the chicken breasts.
10. Bake the chicken 10 minutes, turn pieces over, and drizzle the rest of the melted butter over the chicken breasts.
11. Bake the chicken an additional 10 minutes or until cooked thoroughly. Don't overcook.

Makes 6 servings

Tuna Noodle Casserole

Tuna Noodle Casserole is easy to make, is a delicious dish, and is heartburn-friendly.

Prep Time: 15 minutes

Ingredients:

- 8 oz elbow macaroni, uncooked
- 1 can (6 oz) water-packed tuna, drained
- 1 cup sliced celery
- 1 can (10 3/4 oz) reduced-fat cream of celery soup, undiluted
- 1/2 cup skim or 1% milk
- 1 cup shredded, reduced-fat sharp cheddar cheese
- 1/2 cup low-fat mayonnaise

Preparation:

1. Cook macaroni according to package directions. Drain. Rinse with cold water and drain again.

2. In a mixing bowl, combine cooked macaroni, tuna, and celery. Mix well, and then set aside.
3. In a small saucepan over medium heat, combine soup and milk and heat until smooth.
4. Add cheese and continue to heat until the cheese is melted.
5. Remove soup from heat.
6. Add mayonnaise to soup and stir until well blended.
7. Pour soup over macaroni mixture. Mix well.
8. Spray a 1 1/2 quart casserole dish with non-stick spray.
9. Pour macaroni and soup mixture into casserole dish.
10. Bake at 350 degrees, uncovered, for 30 minutes.

Serves 6

Swedish Meatballs

Most Swedish meatball recipes usually contain fatty beef and lots of sour cream. This recipe is heartburn-safe because turkey is substituted for the beef and fat-free sour cream is used.

The first part of the ingredients is for the **meatballs (mb)** and the second part of the ingredients is for the **sauce (sa)**.

Ingredients:

- (mb) 1 cup plain bread crumbs
- (mb) 2 egg whites
- (mb) 1/4 teaspoon grated nutmeg
- (mb) 1/2 ground allspice
- (mb) 1 teaspoon salt
- (mb) 2 pounds chilled ground turkey breast meat

- (sa) 2 tablespoons olive oil
- (sa) 3 tablespoons cornstarch
- (sa) 1/2 cup water
- (sa) 3 cups beef broth
- (sa) 1 tablespoon Worcestershire sauce
- (sa) 1 tablespoon fat-free sour cream
- (sa) Pinch of salt

Preparation:

1. Preheat oven to 350 degrees F.
2. To make meatballs, combine bread crumbs, egg whites, nutmeg, allspice, salt, and turkey in a large bowl. Mix with your hands.
3. With wet hands, form turkey mixture into 1-inch balls.
4. Chill turkey balls in refrigerator until ready to use.
5. Pour olive oil in a large nonstick skillet and heat over a medium-high heat until hot.
6. Place turkey balls into the skillet and brown until browned on all sides.
7. Place turkey balls into a 9 x 13-inch baking dish, and cover with foil.
8. Bake for 20 minutes.
9. As turkey balls are baking, prepare sauce. In a small bowl combine constarch and water, stirring until smooth. Set aside.
10. Combine Worcestershire and beef broth in a large saucepan and bring to a boil over medium-high heat.
11. Whisk in the cornstarch mixture and continue whisking until the mixture begins to thicken.
12. Remove mixture from heat and gently whisk in sour cream.
13. Pour this mixture over the turkey balls and stir well.

14. Serve warm.

Serves 6

Baked Chicken and Rice

A creamy mushroom sauce cloaks tender baked chicken breasts in this easily prepared entree.

Prep Time: 15 minutes

Cook Time: 1 hour, 15 minutes

Ingredients:

- 4 skinless, boneless chicken breasts
- 2-10.75 ounce cans condensed cream of mushroom soup
- 2 1/2 cups milk

- 1 1/2 cups uncooked white rice
- 2-4.5 ounce cans sliced mushrooms

Preparation:

1. Preheat oven to 350 F
2. In a mixing bowl, mix together mushroom soup with milk and stir until well blended
3. Take 1 cup of soup and milk mixture and set aside
4. Using the remainder of the soup mixture, add rice and mushrooms
5. Pour rice and soup mixture into a 9x13 inch baking dish
6. Place chicken breasts on top of mixture
7. Pour the set aside soup mixture over the chicken
8. Cover baking dish with aluminum foil and bake for 1 hour
9. Remove foil and bake for an additional 15 minutes

Serves 4

Grilled Marinated Flank Steak

This recipe is easy to make and won't trigger heartburn because it's grilled and not fried. The meat turns out tender so it preserves the flavor of the marinade.

Cook Time: 10 minutes

Total Time: 10 minutes

Ingredients:

- 3-4 pounds of flank steak
- 1/4 cup olive oil
- 1/2 cup soy sauce
- 2 tablespoons brown sugar

Preparation:

1. Place flank steak into a large dish.
2. Combine olive oil, soy sauce and brown sugar in a medium bowl and blend well.

3. Pour mixture over the steak, turning the meat until it is well coated.
4. Cover dish with plastic wrap and place in the refrigerator for at least 2 hours. Turn meat occasionally during this time.
5. Heat the grill to medium-high.
6. Remove the steak from the marinade and grill for approximately 10 minutes on each side for medium-rare. Grill longer for more well-done steak.

Makes 8 servings

Chicken Pot Pie

This tasty chicken pot pie is made from scratch with heartburn-friendly ingredients, including skinless chicken breasts and skim milk.

Prep Time: 15 minutes

Cook Time: 40 minutes

Ingredients:

- 1 lb boneless, skinless chicken breasts (some people use chicken thighs instead)
- ½ tsp salt
- 1 tbsp olive or vegetable oil
- 1 cup frozen carrots, thawed and drained
- 1 cup frozen peas, thawed and drained
- 1 can (14 oz) cream-style corn (or cream of chicken soup if you prefer)
- ¾ cup skim milk, divided into ¼ cup and ½ cup portions
- 1 cup biscuit mix

Preparation:

1. Preheat oven to 400 degrees F
2. Cut chicken breasts into 1" cubes and season with salt
3. Heat vegetable oil in a skillet over medium-high heat
4. Add chicken and cook for 8 minutes, stirring occasionally, or until browned
5. Place chicken into a 3-quart baking dish, and add carrots, peas, corn and 1/4 cup milk
6. Cover and bake for 25 minutes
7. In a mixing bowl combine the biscuit mix and 1/2 cup milk. Stir until a soft dough forms
8. Remove baking dish from oven and uncover
9. Spoon dough onto chicken and vegetables with a tablespoon
10. Bake for 10 minutes, or until the biscuits are golden brown

Serves 4

Pasta and Ham

Your family will love this light but filling dish. The pasta is prepared with low sodium chicken broth and low sodium. Add the lean ham and you have a hearty main dish that's also heartburn-friendly.

Cook Time: 20 minutes

Ingredients:

- 12 ounces pasta (any type), uncooked
- 2 tablespoons olive oil
- 1 14.5 ounce can reduced-sodium chicken broth
- 3/4 teaspoon dried basil, crumbled (or 1 tablespoon fresh)
- 4 ounces lean, low-sodium boiled ham, thinly sliced and cut into 1/2 inch strips
- Grated Parmesan cheese

Preparation:

1. Cook the pasta according to package directions.

2. Heat oil in a medium saucepan heat over medium heat.
3. Pour in the broth, then stir in the basil, and cook for 3 minutes, or until it just starts to boil.
4. Pour pasta into a large colander to drain. Return the pasta to the pan and pour in the broth.
5. Add ham to pasta and toss well to combine. Cook for about 2 minutes over medium-high heat, or until piping hot.
6. Grated Parmesan cheese can be added when pasta is served, if desired.

Serves 4

Pork Chops with Applesauce

This old-fashioned favorite fills you up but is also easy on the digestive system.

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients:

- 3/4 cup unsweetened applesauce
- 1/4 teaspoon ground ginger
- 1 tablespoon reduced-sodium soy sauce
- Nonstick vegetable cooking spray
- 1 tablespoon vegetable oil
- 4 6 oz lean boneless pork chops
- 1 cup long-grain white rice, cooked

Preparation:

1. In mixing bowl mix together the applesauce, ginger, and soy sauce. Set aside.

2. Spray nonstick cooking spray onto a large skillet.
3. Over medium heat, add vegetable oil.
4. When the oil is hot add the pork chops and brown on both sides for about 7-8 minutes.
5. Ladle applesauce mixture over the pork chops.
6. Cover, reduce heat, and simmer over a low heat for about 20 minutes, or until the pork chops are thoroughly cooked through, and are tender.
7. Serve with rice.

Serves 4

Oven-Fried Chicken

This surprisingly moist crispy chicken is the next best thing to fried chicken, without all the ingredients that can cause acid reflux.

Cook Time: 25 minutes

Total Time: 25 minutes

Ingredients:

- 4 skinless chicken breasts
- 1 cup low-fat milk
- 1 teaspoon vegetable oil
- 1 cup flour
- 2 teaspoons pepper
- 2 teaspoons salt
- Vegetable spray

Preparation:

1. Wash and dry chicken.

2. Place the chicken in a gallon-size storage bag, pour in milk, seal the bag and refrigerate for 30 minutes.
3. Preheat oven to 400 degrees.
4. Add vegetable oil to bottom of a 9x9 baking dish, spreading it until entire bottom has been coated.
5. Place the flour, pepper and salt in another gallon-size storage bag, seal, and shake until all ingredients are blended.
6. Remove chicken from first storage bag, drain, then place it one piece at a time into the bag filled with the seasoned flour. Shake to coat the chicken well.
7. Place the chicken in the prepared baking dish.
8. Coat the top of the chicken pieces with a generous coat of vegetable spray.
9. Bake in center of oven for 20 to 25 minutes, or until the chicken is browned on the outside and cooked throughout on the inside.

Serves 4

Beef Strips and Pasta

This flavorful recipe is simple and, more importantly, heartburn-friendly.

Prep Time: 20 minutes

Cook Time: 20 minutes

Ingredients:

- Nonstick vegetable cooking spray
- 1 tablespoon vegetable oil, divided
- 1 lb boneless beef sirloin steak, cut across the grain in 1/8" strips
- 3 cups sliced mushrooms
- 1 tablespoon water
- 1 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 cup Parmesan cheese
- 8 oz fettuccini pasta, cooked without salt or fat (some people serve it over noodles, instead)

Preparation:

1. Spray a large skillet with nonstick vegetable spray and then add 1/2 tablespoon vegetable oil, heating over a medium heat.
2. When oil is hot, add beef strips and cook for 3 to 4 minutes, or until beef is thoroughly cooked.
3. Remove beef from skillet and set aside.
4. Add mushrooms to skillet and cook for 2 minutes.
5. Add basil, oregano, and salt. Add beef strips back to the skillet.
6. Cover and simmer for a few minutes, until heated through.
7. Add Parmesan cheese and stir to mix well.
8. Serve beef mixture over hot fettuccini pasta.

Serves 4

Turkey Cutlets with Mushrooms

A low-fat dish that's also heartburn-friendly.

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients:

- 1 Tablespoon all-purpose flour
- 1 Tablespoon freshly grated Parmesan cheese
- 1/4 teaspoon salt
- 4 thin-sliced turkey cutlets
- 4 teaspoons olive oil
- 12 oz mushrooms, sliced
- 3 Tablespoons white grape juice
- 2 Tablespoons water

Preparation:

1. In a shallow bowl, combine flour, cheese and salt.
2. Place turkey into the flour mixture and coat thoroughly.

3. In a large nonstick skillet, heat 2 teaspoons of olive oil over medium-high heat.
4. Add cutlets and cook for 4 minutes and turn. Cook for an additional 4 minutes, or until cutlets are no longer pink and juices from meat are clear.
5. Place cutlets on a platter and set aside, keeping them warm.
6. Add remaining 2 teaspoons of olive oil to skillet.
7. Add mushrooms and cook for 2 minutes, stirring frequently.
8. Add grape juice and 2 Tablespoons water to mushrooms.
9. Cook for 3 minutes or until mushrooms are tender. You can add more water if the pan gets too dry.
10. Pour mushrooms over cutlets and serve.

Serves 4

Broiled Lamb Chops with Mushrooms

Lamb chops are a family favorite that is also easy on your digestive system.

Prep Time: 10 minutes

Cook Time: 12 minutes

Ingredients:

- 1 1/2 tablespoons vegetable oil
- 1/4 teaspoon salt
- 2 teaspoon ground ginger
- Nonstick vegetable cooking spray
- 3 cups sliced mushrooms
- 4-4 oz lamb chops, each 1" thick with visible fat trimmed
- 1 1/2 cups long-grain brown rice, cooked without salt or fat

Preparation:

1. In a mixing bowl combine the vegetable oil, salt, and ginger.

2. Spray a broiling rack with cooking spray, place rack in a pan, and place lamb chops on the rack
3. Brush the top side of the lamb chops with the oil mixture.
4. Broil for 5 minutes.
5. Turn lamb chops and place mushrooms around the chops.
6. Brush lamb chops with the remaining oil mixture.
7. Broil for 5 more minutes.
8. Serve immediately with cooked rice.

Serves 4

Sesame Chicken Kabobs

This scrumptious chicken recipe will keep your family coming back for more without the heartburn that you can get from the usual kabob recipe.

Cook Time: 10 minutes

Ingredients:

- 1 tablespoon sesame oil
- 2 tablespoons olive oil
- 3 tablespoons light soy sauce
- 2 tablespoons brown sugar
- 1/4 cup sesame seeds
- 1 pound boneless, skinless chicken breasts, cut into 1/2-inch chunks

Preparation:

1. In a medium bowl, use a whisk to blend together the sesame and olive oils, soy sauce, brown sugar, and sesame seeds.
2. Add the chicken to the mixture and marinate from 30 minutes to 2 hours in the refrigerator.
3. Preheat oven to 350 degrees F.
4. Make chicken kabobs by threading 2 to 3 chunks of chicken onto a round toothpick.
5. Place kabobs on a baking or cookie sheet.
6. Repeat steps 4 and 5 with the remaining chicken chunks. If there is any marinade remaining, discard it.
7. Bake for 8-10 minutes or until just cooked through.

Serves 4

Beef Loaf

If traditional meat loaf gives you heartburn, try this moderated beef loaf recipe. If you don't have a baster, try cooking it covered to keep the moisture in for about 45 minutes, then uncover it for another 30. It's also delicious with brown rice with mushrooms and steamed broccoli.

Cook Time: 2 hours

Ingredients:

- 1-1/2 pounds very lean ground beef
- 2 eggs
- 1-1/2 cups bread crumbs
- 2 tablespoons chopped parsley
- 1/2 teaspoon pepper
- 2 teaspoons salt

Preparation:

1. Preheat oven to 350 degrees F.

2. Combine ground beef and unbeaten eggs, bread crumbs, chopped parsley, pepper and salt. Thoroughly blend the mixture.
3. Place mixture in a bread pan.
4. Place in and bake for about two hours, basting every quarter of an hour with hot stock.
5. Cut into thin slices.