

The CardioVascular Institute's

# HUNGRY HEART COOKBOOK

CardioVascular  
Institute



Beth Israel Deaconess  
Medical Center



HARVARD MEDICAL SCHOOL  
TEACHING HOSPITAL

The CardioVascular Institute's

# HUNGRY HEART COOKBOOK

*By Liz Moore, RD, LDN*



Beth Israel Deaconess  
Medical Center



HARVARD MEDICAL SCHOOL  
TEACHING HOSPITAL

## About the CardioVascular Institute at Beth Israel Deaconess Medical Center

---

Our mission is to help you keep your heart and blood vessels healthy.

Beth Israel Deaconess Medical Center created the CardioVascular Institute to make it easy for our expert cardiac surgeons, vascular surgeons and cardiologists to work together to provide the finest cardiovascular care.

We encourage our patients—and everyone else—to avoid cardiovascular disease by living a healthy lifestyle. To this end, we help patients control risk factors, we publish our free Heartmail eletter and we sponsor the BIDMC Walking Club. Because diet is one of the key ingredients in a healthy lifestyle, we are delighted to present *The CardioVascular Institute's Hungry Heart Cookbook*.

We hope you never experience cardiovascular disease. If cardiac or vascular issues do arise, however, we invite you to consult with one of our Harvard Medical School faculty physicians. Through our network of Boston and community-based physicians, you can see a CardioVascular Institute specialist at a convenient location near you.

***We wish you good meals and good health.***

**More information:** [bidmc.org/cvi](http://bidmc.org/cvi)

**Heartmail subscriptions:** [bidmc.org/eletters](http://bidmc.org/eletters)

**Appointments:** 888-99-MYCVI



## Meet the Author: **Liz Moore, RD, LDN**

---

Elisabeth (Liz) Moore, RD, LDN, is the resident nutrition guru for Heartmail, the CardioVascular Institute's cardiovascular health eletter. She regularly contributes healthy diet tips and recipes.

Liz is a registered dietitian at Beth Israel Deaconess Medical Center (BIDMC). She provides medical nutrition therapy for patients with heart disease, diabetes, gastrointestinal disorders, food allergies, celiac disease, and other conditions.

Liz received her Bachelor of Science degree in human nutrition from the University of Massachusetts Amherst. She has been featured in Shape Magazine, Men's Health Magazine, TheBostonChannel.com and RedSox.com.

Originally from Albany, NY, Liz is fluent in Italian. Her interests include cooking, teaching cooking classes, reading, traveling, and spending time with her family. She and her husband live in Plymouth and are the parents of two young children.

## Dear Reader,

---

The two most enjoyable parts of my job as a dietitian at Beth Israel Deaconess Medical Center are helping people and talking about delicious foods. I hope you'll agree that this cookbook brings these pursuits together like the ingredients of a prize recipe.

In my work, I have found that many people struggle when trying to eat food that's good for their health. I assure you—as I assure them—that healthy food can be enjoyable. The CardioVascular Institute's Hungry Heart Cookbook ties in heart healthy recommendations like lower sodium and less saturated fat while including an appropriate portion of healthy fat. We incorporated fiber-rich foods and, at the same time, did not skimp on flavor.

I grew up in a Sicilian household. My love for cooking started in my Nonna's kitchen and continued with lessons from my Mom and Dad. Typical foods included lentils, eggplant, fish, homemade pasta sauce, and olives, to name a few. I was lucky to be exposed to Mediterranean foods so early in life. When I studied nutrition in college, I discovered that many are as heart healthy as they are delicious.

Many of the recipes in this book are composed with the Mediterranean theme in mind. Others have a New England flavor. I also emphasize ingredients that are grown in New England. Buying locally supports our farmers while providing your family with the nutritional benefits of fresh food.

I encourage you to give these recipes a try and I hope you enjoy them. Buon appetito!

Liz Moore, RD, LDN

# TABLE OF CONTENTS

## Appetizers

Tomato Basil Bruschetta	10
Roasted Vegetable Bruschetta	11
Red and Green Bell Pepper Bites*	12
Cream Cheese Phyllo Bites with Pepper Jelly*	14
Pineapple Zucchini Salsa	15

## Soups & Stews

Butternut Squash Soup	17
Kale and Bean Soup	18
Moroccan Stew	19
Slow Cooker Pumpkin Chili	20

## Salads

Quick and Easy Bean Salad	22
Beet and Blue Cheese Salad	23
Broccoli Salad	24
Bulgur and Lentil Salad	25
Warm Butternut Squash and Kale Salad	26
Colorful Citrus Salad	27
Tangy Coleslaw	28
Colorful Corn Salad	29
Colorful Lentil Salad	30
Fresh Potato Salad	31
Colorful Quinoa Salad	32

## Side Dishes

Balsamic Brussels Sprouts	34
Glazed Carrots	35
Mashed Potatoes and Cauliflower	36
Roasted Sweet Potato with Apple	37
Sweet Potatoes with Pecans	38
Quinoa with Sweet Potatoes and Beans	39
Brown Rice Pilaf	40

## Entrees, Vegetarian

Crustless Veggie Quiche	42
Swiss and Avocado Pita Sandwich	43
Stuffed Portobello Mushrooms	44
Quinoa Stuffed Peppers	45
Millet Stuffed Peppers	46
Walnut Pesto with Roasted Vegetables	48
Light and Cheesy Mac and Cheese	49
Pasta with Broccoli and Eggplant	50
Whole-Wheat Pasta Primavera	51
Creamy Pumpkin Pasta	52
Garlicky Whole-Wheat Pasta with Spinach	53

## Fish

Almond Crusted Haddock	55
Baked Salmon with Dill	56
Ginger Lemon Salmon Skewers	57
Salmon and Sautéed Kale	58
Mediterranean Salmon with Tomato and Capers	59
Tangy Tuna Steak	60

## Poultry

Grilled Chicken with Strawberry and Pineapple Salsa*	62
Lettuce Leaf Wraps	64
Holiday Turkey Breast	65
Turkey Meatloaf	66

## Desserts

Angel Food Cake and Fresh Strawberries	68
Microwave Baked Apple Slices*	69
Apple and Cherry Crumble*	70
Banana "Ice Cream"	71
Chocolate Crème Brûlée*	72
Cherry Chocolate Tiramisu*	74
Mint Chocolate Meringues	76
Cranberry Apple Crumble	77

Summer Fruit Kabobs	78
Toasted Hazelnuts and Dark Chocolate	79
Fresh Oranges with Pomegranate	80
Glazed and Grilled Peaches	81
Fall Baked Pears	82
Baked Pear Crumble	83
Pumpkin Cake	84
Rhubarb Medley	85
Strawberry and Ricotta Crunch	86
Festive Yogurt Parfait	87

### **Snacks**

Fruit and Nut Bars	89
Heart Smart Snack Bars	91
Carrot-Apple Muffins*	92
Spicy Kale Chips	93
Roasted Chickpeas	94
Pita Crisps*	95
Munchie Mix	96
New England Soy Trail Mix	97
Sweet & Savory Snack Mix	98
Nutty Smoothie	99
Cinnamon Steel Cut Oatmeal	100

### **Dips, Dressings and Condiments**

Cran-apple Chutney	102
Cranberry Apple Relish	103
Cranberry Fruit Dip*	104
Roasted Pepper Hummus	105
Citrus Vinaigrette	106
Herb Vinaigrette	107
Mustard Vinaigrette	108
Creamy Yogurt Dressing	109
Sweet and Tangy Marinade for Grilling	110

\* Recipes reprinted with permission from the American Heart Association



# APPETIZERS

# TOMATO BASIL BRUSCHETTA

SERVES 4



## INGREDIENTS:

2 cups tomatoes,  
chopped

½ cup roasted red  
peppers, chopped  
(if canned,  
rinse thoroughly)

2 Tbsp fresh basil,  
chopped

1 clove garlic, minced

½ red onion, diced

2 tsp olive oil

Whole-wheat  
baguette, cut into  
8 ½-inch thick slices

Salt and pepper  
to taste

## NUTRITION:

Total calories	125
Total fat	3g
Saturated fat	0.5g
Cholesterol	0mg
Sodium	150mg
Total carbohydrates	20g
Dietary fiber	3g
Sugars	6g
Protein	4g

## PREPARATION:

Combine all ingredients except for the bread. Add salt and pepper to taste. Toast bread under broiler and top with mixture.

# ROASTED VEGETABLE BRUSCHETTA

SERVES 6

## INGREDIENTS:

2 eggplants,  
sliced lengthwise  
about ½ inch thick

2 red onions,  
quartered

2 zucchini,  
sliced lengthwise  
about ½ inch thick

2 red bell peppers,  
cut in half

3 Tbsp olive oil

2 Tbsp fresh  
rosemary

½ tsp black pepper

1 loaf of whole  
grain baguette  
(about 12 slices,  
about ¾ inch thick)

## NUTRITION:

Total fat	6g
Saturated fat	1g
Cholesterol	0g
Sodium	150mg
Total carbohydrate	22g
Dietary Fiber	7g
Sugars	5g
Protein	5g

## PREPARATION:

Begin by grilling the bread: Preheat the grill to medium heat. Slice ¾ inch slices and use 1 tablespoon of olive oil and brush one side of each slice.

Place on the grill with the brushed side face down and grill for about a minute or two, or until slightly brown. Flip and grill the other side. Remove from heat and set aside.

To roast vegetables, brush with olive oil (it is not necessary to brush them with olive oil, but you can use additional oil if you choose) and grill until tender, on average 5 minutes.

Grill marks will likely appear. Once grilled, remove vegetables from heat, chop into small pieces and mix together with remaining 2 tablespoons of olive oil, pepper and rosemary.

Place on each slice of bread and serve.

# RED & GREEN BELL PEPPER BITES

SERVES 10

*This recipe is reprinted with permission from The New American Heart Association Cookbook, 7<sup>th</sup> Edition, Copyright © 2006.*

## INGREDIENTS:

- 1 medium green bell pepper
- 1 medium red bell pepper
- ¼ cup sliced almonds
- 4-oz fat-free or reduced-fat cream cheese, softened
- 1 tsp no-salt lemon pepper seasoning blend
- 1 tsp fresh lemon juice

## NUTRITION:

Total calories	39
Total fat	1.5g
Saturated fat	0.0g
Trans fat	0.0g
Polyunsaturated fat	0.5g
Monounsaturated fat	1.0g
Cholesterol	3mg
Sodium	71mg
Total carbohydrate	3g
Dietary fiber	1g
Sugars	2g
Protein	3g

#### **PREPARATION:**

Cut each bell pepper in half lengthwise; discard the stems, ribs and seeds. Cut each half into six pieces. Arrange the pieces with the skin side down on a decorative serving platter. Set aside.

In a medium skillet, dry-roast the almonds over medium heat for 3 to 4 minutes, or until golden brown, stirring occasionally. Transfer 1 tablespoon of the almonds to a small plate and reserve for garnishing. Process the remaining almonds in a food processor or blender for 15 to 20 seconds, or until finely ground.

In a medium mixing bowl, beat the cream cheese, lemon pepper seasoning blend, and lemon juice with an electric mixer for 1 to 2 minutes, or until creamy. Add the ground almonds and beat for 10 seconds, or until combined.

Spoon the mixture into a piping bag fitted with a wide star or round tip. Or snip the corner off a resealable plastic bag (*a plastic freezer bag works well*) and spoon in the mixture. Pipe about 1 teaspoon of the mixture onto each bell pepper piece. Garnish with the sliced almonds.

# CREAM CHEESE PHYLLO BITES WITH PEPPER JELLY

SERVES 5

*Recipe courtesy of the American Heart Association.*

## INGREDIENTS:

### Topping

- ¼ cup all-fruit strawberry or apricot spread
- 2 Tbsp minced red bell pepper
- 1 tsp grated peeled ginger-root or orange zest
- 1 tsp balsamic vinegar
- 1 or 2 dashes crushed red pepper flakes

### Filling

- 1 ½-oz fat-free cream cheese, softened
- 2 Tbsp fat-free sour cream
- ⅛ tsp salt

### Shells

- 15 frozen mini phyllo shells, thawed

## NUTRITION:

Total fat	6g
Saturated fat	1g
Trans fat	0.0g
Polyunsaturated fat	0.0 g
Monounsaturated fat	0.0 g
Cholesterol	0g
Sodium	150mg
Total carbohydrate	22g
Dietary fiber	7g
Sugars	5g
Protein	5g

## PREPARATION:

In a small saucepan, stir together the fruit spread and bell pepper. Cook over medium heat for several seconds so the fruit spread slightly melts, stirring frequently. Remove from the heat. Let cool completely, about 15 minutes. Stir in the ginger-root, vinegar, and red pepper flakes.

Meanwhile, in a small bowl, whisk together the filling ingredients until smooth. Cover with plastic wrap and refrigerate until needed.

To assemble, spoon about ½ teaspoon filling into each shell, gently spreading over the bottom. Top each with about 1 teaspoon fruit spread mixture, gently spreading over the filling. Cover with plastic wrap and refrigerate until needed, up to 4 hours.

# PINEAPPLE ZUCCHINI SALSA

SERVES 6

## NUTRITION:

Total calories	140
Total fat	0g
Saturated fat	0g
Cholesterol	0mg
Sodium	10mg
Total carbohydrates	28g
Dietary fiber	5g
Sugars	6g
Protein	9g

## PREPARATION:

Combine all ingredients in a bowl and mix well. Add pepper to taste. Serve with vegetables or tortilla chips.

## INGREDIENTS:

2 cups zucchini,  
diced

2 cups fresh or  
canned pineapple,  
drained and diced

1 cup white beans  
(drained if canned)

2 Tbsp fresh cilantro

1 Tbsp lime juice



# SOUPS & STEWES

# BUTTERNUT SQUASH SOUP

SERVES 6

## INGREDIENTS:

- 1 1-lb package frozen, cubed butternut squash
- 1 TBSP olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 2 carrots, diced
- 2 celery stalks, diced
- 1 tsp pepper
- 32-oz low sodium chicken broth

## NUTRITION:

Total calories	95
Total fat	2g
Saturated fat	0g
Cholesterol	0mg
Sodium	350mg
Total carbohydrate	15g
Dietary fiber	3g
Sugars	4g
Protein	3g

## PREPARATION:

In a pot cook oil, garlic, onion, carrot, celery and pepper over medium heat. Cook until ingredients are soft, approximately ten minutes.

Add squash and sauté for five minutes.

Add chicken broth. Simmer soup covered over medium high heat for ten minutes.

Turn off heat and let cool slightly before pureeing. Puree using an immersion blender, traditional blender or food processor.

Add soup back to pot and bring to a simmer for five more minutes and serve.

# KALE & BEAN SOUP

SERVES 8



## INGREDIENTS:

- 1 Tbsp olive oil
- 4 garlic cloves, minced
- 2 onions, chopped
- 3 stalks of celery, finely sliced
- 5 cups kale, chopped
- 5 cups low sodium chicken broth
- 1 15-oz can kidney beans, drained
- 1 15-oz can cannellini beans, drained
- 2 tsp dried basil
- 2 tsp dried parsley
- 2 tsp dried oregano
- Pepper to taste

## NUTRITION:

Total calories	155
Total fat	2g
Saturated fat	0g
Cholesterol	0mg
Sodium	385mg
Total carbohydrate	21g
Dietary fiber	6g
Sugars	2g
Protein	10g

## PREPARATION:

In a pot, heat the olive oil. Add garlic, onions and celery and sauté until softened.

Stir in the kale until wilted. Add the remainder of the ingredients and simmer for 20 minutes.

# MOROCCAN STEW

## INGREDIENTS:

- ½ cup olive oil
- 1 large coarsely chopped onion
- 2 garlic cloves, minced or pressed
- 1 tsp ground cumin
- 1 tsp turmeric
- 1 tsp cinnamon
- 1 tsp cayenne
- 1 tsp paprika
- 1 cup sliced carrots
- 4 cups cubed sweet potatoes or butternut squash
- 1 cup of chopped celery
- 1 large eggplant, cubed
- 1 green pepper, sliced in strips
- 4 cups sliced zucchini
- 2 large tomatoes, chopped
- 1 ½ cups cooked garbanzo beans, liquid reserved
- Pinch of saffron
- 1 cup chopped fresh cilantro

SERVES 6

## NUTRITION:

Total calories	330
Total fat	17g
Saturated fat	2g
Total cholesterol	0mg
Sodium	65mg
Total carbohydrate	41g
Total fiber	8g
Sugar	11g
Protein	7g

## PREPARATION:

In a stew pot, heat the olive oil and sauté the onions for 2 or 3 minutes.

Add the garlic and spices, stirring continuously.

Add the vegetables in the order given above, so that the starchier vegetables will cook the longest. Sauté after the addition of each vegetable until its color deepens.

Stir in the garbanzo beans and the saffron. There should be some liquid at the bottom of the pot from the cooking vegetables. However, if the stew is dry, add ½ cup of tomato juice, liquid from the garbanzo beans, or water.

Cover the stew and simmer on low heat until all the vegetables are tender.

Add the chopped cilantro just before serving.

# SLOW COOKER PUMPKIN CHILI

SERVES 6

## INGREDIENTS:

- 1 tsp olive oil
- 2 onions, chopped
- 2 green peppers, chopped
- 3 cloves garlic, minced
- 2 28-oz cans of diced tomatoes (no salt added)
- 1 15-oz can pureed pumpkin without salt
- 1 15-oz can black beans, rinsed/drained
- 1 15-oz can kidney beans, rinsed/drained
- 2 cups frozen corn kernels
- 1 tsp ground cumin
- 1 tsp chili powder
- 2 tsp dried oregano
- Dash of red pepper flakes (optional for spicy)

## NUTRITION:

Total calories	185
Total fat	1g
Saturated fat	0g
Cholesterol	0mg
Sodium	30mg
Total carbohydrate	32g
Dietary fiber	10g
Sugars	4g
Protein	10g

## PREPARATION:

Heat olive oil in a skillet, sauté onions, peppers and garlic until softened. Add to crock pot, along with the rest of the ingredients.

Cook on low for 5 hours or on high for 2 hours.

A vibrant watercolor illustration of various vegetables scattered across a white background. The vegetables include purple eggplants, red tomatoes, yellow onions, orange carrots, green cucumbers, and purple shallots. A central green banner with white text reads "SALADS".

# SALADS

# QUICK & EASY BEAN SALAD

SERVES 12

## INGREDIENTS:

- 1 15-oz can garbanzo beans, rinsed
- 1 15-oz can kidney beans, rinsed
- 1 15-oz can cannellini beans, rinsed
- 1 15-oz can artichoke hearts, rinsed and chopped
- 1 small onion, diced
- 1 tsp basil
- 1 tsp oregano
- 1 tsp garlic powder
- 1 tsp pepper
- 1 Tbsp olive oil
- Juice of 1 lemon

## NUTRITION:

Total calories	216
Total fat	3g
Saturated fat	0g
Cholesterol	0g
Sodium	20mg
Total carbohydrates	37g
Fiber	10g
Sugar	1g
Protein	11g

## PREPARATION:

Drain and rinse all beans and artichoke hearts very well. Chop artichoke hearts into pieces.

In a small bowl, combine herbs, oil and lemon juice and mix together.

Add to beans and artichoke hearts and toss.

# BEET & BLUE CHEESE SALAD

SERVES 6



## INGREDIENTS:

- 10 red beets
- 2 TBSP olive oil
- 2 TBSP dried rosemary
- 6 cups arugula
- Juice of 1 lemon
- 2-oz block of blue cheese, frozen\*

*\*Freezing the blue cheese creates a harder consistency, which is easier to grate. Grating the cheese allows a smaller portion but still gives a lot of flavor.*

## NUTRITION:

Total calories	135
Total fat	7g
Saturated fat	2g
Total cholesterol	7mg
Sodium	195mg
Total carbohydrate	13g
Total fiber	4g
Sugar	9g
Protein	5g

## PREPARATION:

Pre-heat oven to 300°F. Coat beets with olive oil, place in a pan, and sprinkle with rosemary. Bake for about 30 minutes to 2 hours, or until tender.

Peel skin off beets and slice into pieces about ¼ inch thick. Place arugula in a bowl, top with warm beet slices, and add lemon juice. Using a cheese grater, grate blue cheese over the top and serve.

# BROCCOLI SALAD

SERVES 6



## INGREDIENTS:

- 3 cups broccoli florets
- 1 cup shredded carrots
- ½ cup red onion, chopped
- ½ cup walnuts, chopped
- ½ cup dried cranberries or raisins
- 2 Tbsp apple cider vinegar
- ⅓ cup low-fat mayonnaise
- ½ cup plain, non-fat yogurt
- ¼ cup Splenda

## NUTRITION:

Total calories	190
Total fat	9g
Saturated fat	1g
Cholesterol	1g
Sodium	150mg
Total carbohydrates	19g
Fiber	3g
Sugar	9g
Protein	5g

## PREPARATION:

Combine broccoli, carrots, onion, walnuts and cranberries or raisins together.

In a separate bowl, mix the vinegar, mayonnaise, yogurt and Splenda. Pour over salad.

Refrigerate until cool. (Note: ½ cup regular sugar can be used in place of Splenda if desired. However, nutritional information will be altered if regular sugar is used.)

# BULGUR & LENTIL SALAD

SERVES 6

## NUTRITION:

Total calories	209
Total fat	4.5g
Saturated fat	0.5g
Total cholesterol	0mg
Sodium	10mg
Total carbohydrate	36g
Total fiber	10g
Sugar	1g
Protein	8g

## PREPARATION:

Pour lentils into a pan and fill with water about an inch higher than the lentils. Bring water to a boil and simmer lentils about 15 to 20 minutes until tender. Drain water and set aside.

Bring 3 cups of water to a boil, add bulgur and reduce heat. Simmer for 10 to 15 minutes or until tender. Drain if necessary.

In a skillet, heat the olive oil and sauté the onion, celery and rosemary until tender. Add the lentils and bulgur to this mixture and stir well. Serve hot or cold.

## INGREDIENTS:

1 cup brown lentils

1 ½ cups medium  
grained bulgur

2 Tbsp olive oil

1 onion, diced

½ cup celery,  
sliced thin

3 tsp dried rosemary

Pepper to taste

# WARM BUTTERNUT SQUASH & KALE SALAD

SERVES 4

## NUTRITION:

Total calories	200
Total fat	14g
Saturated fat	1.5g
Total cholesterol	0mg
Sodium	60mg
Total carbohydrate	20g
Total fiber	4g
Sugar	1g
Protein	4.5g

## PREPARATION:

Preheat oven to 450°F and line baking sheet with foil.

In a bowl, mix the butternut squash cubes with 2 tablespoons olive oil and the pepper. Spread onto baking sheet and cook in oven for about 20 minutes. Once cooked, combine with kale.

In a small bowl, whisk the remaining 2 tablespoons olive oil with lemon juice. Pour over the kale and butternut squash and serve warm.

## INGREDIENTS:

1 ½ cups butternut squash, cut into approximately ½-inch cubes

4 Tbsp olive oil

Ground black pepper to taste

¼ cup lemon juice

8 cups chopped kale, ribs removed

# COLORFUL CITRUS SALAD

SERVES 4

## NUTRITION:

Total calories	135
Total fat	9g
Saturated fat	1g
Cholesterol	0g
Sodium	11mg
Total carbohydrate	13g
Total Fiber	2g
Sugar	9g
Protein	2g

## PREPARATION:

Whisk together vinegar, oil and mustard to make dressing. Combine all other ingredients into a bowl and add dressing.

## INGREDIENTS:

- 5 cups arugula
- 1 pink grapefruit, sectioned
- 2 Tbsp dried cranberries
- 2 Tbsp pecans
- 2 Tbsp balsamic vinegar
- 2 Tbsp olive oil
- 1 Tbsp Dijon mustard

# TANGY COLESLAW

SERVES 4

## INGREDIENTS:

3 cups green  
cabbage, shredded

1 cup carrots,  
shredded

½ cup diced  
red bell pepper

⅓ cup diced  
red onion

1 cup apple,  
chopped

½ cup cilantro,  
chopped

3 TBSF lemon juice

1 TBSF olive oil

Pepper to taste

## NUTRITION:

Total calories	80
Total fat	3.5g
Saturated fat	0.4g
Sodium	25mg
Total carbohydrate	12g
Fiber	3g
Protein	1g

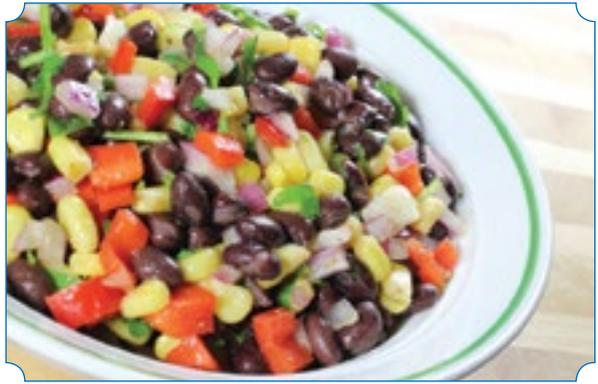
## PREPARATION:

Whisk olive oil, lemon juice and pepper together. Add to a bowl containing the rest of the ingredients and toss.

Chill for 1 hour before serving.

# COLORFUL CORN SALAD

SERVES 6



## INGREDIENTS:

5 ears of corn,  
husks and silks  
removed

1 small red  
onion, diced

1 small red or  
green pepper, diced

1 ½ cups black  
beans (if using  
canned, rinse well)

3 Tbsp fresh  
lemon juice

3 Tbsp olive oil

½ cup fresh  
cilantro, chopped

Pepper to taste

## NUTRITION:

Total calories	190
Total fat	8g
Saturated fat	1g
Cholesterol	0g
Sodium	25mg
Total carbohydrate	27g
Total fiber	6g
Sugar	5g
Protein	6g

## PREPARATION:

Boil corn for about 3 minutes, drain and immerse in ice water. Cut kernels off the cob and place into a bowl. Add the onion, pepper and beans.

In a separate bowl, whisk together lemon juice and olive oil. Pour over salad, add cilantro and pepper to taste.

Mix well and serve cold.

# COLORFUL LENTIL SALAD

SERVES 6

## INGREDIENTS:

- 1 cup dried brown lentils
- 1 cup green bell peppers, diced
- 1 cup carrots, diced
- 1 cup red onions, diced
- 2 Tbsp olive oil
- ¼ cup balsamic vinegar
- ½ tsp garlic powder
- Pepper to taste
- 3 Tbsp fresh parsley

## NUTRITION:

Total calories	180
Total fat	5g
Saturated fat	1g
Total cholesterol	0mg
Sodium	15mg
Total carbohydrate	25g
Total fiber	11g
Sugar	5g
Protein	9g

## PREPARATION:

Combine lentils, peppers, carrots and onions in a pan with water. Bring to a boil, reduce heat and simmer for about 15 minutes. Drain and set aside.

Make dressing by whisking together olive oil, balsamic vinegar, garlic powder and pepper to taste. Pour over lentils and vegetables.

Top with fresh parsley and serve warm, or chill for a cold salad.

# FRESH POTATO SALAD

SERVES 4

## NUTRITION:

Total calories	179
Total fat	3g
Saturated fat	0.5g
Cholesterol	0g
Sodium	17mg
Total carbohydrates	34g
Fiber	4g
Sugar	2g
Protein	4g

## INGREDIENTS:

4 cups potatoes  
with skin, boiled  
and cubed

1 cup scallions,  
diced

½ cup white  
vinegar

½ cup water

3 garlic cloves,  
minced

2 Tbsp fresh  
parsley, chopped

¼ tsp dried oregano

¼ tsp black pepper

1 Tbsp olive oil

## PREPARATION:

Combine all ingredients, refrigerate for at least 1 hour and serve. Can also be served warm.

# COLORFUL QUINOA SALAD

SERVES 8

## NUTRITION:

Calories	156
Total fat	7.9g
Saturated fat	0.9g
Polyunsaturated fat	1.3g
Monounsaturated fat	5.1g
Sodium	6mg
Cholesterol	0mg
Potassium	209mg
Total carbohydrates	19g
Dietary fiber	2g
Sugars	2.6g
Protein	3.5g

## INGREDIENTS:

- 1 cup quinoa
- ¼ cup slivered almonds
- ¼ cup dried cranberries
- ½ green pepper, diced
- ¼ cup chopped parsley
- 3 Tbsp olive oil
- 3 Tbsp lemon juice
- 2 cups water

## PREPARATION:

Rinse quinoa thoroughly in a strainer. In a medium pan, bring 2 cups water to a boil. Add the quinoa, cover, reduce heat and simmer. Cook until it looks translucent, about 15 minutes.

Remove from heat and let it sit covered for about 10 minutes. Fluff with a fork. Prepare lemon vinaigrette: mix together olive oil, lemon juice and pepper to taste. Set aside.

Mix cooked quinoa, almonds, cranberries, pepper and parsley together. Toss with lemon vinaigrette. Serve warm or refrigerate to serve cold.

The background features a repeating pattern of fresh vegetables and mushroom tarts. Brussels sprouts are scattered throughout, some whole and some sliced. Carrots with green leafy tops are also present. The tarts are round, with a golden-brown crust, topped with sliced mushrooms and a small herb garnish. The central text is set within a dark orange, rounded rectangular frame.

# SIDE DISHES

# BALSAMIC BRUSSELS SPROUTS

SERVES 6



## NUTRITION:

Total calories	44
Total fat	2.5g
Saturated fat	0g
Cholesterol	0mg
Sodium	40mg
Total carbohydrate	7g
Dietary fiber	3g
Sugars	3g
Protein	0.5g

## INGREDIENTS:

4 cups Brussels sprouts, halved  
1 Tbsp olive oil  
½ tsp dried basil  
2 Tbsp balsamic vinegar  
Pepper to taste

## PREPARATION:

Preheat the oven to 450°F.  
Coat Brussels sprouts with oil and lay flat in single layer, cut side down on baking pan.  
Sprinkle basil and drizzle balsamic vinegar over the entire pan.  
Roast until tender, about 20-30 minutes.  
Add pepper to taste.

# GLAZED CARROTS

SERVES 6

## INGREDIENTS:

- 2 lbs carrots,  
julienned
- ¼ cup orange juice
- 3 Tbsp olive oil
- 1 Tbsp honey
- Pepper to taste

## NUTRITION:

Total calories	130
Total fat	7g
Saturated fat	0.8g
Cholesterol	0mg
Sodium	100mg
Total carbohydrate	19g
Dietary fiber	5g
Sugars	11g
Protein	1.6g

## PREPARATION:

Whisk together orange juice, olive oil and honey.

Add this mixture to carrots in a microwave safe dish.

Cover and cook on high for 10 minutes until softened but still crisp. Add pepper to taste.

Stir together and serve.

# MASHED POTATOES & CAULIFLOWER

SERVES 8



## INGREDIENTS:

- 6 cups cauliflower florets
- 2 large white potatoes (with skin)
- 4 cloves garlic
- 1 cup non-fat milk
- 1 TBSP lemon juice
- 3 TBSP olive oil
- 2 TBSP fresh parsley, for garnish

## NUTRITION:

Total calories	140
Total fat	5g
Saturated fat	0.7g
Cholesterol	0mg
Sodium	45mg
Total carbohydrate	21g
Dietary fiber	5g
Sugar	4.5g
Protein	4g

## PREPARATION:

Cut potato into cubes and place with cauliflower florets and garlic in a saucepan to steam until tender.

Place in food processor with milk, lemon juice, olive oil and pepper. Blend until smooth and garnish with fresh parsley.

# ROASTED SWEET POTATOES WITH APPLE

SERVES 5

## INGREDIENTS:

- 1 lb of sweet potatoes, cubed (*with skin*)
- 1 lb of granny smith apples, cored and cubed (*with skin*)
- 2 TBSP olive oil
- 2 TBSP cinnamon
- 3 TBSP brown sugar

## NUTRITION:

Total calories	190
Total fat	6g
Saturated fat	1g
Cholesterol	0mg
Sodium	50mg
Total carbohydrate	38g
Dietary fiber	6g
Sugars	15g
Protein	2g

## PREPARATION:

Preheat oven to 400° F

In a large bowl, mix the sweet potatoes and apples with olive oil, cinnamon and brown sugar. Arrange in a single layer in a large baking pan.

Roast in the oven for about 30 minutes, until potatoes and apples are soft when pierced with a fork.

# SWEET POTATOES WITH PECANS

SERVES 6

## INGREDIENTS:

- 4 medium-sized sweet potatoes
- 3 Tbsp olive oil
- 3 cloves garlic, minced
- 1/3 cup fresh rosemary
- 1/2 cup pecans, chopped
- 1/2 tsp pepper

## NUTRITION:

Total calories	200
Total fat	13g
Saturated fat	1.5g
Cholesterol	0mg
Sodium	50mg
Total carbohydrate	20g
Dietary fiber	4g
Sugars	4g
Protein	3g

## PREPARATION:

Preheat oven to 450°F.

Wash and peel potatoes; cut into small cubes. In a large bowl, combine all ingredients.

Arrange mixture on a baking sheet, and bake for about 45 minutes, until potatoes become tender.

# QUINOA WITH SWEET POTATOES & BEANS

SERVES 5

## INGREDIENTS:

- 1 cup quinoa
- 1 sweet potato, peeled and diced
- 1 ½ cups canned black beans, rinsed and drained
- 1 Tbsp olive oil
- 1 tsp cumin
- 1 tsp chili powder

## NUTRITION:

Total calories	157
Total fat	4g
Saturated fat	0g
Cholesterol	0mg
Sodium	11mg
Total carbohydrate	25g
Dietary fiber	6.5g
Sugars	1.5g
Protein	7g

## PREPARATION:

Bring 2 cups of water to a boil. Add quinoa, lower heat and simmer about 20 minutes or until all of the water is absorbed.

Preheat oven to 450°F. Put sweet potato in a bowl and coat with 1 tablespoon oil. Place in single layer on a cookie sheet and roast for about 15 minutes or until tender.

Combine quinoa, sweet potato, beans and spices in a bowl.

# BROWN RICE PILAF

SERVES 6

## INGREDIENTS:

- 1 Tbsp olive oil
- 1 medium onion, diced
- 1 stalk celery, diced
- 1 cup mushrooms, sliced
- 1 cup brown rice
- 2 cups low-sodium vegetable broth
- 2 Tbsp pecans, chopped

## NUTRITION:

Total calories	197
Total fat	5g
Saturated fat	1g
Cholesterol	0mg
Sodium	231mg
Total carbohydrate	10g
Fiber	2g
Protein	3g

## PREPARATION:

In a skillet, sauté oil with onion, celery and mushrooms for about 5 minutes until slightly softened.

Add brown rice and 2 cups of broth, and bring to a boil. Turn heat down to simmer for about 45 minutes until liquid is absorbed. Toss in pecans and serve.



# ENTRÉES

## VEGETARIAN

# CRUSTLESS VEGGIE QUICHE

SERVES 6



## INGREDIENTS:

- 1 Tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves,  
minced
- 1 package frozen  
spinach, thawed  
and drained
- 2 tomatoes,  
chopped
- ½ tsp dried basil
- 5 eggs, beaten
- 1 Tbsp skim milk
- ½ cup shredded  
mozzarella cheese  
(part skim)

## NUTRITION:

Total calories	130
Total fat	7g
Saturated fat	2.5g
Cholesterol	180mg
Sodium	150mg
Total carbohydrate	5g
Dietary fiber	2g
Sugars	1g
Protein	10g

## PREPARATION:

Preheat oven to 350° F.  
Lightly spray a 9-inch pie dish with cooking spray.

Heat oil in a pan and sauté onions and garlic until softened. Add spinach, tomatoes and basil to sauté and combine for about 3 minutes.

In a bowl, mix sautéed vegetables with the beaten eggs and milk.

Pour into pie dish and bake for about 30 minutes or until eggs are cooked through.

Remove from oven and immediately top with shredded cheese so it melts slightly.

# SWISS & AVOCADO PITA SANDWICH

SERVES 1

## NUTRITION:

Total calories	230
Total fat	10g
Saturated fat	2.1g
Trans fat	0.0g
Polyunsaturated fat	1.8g
Monounsaturated fat	5.4g
Cholesterol	14.9mg
Sodium	342.2mg
Potassium	391.4mg
Total carbohydrates	22g
Dietary fiber	6.1g
Sugars	0.9g
Protein	17.4g

## INGREDIENTS:

- 1 Tbsp hummus
- 3 slices avocado  
(about ¼ of a whole)
- 1 slice low-fat  
Swiss cheese
- ½ cup arugula
- ½ whole  
wheat pita

## PREPARATION:

Spread hummus inside pita and add the rest of the ingredients.

# STUFFED PORTOBELLO MUSHROOMS

SERVES 6

## INGREDIENTS:

- ½ cup prepared balsamic vinaigrette
- 4 large portobello mushrooms
- 1 small onion, chopped
- 1 medium eggplant, peeled and cubed
- 1 cup chopped spinach, fresh or frozen
- 2 tomatoes, chopped
- 2 Tbsp olive oil
- ¾ cup mixed Italian cheeses (mozzarella, parmesan, etc.)

## NUTRITION:

Total calories	215
Total fat	16g
Saturated fat	2.5g
Total cholesterol	9mg
Sodium	310mg
Total carbohydrate	11g
Total fiber	4g
Sugar	6g
Protein	5g

## PREPARATION:

Preheat oven to 350°F.

Wipe mushrooms and remove stems. Place them, top side down, on a baking sheet or pan that is lightly greased or lined with parchment paper. Use a basting brush to lightly coat the insides with the balsamic vinaigrette salad dressing.

Place the olive oil and chopped onion into a skillet, and cook at medium heat until onions are tender. Add eggplant, spinach, and tomatoes, and cook until eggplant is soft. Let the mixture cool a bit and mix in half of the cheese.

Spoon the vegetable mixture in to the mushrooms—be generous! Sprinkle them with the remaining cheese.

Bake until the cheese melts, about 10-15 minutes.

# QUINOA STUFFED PEPPERS

SERVES 12

## INGREDIENTS:

- 6 red bell peppers
- 1 cup quinoa
- 2 cups water
- 2 cups canned, diced tomatoes
- ½ cup black beans, rinsed
- ½ cup corn, frozen
- 1 egg, beaten
- ½ cup bread crumbs
- ½ cup low fat grated cheddar cheese
- ½ tsp cumin
- ½ tsp chili powder
- Salt and pepper to taste

## NUTRITION:

Total calories	175
Total fat	2g
Saturated fat	0.5g
Total cholesterol	20mg
Sodium	200mg
Total carbohydrate	30g
Fiber	5g
Sugars	2g
Protein	11g

## PREPARATION:

Heat oven to 350°F.

Spray large dish or cookie sheet with cooking spray.

Cut peppers in half, remove seeds and lay open side up on dish.

Rinse quinoa thoroughly in a strainer. Boil water in a medium pot and add quinoa. Turn heat to low and let cook for 15-20 minutes.

Mix together all remaining ingredients. Use mixture to stuff peppers evenly. Cook for about 30 minutes.

# MILLET STUFFED PEPPERS

SERVES 5



## INGREDIENTS:

- 1 cup millet
- 4 cups water
- 2 TBSP olive oil
- 1 small onion,  
diced
- 2 stalks celery,  
diced
- 1/8 tsp garlic powder
- 1/8 tsp pepper
- 1 tsp dried dill weed
- 1/2 cup tomato puree
- 5 bell peppers, red,  
green or yellow

## NUTRITION:

Total calories	253
Total fat	7g
Saturated fat	1g
Cholesterol	0mg
Sodium	126mg
Total carbohydrate	40g
Fiber	6.3g
Protein	6.1g

## PREPARATION:

Preheat oven to 350°F.

Combine millet and water in a saucepan and bring to a boil. Reduce heat to low and cover, simmering for 15 minutes or until all of the water is absorbed.

As the millet cooks, heat 1 tablespoon of oil in a skillet and sauté the onion, celery, garlic powder, pepper and dill weed until vegetables are soft. Once the millet is cooked, combine with tomato puree and add to the above mixture.

Cut off the tops of the green peppers and remove all seeds and cores. Boil peppers for about 5 minutes, rinse and drain.

Add 1 tablespoon oil to baking dish. Stuff peppers with mixture and stand upright in baking dish.

Cover loosely and bake for 20-30 minutes, until peppers are softened.

# WALNUT PESTO WITH ROASTED VEGETABLES

SERVES 10

## INGREDIENTS:

### Roasted vegetables

2 zucchini, sliced

2 eggplant, cubed

2 red peppers,  
chopped

3 onions, chopped

2 Tbsp olive oil

### Pesto

4 cups fresh basil

¼ cup olive oil

¼ cup water

⅓ cup walnuts,  
chopped

2 cloves garlic,  
diced

¼ cup grated  
Parmesan cheese

## NUTRITION:

Total calories	150
Total fat	12g
Saturated fat	1g
Total cholesterol	2mg
Sodium	40mg
Total carbohydrate	9g
Total fiber	5g
Sugar	2g
Protein	3g

## PREPARATION:

Set oven to 425°F.

Place chopped vegetables in large rectangular baking pan and toss with olive oil. Roast for about 40 minutes or until tender. Set aside.

Make pesto by combining basil, olive oil, water, nuts and garlic. Blend until paste forms, stopping often to push down basil. If the mixture is not coming together, add an additional tablespoon of water. Add the cheese and pepper to taste. Blend until smooth.

Toss roasted vegetables with pesto and serve warm.

# LIGHT & CHEESY MAC & CHEESE

SERVES 8

## INGREDIENTS:

- 3 cups butternut squash, cubed
- 1 cup low-fat, low sodium chicken broth
- 1 ½ cups non-fat milk
- 2 cloves garlic
- 2 Tbsp plain, non-fat Greek yogurt
- Black pepper to taste
- 1 lb whole-wheat elbow macaroni
- 1 cup low-fat cheddar cheese, shredded
- ¾ cup part skim ricotta cheese
- 3 Tbsp Parmesan cheese, grated

## NUTRITION:

Total calories	310
Total fat	4g
Saturated fat	2g
Cholesterol	10mg
Sodium	250mg
Total carbohydrate	50g
Dietary fiber	5g
Sugar	4g
Protein	17g

## PREPARATION:

Preheat oven to 375°F.

Combine squash, broth, milk and garlic in a saucepan and bring to a boil. Reduce to medium heat and cook until squash is tender about 25 minutes. Once cooked, add yogurt and pepper to saucepan and mash ingredients together.

In a separate pot, prepare pasta al dente, about 8 minutes, omitting salt. Drain well. Add squash mixture to cooked pasta, then mix in cheddar and ricotta cheeses until combined.

Coat 13x9 inch baking dish with cooking spray and spread mixture evenly into pan. Top with grated parmesan cheese and bake for about 25 minutes.

# PASTA WITH BROCCOLI AND EGGPLANT

SERVES 8



## INGREDIENTS:

12-oz package of whole-wheat pasta (*penne or bow-tie*)

¼ cup low sodium vegetable broth

2 cups broccoli florets

2 cups mushrooms, sliced

2 cups of eggplant, cubed

2 red onions, diced

28-oz can diced tomatoes, unsalted

1 clove garlic, minced

1 Tbsp olive oil

1 tsp oregano

½ cup fresh basil, chopped

Pepper to taste

## NUTRITION:

Total calories	210
Total fat	2.8g
Saturated fat	0.2g
Sodium	34mg
Total carbohydrate	40g
Fiber	5g
Protein	8g

## PREPARATION:

In a large skillet, heat vegetable broth, garlic, onions and tomatoes over medium heat. Sauté about 5 minutes. Add all of the other vegetables, along with the oregano and cook until vegetables are soft but crisp, about an additional 5-10 minutes.

Prepare pasta according to package. Drain and toss with olive oil.

Combine pasta with vegetables and top with fresh basil and pepper.

# WHOLE-WHEAT PASTA PRIMAVERA

SERVES 4

## INGREDIENTS:

- 8-oz whole-wheat pasta (ziti or spirals work best)
- 3 Tbsp olive oil
- 1 clove garlic, minced
- 1 onion, sliced thinly
- 1 medium zucchini, cut into strips
- 1 cup broccoli florets
- 1 red pepper, cut into strips
- 1 cup cherry tomatoes, halved
- ½ tsp dried oregano
- ½ tsp dried basil
- ½ tsp dried parsley
- ¼ cup Parmesan cheese

## NUTRITION:

Total calories	346
Total fat	13g
Saturated fat	2g
Cholesterol	3mg
Sodium	95mg
Total carbohydrate	48g
Fiber	7g
Protein	10g

## PREPARATION:

In a saucepan, boil water and cook pasta until “al dente,” about 8-10 minutes. Drain and set aside.

In a large skillet, heat 1 tablespoon oil and sauté garlic and onions for 3 minutes. Add zucchini, broccoli, red pepper, and tomatoes and sauté until softened, about 10 minutes.

Add dried herbs and pepper to taste.

Combine cooked pasta with vegetable mixture and toss with remainder of olive oil.

Sprinkle with Parmesan cheese and serve warm.

# CREAMY PUMPKIN PASTA

SERVES 8

## NUTRITION:

Total calories	218
Total fat	6g
Saturated fat	1.5g
Total cholesterol	10mg
Sodium	30mg
Total carbohydrate	42g
Total fiber	6g
Sugar	4g
Protein	10g

## INGREDIENTS:

- 1 box whole-wheat pasta
- 5 cups of fresh pumpkin (*remove skin and seeds; cut into cubes*)
- 3 cloves garlic
- 1 onion, cut into slices
- 2 Tbsp olive oil
- 1 tsp dried rosemary
- ½ tsp dried sage
- 1 cup part-skim ricotta

## PREPARATION:

Cook pasta according to directions on the package and set aside.

Preheat oven to 350°F.

In a bowl, mix the pumpkin, garlic, onion, olive oil, rosemary and sage until the pumpkin is coated. Place on baking sheet and roast for about 50 minutes or until tender and able to pierce pumpkin with a fork.

In a food processor, add roasted items and ricotta. Blend until smooth. Mix into cooked pasta and stir well.

# GARLICKY WHOLE-WHEAT PASTA WITH SPINACH

SERVES 4

## NUTRITION:

Total calories	275
Total fat	8g
Saturated fat	1g
Cholesterol	0mg
Sodium	30mg
Total carbohydrate	45g
Dietary fiber	6g
Sugars	1g
Protein	8g

## PREPARATION:

Cook pasta according to the package.

In a skillet, sauté the garlic and rosemary in olive oil. Once the pasta is cooked, drain and set it aside.

Place the spinach in the skillet and top immediately with the hot pasta. This will wilt the spinach, but leave a crunch, without causing it to get overcooked.

## INGREDIENTS:

8-oz of uncooked  
whole-wheat pasta

3 cloves of garlic,  
minced

2 Tbsp dried  
rosemary

2 Tbsp olive oil

6-oz package of  
raw baby spinach

Pepper to taste

The background features a repeating pattern of various food items: silver fish, yellow lemon slices, green herb sprigs, and white vegetable stalks, all set against a light orange background. A teal-colored banner with rounded corners is centered horizontally across the middle of the image.

FISH

# ALMOND CRUSTED HADDOCK

SERVES 4



## INGREDIENTS:

- 4 5-oz pieces of haddock
- 1 egg
- 1 Tbsp skim milk
- 1 cup finely ground almonds
- Ground black pepper to taste
- 2 Tbsp Parmesan cheese

## NUTRITION:

Total calories	200
Total fat	14g
Saturated fat	1.5g
Total cholesterol	110mg
Sodium	90mg
Total carbohydrate	6g
Total fiber	3g
Sugar	2g
Protein	26g

## PREPARATION:

Preheat oven to 400°F. In a small bowl, whisk the egg and milk. In a separate bowl, combine the ground almonds, pepper and cheese.

Coat the haddock in the egg mixture and then in the nut mixture. Bake in the oven for about 15 to 20 minutes, until haddock is cooked through and crust begins to flake.

# BAKED SALMON WITH DILL

SERVES 4

## NUTRITION:

Serving size	4 oz
Calories	177
Total Fat	9.3g
Saturated fat	1.9g
Polyunsaturated fat	3.3g
Monounsaturated fat	3.3g
Sodium	74mg
Cholesterol	0mg
Potassium	403mg
Total carbohydrates	3.6g
Dietary Fiber	0g
Sugars	2.6g
Protein	19g

## INGREDIENTS:

16-oz salmon,  
about 1 inch thick

½ cup plain,  
non-fat yogurt

2 cloves garlic,  
minced

2 TBSP lemon juice

2 TBSP fresh dill,  
chopped

## PREPARATION:

Preheat oven to 350°F.

Cut salmon into 4 evenly sized portions. Place on an aluminum lined baking sheet, skin side down.

Combine yogurt, garlic, lemon juice and dill. Spread mixture evenly over each piece of salmon.

Bake about 10-15 minutes, until opaque. Season with pepper to taste.

# GINGER & LEMON SALMON SKEWERS

SERVES 8

## NUTRITION:

Total calories	125
Total fat	5g
Saturated fat	1g
Cholesterol	70g
Sodium	250mg
Total carbohydrate	1g
Dietary fiber	0g
Sugars	1g
Protein	20g

## PREPARATION:

Cut salmon into about two-inch chunks and thread on skewers. Mix olive oil, lemon juice, honey and ginger in a bowl.

Place salmon skewers in a dish and pour mixture over. Let marinate up to 1 hour.

Preheat grill to medium-high heat and place skewers on it. Grill for about 5 minutes on each side.

## INGREDIENTS:

- 1 ½ lbs salmon  
without skin
- 2 tsp olive oil
- 2 TBSP lemon juice
- 1 tsp honey
- 2 tsp fresh ginger  
root, minced

# SALMON & SAUTÉED KALE

SERVES 4

## INGREDIENTS:

### Salmon

4 4-oz salmon steaks

1 tsp olive oil

2 Tbsp fresh squeezed lemon

Pepper to taste

### Kale

1 lb kale (*tough stems and center ribs discarded and leaves cut into 1 inch strips*)

2 Tbsp olive oil

2 cloves garlic, minced

1 Tbsp red wine vinegar

1 small red onion, sliced

## NUTRITION:

Total calories	295
Total fat	15g
Saturated fat	2g
Cholesterol	90mg
Sodium	190mg
Total carbohydrate	13g
Dietary fiber	3g
Sugar	0g

## PREPARATION:

Spread olive oil over the bottom of a pan and place salmon on top. Add lemon juice and pepper. Broil about 8-10 minutes or until cooked through.

Sauté 2 tablespoons olive oil with onion and garlic over medium to high heat. Add the kale, one handful at a time and cook until it wilts. Turn off heat, top with red wine vinegar.

Top salmon with kale and serve.

# MEDITERRANEAN SALMON WITH TOMATO & CAPERS

SERVES 4

## NUTRITION:

Total calories	240
Total fat	15g
Saturated fat	2.5g
Total cholesterol	70mg
Sodium	200mg
Total carbohydrate	3g
Total fiber	2g
Sugar	0g
Protein	20g

## PREPARATION:

Preheat broiler

Mix tomato and capers in a bowl and set aside.

Mix olive oil, garlic, basil and rosemary in a bowl. Coat each fillet of salmon in this mixture and then place in baking dish.

Broil salmon for about 7 minutes on one side, then turn. Top with tomato and caper mixture and return to broiler for another 7 minutes or until easily flaked with a fork.

## INGREDIENTS:

- ¼ cup olive oil
- 2 cloves garlic,  
minced
- 1 TBSP fresh basil
- 1 TBSP fresh  
rosemary
- 4 salmon fillets,  
about 3-oz each
- 2 tomatoes, diced
- 2 TBSP capers,  
drained and rinsed

# TANGY TUNA STEAK

SERVES 4



## INGREDIENTS:

- 4 4-oz tuna steaks
- 2 Tbsp olive oil
- 3 Tbsp freshly squeezed lemon juice
- 2 Tbsp fresh parsley, chopped
- 2 cloves garlic, minced
- Pepper to taste

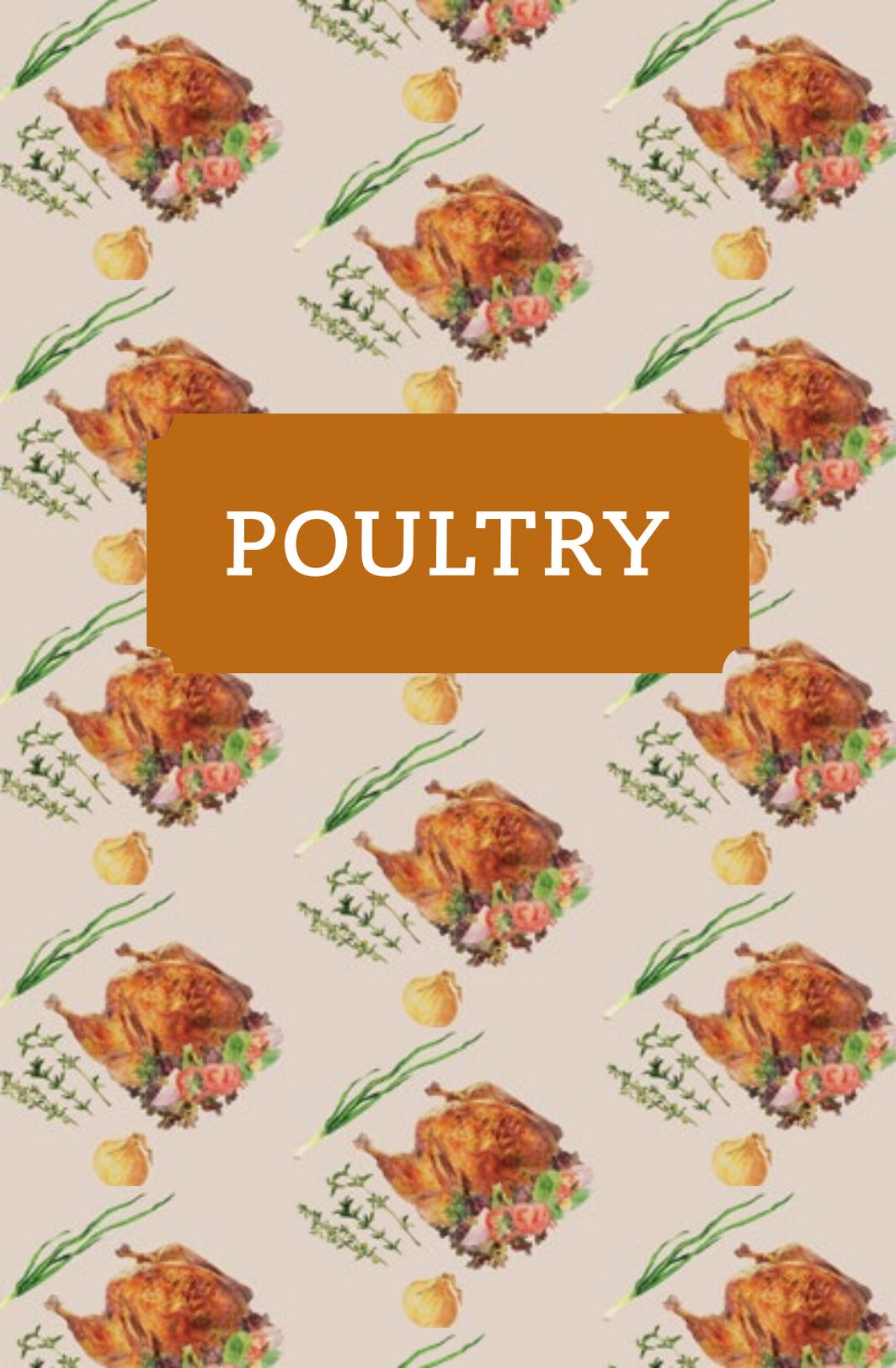
## NUTRITION:

Total calories	183
Total fat	11g
Saturated fat	1.5g
Total cholesterol	42mg
Sodium	43mg
Total carbohydrate	5g
Total fiber	0g
Sugar	1g
Protein	25g

## PREPARATION:

Combine all ingredients except the tuna steaks in a bowl and whisk. Dip each tuna steak in mixture to coat.

Cook tuna on grill for about 5 minutes on one side, turn and cook about 5 minutes on the other side. (*Adjust time to desired doneness*)

The background features a repeating pattern of roasted chickens, each garnished with fresh herbs like thyme and green onions, and accompanied by small yellow onions and sliced tomatoes. The pattern is set against a light, neutral background.

POULTRY

# GRILLED CHICKEN WITH STRAWBERRY & PINEAPPLE SALSA

## INGREDIENTS:

1 tsp canola or corn oil

### Salsa

2 slices fresh  
pineapple, each ½-in  
thick, patted dry

1 cup whole  
strawberries  
(about 5-oz), diced

¼ cup finely  
chopped red onion

3–4 TBSP chopped  
fresh mint leaves

1–2 tsp sugar

⅛ tsp crushed red  
pepper flakes

1 medium lemon

### Chicken

4 4-oz boneless,  
skinless chicken  
breast halves, all  
visible fat discarded

2 tsp salt-free steak  
seasoning blend

¼ tsp salt

SERVES 8

*This recipe is reprinted with permission from Love Your Heart, 5<sup>th</sup> Anniversary Edition, Copyright © 2008 by the American Heart Association.*

## NUTRITION:

Calories	191
Total fat	3g
Saturated fat	0.5g
Trans fat	0.0g
Polyunsaturated fat	0.5g
Monounsaturated fat	1.0g
Cholesterol	66mg
Sodium	223mg
Carbohydrates	14g
Fiber	2g
Sugar	10g
Protein	27g

### **PREPARATION:**

Preheat the grill on medium high. Brush a grill pan or grill rack with the oil. Heat the grill pan or rack on the grill for about 2 minutes, or until hot. Grill the pineapple for 2 minutes on each side. Transfer to a cutting board and let cool slightly, about 2 minutes, before chopping.

Meanwhile, in a medium bowl, stir together the remaining salsa ingredients except the lemon. Grate 1 teaspoon lemon zest, reserving the lemon. Stir the zest and chopped pineapple into the strawberry mixture. Set aside.

Sprinkle both sides of the chicken with the seasoning blend and salt. Grill for 5 minutes on each side, or until no longer pink in the center. Transfer to plates. Squeeze the reserved lemon over the chicken. Serve with the salsa on the side.

# LETTUCE LEAF WRAPS

SERVES 8

## INGREDIENTS:

- 1 small onion,  
chopped
- 1 red pepper,  
chopped
- 2 TBSP olive oil,  
divided
- 1 5-oz chicken  
breast, cut into  
small cubes
- ¼ tsp cumin
- Sprinkle of  
chili powder
- ½ cup corn kernels  
(fresh or frozen)
- 1 tomato, diced
- ½ cup shredded,  
low-fat cheddar  
cheese
- 8 Boston Bibb  
lettuce leaves

## NUTRITION:

Total calories	80
Total fat	4g
Saturated fat	0.5g
Cholesterol	5mg
Sodium	70mg
Total carbohydrate	5g
Total fiber	1g
Sugars	1g
Protein	6g

## PREPARATION:

Sauté onion and pepper in 1 tablespoon olive oil, until tender but crisp, about 6-8 minutes. Remove and set aside.

Add chicken to the pan with cumin and sprinkle of chili powder and sauté with 1 tablespoon of olive oil until cooked through, about 8-10 minutes, stirring frequently.

Add corn kernels for the last minute to heat through.

Take each leaf of lettuce, and layer the chicken mixture, onion-pepper mixture and tomato on top. Add a sprinkle of cheese and roll up.

# HOLIDAY TURKEY BREAST

SERVINGS VARY



## INGREDIENTS:

- 1 large turkey breast, without skin or bone
- 3 cloves garlic, minced
- 2 TBSF chopped fresh rosemary
- 2 TBSF chopped fresh basil
- 2 TBSF olive oil
- 2 TBSF lemon juice
- Pepper to taste

## NUTRITION:

Total calories	135
Total fat	2g
Saturated fat	0g
Cholesterol	60mg
Sodium	50mg
Total carbohydrates	0g
Dietary fiber	0g
Sugars	0g
Protein	30g

## PREPARATION:

Preheat oven to 325° F.

In a bowl, mix the ingredients together and spread evenly on both sides of the breast.

Place turkey breast in a roasting pan. Roast turkey breast for 1.5 to 2 hours or until a meat thermometer reads 165° F when inserted in multiple areas.

Allow to rest at room temperature for 10 minutes before slicing to serve.

# TURKEY MEATLOAF

SERVES 6

## NUTRITION:

Calories	172
Total fat	7g
Saturated fat	1.5g
Cholesterol	80mg
Sodium	120mg
Total carbohydrate	12g
Dietary fiber	2g
Sugar	5g
Protein	14g

## INGREDIENTS:

- 1 onion, diced
- 2 cloves garlic, minced
- 1 Tbsp olive oil
- 1 lb ground turkey breast
- 1 egg
- ½ cup whole-wheat bread crumbs
- ½ cup low-sodium ketchup
- ⅛ tsp chili powder
- Pepper to taste

## PREPARATION:

Preheat oven to 350°F, spray a loaf pan with cooking spray.

Sauté onion and garlic with olive oil in a saucepan over medium heat until softened, about 5 minutes.

Mix all ingredients together in a bowl and add to loaf pan.

Cook for about 45 minutes, remove from oven and let sit before slicing

Additional spices can be added if desired (e.g. cumin, onion powder, rosemary, basil, etc.)



# DESSERTS

# ANGEL FOOD CAKE & FRESH STRAWBERRIES

SERVES 16



## NUTRITION:

Total calories	150
Total fat	0g
Saturated fat	0g
Cholesterol	0mg
Sodium	70mg
Total carbohydrate	34g
Dietary fiber	1g
Sugar	23g
Protein	4g

## INGREDIENTS:

- 1 ¼ cups cake flour
- 1 ¾ cups white sugar
- ¼ tsp salt
- 1 ½ cups egg whites
- 1 tsp cream of tartar
- 1 tsp orange extract
- 3 cups strawberries, sliced
- ½ cup orange juice

## PREPARATION:

Set oven to 325°F.

Beat egg whites until stiff peaks are formed. Add cream of tartar and orange extract.

Sift flour, sugar and salt. Repeat this step 4 times.

Combine egg whites gently with the mixture of flour/sugar/salt and pour into ungreased 10 inch tube pan. Cook for about 1 hour or until golden brown.

Allow cake to cool in the pan upside down for at least an hour. Remove from pan once cooled.

Combine strawberries with orange juice. Spoon over cake and serve.

# MICROWAVE BAKED APPLE SLICES

SERVES 4

*This recipe is reprinted with permission from The New American Heart Association Cookbook, 7<sup>th</sup> Edition, Copyright © 2004 by the American Heart Association.*

## INGREDIENTS:

Vegetable oil spray

1 lb unpeeled  
apples, cored and  
cut into ½-inch  
wedges

1 ½ Tbsp sugar

1 Tbsp light  
tub margarine

½ tsp ground  
cinnamon

¼ tsp vanilla  
extract

## NUTRITION:

Total calories	89
Total fat	1.5g
Saturated fat	0g
Polyunsaturated fat	0.5 g
Monounsaturated fat	0.5 g
Cholesterol	0g
Sodium	24mg
Total carbohydrate	21g
Dietary fiber	3g
Sugars	17g
Protein	0g

## PREPARATION:

Lightly spray a 9-inch glass baking dish with vegetable oil spray. Arrange the apples in the dish. Cover with plastic wrap.

Microwave at 100 percent (high) for 2 ½ minutes, or until just tender. Remove from the microwave.

Add the remaining ingredients, stirring until the margarine is completely melted.

# APPLE & CHERRY CRUMBLE

## INGREDIENTS:

### For the fruit

Cooking spray

5-6 fresh apples  
or pears

1 cup dried cherries

Zest of one lemon

½ cup apple  
or pear juice

2 TBSF honey

1 tsp almond extract

1 tsp vanilla extract

¼ tsp ground  
cardamom

½ tsp ground  
cinnamon

1 TBSF flour

### For the topping

1 cup vanilla granola

3 TBSF flour

½ cup brown sugar

¼ cup sliced  
almonds

½ tsp ground  
cinnamon

¼ tsp ground  
allspice

¼ cup trans fat free  
margarine spread

SERVES 6

*Recipe courtesy of the American Heart Association.*

## NUTRITION:

Total calories	289
Total fat	4g
Saturated fat	0g
Cholesterol	0mg
Sodium	69mg
Total carbohydrate	62g
Dietary fiber	6g
Sugar	41g
Protein	3g

## PREPARATION:

Preheat the oven to 375°F. Lightly spray a 9-inch baking dish with cooking spray. Line a rimmed baking sheet with aluminum foil and set aside. Peel and core the apples and cut them into chunks. Add the cherries, lemon zest, apple juice, honey, flavorings, spices, and one tablespoon of flour to the fruit and stir to mix everything well. Place the fruit in the prepared baking dish.

For topping, place the granola, flour, brown sugar, almonds, and spices in a large mixing bowl and toss them together lightly. Add the margarine spread and use your hands to work the spread into the dry ingredients until blended but crumbly. Spread the topping over the apples. Place the dish on the foil-lined baking sheet and bake the crumble for 30-35 minutes, until the top is golden brown and the juices are bubbling and translucent. Serve warm.

# BANANA “ICE-CREAM”

SERVES 4

## NUTRITION:

Total calories	130
Total fat	2g
Saturated fat	1.5g
Cholesterol	1mg
Sodium	5mg
Total carbohydrate	31g
Dietary fiber	4g
Sugars	15g
Protein	1.5g

## PREPARATION:

Peel the bananas and cut into 1-inch pieces. Place on large cookie sheet that is lined with parchment paper. Freeze for about 8 hours.

Place frozen banana pieces and sprinkle of cinnamon into a blender or food processor. Scrape down the side of the bowl and add a splash or two of milk when it sticks.

Once a creamy consistency is achieved, spoon into a cup and top with a few chocolate chips.

## INGREDIENTS:

- 4 bananas
- 2 TBSP skim milk
- Sprinkle of cinnamon
- 2 TBSP dark chocolate chips

# CHOCOLATE CRÉME BRULEE

SERVES 10

*This recipe is reprinted with permission from The New American Heart Association Cookbook, 7<sup>th</sup> Edition, Copyright © 2004 by the American Heart Association.*

## INGREDIENTS:

3 cups fat-free  
half-and-half

½ cup unsweetened  
cocoa powder, sifted

Egg substitute  
equivalent to 6 eggs,  
or 6 large eggs

2/3 cup sugar

3 TBSF plus 1 tsp  
dark chocolate  
mini chips

Scant ½ cup sugar

1 cup fresh  
raspberries

## NUTRITION:

Total calories	197
Total fat	1.5g
Saturated fat	0.5g
Trans fat	0.0g
Polyunsaturated fat	0.0g
Monounsaturated fat	0.5g
Cholesterol	0mg
Sodium	148mg
Total carbohydrate	40g
Dietary fiber	2g
Sugar	31g
Protein	10g

## PREPARATION:

Preheat the oven to 325°F.

In a medium microwave-safe bowl, whisk together the half-and-half and cocoa (*the mixture will be lumpy*). Cover with plastic wrap. Microwave on 100 percent power (high) for 1 minute to 1 minute 30 seconds, or until the half-and-half is slightly warm. Whisk the mixture again to help dissolve the lumps.

Whisk in the egg substitute and 2/3 cup sugar. Pour ½ cup mixture into each of ten 6-ounce broilerproof custard cups.

Spoon 1 teaspoon chocolate chips into the middle of each custard cup. Place the custard cups on a 17x12x1-inch rimmed baking sheet or large baking pan. Fill the baking sheet half full with warm water, or fill the baking pan to a depth of 1 inch.

Bake for 30 to 35 minutes, or until the center is set (*doesn't jiggle when gently shaken*). Transfer the baking sheet to a cooling rack. Carefully transfer the custard cups to another cooling rack. Let cool for 15 minutes. Cover and refrigerate for 2 hours to two days.

At serving time, preheat the broiler. Uncover the custard cups. Sprinkle 2 teaspoons sugar over each serving. Put the cups on a broiler-proof pan. Broil with the tops of the cups about 2 inches from the heat for 2 to 4 minutes or until the sugar is caramelized (*watch carefully so it does not burn*).

To serve, put each custard cup on a plate. Garnish the crème brûlée with the raspberries.

# CHERRY CHOCOLATE TIRAMISU

## INGREDIENTS:

1 cup water  
¼ cup sugar  
2 tsp instant coffee granules  
1 tsp vanilla extract  
6-oz ladyfingers, separated and torn into ½-inch pieces  
8-oz fat-free or low-fat frozen whipped topping, thawed  
2 TBSP unsweetened cocoa powder  
16-oz frozen unsweetened pitted dark cherries, thawed and undrained  
2 TBSP sugar  
1 TBSP cornstarch  
¼ tsp almond extract  
¼ cup slivered almonds, dry-roasted

SERVES 8

*This recipe is reprinted with permission from Love Your Heart, 5<sup>th</sup> Anniversary Edition, Copyright © 2008 by the American Heart Association.*

## NUTRITION:

Total calories	197
Total fat	1.5g
Saturated fat	0.5g
Trans fat	0.0g
Polyunsaturated fat	0.5g
Monounsaturated fat	1.5g
Cholesterol	0mg
Sodium	148mg
Total carbohydrate	40g
Dietary fiber	2g
Sugar	31g
Protein	10g

## PREPARATION:

In a small bowl, stir together the water, ¼ cup sugar, coffee granules, and vanilla until the sugar has dissolved.

To assemble, place ½ of the ladyfinger pieces in an 8-inch square baking pan. Stir the coffee mixture and spoon half over the ladyfingers. Spoon ½ of the whipped topping over the ladyfingers, spreading evenly. Using a fine sieve, sprinkle ½ of the cocoa powder over all. Repeat. Cover with plastic wrap. Refrigerate for 8 hours to 24 hours.

Meanwhile, halve the cherries if desired. In a large skillet, stir together the cherries and their liquid, 2 tablespoons sugar, and cornstarch until the cornstarch is completely dissolved. Bring to a boil over medium-high heat. Boil for 1 minute, stirring constantly. (*A flat spatula works well for this so you can scrape the bottom, where the mixture thickens first.*) Remove from the heat.

Put the skillet on a cooling rack. Stir in the almond extract. Let the mixture cool completely, about 15 minutes. Refrigerate in a plastic re-sealable bag or airtight container until serving time.

To serve, spoon the cherry mixture over individual servings of the tiramisu. Sprinkle with the almonds.

# MINT CHOCOLATE MERINGUES

SERVES 40

## INGREDIENTS:

2 large egg whites

$\frac{1}{8}$  tsp cream  
of tartar

$\frac{1}{8}$  tsp of salt

$\frac{1}{2}$  cup sugar

$\frac{1}{4}$  tsp peppermint  
extract

1-oz bittersweet  
chocolate, finely  
chopped

## NUTRITION:

Total calories	15
Total fat	0.2g
Saturated fat	0g
Total cholesterol	0mg
Sodium	10mg
Total carbohydrate	3g
Total fiber	0g
Sugar	3g
Protein	0.2g

## PREPARATION:

Preheat oven to 225°F.

Line two cookie sheets with parchment paper for baking. In a large bowl, beat egg whites, salt and cream of tartar to soft peaks. Slowly add sugar until peaks become stiff. Gently fold in peppermint extract and chopped chocolate. Drop spoonfuls about 1 inch apart on cookie sheets.

Bake for 1.5 hours or until meringues are dry. Turn oven off and let them cool and crisp with the door ajar before removing from paper.

# CRANBERRY APPLE CRUMBLE

SERVES 6



## INGREDIENTS:

4 cups apples,  
peeled, cored and  
thinly sliced

½ cup fresh  
cranberries,  
chopped

⅓ cup sugar

¼ tsp  
cinnamon

Pinch of nutmeg

### Top crumble

½ cup rolled oats

4 TBSF brown sugar

2 TBSF flour

2 TBSF butter

## NUTRITION:

Total calories	245
Total fat	4g
Saturated fat	0.8g
Cholesterol	10mg
Sodium	50mg
Total carbohydrate	38g
Dietary fiber	3g
Sugars	28g
Protein:	1.5g

## PREPARATION:

Heat oven to 350°F.

In a baking dish, combine the apples, cranberries, ⅓ cup sugar, cinnamon and nutmeg.

In a separate bowl, combine the oats, brown sugar and flour. Cut the butter in small pieces and add to this dry mixture.

Spread mixture over apples in the baking dish.

Bake covered for about 45 minutes, taking the cover off for the last 10 minutes.

# SUMMER FRUIT KABOBS

SERVES 6

## NUTRITION:

Total calories	75
Total fat	0g
Saturated fat	0g
Cholesterol	0mg
Sodium	0mg
Total carbohydrate	31g
Dietary fiber	1g
Sugar	4g
Protein	1.5g

## INGREDIENTS:

3 peaches, pitted  
and quartered

3 plums, pitted  
and quartered

2 cups pineapple,  
cut into 1-inch  
chunks

3 kiwi, peeled,  
cut into thick slices

12 strawberries,  
hulled

2 Tbsp honey

6 skewers

## PREPARATION:

Preheat outdoor grill.

Thread alternating fruits onto skewers.

Heat honey in microwave for about 10 seconds. Brush skewers with honey.

Grill fruit until softened, about 5 minutes, then flip to grill other side.

# TOASTED HAZELNUTS & DARK CHOCOLATE

SERVES 4

## NUTRITION:

Total	210
Total fat	18g
Saturated fat	2.5g
Total cholesterol	0mg
Sodium	0mg
Total carbohydrate	9g
Total fiber	3g
Sugar	5g
Protein	5g

## PREPARATION:

Preheat oven to 350°F.

On a baking sheet, spread hazelnuts in one layer and toast for about 10 to 15 minutes.

Cool completely, then mix with dark chocolate chips.

## INGREDIENTS:

1 cup hazelnuts

2 Tbsp dark  
chocolate chips

# FRESH ORANGES WITH POMEGRANATE

SERVES 6

## NUTRITION:

Total calories	84
Total fat	0g
Saturated fat	0g
Cholesterol	0g
Sodium	3mg
Total carbohydrate	21g
Total fiber	6g
Sugar	4g
Protein	1g

## PREPARATION:

Section 4 oranges and place in bowl. Seed 1 pomegranate and toss with orange sections.

Add lemon juice and serve chilled

## INGREDIENTS:

1 pomegranate

4 oranges

2 Tbsp lemon juice

# GLAZED & GRILLED PEACHES

SERVES 6



## NUTRITION:

Total calories	110
Total fat	3.5g
Saturated fat	0g
Cholesterol	0g
Sodium	10mg
Total carbohydrate	20gm
Dietary fiber	2.5g
Sugar	18g
Protein	1g

## PREPARATION:

Brush cut sides of the peaches with canola oil.

Cook over medium heat on cut side for about 4-5 minutes or until grill marks appear. Turn peaches over, sprinkle cut side with brown sugar and reduce heat (*or move to indirect heat*) for additional 10 minutes.

Serve with vanilla yogurt for a healthy treat or vanilla ice cream for a decadent dessert!

## INGREDIENTS:

4 peaches, cut in half without pits

2 Tbsp brown sugar

1 Tbsp canola oil

# FALL BAKED PEARS

SERVES 4

## NUTRITION:

Total calories	182
Total fat	5g
Saturated fat	0.5g
Total cholesterol	2mg
Sodium	11mg
Total carbohydrate	34g
Total fiber	7g
Sugar	22g
Protein	4g

## INGREDIENTS:

- 4 medium pears
- 2 Tbsp brown sugar
- 1 Tbsp cinnamon
- ¼ cup pecans, chopped
- ½ cup non-fat vanilla Greek yogurt

## PREPARATION:

Preheat oven to 375°F. Peel each pear, cut lengthwise and scoop out the seeds.

Spray a baking dish with non-stick spray and spread the brown sugar and cinnamon across the surface. Place pears cut side down and bake for 15-20 minutes or until tender.

Take pears out of the oven; place on dish cut side up. Sprinkle evenly with chopped pecans and a dollop of yogurt. Serve warm.

# BAKED PEAR CRUMBLE

SERVES 4



## NUTRITION:

Total calories	160
Total fat	6g
Saturated fat	1g
Total cholesterol	0mg
Sodium	2mg
Total carbohydrate	25g
Total fiber	5g
Sugar	14g
Protein	3g

## INGREDIENTS:

- 2 large pears
- 2 tsp brown sugar
- ¼ tsp cinnamon
- Pinch of nutmeg
- 1 tsp honey
- ¼ cup rolled oats
- ¼ cup pecans

## PREPARATION:

Preheat oven to 375°F.

Peel pears, and cut in half lengthwise. Remove core and seeds, leaving a small area to add filling.

Place halves cut side up in an oven safe dish. Sprinkle sugar, cinnamon and nutmeg evenly over pears. Drizzle evenly with honey. In a separate bowl, combine rolled oats and pecans. Divide evenly and add to area on top of each pear half.

Cover dish loosely with foil and bake for 25 minutes.

# PUMPKIN CAKE

SERVES 8

## INGREDIENTS:

- 2 cups whole-wheat flour
- ¼ cup sugar
- 1 tsp baking powder
- ½ tsp baking soda
- 1 tsp cinnamon
- ½ tsp nutmeg
- ½ tsp ground ginger
- 1 egg
- 1 cup low fat buttermilk
- ¾ cup pumpkin puree
- ½ medium apple  
(without skin,  
sliced very thin)

## NUTRITION:

Total calories	165
Total fat	2g
Saturated fat	0.5g
Cholesterol	25mg
Sodium	115mg
Total carbohydrates	34g
Dietary fiber	5g
Sugars	9g
Protein	6g

## PREPARATION:

Preheat oven to 350° F and spray 8x8 pan with cooking spray.

In a bowl, add flour, sugar, baking powder, baking soda, cinnamon, nutmeg and ginger.

In a separate bowl, beat the egg; add buttermilk and pumpkin. Pour the wet ingredients into the dry ingredient bowl and stir until blended.

Spoon the mixture into the pan and add thin slices of apple in an even layer on top.

Bake for about 1 hour or until a toothpick comes out clean.

# RHUBARB MEDLEY

SERVES 4

## INGREDIENTS:

- 1 cup rhubarb,  
thinly sliced
- 1 ½ cup chopped,  
peeled apple
- 2 Tbsp raisins or  
dried cranberries
- 2 Tbsp brown sugar
- 1 tsp instant  
tapioca
- ½ tsp cinnamon
- 2 Tbsp chopped  
walnuts

## NUTRITION:

Total calories	85
Total fat	2.5g
Saturated fat	0g
Cholesterol	0mg
Sodium	3mg
Total carbohydrate	16g
Total fiber	2g
Sugars	12g
Protein	1g

## PREPARATION:

Preheat oven to 350°F.

Combine rhubarb, apples, raisins, sugar, instant tapioca and cinnamon in a bowl and mix thoroughly.

Spread into a small pan and bake until bubbling, about 30 minutes.

Top with chopped walnuts and serve over plain yogurt or ice-cream for a treat.

# STRAWBERRY & RICOTTA CRUNCH

SERVES 2



## NUTRITION:

Total calories	200
Total fat	9g
Saturated fat	3g
Total cholesterol	15mg
Sodium	95mg
Total carbohydrate	20g
Total fiber	4g
Sugar	8g
Protein	9g

## INGREDIENTS:

- 1 ½ cups frozen strawberries (unsweetened)
- ½ cup part-skim ricotta cheese
- 2 TBSP walnut pieces
- 1 TBSP graham cracker, crushed

## PREPARATION:

- Allow strawberries to thaw at room temperature for 15 minutes.
- Add ricotta cheese and top with walnut pieces and crushed graham cracker.

# FESTIVE YOGURT PARFAIT

SERVES 6

## NUTRITION:

Total calories	190
Total fat	3g
Saturated fat	0g
Cholesterol	3mg
Sodium	120mg
Total carbohydrate	30g
Dietary fiber	2g
Sugars	22g
Protein	16g

## INGREDIENTS:

4 cups plain  
Greek yogurt

3 kiwis,  
sliced thin

1 pomegranate,  
cleaned

3 TBSP walnuts,  
chopped

2 TBSP honey

## PREPARATION:

In 6 individual dessert cups, layer evenly yogurt on the bottom, followed by kiwi slices and pomegranate seeds.

Sprinkle each with the chopped walnuts and drizzle with honey.

Serve cold as a dessert.



# SNACKS

# FRUIT & NUT BARS

SERVES 18



## INGREDIENTS:

- 2 cups bran flakes
- ¾ cup pecans,  
chopped  
(no salt added)
- ¾ cup dried  
cranberries
- 2 tbs whole  
wheat flour
- ½ cup  
sunflower seeds  
(no salt added)
- ⅓ cup brown sugar
- 2 egg whites
- ½ tsp vanilla  
extract

## NUTRITION:

Calories	134
Total fat	9.0g
Saturated fat	0.7g
Trans fat	0.0g
Polyunsaturated fat	3.3g
Monounsaturated fat	4.5g
Cholesterol	0.0mg
Sodium	41.1mg
Potassium	119.0mg
Total carbohydrates	13.1g
Dietary fiber	2.5g
Sugars	7.2g
Protein	2.7g

### **PREPARATION:**

Heat oven to 300°F. Place foil in 9x9 baking pan to line. (Note: time may need to be adjusted with different size pan.)

Spread a small amount of olive oil and then flour on the foil.

Mix bran flakes, pecans, cranberries, flour and sunflower seeds together in a bowl.

Place brown sugar in a separate bowl, then whisk in the egg whites and vanilla extract.

Add this to the dry ingredients and stir.

Press mixture into baking pan, and bake until bars are dry to the touch, about 45 minutes to 1 hour. Cool completely, cut and serve.

# HEART SMART SNACK BARS

SERVES 2

## INGREDIENTS:

- 2 cups rolled oats
- $\frac{3}{4}$  cup packed brown sugar
- $\frac{1}{2}$  cup wheat germ
- 1 tsp ground cinnamon
- 1 cup all purpose flour
- $\frac{1}{2}$  cup dried blueberries
- $\frac{1}{2}$  cup dried cranberries
- $\frac{1}{2}$  cup dark chocolate chips
- $\frac{3}{4}$  tsp salt
- $\frac{1}{2}$  cup maple syrup
- 1 egg, beaten
- $\frac{1}{2}$  cup oil
- 2 tsp almond extract

## NUTRITION:

Total calories	180
Total fat	8g
Saturated fat	2g
Cholesterol	9mg
Sodium	75mg
Total carbohydrate	30gm
Dietary fiber	4g
Sugar	17g
Protein	3g

## PREPARATION:

Preheat oven to 350°F. Grease 9x9 inch baking dish.

In a large bowl, mix together oats, brown sugar, wheat germ, cinnamon, flour, blueberries, cranberries, chocolate chips and salt. Add maple syrup, egg, oil and almond extract. Mix well and pat evenly into pan.

Bake for 25-35 minutes, until edges begin to brown. Cut bars while they are still warm.

# CARROT-APPLE MUFFINS

SERVES 12

*This recipe is reprinted Copyright © 2006 by the American Heart Association.*

## INGREDIENTS:

Vegetable oil spray  
1 ½ cups  
all-purpose flour  
1 4-oz Granny  
Smith apple, peeled  
and shredded  
1 4-oz large  
carrot, shredded  
in short strands  
½ cup sugar  
2 TBSP light  
brown sugar  
2 tsp ground  
cinnamon  
1 tsp pumpkin  
pie spice  
½ tsp baking  
powder  
¼ tsp baking soda  
½ cup pineapple  
juice  
1 large egg  
2 TBSP of canola oil  
1 tsp vanilla extract

## NUTRITION:

Calories	134
Total fat	2.5g
Saturated fat	0.5g
Trans fat	0.0g
Polyunsaturated fat	1.5g
Monounsaturated fat	0.5g
Carbohydrates	26g
Fiber	1g
Cholesterol	0mg
Protein	2g
Sodium	59mg

## PREPARATION:

Preheat the oven to 375°F. Lightly spray a 12-cup muffin pan with vegetable oil spray.

In a medium bowl, stir together the flour, carrot, apple, sugar, brown sugar, cinnamon, pumpkin pie spice, baking powder and baking soda.

In a small bowl, stir together the pineapple juice, egg, oil and vanilla extract. Pour the liquids into the dry mixture. Stir until just combined. Spoon the batter into the pan, distributing evenly.

Bake for 18-20 minutes or until a wooden toothpick inserted in the center comes out clean. Let cool on a cooling rack for at least 5 minutes before serving.

# SPICY KALE CHIPS

SERVES 4



## NUTRITION:

Total calories	56
Total fat	4g
Saturated fat	0.5g
Cholesterol	0mg
Sodium	20mg
Total carbohydrate	5g
Total fiber	1.5g
Sugars	0g
Protein	1.5g

## PREPARATION:

Preheat oven to 350°F. Line pan or cookie sheet with wax paper.

Remove leaves of kale from the stem with kitchen scissors or a knife. Wash and dry leaves.

In a bowl, mix leaves with olive oil and a sprinkle of paprika and red pepper flakes.

Lay leaves in the pan and bake until edges are brown, about 10-15 minutes.

## INGREDIENTS:

- 1 bunch kale
- 1 Tbsp olive oil
- Paprika
- ¼ tsp red pepper flakes  
(optional—spicy!)

# ROASTED CHICKPEAS

SERVES 4

## NUTRITION:

Calories	156
Total fat	4.6g
Saturated fat	0.4g
Trans fat	0.0g
Polyunsaturated fat	1.4g
Monounsaturated fat	2.5g
Cholesterol	0.0mg
Sodium	318.0mg
Potassium	182.9mg
Total carbohydrates	24.5g
Dietary fiber	4.3g
Sugars	0.0g
Protein	5.3g

## PREPARATION:

In a bowl, toss the chickpeas with olive oil and pepper to taste.

Place in a single layer on a baking sheet, bake at 350°F for 45 minutes or until the chickpeas have a crunch to them.

Try adding your favorite dried herb: oregano, basil, rosemary, etc.

## INGREDIENTS:

15-oz canned  
chickpeas, rinsed

1 tbs olive oil

# PITA CRISPS

SERVES 18

*This recipe is reprinted with permission from The New American Heart Association Cookbook, Seventh Edition, Copyright © 2004.*

## INGREDIENTS:

6-inch whole wheat pita breads

¼ cup very finely snipped fresh parsley

2 green onions (green and white parts), finely chopped

1 tsp olive oil

¾ tsp dried basil, crumbled

½ tsp dried rosemary, crushed

1 medium garlic clove, minced

Olive oil spray

2 Tbsp grated or shredded Parmesan cheese

## NUTRITION:

Calories	33
Total fat	0.5g
Saturated fat	0.0g
Trans fat	0.0g
Polyunsaturated fat	0.0g
Monounsaturated fat	0.5g
Cholesterol	1mg
Sodium	63mg
Carbohydrates	6mg
Fiber	1g
Sugar	0
Protein	1g

## PREPARATION:

Preheat the oven to 350°F.

Separate each pita bread into 2 layers.

In a small bowl, stir together the parsley, green onions, olive oil, basil, rosemary, and garlic. Spread the mixture on the pitas.

Lightly spray the tops with olive oil spray. Sprinkle with the Parmesan. Cut each pita half into 6 wedges. Put the wedges on an ungreased baking sheet.

Bake for 12 minutes, or until crisp. Serve warm.

# MUNCHIE MIX

SERVES 6

## NUTRITION:

Calories	178
Total fat	8.8g
Saturated fat	2.8g
Trans fat	0.0g
Polyunsaturated fat	1.3g
Monounsaturated fat	3.6g
Cholesterol	0.0mg
Sodium	38.3mg
Potassium	230.2mg
Total carbohydrates	24.2g
Dietary fiber	3.0g
Sugars	9.7g
Protein	3.8g

## INGREDIENTS:

- 1 cup plain wheat squares, spoon size
- 1 cup plain round wheat cereal
- ¼ cup cashews (no salt added)
- ¼ cup almonds (no salt added)
- ½ cup dried apricots, chopped
- ¼ cup dark chocolate chips

## PREPARATION:

Combine all ingredients and snack away!

# NEW ENGLAND SOY TRAIL MIX

SERVES 4



## NUTRITION:

Calories	190
Total fat	9g
Saturated fat	2g
Sodium	2mg
Cholesterol	0mg
Potassium	271mg
Total carbohydrates	24g
Dietary fiber	3g
Sugars	15g
Protein	5g

## INGREDIENTS:

¼ cup roasted  
soy nuts, unsalted

¼ cup walnuts

¼ cup dried  
cranberries

¼ cup dried  
blueberries  
(or raisins)

2 Tbsp dark  
chocolate chips

## PREPARATION:

Mix all ingredients together and separate into 4 servings.

# SWEET & SAVORY SNACK MIX

SERVES 8

## NUTRITION:

Total calories	145
Total fat	8g
Saturated fat	0.5g
Cholesterol	0g
Sodium	25mg
Total carbohydrate	14g
Dietary fiber	3g
Sugars	9g
Protein	4g

## INGREDIENTS:

- ½ cup sliced almonds
- ½ cup peanuts
- ½ cup dried blueberries
- ½ cup dried cherries
- ¼ cup dark chocolate chips
- 20 small pretzel twists

## PREPARATION:

Combine all ingredients in a dish.  
Serve as a snack, appetizer or sweet treat after a meal.

# NUTTY SMOOTHIE

SERVES 2

## NUTRITION:

Calories	182
Total fat	4.5g
Saturated fat	0.8g
Trans fat	0.0g
Polyunsaturated fat	1.1g
Monounsaturated fat	1.9g
Cholesterol	2.4mg
Sodium	96.0mg
Potassium	630.1mg
Total carbohydrates	28.5g
Dietary fiber	2.7g
Sugars	20g
Protein	10.1g

## PREPARATION:

Freeze banana ahead of time: Peel, place in plastic wrap and place in freezer.

Combine all ingredients with a few ice cubes in a blender and pulse until smooth.

## INGREDIENTS:

- 1 cup non-fat plain yogurt
- 1 banana, frozen
- 1 tbs natural peanut butter
- ½ tsp vanilla extract

# CINNAMON STEEL-CUT OATMEAL

SERVES 4

## NUTRITION:

Total calories	175
Total fat	3g
Saturated fat	0.5g
Total cholesterol	0mg
Sodium	50mg
Total carbohydrate	35g
Total fiber	5g
Sugar	2g
Protein	7g

## PREPARATION:

Bring 3 ½ cups water to a boil and stir in oats.

Cook until softened, about 20–30 minutes.

Stir in milk, cinnamon and almond extract.

Other toppings can be added to your liking: nuts, seeds, dried fruit, etc.

## INGREDIENTS:

1 cup dry  
steel-cut oats

½ cup skim milk

1 tsp ground  
cinnamon

1 tsp almond  
extract



DIPS, DRESSINGS  
& CONDIMENTS

# CRAN-APPLE CHUTNEY

SERVES 8

## INGREDIENTS:

- 2 cups whole cranberries
- 1 medium apple, peeled and chopped
- $\frac{3}{4}$  cup sugar
- $\frac{3}{4}$  cup water
- 2 tsp cinnamon
- $\frac{1}{4}$  tsp nutmeg
- Orange zest  
(1 orange, zested)

## NUTRITION:

Total calories	90
Total fat	0g
Saturated fat	0g
Cholesterol	0mg
Sodium	0mg
Total carbohydrates	24g
Dietary fiber	2g
Sugars	21g
Protein	0g

## PREPARATION:

Combine all ingredients in saucepan and bring to a boil over high heat, stirring constantly.

Reduce heat to medium and simmer for about 15 minutes until the mixture is tender and thick.

Cool and serve.

# CRANBERRY APPLE RELISH

SERVES 10



## NUTRITION:

Total calories	52
Total fat	0g
Saturated fat	0g
Cholesterol	0g
Sodium	5mg
Total carbohydrate	15g
Dietary fiber	3g
Sugars	9g
Protein	0g

## INGREDIENTS:

- 12-oz bag fresh cranberries
- 1 orange, zested and juiced
- 1 apple peeled and diced
- ½ cup water
- 1 cinnamon stick
- ½ cup brown sugar

## PREPARATION:

Bring all ingredients to a boil.

Reduce heat and simmer for 15 minutes.

Serve warm with turkey or use cold as a spread for a sandwich.

# CRANBERRY FRUIT DIP

SERVES 8

*This recipe is reprinted with permission from The New American Heart Association Cookbook, 7<sup>th</sup> Edition, Copyright © 2001.*

## NUTRITION:

Calories	39
Total fat	0.0g
Saturated fat	0.0g
Trans fat	0.0g
Polyunsaturated fat	0.0g
Monounsaturated fat	0.0g
Cholesterol	0.0g
Sodium	14mg
Carbohydrates	9g
Fiber	0g
Sugar	7g
Protein	1g

## INGREDIENTS:

- ½ cup nonfat or low-fat vanilla, lemon, or peach yogurt
- ½ cup whole-berry cranberry sauce
- ¼ tsp ground cinnamon
- ⅛ tsp ground ginger

## PREPARATION:

In a medium bowl, stir together all ingredients. Serve with fruit. This dip can be stored in an airtight container in the refrigerator for up to three days.

Serve this dish with an array of fresh fruit—apple slices, orange sections, melon spears, and pineapple chunks all make terrific companions for this dip.

# ROASTED PEPPER HUMMUS

SERVES 6

## NUTRITION:

Total calories	130
Total fat	5g
Saturated fat	0.5g
Sodium	10mg
Total carbohydrate	18g
Fiber	3g
Protein	4g

## PREPARATION:

In a food processor, combine all of the ingredients and blend until smooth.

Serve with fresh vegetables as a dip or use as a spread.

## INGREDIENTS:

15-oz can  
chickpeas,  
rinsed well

2 cloves garlic

½ cup roasted red  
peppers (*from the  
jar, packed in water  
or roasted fresh*)

2 Tbsp olive oil

2 Tbsp lemon juice

2 Tbsp fresh parsley

# CITRUS VINAIGRETTE

SERVES 4

## NUTRITION:

Total calories	92
Total fat	6.5g
Saturated fat	0g
Cholesterol	0g
Sodium	45mg
Total carbohydrate	8g
Total fiber	0g
Sugar	6g
Protein	1g

## INGREDIENTS:

1/3 cup orange juice  
2 TBSF lime juice  
2 TBSF honey  
mustard  
2 TBSF white  
wine vinegar  
2 TBSF olive oil  
1 clove garlic,  
minced  
Pepper to taste

## PREPARATION:

Whisk all ingredients together and add to green salad.

# HERB VINAIGRETTE

SERVES 3



## NUTRITION:

Total calories	130
Total fat	14g
Saturated fat	1.5g
Total cholesterol	0mg
Sodium	4mg
Total carbohydrate	2g
Total fiber	0g
Sugar	2g
Protein	0g

## PREPARATION:

Whisk all ingredients together in a bowl.

Serve over salad or other desired dish.

Re-whisk each time it is used.

## INGREDIENTS:

3 Tbsp olive oil

2 Tbsp balsamic  
vinegar

¼ tsp oregano

¼ tsp basil

Ground black  
pepper to taste

# MUSTARD VINAIGRETTE

SERVES 4

## NUTRITION:

Total calories	155
Total fat	18g
Saturated fat	1g
Total cholesterol	0mg
Sodium	15mg
Total carbohydrate	0g
Total fiber	0g
Sugar	1g
Protein	0g

## INGREDIENTS:

5 Tbsp canola oil  
2 Tbsp white wine vinegar  
1 clove garlic, minced  
1 tsp Dijon mustard  
Ground black pepper to taste

## PREPARATION:

Whisk all ingredients together in a bowl.  
Serve over salad or other desired dish.  
Re-whisk each time it is used.

# CREAMY YOGURT DRESSING

SERVES 5



## INGREDIENTS:

- 16-oz plain non-fat yogurt
- 2 stalks of celery, finely diced
- 2 TBSP olive oil
- 2 TBSP lemon juice
- 2 garlic cloves, minced
- 2 TBSP fresh dill, chopped

## NUTRITION:

Total calories	98
Total fat	5g
Saturated fat	0.75g
Total cholesterol	2mg
Sodium	70mg
Total carbohydrate	7g
Total fiber	0g
Sugar	7g
Protein	5g

## PREPARATION:

Stir all ingredients together. If a creamier texture is preferred, yogurt can be blended in a food processor.

This can be used as salad dressing or as a dip.

# SWEET & TANGY MARINADE FOR GRILLING

SERVES 4

## NUTRITION:

Total calories	80
Total fat	6g
Saturated fat	1g
Cholesterol	0mg
Sodium	2mg
Total carbohydrate	10g
Dietary fiber	0g
Sugars	10g
Protein	0g

## INGREDIENTS:

- ¼ cup rice wine vinegar
- 2 TBSP olive oil
- 3 TBSP maple syrup
- 2 TBSP fresh lemon juice
- ¼ tsp fresh ground pepper
- 2 TBSP chopped parsley

## PREPARATION:

Combine all ingredients in a bowl. Add raw protein of your choice and let sit in the refrigerator for at least 3 hours and then cook as directed. Tastes best on fish, chicken or pork.



**CardioVascular Institute  
at Beth Israel Deaconess Medical Center**

[bidmc.org/cvi](http://bidmc.org/cvi)  
888-99-MYCVI