

Heart Healthy

86 Heart Healthy Recipes

A collection of delicious, healthy, breakfast, lunch, and dinner recipes, courtesy of:

[The Healthy Eating Guide](#)



Heart Healthy

BREAKFAST

Breakfast Burrito

Ingredients:

- 1 Whole Wheat Tortilla
- 1 Eggland's Best Egg
- 4 Eggland's Best Egg Whites
- 1 oz. Cabot 75% Light Reduced Fat Sharp Cheddar Cheese
- 1 Al Fresco Chicken Sausage Link
- 1/4 cup Green Pepper (chopped)
- 1/4 cup White Onion (diced)
- Dash of Salt and Pepper

Heat non-stick pan to medium heat. Combine green pepper and onion and cook with 1/8 cup water until tender. Set aside. Beat 1 whole egg together with 4 egg whites and cook in pan until eggs are fluffy. Add cheese, chicken sausage (chopped into 1/4" pieces), onion, green pepper, salt, and pepper and cook an additional 2 minutes over low heat. Scoop instead whole wheat tortilla and serve.

Serves 1.

Nutritional Information:

Calories: 390, Total Fat: 9g, Saturated Fat: 2.5g, Sodium: 890mg, Carbs: 37g, Sugars: 3g, Fiber: 3g, Protein: 33g

Heart Healthy

Breakfast Casserole

Ingredients:

- 8 Egg Whites
- 2 Whole Eggs
- 2 cups Skim Milk
- 1 cup Shredded Lowfat Cheddar Cheese
- 1 Package Hash Browns (thawed)
- 1/4 cup Green Pepper (chopped)
- 1/4 cup Onion (diced)
- 3/4 cup Whole Wheat Bread Crumbs
- Dash of salt and pepper

Preheat oven to 350 degrees F. Spray a 8" x 8" baking dish with olive oil or canola oil spray. In a separate bowl, beat eggs and milk together and mix in cheese, green pepper, onion, salt, pepper, and hash browns. Pour mixture into baking dish, top with bread crumbs and bake for about 50 minutes, or until top is browned and eggs are no longer runny.

Serves 4.

Nutritional Information:

Calories: 292, Total Fat: 9g, Saturated Fat: 3g, Sodium: 490mg, Carbs: 18g, Sugars: 4g, Fiber: 2g, Protein: 17g

Heart Healthy

Quiche

Ingredients:

½ cup Chopped Onion

1 Eggland's Best Egg

2 Eggland's Best Egg White

½ cup Fat-free Sour Cream

6 oz. Chopped Ham

3 oz. Shredded Reduced Fat Swiss Cheese

3 oz. Shredded Reduced Fat Mexican Blend Cheese

1 – 9 inch pie crust (note: look for a healthier, "trans fat free" pie crust)

Preheat oven to 350 degrees. Heat a non-stick skillet to medium and coat with olive oil cooking spray. Add onions and cook for about 5 minutes, or until tender. In a separate bowl, whisk eggs and sour cream together, stir in onions, ham, and cheese, then pour into pie crust. Bake for 40-45 minutes, or until eggs are lightly browned.

Serves 6.

Nutritional Information:

Calories: 247, Total Fat: 11g, Saturated Fat: 3g, Sodium: 643mg, Carbs: 16g,
Fiber: 1g, Protein: 19g

Heart Healthy

Sausage Breakfast Sandwich

Ingredients:

- 8 oz. Extra Lean Ground Pork Tenderloin
- 1 1/2 tsp. Minced Onion
- 1 tsp. Garlic Salt
- 1/4 tsp. Ground Sage
- 1/4 tsp. All Spice
- 1/2 tsp. Cayenne Pepper
- 2 Whole Wheat English Muffins
- 1/2 oz. Reduced Fat Cheddar Cheese

Mix the meat and spices together. Divide mixture into two equal patties about 4" in diameter. Heat a medium non-stick pan over medium-high heat and spray with olive oil spray. Cook patties 3-5 minutes per side, or until no longer pink inside. Toast the English muffins and add cheese and sausage patties.

Serves 2.

Nutritional Information:

Calories: 293, Total Fat: 6g, Saturated Fat: 3g, Sodium: 554g, Carbs: 29, Fiber: 4g, Protein: 31g

Heart Healthy

Spinach & Tomato Omelet

Ingredients:

- 1 tsp. Olive Oil
- 1 Tomato (diced)
- 1 Small Onion (diced)
- 1 cup Spinach (chopped)
- 4 Egg Whites
- 1/4 cup 2% Milk Shredded Cheddar Cheese
- 1/8 tsp. Salt
- Ground Pepper (to taste)

Heat pan to medium, add oil then cook onions and tomatoes for 3-4 minutes. Add spinach and cook and cook for an additional minute before adding eggs. Add egg whites, stirring constantly. Cook until eggs are no longer runny, reduce heat to medium-low and add cheese, salt and pepper on top of the omelet. Cook another 2-3 minutes or until cheese is melted then serve.

Serves 1.

Nutritional Information:

Calories: 152, Total Fat: 8g, Saturated Fat: Sodium: 625mg, Carbs: 8g, Fiber: 3g, Protein: 16g

Heart Healthy

Tomato & Ham Breakfast Melt

Ingredients:

- 3 Slices Low Sodium Ham (divided into 2 equal portions)
- 1 Small Tomato (sliced into 4 pieces)
- 1 Slice Reduced Fat Cheddar Cheese (split in half)
- Black Pepper (to taste)
- 2 Pieces Whole Wheat Toast

Toast bread and top each piece with tomato, ham and cheese. Heat 2 separate pieces for 1 minute in microwave or broiler or until cheese is melted. Sprinkle with black pepper and serve

Serves 1.

Nutritional Information:

Calories: 298, Total Fat: 9g, Saturated Fat: 3g, Sodium: 990mg, Carbs: 25g, Fiber: 4g, Protein: 30g

Heart Healthy

Cajun Chicken Wrap

Ingredients:

4 oz. Chicken Breast (cubed)
1 tsp. Olive Oil
1 Whole Wheat Pita or Tortilla
1/4 cup Fat Free Greek Yogurt
1 tsp. Cajun Seasoning
1/2 tsp. Cayenne Pepper
1 tsp. Hot Sauce
1/4 cup Romaine Lettuce
Olive Oil Cooking Spray

Coat cubed chicken pieces in olive oil and rub with Cajun seasoning and Cayenne pepper. Spray pan and cook chicken over medium heat for about 8 minutes, or until no longer pink. Combine hot sauce and yogurt in a separate bowl. Scoop cooked chicken into whole wheat pita or tortilla, pour yogurt/hot sauce mixture on top along with lettuce and serve.

Serves 1.

Nutritional Information:

Calories: 412, Total Fat: 12g, Saturated Fat: 1.5g, Sodium: 550mg, Carbs: 35g,
Sugars: 4g, Fiber: 7g, Protein: 40g

Heart Healthy

Chicken Caesar Salad

Ingredients

- 8 oz. Chicken Breasts
- 3 T Fat Free Italian Dressing
- 4 cups Romaine Lettuce
- 1/4 tsp. Olive Oil
- 1.5 T Fat Free Mayo
- 1/2 tsp. Red Wine Vinegar
- 1/4 tsp. Worcestershire Sauce
- 1 tsp. Lemon Juice
- 1/2 Garlic Clove (minced)
- 1 1/2 tsp. Water
- 1/4 tsp. Black Pepper (to taste)
- 3 T Parmigiano Reggiano Cheese

Combine the chicken and Italian dressing in a separate bag and marinate overnight. Grill or broil the chicken breasts until browned and no longer pink on inside, about 6 minutes on each side. Transfer the chicken to a cutting board and slice into thin strips or cubes. For the Caesar dressing, add olive oil, mayonnaise, red wine vinegar, Worcestershire sauce, lemon juice, garlic and water and whip together with a fork until smooth. Season to taste with freshly ground black pepper. Combine all ingredients, toss thoroughly, and top each salad with the grilled chicken and Parmigiano-Reggiano cheese.

Serves 2.

Nutritional Information:

Calories: 235, Total Fat: 7g, Saturated Fat: 2g, Sodium: 645mg, Carbs: 10g, Fiber: 3g, Protein: 32g

Heart Healthy

Chicken Shawarma Pita

Ingredients:

1/4 Cup Fat Free Greek Yogurt
3/8 Cup Malt Vinegar
1/8 Cup Red Wine Vinegar
2 T Olive Oil
1 tsp. Allspice
1/4 tsp. Cardamom
Dash of Hot Sauce (to taste)
2 lbs. Boneless, Skinless Chicken Breasts
4 Roma Tomatoes (sliced)
1 Cup Onion (sliced)
4 Cups Lettuce (shredded)
8 Whole Wheat Pitas

Sauce:

1/2 Cup Tahini
1/4 Cup Fat Free Greek Yogurt
1 tsp. Garlic (minced)
2 T Lemon Juice
1 T Olive Oil
1 T Fresh Parsley (chopped)
Salt and Pepper (to taste)

Mix together the malt and red wine vinegar, cup yogurt, oil, Allspice, cardamom, salt and pepper in baking dish. Cut up the chicken breasts, add to baking dish, and marinate in the refrigerator for at least 4 hours or overnight. Preheat the oven to 350. Combine the tahini, yogurt, garlic, lemon juice, olive oil, and parsley in bowl. Cover and refrigerate. Pour chicken and marinade mixture in frying pan and cook for approximately 10 minutes over medium heat, turning frequently. Place chicken, onto pita breads, top with sauce, and garnish with tomatoes, onion, and lettuce.

Serves 8.

Nutritional Information:

Calories: 390, Total Fat: 7g, Saturated Fat: 2g, Sodium: 404mg, Carbs: 41g, Fiber: 4g, Protein: 25g

Heart Healthy

Philly Cheese Steak

Ingredients:

1/2 Green Pepper, Sliced Into 1" Strips
1/2 Small Onion, Sliced Into 1" Strips
6 oz. Lean Roast Beef (sliced thin)
2 Whole Wheat Buns
1/4 cup Reduced Fat Shredded Cheddar Cheese
1 T Light Mayonnaise
1 tsp. Prepared Horseradish

Preheat oven to 350 degrees. Coat an oven pan with non-stick cooking spray. Heat a non-stick pan to medium and sauté the peppers and onions until tender. Add the roast beef and sauté for an additional couple minutes. Place roast beef mixture on bottom half of each bun and place onto oven pan. Top each roast beef mixture with 1/2 of the cheese. Bake until the cheese has melted. Mix light mayonnaise and horseradish together, top each sandwich with mixture and serve.

Serves 2.

Nutritional Information:

Calories: 410, Total Fat: 15g, Saturated Fat: 4g, Sodium: 342, Carbs: 35g, Fiber: 6g, Protein: 35g

Heart Healthy

Tuna Arugula Salad

Ingredients:

- 1 cup Arugula
- 1 cup Black Beans (drained and rinsed)
- 1/2 can Tuna
- 2 tsp. Olive Oil
- 2 tsp. White Wine Vinegar
- 1 tsp. Lemon Juice
- 1 tsp. Dijon Mustard
- Black pepper (to taste)

Wash arugula leaves thoroughly. Combine in bowl with all other ingredients and serve.

Serves 1.

Nutritional Information:

Calories: 231, Total Fat: 10g, Saturated Fat: 1g, Sodium: 578mg, Carbs: 37g, Sugars: 1g, Fiber: 6g, Protein: 24g

Heart Healthy

Turkey, Swiss & Hummus Panini

Ingredients:

- 2 Slices Whole Grain Bread
- 4 oz. Low Sodium Turkey Breast
- 1 Wedge Laughing Cow Light Swiss Cheese
- 1/2 cup Fresh Spinach Leaves
- 2 T Hummus

Spread cheese and hummus over each slice of sourdough bread. Rinse spinach leaves under cold water, dry, and stack on one side of bread. Top with turkey and cook for 5 minutes in a panini maker over cook for 3 minutes per side on a pan over medium heat.

Serves 1.

Nutritional Information:

Calories: 390, Total Fat: 9g, Saturated Fat: 2.5g, Sodium: 890mg, Carbs: 37g, Sugars: 3g, Fiber: 3g, Protein: 33g

Heart Healthy

Low Fat Turkey Reuben

Ingredients:

1/4 Cup Fat-free Thousand Island Dressing
8 Slices Whole Wheat Bread
8 oz. Low Sodium Turkey Breast
1/2 Cup Sauerkraut (rinsed and drained)
4 Slices Reduced Fat Swiss Cheese
Olive Oil Cooking Spray

Spread Thousand Island dressing on one side of each slice of bread. Stack sandwiches with turkey, sauerkraut and cheese. Spray a large skillet with olive oil spray and cook 2 sandwiches over medium heat for 4 minutes per side or until bread is toasted and cheese is melted.

Serves 4.

Nutritional Information:

Calories: 268, Total Fat: 5g, Saturated Fat: 1.5g, Sodium: 780mg, Carbs: 31g,
Sugars: 3g, Fiber: 4g, Protein: 25g

Heart Healthy

Turkey Wrap

Ingredients:

- 1 Whole Wheat Pita or Tortilla Wrap
- 3 oz. Low Sodium Turkey Breast
- 1 tsp. Dijonnaise
- 1/4 cup Romaine Lettuce

Spread Dijonnaise on inside of wrap and sprinkle lettuce on. Add Turkey, roll into wrap, and serve.

Serves 1.

Nutritional Information:

Calories: 270, Total Fat: 9g, Saturated Fat: 3g, Sodium: 790mg, Carbs: 25g, Sugars: 2g, Fiber: 7g, Protein: 30g

Heart Healthy

Beef & Bean Chili

SERVES 8

Ingredients

1 pound extra-lean ground beef (at least 90%)
1/2 cup chopped onion
2 large tomatoes (or 2 cups canned, unsalted tomatoes)
4 cups canned kidney beans, rinsed and drained
1 cup chopped celery
1 teaspoon brown sugar
1 1/2 tablespoons chili powder or to taste
Water, as desired
2 tablespoons cornmeal
Jalapeno peppers, seeded and chopped, to taste

Directions

Over medium heat sauté meat and onion in crock pot until the meat is browned and the onion is translucent. Drain well.

Add the tomatoes, kidney beans, celery, sugar and chili powder to the ground beef mixture. Cover and cook for 10 minutes, stirring frequently. Uncover and add water to desired consistency. Stir in cornmeal. Simmer on low heat for at least 10 minutes more to allow the flavors to blend.

Ladle into warmed bowls and serve with jalapeno peppers, if desired.

Nutritional Analysis (approximate – will vary slightly depending upon how lean the beef is)

(per serving)

Calories	254	Cholesterol	40 mg
Protein	20 g	Sodium	348 mg
Carbohydrate	27 g	Fiber	10 g
Total fat	8 g	Potassium	378 mg
Saturated fat	3 g	Calcium	74 mg
Monounsaturated fat	3 g		

Beef

Heart Healthy

Beef Veggie Kabobs

SERVES 2

Ingredients

1/2 cup brown rice
2 cups water
4 ounces top sirloin or flank steak
3 tablespoons fat-free Italian dressing
1 green pepper, seeded and cut into 4 pieces
4 cherry tomatoes
1 small onion, cut into 4 wedges
2 wooden skewers, soaked in water for 30 minutes, or metal skewers

Directions

In a saucepan over high heat, combine the rice and water. Bring to a boil. Reduce the heat to low, cover and simmer until the water is absorbed and the rice is tender, about 30 to 45 minutes. Add more water if necessary to keep the rice from drying out. Transfer to a small bowl.

Put the meat in a plastic bag or bowl and pour Italian dressing over the top. Put in the refrigerator for at least 20 minutes to marinate (preferably for 4 hours or more), turning as needed.

Fire up the grill or an oven broiler. Position the cooking rack 4 to 6 inches from the heat source.

Cut meat into cubes and put 2 cubes of meat, 2 green pepper slices, 2 cherry tomatoes and 2 onions onto each skewer. Place the kabobs on the grill rack or broiler pan. Grill or broil the kabobs for about 5 minutes per side for medium-rare, 7 minutes for medium, 10 minutes for well done (cut into the meat to check level of doneness).

Serve kabobs over rice.

Nutritional Analysis

(per serving)

Calories	330	Cholesterol	50 mg
Protein	22 g	Sodium	370 mg
Carbohydrate	48 g	Fiber	4 g
Total fat	5 g	Potassium	620 mg
Saturated fat	2 g	Calcium	37 mg
Monounsaturated fat	2 g		

Heart Healthy

Beef & Broccoli

Ingredients:

1 lb Top Round or Flank steak (cut in strips or small pieces)
4 cups broccoli, cut (about 2 medium heads)
1/2 medium onion, chopped rough
2 tsp. minced garlic
1/4 cup reduced-sodium beef broth
Fresh ground pepper, to taste

Modifications: You can kick up the heat in this dish by adding a fresh jalapeno, seeded and diced, or a teaspoon of red pepper flakes. If you don't have beef broth, you can use low-sodium soy sauce.

Directions:

Preheat wok or skillet and sauté garlic in 1/2 tbsp. of the broth for 1 minute. Add beef and cook until meat has almost reached your desired level of doneness. Add onions, broccoli, and beef broth and cook until vegetables have softened. Note that covering the pan with a lid for a few minutes will allow the broccoli to steam better and accelerate the cooking time of this last step. Serve over brown rice.

Nutritional Information Per Serving:

Calories - 151; Carbs - 6.25g; Protein - 28g; Fat - 4.25 g; Fiber - 2.64g

Heart Healthy

Beef Fajitas

SERVES 4

Ingredients

1 tablespoon chili powder
1/2 teaspoon ground oregano
1/2 teaspoon paprika
1/4 teaspoon garlic powder
1/8 teaspoon salt
Ground black pepper, to taste
12 ounces beef sirloin, top round, or flank steak, cut into strips 1/2 inch wide and 2 inches long
1 red onion, cut into strips
1 green bell pepper, cut into strips
4 whole-wheat tortillas, about 8 inches in diameter, warmed in the microwave
1/4 cup shredded sharp cheddar cheese
2 medium tomatoes, diced
2 cups shredded lettuce
1/2 cup salsa

Directions

In a small bowl, stir together the chili powder, oregano, paprika, garlic powder, salt and pepper. Cover the steak pieces in the seasonings, coating completely.

In a nonstick frying pan, cook the steak over medium heat until slightly pink, about 8 minutes, turning occasionally. Add the onion and green pepper strips and sauté until the vegetables are tender, about 5 minutes.

To serve, spread an equal amount of the meat and vegetable mixture on each tortilla. Top each with 1 tablespoon cheese, 1/4 of the diced tomatoes, 1/2 cup shredded lettuce and 2 tablespoons salsa.

Nutritional Analysis

(per serving)

Serving size: 1 fajita

Calories	307	Cholesterol	51 mg
Protein	34 g	Sodium	494 mg
Carbohydrate	32 g	Fiber	11 g
Total fat	7 g	Potassium	658 mg
Saturated fat	3 g	Calcium	124 mg
Monounsaturated fat	2 g		

Heart Healthy

Beefy Hamburger Cheese Bake

INGREDIENTS

- 1 (16 ounce) package whole wheat pasta
- 1 pound extra lean ground beef
- 1/2 cup chopped onion
- 2 (8 ounce) cans tomato sauce
- 1 teaspoon white sugar or splenda
- 3/4 teaspoon salt
- 1/4 teaspoon minced garlic
- 1/4 teaspoon ground black pepper
- 1 (8 ounce) container low fat cottage cheese
- 1/4 cup fat free sour cream
- 1 (8 ounce) package fat free cream cheese, softened
- 1/3 cup chopped green onions
- 1/3 cup chopped green bell pepper
- 1/4 cup grated reduced fat Parmesan cheese

DIRECTIONS

1. In a large pot cook pasta until tender and drain.
2. Meanwhile, in a large skillet over medium heat cook ground beef and chopped onions until brown. Stir in tomato sauce, sugar, salt, garlic, and pepper. Remove from heat.
3. In a large bowl combine the cottage cheese, sour cream, softened cream cheese, green onion, and green bell pepper.
4. To assemble, in a greased 11x7x1 1/2 inch baking dish spread half of the cooked and drained pasta. Top with half of the meat mixture. Cover with cheese mixture and remaining noodles and meat sauce. Sprinkle with grated Parmesan cheese.
5. Bake in a preheat 350 degree F(175 degrees C) for 30 minutes. Let stand 10 minutes before serving.

Heart Healthy

Beef Stew

SERVES 6

Ingredients

3 tablespoons whole wheat flour
1 pound boneless lean beef stew meat, trimmed of visible fat and cut into 1 1/2-inch cubes
2 tablespoons olive oil or canola oil
1/2 fennel bulb, trimmed and thinly sliced vertically
3 large shallots, chopped
1 1/2 teaspoons salt
3/4 teaspoon ground black pepper
2 fresh thyme sprigs
1 bay leaf
3 cups vegetable stock or broth
1/2 cup red wine, optional
4 large carrots, peeled and cut into 1-inch chunks
4 large red-skinned or white potatoes, peeled and cut into 1-inch chunks
18 small boiling onions, about 10 ounces total weight, halved crosswise
3 Portobello mushrooms, brushed clean and cut into 1-inch chunks
1/3 cup finely chopped fresh flat-leaf (Italian) parsley

Directions

Cover a plate with the flour and rub the beef cubes with flour. In a large saucepan, heat the oil over medium heat. Add the beef and cook, turning as needed, until browned on all sides, about 5 minutes. Remove the beef from the pan and set aside.

Add the fennel and shallots to the pan over medium heat and sauté until softened and lightly golden, 7 to 8 minutes. Add 1/2 teaspoon of the salt, 1/4 teaspoon of the pepper, the thyme sprigs and the bay leaf. Sauté for 1 minute. Return the beef to the pan and add the vegetable stock and the wine, if using. Bring to a boil, then reduce the heat to low, cover and simmer gently until the meat is tender, 40 to 45 minutes.

Add the carrots, potatoes, onions and mushrooms. The liquid will not cover the vegetables completely, but more liquid will accumulate as the mushrooms soften. Simmer gently until the vegetables are tender, about 30 minutes longer. Discard the thyme sprigs and bay leaf. Stir in the parsley and the remaining 1 teaspoon salt and 1/2 teaspoon pepper.

Ladle into warmed individual bowls and serve.

Nutritional Analysis

(per serving)

Calories	318	Monounsaturated fat	6 g
Protein	21 g	Cholesterol	47 mg
Carbohydrate	36 g	Sodium	677 mg
Total fat	11 g	Fiber	6 g
Saturated fat	3 g		

Heart Healthy

Beef Stroganoff

SERVES 4

Ingredients

1/2 cup chopped onion
1/2 pound boneless beef round steak, cut 3/4-inch thick, all fat removed
4 cups whole wheat noodles
1/2 can fat-free cream of mushroom soup (undiluted)
1/2 cup of water
1 tablespoon all-purpose whole wheat flour
1/2 teaspoon paprika
1/2 cup fat-free sour cream

Directions

In a nonstick frying pan, sauté the onions over medium heat until they're tender. Add the beef and continue to cook for another 5 minutes or until the beef is tender and browned. Drain and set aside.

Fill a large pot 3/4 full with water and bring to a boil. Add the noodles and cook until tender, 10 to 12 minutes, or according to the package directions. Drain the pasta thoroughly.

In a saucepan, whisk together the soup, water and flour over medium heat. Stir until the sauce thickens, about 5 minutes.

Add the soup mixture and paprika to the beef in the frying pan. Over medium heat, stir the mixture until warmed through. Remove from heat and add the sour cream. Stir until combined.

To serve, divide the pasta among the plates. Top with the beef mixture and serve immediately.

Nutritional Analysis

(per serving)

Calories	302	Cholesterol	83 mg
Protein	24 g	Sodium	307 mg
Carbohydrate	38 g	Fiber	2 g
Total fat	6 g	Potassium	341 mg
Saturated fat	2 g	Calcium	65 mg
Monounsaturated fat	2 g		

Heart Healthy

Layered Macaroni Casserole

INGREDIENTS

- 1 pound lean ground beef or turkey
- 1/2 cup chopped onion
- 1 garlic clove, minced
- 1 (28 ounce) can crushed tomatoes
- 1 (6 ounce) can tomato paste
- 2 teaspoons sugar
- 1 teaspoon salt
- 1 teaspoon chili powder
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/8 teaspoon pepper
- 8 ounces whole wheat elbow macaroni
- 2 cups fat-free cottage cheese
- 1 1/2 cups shredded reduced-fat Cheddar cheese
- TOPPING:
- 1/4 cup dry whole grain bread crumbs
- 1/4 cup grated Parmesan cheese

DIRECTIONS

1. In a nonstick skillet, cook ground beef, onion and garlic over medium heat until meat is no longer pink; drain. Add the tomatoes, tomato paste and seasonings. Bring to a boil. Reduce heat; cover and simmer for 1 hour. Meanwhile, cook macaroni according to package directions; drain. Add cottage cheese.
2. In a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray, layer 1 cup meat sauce, a third of the macaroni mixture and a third of the cheddar cheese. Repeat layers twice. Top with remaining meat sauce. Combine topping ingredients; sprinkle over sauce. Bake, uncovered, at 325 degrees F for 40-45 minutes. Let stand for 10 minutes before serving.

Nutritional Analysis: One serving (1 cup) equals 379 calories, 9 g fat (3.5 g saturated fat), 34 mg cholesterol, 1,087 mg sodium, 40 g carbohydrate, 4 g fiber, 31 g protein.

Heart Healthy

Philly Cheese Steak

SERVES 2

Ingredients

1/2 green pepper, thinly sliced
1/2 small onion, thinly sliced
6 ounces lean roast beef, shaved
2 whole-wheat buns
1/4 cup reduced fat cheddar cheese, shredded

Directions

Preheat the oven to 350 F. Coat a baking pan with cooking spray.

Spray a frying pan with cooking spray. Over medium heat, sauté the peppers and onions until they soften, 3 to 5 minutes. Add the roast beef and sauté for an additional 2 to 3 minutes.

Place 1/2 of the roast beef mixture on each bun. Place in the prepared baking dish. Top each bun with 2 tablespoons of the cheese. Bake until the cheese has melted and serve.

Nutritional Analysis

(per serving)

Serving size: 1 sandwich

Calories	354	Cholesterol	73 mg
Protein	33 g	Sodium	262 mg
Carbohydrate	34 g	Fiber	6 g
Total fat	11 g	Potassium	445 mg
Saturated fat	4 g	Calcium	264 mg
Monounsaturated fat	3 g		

Heart Healthy

Sizzling Beef Fajitas

Serves: 2

Prep Time: 10 - 20 min.

Cook Time: 15 - 30 min.

Nutrition Score per serving:

Calories	474	g Protein	55
g Fat	12	% Protein	46%
% Fat	24%	g Fiber	
g Carbs	38	mg Sodium	
% Carbs	30%	g Calcium	

Ingredients

- 1 package fajita seasoning
- 1/2 cup water
- 1 lb. top round, sirloin, or flank steak cut into strips
- 2 red or green bell peppers (or a combination), cut into 1/4-inch-wide strips
- 1 medium white onion, cut into 1/4-inch rings
- 4 whole grain tortillas
- 2 oz. low-fat cheddar or Monterey jack cheese, finely shredded
- 1/2 cup fresh pico de gallo or salsa

Directions

Mix fajita seasoning with water, stirring well to remove all lumps. Place steak in a glass dish and pour seasoning over meat, then mix. Cover and refrigerate 15-30 minutes.

Preheat oven to 350 degrees F. Spray a large nonstick frying pan with nonstick cooking spray and bring to medium heat. Add peppers and onion, cooking until tender and just starting to brown, approximately five minutes. Remove from pan and set aside.

Place tortillas on a cookie sheet and divide cheese among them, sprinkling it on top. Place in oven for 2-5 minutes until cheese melts and tortillas are warm.

Meanwhile, re-spray frying pan and cook steak until the outside is browned and the inside reaches desired doneness. Toss onion and peppers back into pan to reheat and mix with the meat for a few seconds. Remove tortillas from oven and place a quarter of the meat mixture on each tortilla. Serve hot with pico de gallo or salsa.

Makes two servings.

Heart Healthy

Tangy Flank Steak

Serves: 4

Prep Time: 12
Minutes

Cook Time: 5
minutes

Nutrition Score per serving:

Calories	168	g Protein	22
g Fat	8	% Protein	52%
% Fat	44%	g Fiber	
g Carbs	2	mg Sodium	
% Carbs	4%	g Calcium	

Ingredients

- 1/4 cup chopped shallots or onions
- 1/4 cup red wine vinegar
- 2 Tbsp. balsamic vinegar
- 1 tsp. coarsely ground black pepper, divided
- 1 lb. flank steak, trimmed
(if not available, use top round steak)
- 1/4 tsp. salt

Directions

Combine first three ingredients in a large plastic bag. Add 1/2 teaspoon pepper and steak. Seal and marinate in refrigerator overnight. The next day, prepare grill or broiler. Remove steak from bag and discard marinade. Sprinkle steak with 1/2 teaspoon pepper and salt. Place steak on grill rack or broiler pan coated with cooking spray. Cook six minutes on each side or until desired degree of doneness. Cut steak diagonally across grain into thin slices. Makes four servings.

Heart Healthy

Baked Chicken with Wild Rice

SERVES 6

Ingredients

6 chicken breast halves
1 1/2 cups chopped celery
1 1/2 cups whole pearl onions
1 teaspoon fresh tarragon
2 cups low sodium chicken broth
1 1/2 cups dry white wine
1 package long grain and wild rice mix and seasoning packet

Directions

Preheat the oven to 300 F.

Cut chicken into 1/2- to 1-inch pieces. Combine the chicken, celery, pearl onions, and tarragon and 1 cup of the unsalted chicken broth in a nonstick frying pan. Cook on medium heat until the chicken and vegetables are tender, about 10 minutes. Set aside to cool.

In a baking dish, combine the wine, remaining 1 cup chicken broth, rice and seasoning packet. Let soak for 30 minutes.

Add the cooked chicken and vegetables to the baking dish. Cover and bake for 60 minutes.

Nutritional Analysis

(per serving)

Calories	300	Cholesterol	49 mg
Protein	20 g	Sodium	300 mg
Carbohydrate	29 g	Fiber	1 g
Total fat	8 g	Potassium	390 mg
Saturated fat	3 g	Calcium	54 mg
Monounsaturated fat	3 g		

Chicken

Heart Healthy

Balsamic Roasted Chicken

SERVES 6

Ingredients

1 whole chicken
1 tablespoon fresh rosemary or 1 teaspoon dried rosemary
1 garlic clove
1 tablespoon olive oil
1/8 teaspoon freshly ground black pepper
8 sprigs fresh rosemary
1/4 cup balsamic vinegar
1/2 teaspoon brown sugar

Directions

Preheat the oven to 350 F.

Rinse the chicken inside and out with cold running water. Pat it dry with paper towels.

In a small bowl, mince together the rosemary and garlic. Remove the chicken skin and rub outside of chicken with olive oil and then the herb mixture. Sprinkle with black pepper. Put 2 rosemary sprigs into the cavity of the chicken.

Place the chicken into a roasting pan and roast for 20 to 25 minutes per pound, about 1 hour and 20 minutes. Whole chicken should cook to an internal temperature of 180 F. Baste frequently with pan juices. When browned and juices run clear, transfer the chicken to a serving platter.

In a small saucepan, combine the balsamic vinegar and brown sugar. Heat until warmed but don't boil.

Carve the chicken and remove the skin. Top the pieces with the vinegar mixture. Garnish with the remaining rosemary sprigs and serve immediately.

Nutritional Analysis

(per serving)

Calories	290	Cholesterol	127 mg
Protein	44 g	Sodium	108 mg
Carbohydrate	4 g	Fiber	0 g
Total fat	11 g	Potassium	625 mg
Saturated fat	3 g	Calcium	80 mg
Monounsaturated fat	5 g		

Heart Healthy

BBQ Chicken Pizza

SERVES 4

Ingredients

- 1 cup pizza or marinara sauce
- 1 12-inch whole wheat pizza crust
- 8 green pepper rings
- 1 tomato, sliced
- 1 cup mushrooms, sliced
- 4 ounces cooked chicken breast, sliced about 1-inch thick, with all visible fat removed
- 2 tablespoons barbecue sauce
- 1 cup reduced-fat mozzarella cheese, shredded

Directions

Preheat the oven to 400 F.

Spread the sauce evenly over the pizza crust. Add the pepper, tomato, mushrooms and chicken. Spread barbecue sauce over the pizza and top with cheese.

Bake about 12 to 14 minutes. Cut the pizza into 8 slices and serve.

Nutritional Analysis

(per serving)

Serving size: 2 slices

Calories	333	Cholesterol	35 mg
Protein	23 g	Sodium	961 mg
Carbohydrate	44 g	Fiber	3 g
Total fat	8 g	Potassium	335 mg
Saturated fat	3 g	Calcium	220 mg
Monounsaturated fat	trace		

Heart Healthy

Chicken and Asparagus Pasta

SERVES 2

Ingredients

1 1/2 cups uncooked whole wheat penne pasta
1 cup chopped asparagus
6 ounces boneless, skinless chicken breasts, cut into 1-inch cubes
2 cloves garlic, minced
1 can (14.5 ounces) diced tomatoes with basil, including juice
1 ounce soft goat cheese, crumbled
1 tablespoon Parmesan cheese

Directions

Fill a large pot 3/4 full with water and bring to a boil. Add the pasta and cook until al dente (tender), 10 to 12 minutes, or according to the package directions. Drain the pasta thoroughly and set aside.

In a pot fitted with a steamer basket, bring 1 inch of water to a boil. Add the asparagus. Cover and steam until tender-crisp, about 2 to 3 minutes.

Spray a large nonstick frying pan with cooking spray. Add the chicken and garlic and sauté over medium-high heat. Cook until the chicken is golden brown, about 5 to 7 minutes. Add the tomatoes, including their juice, and simmer 1 minute more.

In a large bowl, add the cooked pasta, steamed asparagus, chicken mixture and goat cheese. Toss gently to mix evenly.

To serve, divide the pasta mixture between 2 plates. Sprinkle each serving with 1/2 tablespoon Parmesan cheese and serve.

Nutritional Analysis

(per serving)

Calories	455	Cholesterol	81 mg
Protein	41 g	Sodium	240 mg
Carbohydrate	55 g	Fiber	6.5 g
Total fat	8 g	Potassium	462 mg
Saturated fat	3.5 g	Calcium	125 mg
Monounsaturated fat	2 g		

Heart Healthy

Chicken and Spinach Calzones

SERVES 6

Ingredients

2 teaspoons olive oil
1 pound boneless, skinless chicken breasts
1 package (10 ounces) frozen chopped spinach, thawed and drained
8 ounces low fat ricotta cheese
1 teaspoon minced garlic
1 tablespoon chopped parsley
4 teaspoons Parmesan cheese
2 egg whites, divided
1 frozen whole-wheat bread dough loaf (16 ounces), thawed

Directions

Preheat the oven to 350 F. Lightly coat a baking sheet with cooking spray.

In a large, nonstick frying pan, heat the olive oil over medium-high heat. Add the chicken and sauté, turning occasionally until golden brown, about 10 to 12 minutes. Set aside to cool. When cool to the touch, cut the chicken breasts into cubes. Set aside.

In a small bowl, combine the spinach, ricotta cheese, garlic, parsley, Parmesan cheese and 1 of the egg whites. Mix until well blended. Set aside.

In another bowl, using a wire whisk or fork beat the remaining egg white lightly.

Cut the bread dough into 6 equal-sized pieces. On a floured surface, press each piece into a circle. Using a rolling pin, roll each dough piece into ovals 8 inches long and 6 inches wide. Brush the edges of the dough ovals with the lightly beaten egg white.

Place 1/6 of the chicken cubes in the center of each oval. Add 1/6 of the spinach mixture to each. Fold the dough over the filling, pressing the edges together. Crimp with a fork and place on the prepared baking sheet. Bake until browned and crispy, about 15 to 20 minutes and serve.

Nutritional Analysis

(per serving)

Serving size: 1 calzone

Calories	359	Cholesterol	60 mg
Protein	33 g	Sodium	626 mg
Carbohydrate	40 g	Fiber	4 g
Total fat	9 g	Potassium	239 mg
Saturated fat	2 g	Calcium	118 mg
Monounsaturated fat	2 g		

Heart Healthy

Chicken Cacciatore Serves 6

6 split chicken breasts, skinned, all visible fat removed

2 tablespoons olive or vegetable oil

1 clove garlic, minced

1 medium onion, chopped

2 tablespoons chopped green bell pepper

4 fresh tomatoes, peeled and chopped

1/4 cup dry white table wine

1/4 teaspoon rosemary

1 bay leaf

1/4 teaspoon basil

1/8 teaspoon freshly ground black pepper

Rinse chicken and pat dry. Set aside.

Heat oil and garlic in large non-stick skillet over medium-high heat. Add chicken and brown. Remove chicken and set aside.

Add onion and green pepper to skillet, and sauté until tender. Pour off fat.

Return chicken to skillet. Add remaining ingredients. Cover and simmer over low heat 30 minutes, or until chicken is tender.

Remove bay leaf before serving.

Serving suggestion: May be served over rice.

Calories: 232 kcal

Protein: 31 gm

Carbohydrates: 5 gm

Total Fat: 9 gm

Saturated Fat: 2 gm

Polyunsaturated Fat: 4 gm

Monounsaturated Fat: 2 gm

Cholesterol: 75 mg

Sodium: 77 mg

Potassium: 486 mg

Calcium: 30 mg

Heart Healthy

Chicken Chili 1

- 1 tbsp extra virgin olive oil
- 4 chicken breasts boned and skinned (about 2 lb), cut into bite-size pieces
- 1 cup sweet onion, chopped
- 3 15-oz cans white beans, completely drained and rinsed
- 2 14.5-oz cans reduced-sodium, fat-free chicken broth
- 1 4-oz can chopped green chilies

Seasoning Mix:

- 1 tsp ground cumin
- 1/2 tsp chili powder
- 1/2 tsp garlic powder
- 1/4 tsp red pepper flakes
- 1/4 tsp black pepper

1. Heat oil in a large pot and sauté chicken and onion over medium-high heat for about 10 minutes, or until chicken is cooked.
2. Mash beans from one can.
3. Stir in all beans, broth, chilies and seasoning mix.
4. Bring to a boil, lower heat and simmer 30-40 minutes, stirring often.

MAKES 10 CUPS.

PER SERVING:

230 calories

28g protein

3.9g fat

20g carbs

6.8g fiber

499mg sodium

Heart Healthy

Chicken Chili II

INGREDIENTS

- 1 pound skinless, boneless chicken breast meat - finely chopped
- 4 tablespoons olive oil
- 1 onion, finely diced
- 3 cloves garlic, minced
- 1 red bell pepper, diced
- 1 yellow bell pepper, chopped
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 5 cups chicken broth
- 2 (15 ounce) cans cannellini beans
- 1 (4 ounce) can diced green chiles
- salt and pepper to taste
- 1/4 teaspoon hot pepper sauce

Heat oil in a large pot and sauté chicken and onion over medium-high heat for about 10 minutes, or until chicken is cooked.

Mash beans from one can.

Stir in all ingredients.

Bring to a boil, lower heat and simmer 30-40 minutes, stirring often.

Heart Healthy

Chicken Salad with Olives and Oranges

SERVES 4

Ingredients

For the dressing

1/2 cup red wine vinegar
4 garlic cloves, minced
1 tablespoon extra-virgin olive oil
1 tablespoon finely chopped red onion
1 tablespoon finely chopped celery
Cracked black pepper, to taste

4 boneless, skinless chicken breasts, each 4 ounces
2 garlic cloves
8 cups leaf lettuce, washed and dried
16 large ripe (black) olives
2 navel oranges, peeled and sliced

Directions

To make the dressing, in a small bowl combine the vinegar, garlic, olive oil, onion, celery and pepper. Stir to mix evenly. Cover and refrigerate until needed.

Prepare a hot fire in a charcoal grill or heat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source.

Rub the chicken breasts with garlic, then discard the cloves. Grill or broil the chicken until browned and just cooked through, about 5 minutes each side. Transfer the chicken to a cutting board and let rest 5 minutes before slicing into strips.

Arrange 2 cups lettuce, 4 olives and 1/4 of the sliced oranges onto 4 plates. Top with 1/4 of the chicken strips and drizzle with dressing.

Nutritional Analysis

(per serving)

Calories	250	Cholesterol	65 mg
Protein	29 g	Sodium	264 mg
Carbohydrate	14 g	Fiber	4 g
Total fat	7 g	Potassium	698 mg
Saturated fat	1 g	Calcium	108 mg
Monounsaturated fat	4 g		

Heart Healthy

Chicken Thai Salad

SERVES 4

Ingredients

2 cups reduced-sodium chicken stock, vegetable stock or broth
2 stalks lemongrass, bottom 6 inches only, thinly sliced
1/2-inch piece fresh ginger, thinly sliced
1 green (spring) onion, halved lengthwise, plus 2 green onions, thinly sliced
3 fresh cilantro (fresh coriander) sprigs, plus 3 tablespoons chopped cilantro
1 1/4 pounds skinless, boneless chicken breasts
2 tablespoons fresh lime juice
2 tablespoons rice vinegar
1 tablespoon fish sauce
1 tablespoon reduced-sodium soy sauce
1 tablespoon minced shallot
1 tablespoon peanut butter
1 garlic clove
3 tablespoons extra-virgin olive oil
1/2 bunch spinach
1/2 small head green cabbage
1 large carrot, peeled, halved lengthwise, and thinly sliced on the diagonal
1 tablespoon unsalted dry-roasted peanuts, crushed

Directions

In a large saucepan, combine the stock, lemongrass, ginger, halved green onion and cilantro sprigs. Bring to a boil over high heat, reduce the heat to low, and simmer for 5 minutes. Add the chicken breasts, raise the heat to high and return to a boil. Again reduce the heat to low and simmer the chicken for 3 minutes. Remove from the heat and cover. Uncover after 5 minutes and allow the chicken to cool in the stock. Remove the chicken from the stock when cool enough to handle. Reserve the stock. Using your fingers, shred the chicken with the grain into strips about 1/2 inch thick and 2 inches long. Cover and refrigerate.

Strain the cooled stock and discard the solids. Return 1 1/2 cups of the stock to the saucepan; discard the remaining liquid. Bring to a boil over medium-high heat and cook, uncovered, until reduced to 1/2 cup, 5 to 6 minutes. Cool.

In a blender, combine the lime juice, vinegar, fish sauce, soy sauce, shallot, peanut butter, garlic and reduced stock. Blend until smooth. Slowly add the olive oil. The dressing will be somewhat thin. Set aside.

Remove the stems from the spinach and cut out the core from the cabbage. Stack the spinach and cabbage leaves separately and cut crosswise into 1/4-inch strips.

In a large bowl, toss together the spinach, cabbage, shredded chicken, carrot, chopped cilantro and sliced green onions. Pour half of the dressing over the salad. Divide the salad evenly among individual plates. Garnish with the peanuts.

Nutritional Analysis

(per serving)

Heart Healthy

Calories	368	Cholesterol	85 mg
Protein	39 g	Sodium	750 mg
Carbohydrate	14 g	Fiber	5 g
Total fat	17 g	Potassium	857 mg
Saturated fat	3 g	Calcium	105 mg
Monounsaturated fat	10 g		

A large rectangular area with horizontal blue lines for writing, located in the upper middle section of the page.

A large rectangular area with horizontal blue lines for writing, located in the lower middle section of the page.

Heart Healthy

Cider Vinegar Mustard Chicken

- 1/4 cup cider vinegar
- 3 tablespoons prepared coarse-ground mustard
- 3 cloves garlic, peeled and minced
- 1 lime, juiced
- 1/2 lemon, juiced
- 1/2 cup brown sugar
- 1 1/2 teaspoons salt
- ground black pepper to taste
- 6 tablespoons olive oil
- 6 skinless, boneless chicken breast halves

Combine all ingredients and bake chicken at 375 for 40-45 minutes.

Nutritional Information N/A

Heart Healthy

Creamy Mozzarella Chicken

5 chicken breasts

1 can Campbell's Healthy Request cream of chicken soup mixed with 1/3 cup water

2 cups whole wheat stuffing (or whole wheat bread crumbs)

5 slices reduced-fat mozzarella cheese

Place breasts on the bottom of a baking pan. Place a cheese slice on each breast. Cover with the soup mixture and sprinkle stuffing over all. Bake for 1 1/2 hours at 325 degrees F.

Serves 5.

Nutritional Information N/A

Heart Healthy

Dijon Chicken

1 pound boneless, skinless chicken breasts or turkey breast tenderloins

1 tablespoon Dijon or coarse-grained mustard

2 teaspoons lemon or lime juice

1/2 teaspoon bottled minced garlic

1/8 teaspoon black pepper

Preheat oven to 375:F.

Rinse chicken or turkey and pat dry.

In a small bowl, stir together remaining ingredients. Arrange chicken or turkey in a single layer in a glass baking dish. Spread mustard mixture over the top of each piece.

Bake, uncovered, 15 to 20 minutes, or until chicken or turkey is tender and no longer pink.

Microwave Method

Prepare recipe as directed above except arrange chicken or turkey in a single layer in a baking dish, placing thicker portions toward the outside edge of the dish. Cover with wax paper and cook on 100% power (high) 3 to 4 minutes.

Give dish a 1/2 turn. Re-cover and cook on high 3 to 4 minutes, or until chicken or turkey is tender and no longer pink.

Calories: 137 kcal

Protein: 25 g

Carbohydrates: 1 g

Total Fat: 3 g

Saturated Fat: 1 g

Polyunsaturated Fat: 1 g

Monounsaturated Fat: 1 g

Cholesterol: 62 mg

Sodium: 104 mg

Heart Healthy

Honey Mustard BBQ Chicken

Ingredients

- 1 Tbsp. reduced sodium soy sauce
- 1 Tbsp. balsamic vinegar
- 1/4 cup mustard
- 5 packets Splenda or other artificial sweetener
- 4 boneless, skinless chicken breasts (6-8 oz. each)

Directions

Preheat grill to highest heat setting. Mix soy sauce, vinegar, mustard and Splenda in a small bowl until well combined. Using a barbecue brush or pastry brush (or even an unused paint brush), brush both sides of chicken with sauce. Discard remaining sauce. Place chicken on grill and cook 3-5 minutes per side or until it's no longer pink inside.

Nutritional Information N/A

Heart Healthy

Honey Citrus Roast Chicken Serves 6

2 pounds chicken pieces (breasts, thighs and drumsticks), skinned, all visible fat removed

1/2 cup honey

1/2 cup reduced-sodium teriyaki sauce

1/4 cup orange juice

1 tablespoon Dijon mustard

Preheat oven to 375: F.

Rinse chicken and pat dry. Place in a single layer in a shallow baking pan. In a medium bowl, stir together remaining ingredients. Pour over chicken pieces.

Bake uncovered, basting with the honey mixture occasionally, about 45 minutes, or until chicken is tender and no longer pink.

Calories: 321 kcal

Protein: 23 g

Carbohydrates: 37 g

Total Fat: 4 g

Saturated Fat: 1 g

Polyunsaturated Fat: 1 g

Monounsaturated Fat: 1 g

Cholesterol: 58 mg

Sodium: 625 mg

Heart Healthy

Honey Crusted Chicken

SERVES 2

Ingredients

8 saltine crackers, each about 2 inches square
1 teaspoon paprika
4 teaspoons honey
2 boneless, skinless chicken breasts, each 4 ounces

Directions

Preheat the oven to 375 F. Lightly coat a baking dish with cooking spray.

In a small bowl, crush the crackers. Add paprika and stir to mix well.

Brush 1 teaspoon honey on each side of the chicken breasts. Dredge the chicken through the cracker mixture, coating both sides.

Place the chicken in the prepared baking dish. Bake until lightly browned and cooked through, about 20 to 25 minutes. Serve immediately.

Nutritional Analysis

(per serving)

Serving size: 1 chicken breast

Calories	224	Cholesterol	66 mg
Protein	27 g	Sodium	231 mg
Carbohydrate	21 g	Fiber	1 g
Total fat	3 g	Potassium	338 mg
Saturated fat	1 g	Calcium	30 mg
Monounsaturated fat	1 g		

Heart Healthy

Lemon BBQ Chicken **Serves 4**

2 1/2 pound frying chicken, quartered, skinned, all visible fat removed

Dash paprika

Dash cayenne pepper

1/4 cup fresh lemon juice

1/4 cup honey

1 tablespoon sesame seeds, toasted

Preheat broiler. Rinse chicken and pat dry.

Season chicken lightly with paprika and pepper. Combine lemon juice and honey in a small saucepan, mixing thoroughly. Heat over medium heat until warm and set aside 2 tablespoons.

Coat chicken pieces with about half of the rest of the lemon-honey mixture.

Place chicken on broiler rack. Broil 4 to 5 inches from the heat 15 for minutes. Baste occasionally with remaining lemon-honey mixture.

Turn pieces over, baste and broil 15 minutes longer or until tender. Combine sesame seeds and the reserved 2 tablespoons lemon-honey mixture. Spoon over chicken just before serving.

This also may be cooked on a charcoal grill.

Nutritional Information N/A

Heart Healthy

Lemon and Garlic Chicken

- 1 3-pound whole chicken, halved
- 1 cup lemon juice
- 1/4 cup olive oil
- 1 1/2 teaspoons red wine vinegar
- 1 teaspoon minced garlic
- 1/4 teaspoon dried oregano
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons chopped fresh parsley

Combine all ingredients and place chicken on broiler rack or grill. Coat chicken with mixture and broil 4 to 5 inches from the heat 15 for minutes. Baste occasionally with remaining ingredients while turning chicken and continuing to cook.

Nutritional Information N/A

Heart Healthy

Orange Rosemary Chicken

SERVES 6

Ingredients

3 skinless, bone-in chicken breast halves, each 6 ounces
3 skinless, bone-in chicken legs with thigh pieces, each 8 ounces
2 garlic cloves, minced
1 1/2 teaspoons extra-virgin olive oil
3 teaspoons fresh rosemary, minced, or 1 teaspoon dried rosemary
1/8 teaspoon freshly ground black pepper
1/3 cup orange juice

Directions

Preheat the oven to 450 F. Lightly coat a baking pan with cooking spray.

Rub each piece of chicken with garlic. Dab fingers in oil and rub with oil and sprinkle with rosemary and pepper.

Place the chicken pieces in the baking dish. Pour the orange juice over the chicken. Cover and bake for 30 minutes. Using tongs, turn the chicken and return to the oven until browned, about 10 to 15 minutes longer. Baste the chicken with the orange juice from the pan as needed to prevent it from drying out.

Transfer the chicken to individual serving plates. Spoon orange juice from the pan over the top of the chicken and serve immediately.

Nutritional Analysis

(per serving)

Calories	170	Cholesterol	76 mg
Protein	25 g	Sodium	70 mg
Carbohydrate	2 g	Fiber	0 g
Total fat	6 g	Potassium	245 mg
Saturated fat	1.5 g	Calcium	16 mg
Monounsaturated fat	3 g		

Heart Healthy

Orange & Tangy Chicken

- 1/3 cup orange marmalade
- 1/3 cup hot barbecue sauce
- 2 tablespoons Worcestershire sauce
- 2 tablespoons lemon juice
- 2 pounds chicken pieces
- Salt and pepper, to taste

Preheat oven to 350 degrees F.

Combine marmalade, barbecue sauce, Worcestershire sauce and lemon juice, mixing well. Place chicken skin side up in a 9 x 13-inch baking pan lined with aluminum foil. Sprinkle with salt and pepper. Pour sauce over chicken and bake one hour, basting occasionally.

Increase heat to 400 degrees F and bake 15 minutes longer.

Nutritional Information N/A

Heart Healthy

Oriental Chicken

SERVES 2

Ingredients

1 tablespoon cornstarch
1 tablespoon brown sugar
1/4 teaspoon oregano
1 garlic clove, crushed
1/2 teaspoon sesame oil
1 1/2 tablespoons reduced-sodium soy sauce
3/4 cup white wine
2 skinless, boneless chicken breasts, each 5 ounces
2 pineapple rings
1 teaspoon sunflower seeds

Directions

In a small bowl, combine the cornstarch, brown sugar, oregano, garlic, sesame oil, soy sauce and white wine. Whisk to blend. Set aside.

Place chicken in a microwave-safe baking dish. Pierce the chicken breast several times with a fork. Pour the liquid mixture over the chicken. Bake at 375 F for 40-45 minutes.

While chicken is cooking, spray a small frying pan with cooking spray. Add the pineapple rings and sauté over medium heat until browned, about 5 minutes.

To serve, transfer the chicken breasts to individual plates. Top each with a pineapple ring and 1/2 teaspoon sunflower seeds. Serve immediately.

Nutritional Analysis

(per serving)

Calories	369	Cholesterol	82 mg
Protein	34 g	Sodium	562 mg
Carbohydrate	25 g	Fiber	1 g
Total fat	4 g	Potassium	547 mg
Saturated fat	1 g	Calcium	41 mg
Monounsaturated fat	1 g		

Heart Healthy

Parmesan Chicken

- 4 boneless chicken breasts
- 1 egg white, lightly beaten
- 1/3 cup whole wheat seasoned breadcrumbs
- 1 3/4 cups spaghetti sauce
- 1/2 cup reduced fat mozzarella cheese, shredded
- 1 tablespoon parmesan cheese, grated

1. Place chicken between 2 sheets of heavy-duty plastic wrap; flatten to 1/4-inch thickness using a meat mallet or rolling pin.
2. Dip chicken in egg; dredge in crumbs.
3. Spray pan/skillet and turn up to medium-high heat; add chicken, and cook 2 minutes on each side or until browned.

Pour spaghetti sauce over chicken. Cover, reduce heat, and simmer 10-15 minutes. Sprinkle with cheeses. Cover and simmer 5 more minutes or until cheese melts.

Nutritional Information N/A

Heart Healthy

Primavera with Chicken/Turkey Sausage

INGREDIENTS

- 1 (16 ounce) package whole wheat pasta
- 1 pound hot Italian turkey sausage, cut into 1/2 inch slices
- 1/4 cup olive oil, divided
- 4 cloves garlic, diced
- 1/2 onion, diced
- 2 small zucchini, chopped
- 2 small yellow squash, chopped
- 6 roma (plum) tomatoes, chopped
- 1 green bell pepper, chopped
- 20 leaves fresh basil
- 2 teaspoons chicken bouillon granules
- 1/2 teaspoon red pepper flakes
- 1/2 cup grated Parmesan cheese

DIRECTIONS

1. Bring a large pot of lightly salted water to a boil. Place pasta in pot and cook 8 to 10 minutes, until al dente; drain.
2. Place sausage in a large skillet over medium heat and cook until evenly brown; set aside. Heat 1/8 cup oil in skillet. Stir in garlic and onion, and cook until tender. Mix in zucchini, squash, tomatoes, bell pepper and basil. Dissolve bouillon in the mixture. Season with red pepper. Stir in remaining oil. Continue cooking 10 minutes.
3. Mix pasta, sausage and cheese into skillet. Continue cooking 5 minutes, or until heated through.

Nutritional Information N/A

Heart Healthy

Pomodoro Chicken Pasta

INGREDIENTS

- 4 boneless, skinless chicken breasts
- 2 (8 ounce) packages whole wheat angel hair pasta
- 1/4 cup olive oil
- 1/2 onion, chopped
- 4 cloves garlic, minced
- 2 cups roma (plum) tomatoes, diced
- 2 tablespoons balsamic vinegar
- 1 (10.75 ounce) can low-sodium chicken broth
- crushed red pepper to taste
- freshly ground black pepper to taste
- 2 tablespoons chopped fresh basil
- 1/4 cup grated Parmesan cheese

DIRECTIONS

1. Cook chicken breasts in sprayed pan on medium heat for 8 minutes/side
2. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 minutes or until al dente; drain.
3. Pour olive oil in a large deep skillet over high-heat. Saute onions and garlic until lightly browned. Reduce heat to medium-high and add tomatoes, vinegar and chicken broth; simmer for about 8 minutes.
4. Stir in red pepper, black pepper, basil and cooked pasta, tossing thoroughly with sauce. Simmer for about 5 more minutes and serve topped with grated cheese.

Nutritional Information N/A

Heart Healthy

Quesadillas - Chicken

SERVES 6

Ingredients

4 boneless, skinless chicken breasts, each 4 ounces
1 cup chopped onions
1/2 cup smoky or hot salsa
1 cup chopped fresh tomatoes
1 cup chopped fresh cilantro
6 whole grain tortillas, each 8 inches in diameter
1 cup shredded reduced-fat cheddar cheese

Directions

Preheat the oven to 425 F. Lightly coat a baking sheet with cooking spray.

Cut each chicken breast into cubes. In a large, nonstick frying pan, add the chicken and onions and saute until the onions are tender and the chicken is thoroughly cooked, about 5 to 7 minutes. Remove from heat. Stir in the salsa, tomatoes and cilantro.

To assemble, lay a tortilla flat and rub the outside edge with water. Spread about 1/2 cup of the chicken mixture onto the tortilla, leaving about 1/2 inch free around the outer rim. Sprinkle with a spoonful of shredded cheese. Fold tortilla in half and seal. Place on a cookie sheet. Repeat with the remaining tortillas. Lightly coat the top of the tortillas with cooking spray.

Bake until the quesadillas are lightly browned and crispy, about 5 to 7 minutes. Cut in half and serve immediately.

Nutritional Analysis

(per serving)

Serving size: 2 halves

Calories	444	Cholesterol	51 mg
Protein	32 g	Sodium	736 mg
Carbohydrate	55 g	Fiber	1 g
Total fat	10 g	Potassium	526 mg
Saturated fat	3 g	Calcium	390 mg
Monounsaturated fat	3 g		

Heart Healthy

Schwarma

INGREDIENTS

- 1 cup fat free yogurt
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon hot pepper sauce
- 1 tablespoon white vinegar
- 4 cloves garlic, minced
- 1 tablespoon finely minced onion
- 1/2 teaspoon black pepper
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon ground mace
- 1/4 teaspoon salt
- 2 pounds skinless, boneless chicken breast halves, thinly sliced

Condiments:

- 8 (6-inch) whole wheat pita breads, warmed
- 1/2 cup fat free or low fat yogurt (optional)
- 1 onion, thinly sliced
- 1 large tomato, diced
- 1 cucumber, thinly sliced
- 2 T light or fat free Ranch dressing

DIRECTIONS

1. To make the marinade, stir together 1 cup yogurt, lemon juice, hot pepper sauce, and vinegar. Stir in the garlic, onion, pepper, red pepper flakes, mace, and salt. Marinate the chicken overnight in the refrigerator.
2. Place oven rack in the top position, and turn oven on to Broil.
3. To cook, drain the marinade from the meat, and place on a slotted broiler pan. Broil on top rack of preheated oven, turning after a few minutes, until cooked through, about 5 minutes.
4. To assemble the schwarma, spread each pita with a tablespoon of plain yogurt, and layer with onion, tomato, and cucumber. Pile on the broiled chicken, and dress with Ranch dressing.

Nutritional Information N/A

Heart Healthy

Southwestern Chicken Pasta

SERVES 2

Ingredients

1 cup whole wheat rigatoni
2 boneless, skinless chicken breasts, each 4 ounces, cut into cubes
1/4 cup salsa
1 1/2 cups canned unsalted tomato sauce
1/8 teaspoon garlic powder
1 teaspoon cumin
1/2 teaspoon chili powder
1/2 cup canned black beans, rinsed and drained
1/2 cup fresh or canned corn
1/4 cup shredded CoJack (Colby and Monterey Jack) cheese

Directions

Fill a large pot 3/4 full with water and bring to a boil. Add the pasta and cook until al dente (tender), 10 to 12 minutes, or according to the package directions. Drain the pasta thoroughly.

Spray a large, heavy skillet with cooking spray. Over medium heat, saute the chicken until browned and opaque throughout, 7 to 10 minutes. Stir in the salsa, tomato sauce, garlic powder, cumin, chili powder, black beans and corn. Stir thoroughly and cook until heated through. Add the pasta and gently toss to mix evenly.

Divide the pasta between individual plates. Sprinkle each serving with 2 tablespoons cheese. Serve immediately.

Nutritional Analysis

(per serving)

Calories	482	Cholesterol	81 mg
Protein	41 g	Sodium	700 mg
Carbohydrate	59 g	Fiber	8 g
Total fat	8 g	Potassium	700 mg
Saturated fat	3 g	Calcium	151 mg
Monounsaturated fat	2 g		

Heart Healthy

Stir Fry Chicken

SERVES 4

Ingredients

1/4 cup coarsely chopped fresh basil
2 tablespoons chopped fresh mint
3/4 cup chicken stock or broth
3 green (spring) onions, including tender green tops, 2 coarsely chopped and 1 thinly sliced
2 cloves garlic
1 tablespoon peeled and chopped fresh ginger
2 tablespoons extra-virgin olive oil
1 small eggplant, with peel, diced (about 4 cups)
1 yellow onion, coarsely chopped
1 red bell pepper, seeded and cut into julienne
1 yellow bell pepper, seeded and cut into julienne
1 pound skinless, boneless chicken breasts, cut into strips 1/2 inch wide and 2 inches long
2 tablespoons low-sodium soy sauce

Directions

In a blender or food processor, combine the basil, mint, 1/4 cup of the stock, the chopped green onions, garlic and ginger. Pulse until the mixture is minced but not pureed. Set aside.

In a large, nonstick frying pan, heat 1 tablespoon of the olive oil over medium-high heat. Add the eggplant, yellow onion and bell peppers and sauté until the vegetables are just tender, about 8 minutes. Transfer to a bowl and cover with a kitchen towel to keep warm.

Add the remaining 1 tablespoon olive oil to the pan and heat over medium-high heat. Add the basil mixture and sauté for about 1 minute, stirring constantly. Add the chicken strips and soy sauce and sauté until the chicken is almost opaque throughout, about 2 minutes. Add the remaining 1/2 cup stock and bring to a boil. Return the eggplant mixture to the pan and stir until heated through, about 3 minutes. Transfer to a warmed serving dish and garnish with the sliced green onion and serve.

Nutritional Analysis

(per serving)

Calories	248	Monounsaturated fat	5 g
Protein	30 g	Cholesterol	66 mg
Carbohydrate	13 g	Sodium	408 mg
Total fat	8 g	Fiber	4 g
Saturated fat	1 g		

Heart Healthy

Strips of Chicken with Honey Mustard Sauce

SERVES 4

Ingredients

4 skinless, boneless chicken breasts, each 4 ounces and cut into 3 strips
1/4 cup fat-free milk
1/4 cup all-purpose (plain) or whole wheat flour
1/4 teaspoon salt
1/4 teaspoon cracked black pepper
2 tablespoons canola or olive oil

For the dipping sauce

1/2 cup honey
1/4 cup Dijon mustard

Directions

In a large bowl, add the chicken strips. Pour milk over the chicken and mix to coat well. Place in a single layer on wax paper.

In a small bowl, mix together the flour, salt and pepper. Sprinkle over the chicken strips, turning the chicken to coat evenly. Shake to remove excess.

In a large, nonstick frying pan, heat the canola oil over medium-high heat. Place the chicken strips in an even layer in the pan. Sauté, turning once on each side until golden brown, about 2 minutes. Remove and place on paper towels to drain.

To make the dipping sauce, combine the honey and Dijon mustard in a small bowl.

Nutritional Analysis

(per serving)

Serving size: 3 chicken strips and 3 tablespoons sauce

Calories	380	Cholesterol	75 mg
Protein	30 g	Sodium	210 mg
Carbohydrate	42 g	Fiber	0 g
Total fat	10 g	Potassium	274 mg
Saturated fat	2 g	Calcium	35 mg
Monounsaturated fat	4 g		

Heart Healthy

Tenders with Breaded Bake

- 6 lbs boneless skinless chicken breasts, fresh, not frozen
- 32 ounces plain nonfat yogurt
- 1/2 cup hot sauce (like Frank's Red Hot)
- 1 tablespoon poultry seasoning, blend (like Mrs. Dash Grilling Seasoning for Chicken)
- 1 tablespoon onion powder
- 1/2 tablespoon garlic powder (like McCormick California Style Garlic Powder with Parsley)
- 1 (21 ounce) box cornflake crumbs

1. To Triple-Wash Chicken: Remove chicken breasts from pkg and place in colander. While rinsing chicken in colander with cold water, trim fat from each chicken breast with kitchen scissors. Place trimmed breast into separate bowl; do not return to colander! (Reserve trimmings for making chicken broth, if desired.) Once all breasts have been trimmed of fat, wash colander and kitchen scissors. Then return breasts to colander and rinse with cold water again. While rinsing, use kitchen scissors to cut breasts into strips or chunks (more kid-friendly), placing pieces into separate bowl. Do not return to colander! Once all breasts have been cut into pieces, wash colander. Return pieces to colander and rinse chicken one more time; drain well.
2. Place yogurt, hot sauce, and seasonings into gallon-sized Ziploc Freezer bag. Mix well. Place chicken pieces into bag and mix well, making sure pieces are covered. Refrigerate in the coldest part of fridge at least 4 hrs or overnight. The colder the chicken, the better the results.
3. Preheat oven to 450 degrees F. Line large baking sheet with Reynolds Release Foil. Lightly coat foil with canola oil or spray with non-stick cooking spray.
4. Place 1/3 box of Corn Flake Crumbs into gallon-sized Ziploc Freezer bag. Put approximately 10 chicken pieces into bag and shake to coat. Remove pieces from bag and place on baking sheet (about 20-25 pieces/sheet). NOTE: After coating 20-25 pieces, discard Corn Flake Crumbs and put another 1/3 box into bag. Repeat as necessary.
5. Bake 12 minutes; do not turn pieces over! Chicken will be golden brown on top. Do not overcook or chicken will be tough.
6. Serve with your favorite dipping sauces and raw veggies. Also great on buns and in wraps topped with your favorite greens, tomatoes, (red &/or green) onion, and other veggies.
7. NOTES: In order for coating to adhere properly, chicken mixture must be very cold. To make spicier, add cayenne pepper or use a hotter hot sauce or chili sauce.

Nutritional Information N/A

Heart Healthy

Baked Salmon with Southeast Asian Marinade

SERVES 2

Ingredients

1/2 cup pineapple juice
2 garlic cloves, minced
1 teaspoon low-sodium soy sauce
1/4 teaspoon ground ginger
2 salmon fillets, each 4 ounces
1/4 teaspoon sesame oil
Freshly ground black pepper, to taste
1 cup diced fresh fruit, such as pineapple, mango and papaya

Directions

In a small bowl, add the pineapple juice, garlic, soy sauce and ginger. Stir to mix evenly.

Arrange the salmon fillets in a small baking dish. Pour the pineapple juice mixture over the top. Put in the refrigerator and marinate for 1 hour. Turn the salmon periodically as needed.

Preheat the oven to 375 F. Lightly coat 2 squares of aluminum foil with cooking spray. Place the marinated salmon fillets on the aluminum foil. Drizzle each with 1/8 teaspoon sesame oil. Sprinkle with pepper and top each with 1/2 cup diced fruit.

Wrap the foil around the salmon, folding the edges down to seal. Bake until the fish is opaque throughout when tested with the tip of a knife, about 10 minutes on each side. Transfer the salmon to warmed individual plates and serve immediately.

Nutritional Analysis

(per serving)

Serving size: 1 fillet

Calories	310	Cholesterol	67 mg
Protein	23 g	Sodium	174 mg
Carbohydrate	24 g	Fiber	1 g

Fish

Heart Healthy

Total fat

13 g

Potassium

591 mg

Saturated fat

3 g

Calcium

37 mg

Monounsaturated fat

4 g

Lined writing area for notes.



Lined writing area for notes.



Heart Healthy

Broiled White Sea Bass

SERVES 2

Ingredients

2 white sea bass fillets, each 4 ounces
1 tablespoon lemon juice
1 teaspoon garlic, minced
1/4 teaspoon salt-free herbed seasoning blend
Ground black pepper, to taste

Directions

Preheat the broiler (grill). Position the rack 4 inches from the heat source.

Lightly spray a baking pan with cooking spray. Place the fillets in the pan. Sprinkle the lemon juice, garlic, herbed seasoning and pepper over the fillets.

Broil (grill) until the fish is opaque throughout when tested with a tip of a knife, about 8 to 10 minutes. Serve immediately.

Nutritional Analysis

(per serving)

Serving size: 1 fillet

Calories	114	Cholesterol	46 mg
Protein	21 g	Sodium	78 mg
Carbohydrate	2 g	Fiber	1 g
Total fat	2 g	Potassium	316 mg
Saturated fat	1 g	Calcium	22 mg
Monounsaturated fat	< 1 g		

Heart Healthy

Cod with Lemon and Capers

SERVES 4

Ingredients

4 cod fillets, each 6 ounces
2 lemons
1 teaspoon low-sodium chicken-flavored bouillon granules
1 cup hot tap water
1 tablespoon soft butter
1 tablespoon all-purpose (plain) flour
4 teaspoons capers, rinsed and drained

Directions

Preheat the oven to 350 F. Spray 4 squares of foil with cooking spray.

Place 1 cod fillet on each of the foil squares. Cut 1 lemon in half. Squeeze the juice from the lemon half over the fish. Cut the other half of lemon into slices, place over the fish and seal the foil.

Place in the oven and bake until the fish is opaque throughout when tested with the tip of a knife, about 20 minutes.

While the fish is cooking, remove the peel from the second lemon. Take care to cut only the peel and not the pith. Slice the peel into 1/4-inch-wide strips. Set aside.

In a small bowl, add the chicken bouillon granules and the hot tap water. Stir until the granules dissolve. Set aside.

In another small bowl, mix the butter and flour together. Transfer to a heavy saucepan. Stir over moderate heat until the butter-flour mixture melts. Add the bouillon to the butter mixture and continue to stir until thickened. Add the capers and remove from the heat.

Nutritional Analysis

(per serving)

Serving size: 1 fillet

Calories	175	Cholesterol	105 mg
Protein	30 g	Sodium	350 mg
Carbohydrate	2 g	Fiber	0 g

Heart Healthy

Total fat	4 g	Potassium	706 mg
Saturated fat	2 g	Calcium	198 mg
Monounsaturated fat	1 g		



Heart Healthy

Crusted Sole

SERVES 4

Ingredients

1/4 cup whole wheat flour
1/4 cup cornmeal, preferably stone-ground
3/4 teaspoon salt
4 sole fillets, each 5 ounces
3 tablespoons extra-virgin olive oil
2 tablespoons dry white wine
1 1/2 tablespoons fresh lemon juice
1 1/2 tablespoons vegetable stock or broth
3/4 teaspoon chili powder
1/4 teaspoon dry mustard
1/4 teaspoon ground cumin
1 tablespoon chopped fresh cilantro
1 tablespoon grated lemon zest

Directions

In a shallow bowl, stir together the flour, cornmeal, and 1/4 teaspoon of the salt. Dredge the fillets in the flour mixture, coating completely, and shake off the excess.

In a large, nonstick frying pan, heat 1 tablespoon of the olive oil over medium-high heat. Add the fish and cook, turning once, until the fish is just opaque throughout when tested with the tip of a knife and the crust is golden brown, about 3 minutes on each side. Transfer to individual plates and keep warm.

Add the wine and deglaze the pan, stirring with a wooden spoon to scrape up any browned bits. Cook to reduce by half.

In a small bowl, combine the pan juices, lemon juice, vegetable stock, chili powder, mustard, cumin and the remaining 1/2 teaspoon salt. Whisk in the remaining 2 tablespoons olive oil to make a thick vinaigrette.

To serve, drizzle the vinaigrette over the fillets and sprinkle with the cilantro and lemon zest. Serve immediately.

Nutritional Analysis

(per serving)

Calories	275	Monounsaturated fat	8 g
----------	-----	---------------------	-----

Heart Healthy

Protein
Carbohydrate
Total fat
Saturated fat

25 g
13 g
12 g
2 g

Cholesterol
Sodium
Fiber

67 mg
551 mg
2 g

Lined writing area for notes.

Lined writing area for notes.



Heart Healthy

Grilled Miso Salmon

SERVES 4

Ingredients

1/2 cup mirin
2 tablespoons minced fresh chives or green (spring) onion tops
1 tablespoon yellow miso
1 tablespoon low-sodium soy sauce
1 teaspoon tahini
1 teaspoon peeled and minced fresh ginger
4 salmon fillets, 5 ounces each, skinned
2 tablespoons chopped fresh cilantro (fresh coriander)
1 teaspoon sesame seeds, toasted

Directions

In a shallow baking dish, whisk together the mirin, chives, miso, soy sauce, tahini and ginger. Add the fish to the marinade and turn to coat. Cover and marinate in the refrigerator for 1 to 2 hours, turning the fish occasionally.

Prepare a fire in a charcoal grill or place a grill pan over high heat. Remove the fish from the marinade and pat dry. Discard the marinade. When the grill or pan is very hot, place the fillets on it and cook, turning carefully with a spatula, until grill-marked, firm to the touch, and opaque in the center, about 4 minutes on each side.

Transfer the fillets to a serving platter. Garnish with the cilantro and sesame seeds and serve immediately.

Nutritional Analysis

(per serving)

Calories	282	Monounsaturated fat	3 g
Protein	29 g	Cholesterol	78 mg
Carbohydrate	4 g	Sodium	382 mg
Total fat	10 g	Fiber	<1 g
Saturated fat	2 g		

Heart Healthy

Halibut with Tomato Basil Salsa

SERVES 4

Ingredients

2 tomatoes, diced
2 tablespoons fresh basil, chopped
1 teaspoon fresh oregano, chopped
1 tablespoon minced garlic
2 teaspoons extra-virgin olive oil
4 halibut fillets, each 4 ounces

Directions

Preheat the oven to 350 F. Lightly coat a 9-by-13-inch baking pan with cooking spray.

In a small bowl, combine the tomato, basil, oregano and garlic. Add the olive oil and mix well.

Arrange the halibut fillets in the baking pan. Spoon the tomato mixture over the fish. Place in the oven and bake until the fish is opaque throughout when tested with the tip of a knife, about 10 to 15 minutes.

Transfer to individual plates and serve immediately.

Nutritional Analysis

(per serving)

Serving size: 1 fillet

Calories	160	Cholesterol	36 mg
Protein	24 g	Sodium	65 mg
Carbohydrate	3 g	Fiber	1 g
Total fat	5 g	Potassium	672 mg
Saturated fat	1 g	Calcium	66 mg
Monounsaturated fat	3 g		

Heart Healthy

Lime & Cilantro Salmon

Serves:

Prep Time: 10
minutes

Cook Time: 5-10
minutes

Nutrition Score per serving:

Calories	310	g Protein	43%
g Fat	55%	% Protein	30
% Fat	19	g Fiber	
g Carbs	2%	mg Sodium	
% Carbs	2	g Calcium	

Ingredients

- 1 tsp. garlic powder
- 1/4 tsp. salt
- 1 tsp. black pepper
- 1 lb. salmon steaks or fillets
- 1 Tbsp. extra virgin olive oil
- 1/4 cup lime juice
- 1/4 cup fresh cilantro
- 1 tsp. Splenda or other sugar substitute

Directions

Sprinkle garlic powder, salt and pepper on top of salmon steaks or fillets. In a small glass, mix olive oil, lime juice, cilantro and Splenda. Place salmon in a nonstick skillet over medium-high heat and cook 4-5 minutes. Turn and cover with cilantro mixture and cook another 4-5 minutes. Makes three servings

Heart Healthy

Orange Roughy with Lemon Thyme Sauce

SERVES 2

Ingredients

2 orange roughy fillets, each 4 ounces
1 lemon, cut into 4 wedges
1 teaspoon fresh thyme, chopped

Directions

Preheat the broiler (grill). Position the rack 4 inches from the heat source. Lightly coat a baking dish with cooking spray.

Place the fish in the prepared baking dish. Squeeze the juice from 2 lemon wedges over each fillet. Sprinkle with thyme.

Broil (grill) until the fish is opaque throughout when tested with a tip of a knife, about 8 to 10 minutes. Remove from the oven and serve.

Nutritional Analysis

(per serving)

Serving size: 1 fillet

Calories	90	Cholesterol	23 mg
Protein	17 g	Sodium	73 mg
Carbohydrate	6 g	Fiber	0 g
Total fat	1 g	Potassium	420 mg
Saturated fat	trace	Calcium	68 mg
Monounsaturated fat	0.5 g		

Heart Healthy

Pan-Braised Swordfish with Feta

SERVES 4

Ingredients

4 swordfish steaks, each 5 ounces, and 3/4- to 1-inch thick
3/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 1/2 teaspoons olive oil or canola oil
1 red onion, thinly sliced
2 cloves garlic, minced
1 cup vegetable stock or broth
1/2 cup golden raisins
2 tablespoons red wine vinegar
1 small lemon, thinly sliced
2 tablespoons crumbled feta cheese
1 tablespoon chopped fresh marjoram or oregano
1 tablespoon capers, rinsed

Directions

Sprinkle the swordfish steaks on both sides with 1/4 teaspoon of the salt and 1/8 teaspoon of the pepper. In a large, nonstick frying pan, heat 1 teaspoon of the oil over medium-high heat. Add the fish to the pan and sear on both sides until lightly browned, about 2 minutes on each side. Transfer to a plate and keep warm.

Reduce the heat to medium and add the remaining 1/2 teaspoon oil to the pan. Add the onion and garlic and sauté for 1 minute. Stir in the stock, raisins and vinegar. Return the swordfish to the pan and top with the lemon slices. Cover and simmer until the fish is opaque throughout when tested with the tip of a knife, 3 to 4 minutes.

Remove the lemon slices from the fish and set aside. Transfer the swordfish steaks to warmed individual plates. Stir the feta, the remaining 1/2 teaspoon salt and 1/8 teaspoon pepper, the marjoram, and the capers into the pan juices. Remove from the heat & serve.

Nutritional Analysis

(per serving)

Calories	277	Monounsaturated fat	4 g
Protein	30 g	Cholesterol	59 mg

Heart Healthy

Carbohydrate

19 g

Sodium

700 mg

Total fat

9 g

Fiber

1 g

Saturated fat

3 g



Heart Healthy

Soy Marinated and Cream Cheese-Stuffed Salmon

INGREDIENTS

- 1 cup low sodium soy sauce
- 3 tablespoons honey
- 2 tablespoons whole grain Dijon mustard
- 1 teaspoon ground ginger
- 4 cloves garlic, minced
- 1/2 teaspoon red pepper flakes, or to taste
- 4 (8 ounce) salmon fillets or steaks
- 3/4 cup light or fat free cream cheese, softened
- 3 green onions, finely chopped
- 1/2 teaspoon whole grain Dijon mustard
- 1/2 cup teriyaki sauce
- 1 tablespoon sesame seeds

DIRECTIONS

1. Stir together the soy sauce, honey, 2 tablespoons mustard, ginger, garlic, and red pepper flakes in a medium bowl. Arrange the salmon fillets in a shallow dish. Pour the marinade over the salmon, turning fillets to coat both sides. Cover, and refrigerate for 20 to 30 minutes.
2. Meanwhile, make the salmon stuffing by combining the cream cheese, green onions, and 1/2 teaspoon mustard in a small bowl. Refrigerate until ready to cook the salmon.
3. Preheat oven to 400 degrees F (200 degrees C). Line a baking dish with foil, and lightly grease foil.
4. Remove salmon from marinade. Cut a slit in the thickest part of each fillet to make a small pocket. Spoon cream cheese mixture into the pocket. Place salmon in prepared baking dish.
5. Cook salmon in preheated oven for 10 to 15 minutes. Remove from oven; spoon teriyaki sauce over fillets and sprinkle with sesame seeds. Reduce heat to 300 degrees F (150 degrees C). Cook until fish is easily flaked with a fork, about 5 minutes more.

NUTRITION INFORMATION

Servings Per Recipe: 4

Amount Per Serving

Calories: 621

- **Total Fat:** 20.4g
- **Cholesterol:** 148mg
- **Sodium:** 3935mg
- **Total Carbs:** 29.1g
- **Dietary Fiber:** 1.5g
- **Protein:** 58.3g

Heart Healthy

Spicy Tuna Burgers

Serves 2

Ingredients:

- 1 can solid white albacore tuna, drained
- 1 tablespoon whole wheat bread crumbs
- 1 large egg white
- 1 teaspoon lemon-pepper seasoning
- 1 tablespoon red pepper flakes

Directions: Mix all ingredients together in small bowl. Form two patties and cook on a pre-heated non-stick pan sprayed with non-stick cooking spray until tuna patties are slightly browned. Served on beds of lettuce or on slices of whole wheat bread.

Nutritional Information (Recipe Total):

Per Serving: Calories- 205 Carbs- 5g Protein- 28g Fat- 7g Fiber- 1g

Heart Healthy

Spinach Stuffed Sole

SERVES 2

Ingredients

1 teaspoon olive oil
2 cups fresh spinach leaves
2 teaspoons minced garlic
Ground black pepper, to taste
2 sole (flounder) fillets, each 5 ounces
1/2 teaspoon butter, melted

Directions

Preheat the oven to 400 F. Lightly coat a baking dish with cooking spray.

In a skillet, heat the olive oil over medium heat. Add the spinach, garlic and pepper. Sauté until the spinach starts to wilt, 2 to 3 minutes.

Place the sole fillets in the prepared baking dish. Place half of the spinach mixture in the middle of each fillet and roll up. Place the rolled fillets seam-side down. Brush with melted butter. Bake until the fish is opaque throughout when tested with the tip of a knife, 8 to 10 minutes.

Transfer to individual plates and serve immediately.

Nutritional Analysis

(per serving)

Serving size: 1 fillet

Calories	234	Cholesterol	61 mg
Protein	24 g	Sodium	215 mg
Carbohydrate	7 g	Fiber	4 g
Total fat	11 g	Potassium	1,107 mg
Saturated fat	2 g	Calcium	230 mg
Monounsaturated fat	5 g		

Heart Healthy

Swordfish with Roasted Lemons

SERVES 4

Ingredients

2 lemons, quartered, seeds removed
1 tablespoon sugar
1/4 teaspoon sea salt
4 swordfish fillets, each 6 ounces
1/2 teaspoon canola or olive oil
1/2 teaspoon chopped garlic
1/4 cup chopped parsley

Directions

Preheat the oven to 375 F.

In a small bowl, add the lemon wedges, sugar and salt. Toss gently to coat evenly. Place the lemons in a shallow baking dish and cover with aluminum foil. Roast until soft and slightly browned, about 1 hour.

Preheat the broiler or grill. Position the rack 4 inches from the heat source. Lightly coat a baking pan with cooking spray.

Place the swordfish fillets in the prepared baking pan. Brush with canola (or olive) oil and top with garlic. Broil or grill until the fish is opaque throughout when tested with a tip of a knife, about 5 minutes on each side.

Transfer the fish to individual plates. Squeeze 1 roasted lemon over each fillet and sprinkle with parsley. Serve with another roasted lemon wedge on the side.

Nutritional Analysis

(per serving)

Serving size: 1 fillet

Calories	235	Cholesterol	66 mg
Protein	34 g	Sodium	302 mg
Carbohydrate	9 g	Fiber	trace
Total fat	8 g	Potassium	590 mg
Saturated fat	2 g	Calcium	46 mg
Monounsaturated fat	3 g		

Heart Healthy

White Sea Bass with Dill Relish

SERVES 4

Ingredients

- 1 1/2 tablespoons chopped white onion
- 2 teaspoons pickled baby capers, drained
- 1 1/2 teaspoons chopped dill
- 1 teaspoon Dijon mustard
- 1 teaspoon lemon juice
- 4 white sea bass fillets, each 4 ounces
- 1 lemon, cut in quarters

Directions

Preheat the oven to 375 F.

In a small bowl, add the onion, capers, dill, mustard and lemon juice. Stir to mix well.

Place each fillet on a square of aluminum foil. Squeeze 1 lemon wedge over each fillet and spread 1/4 of the dill relish over each piece. Wrap the aluminum foil around the fish and bake until the fish is opaque throughout when tested with a tip of a knife, 10 to 12 minutes. Serve immediately.

Nutritional Analysis

(per serving)

Serving size: 1 fillet

Calories	119	Cholesterol	46 mg
Protein	22 g	Sodium	151 mg
Carbohydrate	4 g	Fiber	1 g
Total fat	2 g	Potassium	338 mg
Saturated fat	1 g	Calcium	31 mg
Monounsaturated fat	< 0.5 g		

Heart Healthy

Baked Ziti with Vegetables

SERVES 2

Ingredients

2/3 cup whole wheat ziti (about 2 ounces)
1 can (14 ounces) low-sodium tomatoes, drained (reserve 1/2 cup of the juice)
1/2 cup sliced carrots
1 cup chopped broccoli
1/2 cup diced green bell pepper
1/4 cup sliced mushrooms
2 garlic cloves, minced
1 teaspoon dried basil
1 teaspoon dried oregano
1/2 teaspoon ground black pepper
1/2 cup reduced-fat mozzarella cheese
1/2 cup Parmesan cheese

Directions

Preheat the oven to 375 F. Lightly coat a baking dish with cooking spray.

Fill a large pot 3/4 full with water and bring to a boil. Add the pasta and cook until al dente (tender), 10 to 12 minutes, or according to the package directions. Drain the pasta thoroughly.

In a nonstick frying pan over medium heat, add the reserved juice from the canned tomatoes. Stir in the carrots, broccoli and green pepper. Saute the vegetables until tender, about 5 minutes. Add the mushrooms and garlic and cook for another 5 minutes.

Add the tomatoes, basil, oregano and black pepper to the vegetable mixture. Cook over low heat for 3 to 5 minutes.

Transfer the cooked vegetables to a large bowl. Add the cooked pasta and mozzarella cheese. Toss gently to mix. Spoon the mixture into the prepared baking dish. Sprinkle with the Parmesan cheese. Cover with aluminum foil and bake until the mixture is hot and bubbly, about 30 minutes. Remove the aluminum foil after 15 minutes.

Divide the pasta among warmed individual bowls. Serve immediately.

Pasta/Vegetarian

Heart Healthy

Nutritional Analysis

(per serving)

Calories	360	Cholesterol	35 mg
Protein	23 g	Sodium	613 mg
Carbohydrate	45 g	Fiber	9 g
Total fat	11 g	Potassium	564 mg
Saturated fat	6 g	Calcium	541 mg
Monounsaturated fat	3 g		

Heart Healthy

Broccoli and Garlic Rigatoni

SERVES 2

Ingredients

1/3 pound whole wheat rigatoni noodles
1 cup broccoli florets (tops)
2 tablespoons Parmesan cheese
2 teaspoons olive oil
2 teaspoons minced garlic
Freshly ground black pepper, to taste

Directions

Fill a large pot 3/4 full with water and bring to a boil. Add the pasta and cook until al dente (tender), 10 to 12 minutes, or according to the package directions. Drain the pasta thoroughly.

While the pasta is cooking, in a pot fitted with a steamer basket, bring 1 inch of water to a boil. Add the broccoli, cover and steam until tender, about 10 minutes.

In a large bowl, combine the cooked pasta and broccoli. Toss with Parmesan cheese, olive oil and garlic. Season with pepper to taste. Serve immediately.

Nutritional Analysis

(per serving)

Calories	358	Cholesterol	4 mg
Protein	13 g	Sodium	97 mg
Carbohydrate	60 g	Fiber	3 g
Total fat	7 g	Potassium	278 mg
Saturated fat	2 g	Calcium	95 mg
Monounsaturated fat	4 g		

Heart Healthy

Pasta Primavera

SERVES 6

Ingredients

1/2 cup broccoli florets (small tips)
1/2 cup sliced mushrooms
1/2 cup sliced zucchini or yellow squash
1/2 cup sliced red or green peppers
1/2 cup fresh or frozen peas
1 tablespoon extra-virgin olive oil
2 garlic cloves, minced
1 teaspoon butter
1 cup evaporated fat-free milk
3/4 cup freshly grated Parmesan cheese
16 ounces whole wheat pasta (angel-hair or spaghetti)
1/3 cup finely chopped fresh parsley

Directions

In a large pot fitted with a steamer basket, bring about 1 inch of water to boil. Add the broccoli, mushrooms, zucchini, peppers and peas. Cover and steam until tender-crisp, about 10 minutes. Remove from the pot.

In large saucepan, heat the olive oil and garlic over medium-high heat. Add the steamed vegetables and stir or shake to coat the vegetables with the garlic and oil. Remove from heat but keep warm.

In another large saucepan, heat the butter, evaporated milk and Parmesan cheese. Stir over moderate heat until somewhat thickened and heated through. Stir continuously and don't scald. Remove from heat but keep warm.

Fill a large pot 3/4 full with water and bring to a boil. Add the pasta and cook until al dente (tender), about 10 to 12 minutes, or according to package directions. Drain the pasta thoroughly.

Divide the pasta evenly among individual plates. Top with vegetables and pour the sauce over the vegetables and pasta. Garnish with parsley and serve.

Nutritional Analysis

(per serving)

Calories	400	Cholesterol	80 mg
Protein	20 g	Sodium	310 mg

Heart Healthy

Carbohydrate	60 g	Fiber	3 g
Total fat	9 g	Potassium	378 mg
Saturated fat	2 g	Calcium	264 mg
Monounsaturated fat	4 g		

A large rectangular area with horizontal blue lines for writing, located in the upper middle section of the page.

A large rectangular area with horizontal blue lines for writing, located in the lower middle section of the page.

Heart Healthy

Pasta with Marinara Sauce and Vegetables

SERVES 4

Ingredients

2 tablespoons extra-virgin olive oil
10 large fresh tomatoes, peeled and diced
1 teaspoon salt
1/2 teaspoon minced garlic
2 tablespoons chopped onion
1 tablespoon chopped fresh basil or 1 teaspoon dried basil
1 teaspoon sugar
1/2 teaspoon dried oregano
1/8 teaspoon freshly ground black pepper
2 red peppers, sliced into chunks
1 yellow summer squash, sliced lengthwise
1 zucchini, sliced lengthwise
1 sweet onion, sliced into 1/4-inch-wide rounds
8 ounces whole-wheat spaghetti

Directions

To make the marinara sauce, in a heavy skillet, heat 1 tablespoon of the olive oil over medium-high heat. Add tomatoes, salt, garlic, chopped onions, basil, sugar, oregano and black pepper. Simmer uncovered until the sauce thickens, about 30 minutes.

Prepare a hot fire in a charcoal grill or heat a gas grill or broiler (grill). Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source.

Brush the red peppers, squash, zucchini and sweet onion with the remaining olive oil. Place the vegetables on the grill rack or broiler pan. Grill or broil, turning as needed, until the vegetables are tender, about 5 to 8 minutes. Transfer the vegetables to a bowl and set aside.

Fill a large pot 3/4 full with water and bring to a boil. Add the pasta and cook until al dente (tender), about 10 to 12 minutes, or according to package directions. Drain the pasta thoroughly.

Divide the pasta evenly among individual plates. Top with the marinara sauce and grilled vegetables. Serve immediately.

Heart Healthy

Stringy Macaroni

INGREDIENTS

- 1 (8 ounce) can tomato sauce
- 1 (16 ounce) can canned tomatoes
- 1 small onion, minced
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 1/4 teaspoons dried oregano
- 1 (8 ounce) package whole wheat pasta
- 1 (16 ounce) package reduced fat cottage cheese
- 1/4 cup reduced fat mozzarella cheese, shredded
- 1/4 cup grated reduced fat Parmesan cheese

DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C).
2. Combine the tomato sauce, canned tomatoes, minced onion, salt, pepper and oregano in a saucepan. Cover and simmer for 20 minutes.
3. Bring a large pot of lightly salted water to a boil. Add pasta shells and cook for 8 to 10 minutes or until al dente. Drain and rinse with cool water.
4. Put a layer of cooked shells in a greased 3 quart casserole dish. After the shells, you put in the cottage cheese and spread it out to cover all the shells. Layer on the sauce, then another layer of shells, then the mozzarella cheese and more sauce. Add the last layer of shells, the parmesan, and finish with a layer of sauce.

Bake in preheated oven for 45 minutes.

Nutritional Information N/A

Heart Healthy

Pork – Asian Pork Tenderloin

SERVES 4

Ingredients

2 tablespoons sesame seeds
1 teaspoon ground coriander
1/8 teaspoon cayenne pepper
1/8 teaspoon celery seed
1/2 teaspoon minced onion
1/4 teaspoon ground cumin
1/8 teaspoon ground cinnamon
1 tablespoon sesame oil
1 pound pork tenderloin, sliced into 4 4-ounce portions

Directions

Preheat the oven to 400 F. Lightly coat a baking dish with cooking spray.

In a heavy frying pan, add the sesame seeds in a single layer. Over low heat, cook the seeds stirring constantly until they look golden and give off a noticeably toasty aroma, about 1 to 2 minutes. Remove the seeds from the pan to cool.

In a bowl, add the coriander, cayenne pepper, celery seed, minced onion, cumin, cinnamon, sesame oil and toasted sesame seeds. Stir to mix evenly.

Place the pork tenderloin in the prepared baking dish. Rub the spices on both sides of the pork pieces. Bake until no longer pink, about 15 minutes. Or bake until a meat thermometer reaches 160 degrees (medium) or 170 degrees (well-done).

Transfer the pork tenderloin to warmed plates. Serve immediately.

Nutritional Analysis

(per serving)

Calories	196	Cholesterol	74 mg
Protein	25 g	Sodium	57 mg
Carbohydrate	trace	Fiber	0 g
Total fat	10 g	Potassium	442 mg
Saturated fat	2 g	Calcium	53 mg
Monounsaturated fat	3 g		

Heart Healthy

Pork – Jamaican BBQ

SERVES 4

Ingredients

2 teaspoons firmly packed brown sugar
1 teaspoon ground allspice
1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1/4 teaspoon cayenne pepper
1/8 teaspoon ground cloves
3/4 teaspoon salt
1/2 teaspoon freshly ground black pepper
1 pork tenderloin, about 1 pound, trimmed of visible fat
2 teaspoons white vinegar
1 1/2 teaspoons dark honey
1 teaspoon tomato paste

Directions

In a small bowl, combine the brown sugar, allspice, cinnamon, ginger, onion powder, garlic powder, cayenne, cloves, 1/2 teaspoon of the salt and the black pepper. Rub the spice mixture over the pork and let stand for 15 minutes.

In another small bowl, combine the vinegar, honey, tomato paste and the remaining 1/4 teaspoon salt. Whisk to blend. Set aside.

Prepare a hot fire in a charcoal grill or heat a gas grill or broiler (grill) to medium-high or 400 F. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source.

Place the pork on the grill rack or broiler pan. Grill or broil at medium-high heat, turning several times, until browned on all sides, 3 to 4 minutes total. Remove to a cooler part of the grill or reduce the heat and continue cooking for 14 to 16 minutes. Baste with the vinegar-honey glaze and continue cooking until the pork is slightly pink inside and an instant-read thermometer inserted into the thickest part reads 160 F, 3 to 4 minutes longer. Transfer to a cutting board and let cool for 5 minutes before slicing.

To serve, slice the pork tenderloin crosswise into 16 pieces and arrange on a warmed serving platter, or divide the slices among individual plates.

Nutritional Analysis

(per serving)

Serving size: 4 pork tenderloin slices

Calories	180	Monounsaturated fat	3 g
Protein	24 g	Cholesterol	75 mg
Carbohydrate	6 g	Sodium	508 mg
Total fat	6 g	Fiber	1 g
Saturated fat	2 g		

Heart Healthy

Pork Medallions

SERVES 4

Ingredients

For the marinade

2 tablespoons low-sodium soy sauce
1 tablespoon green (spring) onion, including tender green top, minced
3 garlic cloves, minced
1 tablespoon olive oil
3/4 teaspoon five-spice powder

1 pound pork tenderloin, trimmed of visible fat
1 tablespoon olive oil
1/2 cup water, plus 1 to 3 tablespoons as needed
1/4 cup dry white wine
1/3 cup chopped yellow onion
1/2 head green cabbage, thinly sliced (about 4 cups)
1 tablespoon chopped fresh flat-leaf (Italian) parsley

Directions

To make the marinade, combine the soy sauce, green onion, garlic, olive oil and five-spice powder in a shallow baking dish. Whisk to blend. Add the pork and turn once to coat. Cover and marinate in the refrigerator for at least 2 hours, preferably overnight, turning the pork occasionally.

Preheat the oven to 400 F.

Remove the pork from the marinade and pat dry. Discard the marinade. In a large, ovenproof frying pan, heat the olive oil over medium-high heat. Add the pork and cook, turning as needed, until lightly browned on all sides, about 5 minutes. Add the 1/2 cup water to the pan.

Transfer the hot pan to the oven and roast until the pork is slightly pink inside and an instant-read thermometer inserted into the center reads 160 F. Transfer the pork to a cutting board, cover with a kitchen towel, and let rest for 10 minutes.

Meanwhile, place the pan over medium-high heat. Add the wine and deglaze the pan, using a wooden spoon to scrape up any browned bits. Add the yellow onion and cook for about 1 minute. Add the cabbage and 1 tablespoon of the remaining water. Stir well, reduce the heat to medium, cover and simmer until the cabbage is wilted, about 4 minutes. Add 1 to 2 tablespoons additional water, if needed.

Slice the pork tenderloin into 8 medallions. Divide the medallions and the wilted cabbage among individual plates and garnish with parsley. Serve immediately.

Heart Healthy

Pork Tenderloin with Apples and Balsamic Vinegar

SERVES 4

Ingredients

1 tablespoon olive oil
1 pound pork tenderloin, trimmed of all visible fat
Freshly ground black pepper, to taste
1 cup chopped onion
1/2 cup chopped apple
1 1/2 tablespoons fresh rosemary, chopped
1 cup low-sodium chicken broth
1 1/2 tablespoons balsamic vinegar

Directions

Preheat the oven to 450 F. Lightly coat a baking pan with cooking spray.

In a large skillet, heat the olive oil over high heat. Add the pork and sprinkle with black pepper. Cook until the tenderloin is browned on all sides, about 3 minutes. Remove from heat and place in the prepared baking pan. Roast the pork for about 15 minutes, or until a food thermometer indicates 160 F (medium).

Meanwhile, add the onion, apple and rosemary to the skillet. Saute over medium heat until the onions and apples are soft, about 3 to 5 minutes. Stir in the broth and vinegar. Increase the heat and boil until the sauce has reduced, about 5 minutes.

To serve, place the pork on a large platter. Pour the onion-apple mixture over the top and serve immediately.

Nutritional Analysis

(per serving)

Calories	215	Cholesterol	75 mg
Protein	25 g	Sodium	93 mg
Carbohydrate	10 g	Fiber	1 g
Total fat	8 g	Potassium	515 mg
Saturated fat	2 g	Calcium	23 mg
Monounsaturated fat	4 g		

Heart Healthy

Turkey Burgers

SERVES 4

Ingredients

1 pound ground turkey breast
1/4 cup dried bread crumbs
1/4 cup chopped onion
2 tablespoons fresh parsley, chopped
1 1/2 tablespoons Worcestershire sauce
1 teaspoon Tabasco (hot) sauce
4 whole-grain buns
4 slices tomato
4 slices red onion
2 bibb lettuce leaves, halved
4 tablespoons ketchup

Directions

Combine the ground turkey breast, bread crumbs, chopped onion, parsley, Worcestershire sauce and hot sauce in a large bowl. Mix well. Divide turkey mixture into 4 equal portions and form into patties.

Prepare a hot fire in a charcoal grill or heat a gas grill or broiler (grill). Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source.

Grill burgers until nicely browned on both sides and heated through, about 7 minutes a side. Serve each burger on a bun topped with 1 tomato slice, 1 onion slice, 1/2 lettuce leaf and a dollop of ketchup.

Nutritional Analysis

(per serving)

Serving size: 1 prepared burger

Calories	244	Cholesterol	59 mg
Protein	17 g	Sodium	340 mg
Carbohydrate	29 g	Fiber	4 g
Total fat	8 g	Potassium	324 mg
Saturated fat	2 g	Calcium	98 mg
Monounsaturated fat	2 g		

Heart Healthy

Turkey Chili

SERVES 8

Ingredients

1 pound chopped leftover turkey
1/2 cup chopped onion
2 cups unsalted canned tomatoes
4 cups canned kidney beans, rinsed and drained
1 teaspoon sugar
1 1/2 tablespoons chili powder
2 cups chopped celery
8 tablespoons fat-free sour cream
Water, as desired

Directions

In a soup pot, add the turkey and onion. Sauté over low heat until the onions are translucent. Stir in the tomatoes, kidney beans, sugar and chili powder. Cover and cook for 10 minutes. Add the celery and cook for another 10 minutes. Add water, as desired, for thinner consistency.

Ladle into warmed individual bowls and top each with 1 tablespoon sour cream. Serve immediately.

Nutritional Analysis

(per serving)

Calories	242	Cholesterol	31 mg
Protein	21 g	Sodium	380 mg
Carbohydrate	30 g	Fiber	7 g
Total fat	4 g	Potassium	784 mg
Saturated fat	1 g	Calcium	90 mg
Monounsaturated fat	1 g		

Heart Healthy

Turkey Lasagna

SERVES 8

Ingredients

1 pound ground turkey breast
1 onion, chopped
1 1/2 teaspoons dried basil
3/4 teaspoon oregano
3/4 teaspoon garlic powder
1 can (6 ounces) unsalted tomato paste
1 can (8 ounces) unsalted tomato sauce
3 1/2 cups water
3/4 pound whole wheat lasagna noodles
1 cup low-fat cottage cheese
3 cups shredded low-fat mozzarella cheese

Directions

Preheat the oven to 325 F. Lightly coat a 9-by-13 pan with cooking spray.

To make the sauce, in a large saucepan combine the ground turkey and onion. Cook over medium heat until the ground turkey is no longer red and onion is translucent. Drain well. Add the basil, oregano, garlic powder, tomato paste, tomato sauce and water. Stir to mix evenly. Bring to a boil, reduce heat and simmer for 10 minutes.

Put 1/2 cup of the sauce in the bottom of the prepared pan. Cover with a layer of uncooked lasagna noodles, 1/3 of the remaining sauce, 1/3 cup cottage cheese and 1 cup mozzarella cheese. Repeat until the ingredients are used up. Cover with aluminum foil and bake until the noodles are soft and the cheese is lightly browned, about 1 hour and 20 minutes.

Nutritional Analysis

(per serving)

Calories	400	Cholesterol	100 mg
Protein	35 g	Sodium	690 mg
Carbohydrate	38 g	Fiber	2 g
Total fat	11 g	Potassium	568 mg
Saturated fat	4 g	Calcium	326 mg
Monounsaturated fat	54 g		

Heart Healthy

Turkey Reubens

Serves 4

1/4 cup nonfat Thousand Island salad dressing

8 slices dark rye or pumpernickel bread

8 ounces thinly sliced low-fat, low-sodium cooked turkey or chicken

1/2 cup sauerkraut, rinsed and well drained

4 slices low-fat Swiss cheese (1 1/2 ounces)

Vegetable or olive oil spray

Spread salad dressing on one side of each slice of bread. Top 4 slices of bread with turkey or chicken, sauerkraut and cheese. Top with remaining bread slices, dressing side down.

Spray a large skillet with vegetable oil. Cook 2 sandwiches over medium heat for 4 to 6 minutes, or until bread toasts and cheese melts, turning once.

Repeat with remaining sandwiches.

Calories: 273 kcal

Protein: 24 g

Carbohydrates: 31 g

Total Fat: 5 g

Saturated Fat: 1 g

Polyunsaturated Fat: 2 g

Monounsaturated Fat: 1 g

Cholesterol: 48 mg

Sodium: 780 mg

Heart Healthy

Salsa I

INGREDIENTS

- 1/2 sweet onion, chopped
- 1/2 green bell pepper, coarsely chopped
- 1/4 cup fresh cilantro
- 5 slices pickled jalapeno peppers, or to taste
- 6 fresh tomatoes, quartered
- 2 teaspoons olive oil
- 2 teaspoons red wine vinegar
- 1/2 lime, juiced
- 1/8 teaspoon salt

DIRECTIONS

1. Place onion, bell pepper, cilantro, and jalapeno peppers into a food processor. Pulse until finely chopped. Add tomatoes, and pulse just a few times until the tomatoes are coarsely chopped. Transfer to a bowl with a tight-fitting lid.
2. In a separate bowl, whisk together olive oil, red wine vinegar, lime juice, and salt.
3. Pour dressing over tomatoes, and stir well. Cover, and refrigerate for at least 1 hour.

Heart Healthy

Salsa II

INGREDIENTS

- 2 (14.5 ounce) cans stewed tomatoes
- 1/2 onion, finely diced
- 1 teaspoon minced garlic
- 1/2 lime, juiced
- 1 teaspoon salt
- 1/4 cup canned sliced green chiles, or to taste
- 3 tablespoons chopped fresh cilantro

DIRECTIONS

1. Place the tomatoes, onion, garlic, lime juice, salt, green chiles, and cilantro in a blender or food processor. Blend on low to desired consistency.