

Cook Here
and
Cook Healthy!

a CareHere!® cookbook



Salads

Chicken Salad	Page 3
Greek Spinach Salad	Page 3
Mandarin Chicken Salad	Page 4
Mixed Bean Salad	Page 4
Santa Fe Bean Salad	Page 4
Tuna Salad	Page 5

Main Dishes

Baked Salmon Dijon	Page 5
Baked Trout	Page 6
Beef Stroganoff	Page 6
Beef Tenderloin	Page 7
Chicken Marsala	Page 7
Chicken and Spanish Rice	Page 8
Chili	Page 8
Crispy Oven-Fried Chicken	Page 9
Cinnamon Orange Glazed Chicken Breasts	Page 9
Light Salmon Fritters	Page 10
Quick Beef Casserole	Page 10
Spiced Turkey Burgers with Dill Sauce	Page 11
Spicy Ground Turkey Tacos	Page 12
Tex-Mex Pork Chops	Page 12
Turkey Meat Loaf	Page 13
Vegetarian Chili	Page 13
Very Lemony Chicken	Page 14
Zucchini Lasagna	Page 14

Side Dishes/Vegetables

Antipasto Salsa	Page 15
Artichoke Toast Slices	Page 15
Baked Macaroni	Page 16
Delicious Oven French Fries	Page 16
Easy Nonfat Yogurt Dip	Page 17
Fresh Salsa	Page 17
Green Beans Sauté	Page 17
Hummus	Page 18
Pita Chips	Page 18
Roasted Brussel Sprouts	Page 19
Roasted Vegetables	Page 19
Vegetables with a Touch of Lemon	Page 19

Desserts

Banana Mousse	Page 20
100 Calorie Chocolate Cupcake	Page 20
Creamy Fruit Dessert	Page 21
Fresh Fruit with Fruit Dip	Page 21
Peaches a la Mode	Page 22

Chicken Salad

Serves 5 – ¾ cup each

Source: NHLBI-Heart Healthy Recipes

3 ¼ cup chicken, cooked, cubed, skinless

½ tsp onion powder

¼ cup celery, chopped

1/8 tsp salt*

1 TBSP lemon juice

3 Tbsp mayonnaise, lowfat

*Reduce sodium by removing the 1/8 tsp of added salt. New sodium content for each serving would be 127 mg.

Bake chicken, cut into cubes, and refrigerate. In large bowl, combine rest of ingredients, add chilled chicken and mix well.

Nutritional Information (per serving): Calories 183, Total Fat 7g, Saturated Fat 2g, Cholesterol 78mg, Sodium 201mg, Total Fiber 0g, Protein 27g, Carbohydrates 1g, Potassium 240mg

Greek Spinach Salad

Makes 4 (1-cup) servings

Source: St. Thomas Heart Institute

4 cups loosely packed fresh spinach, stems off

2 TBSP vinegar

¾ cup cherry tomato halves

1 1/2 tablespoons cooking sherry

½ cup chopped green bell pepper

1 TBSP water

¼ cup sliced purple onion, separated into rings

¾ tsp oregano

1 oz. feta cheese, crumbled

Tear the spinach into bite-size pieces. Place in a large salad bowl. Add the cherry tomatoes, green pepper, purple onion and feta cheese, tossing gently. Pour a mixture of the vinegar, cooking sherry, water and oregano over the spinach mixture, tossing to coat.

Nutritional Information (per serving): Calories 50, Carbohydrate 5.4g, Protein 3.3g, Fat 1.5g, Cholesterol 5mg, Sodium 112mg, Fiber 2g

Mandarin Orange Chicken Salad

Submitted By: Lacy Haney

2 cups lettuce	¼ cup mandarin orange slices
1 grilled chicken breast	¼ cup blueberries
¼ cup blue cheese	4 sliced strawberries
¼ cup sliced almonds	

Combine all and toss in a bowl. Feel free to have fun and add whatever fruit and berries you have available or whatever is fresh and in season. Anything can be added to this salad to spice it up; onions, tomatoes, cucumbers, pineapple, granny smith apple slices.

Mixed Bean Salad

Serves 8

Source: Mayo Clinic staff

1 can (15 oz.) unsalted green beans	¼ cup chopped white onion
1 can (15 oz.) unsalted wax beans	¼ cup orange juice
1 can (15 oz.) unsalted kidney beans	½ cup cider vinegar
1 can (15 oz.) unsalted garbanzo beans	Sugar substitute, if desired

(All beans should be rinsed and drained.)

In a large bowl, combine the beans and onions. Stir gently to mix evenly. In a separate bowl, whisk together the orange juice and vinegar. Add sugar substitute for desired sweetness. Pour the orange juice mixture over the bean mixture. Stir to coat evenly. Let stand 30 minutes before serving.

Nutritional Information (per ¾ cup serving): Calories 130, Cholesterol 0 mg, Protein 7 g, Sodium 110mg, Carbohydrate 25g, Fiber 7g, Total fat 0g, Potassium 397mg, Saturated fat 0g, Calcium 65mg, Monounsaturated fat 0g

Santa Fe Bean Salad

Submitted By: Brendie Keane

½ medium red onion (chopped)	1 small can corn
1 large tomato (diced)	1 small avocado (diced)
1 can black beans	¼ cup cilantro leaves (chopped)

Mix all ingredients and put in the refrigerator for half hour before serving.

Tuna Salad

Serves 5 - 1/2 cup each

Source: NHLBI-Heart Healthy Recipes

2 can (6 oz each) tuna, water pack
1/2 cup raw celery, chopped

1/3 cup green onions, chopped
6 1/2 TBSP mayonnaise, reduced fat

Rinse and drain tuna for 5 minutes. Break apart with fork. Add celery, onion, and mayonnaise, and mix well.

Nutritional Information (per serving): Calories 146, Total Fat 7g, Saturated Fat 1g, Cholesterol 25mg, Sodium 158mg, Total Fiber 1g, Protein 16g, Carbohydrates 4g, Potassium 201mg

Baked Salmon Dijon

Serves 6 – 1 piece (4 oz) each

Source: NHLBI-Heart Healthy Recipes

1 cup fat free sour cream
2 tsp dried dill
3 TBSP scallions, finely chopped
2 TBSP Dijon mustard
2 TBSP lemon juice

1 1/2 lb salmon fillet with skin, cut in center
1/2 tsp garlic powder
1/2 tsp black pepper
fat free cooking spray, as needed

Whisk sour cream, dill, onion, mustard, and lemon juice in small bowl to blend. Preheat oven to 400°. Lightly grease baking sheet with cooking spray. Place salmon, skin side down, on prepared sheet. Sprinkle with garlic powder and pepper, then spread with the sauce. Bake salmon until just opaque in center, about 20 minutes.

Nutritional Information (per serving): Calories 196, Total Fat 7g, Saturated Fat 2g, Cholesterol 76mg, Sodium 229mg, Total Fiber < 1g, Protein 27g, Carbohydrates 5g, Potassium 703mg

Baked Trout

6 Servings – 1 piece each

Source: NHLBI-Heart Healthy Recipes)

2 lb trout fillet, cut into 6 pieces –
any kind of fish can be used
3 TBSP lime juice (about 2 limes)
1 medium tomato, chopped
½ medium onion, chopped

3 TBSP cilantro, chopped
½ tsp olive oil
¼ tsp black pepper
¼ tsp salt
¼ tsp red pepper (optional)

Preheat oven to 350°. Rinse fish and pat dry. Place in baking dish. In separate dish, mix remaining ingredients together and pour over fish. Bake for 15 – 20 minutes or until fork-tender.

Nutritional Information (per serving): Calories 236, Total Fat 9g, Saturated Fat 3g, Cholesterol 104mg, Sodium 197mg, Total Fiber < 1g, Protein 34g, Carbohydrates 2g, Potassium 865mg

Beef Stroganoff

Serves 4

Source: Mayo Clinic staff

½ cup chopped onion
½ pound boneless beef round steak
(cut ¼ inch thick, all fat removed)
4 cups uncooked yolkless egg noodles
½ can fat-free cream of mushroom soup (undiluted)

½ cup of water
1 TBSP all-purpose (plain) flour
½ tsp paprika
½ cup fat-free sour cream

In a nonstick frying pan, sauté onions over medium heat until translucent - about 5 minutes. Add the beef and continue to cook for another 5 minutes or until the beef is tender and browned throughout. Drain well and set aside. Fill a large pot ¾ full with water and bring to a boil. Add the noodles and cook until al dente (tender), 10 - 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

Beef Tenderloin

Serves 8

Source: Spark People

1 pound raw lean beef tenderloin
½ tsp salt
½ tsp black pepper

2 medium garlic cloves, minced
1 TBSP rosemary, fresh, minced
1 tsp dried oregano

Preheat oven to 400°F. Coat a shallow roasting pan with cooking spray. Season beef all over with salt and pepper. Transfer to prepared pan. Combine garlic, rosemary, and oregano in a small bowl. Rub herb mixture all over top of beef; gently press herbs into beef with your hands so spices stick. Roast until an instant-read thermometer inserted in center of beef reads 160°F, about 40 - 50 minutes (for medium meat; cook longer for medium to well done meat).

Nutritional Analysis (per serving): Calories - 89.4, Total Fat - 3.5 g, Saturated Fat - 1.4 g, Trans Fat - 0 g, Polyunsaturated Fat - 0.1 g, Monounsaturated Fat - 1.5 g, Cholesterol - 38.3 mg, Sodium - 170.1 mg, Potassium - 183.0 mg, Total Carbohydrate - 0.5 g, Dietary Fiber - 0.2 g, Sugars - 0 g, Protein - 13.2 g

Chicken Marsala

Serves 4 - 1 chicken breast with 1/3 cup of sauce

Source: NHLBI-Heart Healthy Recipes

1/8 tsp black pepper
¼ tsp salt
¼ cup flour
4 (5 oz total) chicken breasts, boned/skinless
1 TBSP olive oil

½ cup Marsala wine
½ cup chicken stock, fat skimmed from top
½ lemon, juice only
½ cup mushrooms, sliced
1 TBSP fresh parsley, chopped

Mix together pepper, salt, and flour. Coat chicken with seasoned flour. In heavy-bottomed skillet, heat oil. Place chicken breasts in skillet and brown on both sides, then remove and set aside. To skillet, add wine and stir until heated. Add juice, stock, and mushrooms. Stir, reduce heat, and cook for about 10 minutes, until sauce is partially reduced. Return browned chicken breasts to skillet. Spoon sauce over chicken. Cover and cook for about 5 – 10 minutes or until chicken is done. Serve sauce over chicken. Garnish with chopped parsley.

Nutritional Information (per serving): Calories 285, Total Fat 8g, Saturated Fat 2g, Cholesterol 85mg, Sodium 236mg, Total Fiber 1g, Protein 33g, Carbohydrates 11g, Potassium 348mg

Chicken and Spanish Rice

Serves 5 – 1 ½ cup each

Source: NHLBI-Heart Healthy Recipes

- | | |
|---|--|
| 1 cup onions, chopped | 1 tsp parsley, chopped |
| ¼ cup green peppers | ½ tsp black pepper |
| 2 tsp vegetable oil | 1 ¼ tsp garlic, minced |
| 1 can (8 oz) tomato sauce* | 5 cups cooked rice (in unsalted water) |
| 3 ½ cups chicken breast, cooked, skin and bone removed, diced | |
- *Reduce sodium by using one 4-oz can of no salt added tomato sauce and one 4-oz can of regular tomato sauce. New sodium content for each serving is 226 mg.

In large skillet, sauté onions and green peppers in oil for 5 minutes on medium heat. Add tomato sauce and spices. Heat through. Add cooked rice and chicken, and heat through.

Nutritional Information (per serving): Calories 406, Total fat 6g, Saturated Fat 2g, Cholesterol 75mg, Sodium 367mg, Total Fiber 2g, Protein 33g, Carbohydrates 52g, Potassium 527 mg

Chili

Serves 8

Source: Mayo Clinic staff

- | | |
|--|--|
| 1 lb extra-lean ground beef | 1 tsp sugar |
| ½ cup chopped onion | 1 ½ TBSP chili powder or to taste |
| 2 lg. tomatoes (or 2 cups canned, unsalted) | Water, as desired |
| 4 cups canned kidney beans, rinsed and drained | 2 TBSP cornmeal |
| 1 cup chopped celery | Jalapeno peppers, seeded/chopped, as desired |

In a soup pot, add the ground beef and onion. Over medium heat sauté 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. Cook for at least 10 minutes more to allow the flavors to blend. Ladle into warmed bowls and garnish with jalapeno peppers, if desired. Serve immediately.

Nutritional Analysis (per serving): Calories 254, Cholesterol 40mg, Protein 20g, Sodium 348mg, Carbohydrate 27g, Fiber 10g, Total Fat 8g, Potassium 378mg, Saturated Fat 3g, Calcium 74mg, Monounsaturated Fat 3g

Crispy Oven-Fried Chicken

Serves 6 - 1/2 breast or 2 small drumsticks

Source: NHLBI-Heart Healthy Recipes

½ cup skim milk or buttermilk	2 tsp black pepper
1 tsp poultry seasoning	2 tsp dried hot pepper, crushed
1 cup cornflakes, crumbled	1 tsp ginger, ground
1 ½ TBSP onion powder	a few shakes of paprika
1 ½ TBSP garlic powder	1 tsp vegetable oil
8 pieces chicken, skinless (4 breasts, 4 drumsticks)	

Preheat oven to 350°. Add ½ tsp of poultry seasoning to milk. Combine all other spices with cornflake crumbs and place in plastic bag. Wash chicken and pat dry. Dip chicken into milk, shake to remove excess then quickly shake in bag with seasoning and crumbs. Refrigerate for 1 hour. Remove from refrigerator and sprinkle lightly with paprika for color. Evenly space chicken on greased baking pan. Cover with aluminum foil and bake for 40 minutes. Remove foil and continue baking for an added 30–40 minutes or until meat can be easily pulled away from bone with fork. Drumsticks may require less baking time than breasts. (Do not turn chicken during baking.) Crumbs will form crispy "skin."

Nutritional Information (per serving): Calories 256, Total Fat 5g, Saturated Fat 1g, Cholesterol 82 mg, Sodium 286mg, Total Fiber 1g, Protein 30g, Carbohydrates 22g

Cinnamon Orange Glazed Chicken Breasts

Serves 4

Source: WebMD

cooking spray	½ cup orange juice
4 skinless, boneless chicken breast halves	½ tsp dried tarragon
1 TBSP light, unsalted butter	¼ tsp pepper
1 TBSP all-purpose whole wheat flour	¼ tsp salt
2 tsp ground cinnamon	1 orange, sliced
½ cup low-sodium chicken stock	

Preheat oven to 375°. Spray medium-size skillet with cooking spray, and heat to medium-high heat. Add chicken and cook until golden brown, about 4 minutes per side. Transfer chicken into a shallow dish coated with cooking spray. Add butter, flour, and cinnamon to skillet until melted and combined. Slowly add chicken stock and orange juice and cook until thickened. Season with tarragon, salt, and pepper. Pour sauce over chicken; arrange orange slices on top. Bake chicken in preheated oven, about 20 - 30 minutes or when meat thermometer reaches 165°. Serve chicken over brown rice.

Nutrition Information (per serving): Calories 191, Protein 29g, Carbohydrate 10g, Fat 4g, Saturated Fat 2g, Cholesterol 72mg, Fiber 1g, Sugar 6g, Sodium 172mg, Calories from Fat 17%

Light Salmon Fritters

Serves 3 – 3 Fritters each

Source: WebMD

- | | |
|---|---|
| 1 egg yolk | 1/8 tsp pepper |
| 2 TBSP egg substitute (Egg Beaters®) | 2 egg whites |
| 2 TBSP flour | Canola cooking spray |
| ¼ tsp salt | ½ tsp parsley flakes (or 1 tsp fresh parsley) |
| ¼ tsp dill weed | |
| 1 ¾ - 2 cups boneless/skinless, and poached/grilled salmon, preferably wild, broken into small pieces | |

Beat egg yolk with egg substitute in medium bowl until thick. Add flour, salt, dill, pepper, and parsley, and stir to blend. Stir salmon pieces into flour mixture. Beat egg whites until stiff. Fold them into salmon mixture. Coat a nonstick frying pan generously with canola cooking spray. Start heating the pan over medium heat. Use a ¼ cup measure to scoop out ¼ cup of the fritter batter and add to pan. Repeat with remaining batter until pan is full. Continue to cook until bottom side is nicely browned (about 3 - 5 minutes). Turn to other side and cook until browned (3 minutes more). Remove fritters from pan and repeat step 3 to finish the fritter batter.

Nutritional Information (per serving): Calories 227, Protein 29g, Carbohydrates 4.5g, Fat 9g, Saturated Fat 1.7g, Monounsaturated Fat 3.2g, Polyunsaturated Fat 3.4g, Cholesterol 137mg, Fiber 0.2g, Sodium 288mg, Calories from Fat 39%

Quick Beef Casserole

Serves 8 – 1 1/3 cups each

Source: NHLBI-Heart Healthy Recipes

- | | |
|---------------------------|------------------------|
| ½ lb lean ground beef | ½ tsp black pepper |
| 1 cup onion, chopped | ¼ tsp paprika |
| 1 cup celery, chopped | 1 cup frozen peas |
| 1 cup green pepper, cubed | 2 small carrots, diced |
| 3 ½ cup tomatoes, diced | 1 cup uncooked rice |
| ¼ tsp salt | 1 ½ cups water |

In skillet, brown ground beef and drain off fat. Add rest of ingredients. Mix well. Cover and cook over medium heat until boiling. Reduce to low heat and simmer for 35 minutes. Serve hot.

Nutritional Information (per serving): Calories 201, Total Fat 5g, Saturated Fat 2g, Cholesterol 16mg, Sodium 164mg, Total Fiber 3g, Protein 9g, Carbohydrates 31g, Potassium 449mg

Spiced Turkey Burgers with Dill Sauce

Source: American Diabetes Association

Serves 4 – 1 Burger each

Prep Time - 20 min., Cook Time - 14 min.

Burgers

1 ¼ lb ground turkey breast
¼ cup seasoned bread crumbs
1 egg, beaten
¼ cup minced parsley
¼ cup finely minced onion

2 tsp light soy sauce
1 tsp Worcestershire sauce
½ tsp ground cumin
½ tsp paprika
Fresh-ground black pepper
1 tsp olive oil

Sauce

½ cup plain nonfat Greek-style yogurt
2 tsp finely minced dill
1 tsp apple cider vinegar

½ tsp grated lemon zest
Salt and pepper to taste

Optional (not included in nutritional analysis):

4 whole wheat hamburger buns, toasted
Lettuce and tomato

Combine all ingredients for the burgers and form into patties. Be sure to handle the meat lightly. Heat a medium-sized skillet over medium heat. Add the olive oil then the turkey burgers. Cook for about 5 – 7 minutes per side until the turkey is cooked through (an internal temperature reading should be 180°). You may also cook these on an outdoor grill, coated with cooking spray. If grilling, cook on medium heat, grilling the patties for about 5 – 7 minutes per side. Combine the ingredients for the yogurt sauce. Top the turkey burgers (with or without the buns) with the yogurt sauce. Serve with lettuce and tomato, if desired.

Nutrition Information: Exchanges/Choices - 1/2 Carbohydrate, 5 Lean Meat; Total Calories 235, Calories from Fat 45, Total Fat 5g, Saturated Fat 1.3g, Trans Fat 0g, Cholesterol 0mg, Sodium 360 mg, Total Carbohydrate 9g, Dietary Fiber 1g, Sugars 3g, Protein 39g

Spicy Ground Turkey Tacos

Serves 2

Source: Mayo Clinic staff

2 tsp chili powder
½ tsp cumin
¼ tsp oregano
6 oz extra-lean ground turkey
½ cup chopped onion
4 whole-wheat, low-fat flour tortillas, about 6 inches in diameter, warmed in microwave

¼ cup shredded sharp cheddar cheese
2 cups shredded lettuce
2 medium tomatoes, diced
½ cup salsa

In a small bowl, stir together the chili powder, cumin and oregano. In a nonstick frying pan, add the ground turkey and onion. Cook over medium heat until the turkey is browned and onion is translucent. Drain well. Add the spices to the turkey mixture. Stir to mix evenly. To serve, place a ¼ cup of the turkey mixture in each tortilla. Top each with 1 TBSP cheese, ¼ of the diced tomatoes, ½ cup shredded lettuce and 2 tablespoons salsa. Fold in both sides of each tortilla up over the filling, and then roll to close. Serve immediately.

Nutritional Analysis (per serving of 2 tacos): Calories 340, Cholesterol 49mg, Protein 28g, Sodium 423mg, Carbohydrate 31g, Fiber 7g, Total Fat 13g, Potassium 681mg, Saturated Fat 4g, Calcium 209mg, Monounsaturated Fat 4g

Tex-Mex Pork Chops

Serves 6 - 3 oz. servings

Source: American Diabetes Association

Prep Time – 25 min.

2 tsp olive oil
6 (5 oz) boneless pork loin chops
1 ½ cup salsa

4 oz diced green chilies
½ tsp ground cumin

Heat the oil in a skillet over medium-high heat. Add the pork chops and saute for about 3 minutes on each side. Add the remaining ingredients. Lower the heat, cover and simmer for 10 minutes.

Nutrition Information: Exchanges/Choices - 3 Lean Meats, Total Calories 168, Calories from Fat 70, Total Fat 8g, Saturated Fat 2g, Cholesterol 52mg, Sodium 279mg, Total Carbohydrate 4g, Dietary Fiber 1g, Sugars 2g, Protein 19g

Turkey Meat Loaf

Serves 5 – 1 slice (3 oz) each

Source: NHLBI-Heart Healthy Recipes

1 lb lean turkey, ground
½ cup regular oats, dry
1 large egg

1 Tbsp onion, dehydrated
¼ cup catsup

Combine all ingredients and mix well. Bake in loaf pan at 350° or to internal temperature of 165° for 25 minutes. Cut into five slices and serve.

Nutritional Information (per serving): Calories 192, Total Fat 7g, Saturated Fat 2g, Cholesterol 103mg, Sodium 214mg, Total Fiber 1g, Protein 21g, Carbohydrates 23g, Potassium 292mg

Vegetarian Chili

Serves 4

By Mayo Clinic staff

½ tsp extra-virgin olive oil
1 small yellow onion, chopped
12 oz extra-firm tofu, cut into small pieces
2 cans (28 oz) diced tomatoes-no salt added
1 can (14 oz) chili beans, rinsed/drained

1 can (14 ounces) black beans, rinsed/drained
3 TBSP chili powder
1 TBSP oregano
1 TBSP chopped fresh cilantro (fresh coriander)

In a soup pot, heat the olive oil over medium heat. Add the onions and saute until soft and translucent, about 6 minutes. Add the tofu, tomatoes, beans, chili powder and oregano. Bring to a boil. Reduce heat and simmer for at least 30 minutes.

Remove from the heat and stir in cilantro. Ladle into individual bowls and serve immediately.

Nutritional Information (per serving): Calories 305, Cholesterol 0mg, Protein 18g, Sodium 450mg, Carbohydrate 49g, Fiber 15g, Total Fat 5g, Potassium 607mg, Saturated Fat 1g, Calcium 227mg, Monounsaturated Fat 2g

Very Lemony Chicken

Serves 4 – 1 breast each w/ sauce

Source: NHLBI-Heart Healthy Recipes

1 ½ lb chicken breast, skinned, fat removed
½ cup fresh lemon juice
2 TBSP white wine vinegar
½ cup fresh lemon peel, sliced
3 tsp fresh oregano, chopped (or 1 tsp dried oregano, crushed)

1 medium onion, sliced
1/4 tsp salt
to taste black pepper
1/2 tsp paprika

Place chicken in 13- by 9- by 2-inch glass baking dish. Mix lemon juice, vinegar, lemon peel, oregano, and onions. Pour over chicken, cover, and marinate in refrigerator several hours, turning occasionally, or overnight. Sprinkle with salt, pepper, and paprika. Cover and bake at 300° for 30 minutes. Uncover and bake for added 30 minutes or until done.

Nutritional Information (per serving): Calories 179, Total Fat 4g, Saturated Fat 1g, Cholesterol 73mg, Sodium 222mg, Total Fiber 2g, Protein 28g, Carbohydrates 8g, Potassium 350mg

Zucchini Lasagna

Serves 6 – 1 piece each

Source: NHLBI-Heart Healthy Recipes

½ lb lasagna noodles, cooked in unsalted water
¾ cup part-skim mozzarella cheese, grated
1 ½ cup fat free cottage cheese*
¼ cup Parmesan cheese, grated
1 ½ cup raw zucchini, sliced
2 ½ cup no salt added tomato sauce

2 tsp basil, dried
2 tsp oregano, dried
¼ cup onion, chopped
1 clove garlic
1/8 tsp black pepper

*Use unsalted cottage cheese to reduce the sodium content. New sodium content for each serving would be 196 mg.

Preheat oven to 350 °F. Lightly spray 9x13-inch baking dish with vegetable oil spray. In small bowl, combine 1/8 cup mozzarella and 1 TBSP Parmesan cheese. Set aside. In medium bowl, combine remaining mozzarella and Parmesan cheese with all of the cottage cheese. Mix well and set aside. Combine tomato sauce with remaining ingredients. Spread thin layer of tomato sauce in bottom of baking dish. Add a third of noodles in single layer. Spread half of cottage cheese mixture on top. Add layer of zucchini. Repeat layering. Add thin coating of sauce. Top with noodles, sauce, and reserved cheese mixture. Cover with aluminum foil. Bake for 30–40 minutes. Cool for 10–15 minutes. Cut into 6 portions.

Nutritional Information (per serving): Calories 276, Total Fat 5g, Saturated Fat 2g, Cholesterol 11mg, Sodium 380mg, Total Fiber 5g, Protein 19g, Carbohydrates 41g, Potassium 561mg

Antipasto Salsa

Serves 6 – ½ cup each

Source: St. Thomas Heart Institute

1 cup diced tomato	1/3 cup diced bottled roasted red bell peppers
1 cup diced zucchini	1A cup minced onion
½ cup canned artichoke hearts, chopped/drained	2 TBSP chopped pitted kalamata olives
½ cup chopped fresh basil	1 TBSP balsamic vinegar
	1 tsp olive oil

Combine all ingredients hi a medium bowl; cover and chill.

Nutritional Information (per serving): Calories 32, Carbohydrate 5.2g, Protein 1.3g, Fat 1.2g, Cholesterol 0mg, Sodium 80mg, Fiber .8g, 34% Calories from Fat

Artichoke Toast Slices

Serves 16 – 1 slice each

Source: American Diabetes Association

16 oz loaf Italian bread or whole wheat bread	2/3 cup shredded, reduced-fat Monterey Jack
2/3 cup fat-free sour cream	½ cup chopped green onions
½ tsp minced garlic	Dash hot pepper sauce
14 oz can quartered artichoke hearts, drained and coarsely chopped	Salt and pepper to taste (optional)
	2 TBSP grated Parmesan cheese

Preheat oven to 350°F. Slice the bread in half lengthwise. Carefully scoop out the bread in the center with your fingers and cut it into small chunks. Toast 2 cups of the chunks in the oven for 5 – 7 minutes until light brown, then cool. In a medium bowl, combine all ingredients except the Parmesan cheese. Fold in the toasted bread. Spoon the mixture into the bread shells. Sprinkle each bread half with Parmesan cheese and bake for 18 – 20 minutes or until the cheese is melted. Cut into slices to serve.

Nutrition information: Exchanges/Choices - 1 Starch, Calories 110, Calories From Fat 18, Total Fat 2g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 5mg, Sodium 259mg, Total Carbohydrate - 17g, Dietary Fiber 1g, Sugars 1g, Protein 5g

Baked Macaroni

Serves 6

Source: Mayo Clinic staff

1/2 lb. extra-lean ground beef
1 small onion, diced, about ½ cup
1 box (7 oz) whole-wheat elbow macaroni

1 jar (15 oz) reduced-sodium spaghetti sauce
6 TBSP Parmesan cheese

Preheat the oven to 350 F. Lightly coat a baking dish with cooking spray. In a nonstick frying pan, cook ground beef and onion until the meat is browned and the onion is translucent. Drain well. Fill a large pot 3/4 full with water and bring to a boil. Add the pasta and cook until al dente (tender), 10 – 12 minutes, or according to the package directions. Drain the pasta thoroughly. Add the cooked pasta and spaghetti sauce to the meat and onions. Stir to mix evenly. Spoon the mixture into the prepared baking dish. Bake until bubbly, about 25 – 35 minutes. Divide the spaghetti among individual plates. Sprinkle each with 1 TBSP Parmesan cheese. Serve immediately.

Nutritional Analysis (per serving): Calories 290, Cholesterol 29mg, Protein 15g, Sodium 94mg, Carbohydrate 33g, Fiber 5g, Total Fat 11g, Potassium 200mg, Saturated Fat 4g, Calcium 80mg, Monounsaturated Fat 3g

Delicious Oven French Fries

Serves 5 – 1 cup servings

Source: NHLBI-Heart Healthy Recipes

4 (2 lb) large potatoes
8 cup ice water
1 tsp garlic powder
1 tsp onion powder
¼ tsp salt

1 tsp white pepper
¼ tsp allspice
1 tsp hot pepper flakes
1 TBSP vegetable oil

Scrub potatoes and cut into 1/2-inch strips. Place potato strips into ice water, cover, and chill for 1 hour or longer. Remove potatoes and dry strips thoroughly. Place garlic powder, onion powder, salt, white pepper, allspice, and pepper flakes in plastic bag. Toss potatoes in spice mixture. Brush potatoes with oil. Place potatoes in nonstick shallow baking pan. Cover with aluminum foil and place in 475° oven for 15 minutes. Remove foil and continue baking uncovered for additional 15 – 20 minutes or until golden brown. Turn fries occasionally to brown on all sides.

Easy Nonfat Yogurt Dip

Serves 8 – 2 TBSP each

Source: St. Thomas Heart Institute

½ cup nonfat plain yogurt
½ cup nonfat ranch salad dressing
Assorted Fresh Vegetables

½ tsp. dried dill weed
¼ tsp. black pepper

Mix ingredients together. Serve with assorted fresh vegetables.

Nutritional Information: Calories 238, Total Fat 4g, Saturated Fat 1g, Cholesterol 0mg, Sodium 163mg, Total Fiber 5g, Protein 5g, Carbohydrates 48g, Potassium: 796 mg

Fresh Salsa

Submitted By: Rhonda Wood

4 large or 6 med. tomatoes (chopped by hand)
2 - 3 chopped jalapeno peppers (remove seeds)
4 chopped fresh peaches or mangoes
1 bunch chopped cilantro

1 Med. Size Vidalia onion (finely chop in processor)
3 - 4 large bell peppers (any color)
Sea salt to taste

Prepare ingredients and mix together. Enjoy with tortilla chips.

Nutritional Analysis per serving: Calories 30.4, Carbohydrate 5.6 g, Protein 1.3 g, Fat 0 g, Cholesterol - Trace, Sodium 170 mg, Fiber - Trace, 0% Calories from Fat

Green Beans Sauté

Serves 4 – ¼ cup each

Source: NHLBI-Heart Healthy Recipes

1 TBSP vegetable oil
1/2 tsp salt
1 lb fresh or frozen green beans, cut to 1-in pieces
1 lg. yellow onion, halved lengthwise, thinly sliced

1/8 tsp black pepper
1 TBSP fresh parsley, minced

If using fresh green beans, cook in boiling water for 10 – 12 minutes or steam for 2 – 3 minutes until barely fork tender. Drain well. If using frozen green beans, thaw first. Heat oil in large skillet. Sauté onion until golden. Stir in green beans, salt, and pepper. Heat through. Before serving, toss with parsley.

Nutritional Information (per serving): Calories 64, Total Fat 4g, Saturated Fat < 1g, Cholesterol 0mg, Sodium 282mg, Total Fiber 3g, Protein 2g, Carbohydrates 8g, Potassium 161mg

Hummus

Makes 3 Cups

Source: Mayo Clinic staff

2 cans (16 oz each) reduced-sodium garbanzos, rinsed and drained except for ¼ cup liquid
1 TBSP extra-virgin olive oil ¼ tsp paprika
¼ cup lemon juice 3 TBSP tahini (sesame paste)
2 garlic cloves, minced 2 TBSP chopped Italian flat-leaf parsley
¼ tsp cracked black pepper

In a blender or food processor, add the garbanzos and puree. Combine the olive oil, lemon juice, garlic, pepper, paprika, tahini and parsley. Blend well. Add the reserved liquid, 1 TBSP at a time until the mixture has the consistency of a thick spread. Serve immediately or cover and refrigerate until ready to serve.

Nutritional Analysis (per serving of 2 TBSP): Calories 48, Cholesterol 0mg, Protein 2g, Sodium 106mg, Carbohydrate 6g, Fiber 2g, Total Fat 2g, Potassium 15mg, Saturated Fat < 1g, Calcium 15mg, Monounsaturated Fat 1g

Pita Chips

Makes 48 - 1 chip servings

Source: St. Thomas Heart Institute

3 (6-inch) whole-wheat pita rounds, split 1 ½ tsp minced fresh chives
1 TBSP plus ½ tsp lemon juice ¼ tsp salt
1 garlic clove, crushed 1/8 tsp pepper
1 TBSP minced fresh parsley

Cut each round into 8 wedges. Arrange the wedges cut side up in a single layer on a large baking sheet. Spray both sides of the wedges with butter-flavor nonstick cooking spray. Combine the lemon juice and garlic in a small bowl and mix well. Brush the tops of the wedges with the lemon juice mixture. Mix the parsley, chives, salt and pepper in a small bowl. Sprinkle the parsley mixture evenly over the wedges. Bake at 350° for 12 minutes or until light brown. Remove to a wire rack to cool completely. Store in an airtight container.

Nutritional Analysis (per serving): Calories 5, Carbohydrate 1g, Protein 0.2g, Fat 0g, Cholesterol 0mg, Sodium 16mg, Fiber 0.1g, Calories from Fat 0%

Roasted Brussel Sprouts

Submitted By: Brendie Keane

1 bag of brussel spouts
Cut in quarters

Salt and pepper

Put olive oil in a spray bottle and spray the brussel sprouts with a coating of olive oil. Put in oven for 20 – 30 minutes at 275°.

Roasted Vegetables

Serves 8 – ½ cup each

Source: American Diabetes Association

Cooking spray
1 lb asparagus, cut into 1-inch pieces
2 zucchini, diced
1 medium eggplant (about 1 lb.), diced

1 ½ TBSP olive oil
1 tsp garlic powder
¼ tsp ground black pepper

Preheat oven to 375°F. Coat a large baking dish with cooking spray. In a large bowl, mix together all ingredients. Spread mixture evenly in baking dish. Bake 40 – 45 minutes or until brown and roasted.

Nutrition Information: Exchanges/Choices - 2 Vegetable, 1/2 Fat, Calories 60, Calories from Fat 25, Total Fat 3g, Saturated Fat 0.4g, Trans Fat 0g, Cholesterol 0mg, Sodium 5mg, Total Carbohydrate 8g, Dietary Fiber 3g, Sugars 3g

Vegetables with a Touch of Lemon

Serves 6 – ½ cup each

Source: NHLBI-Heart Healthy Recipes)

½ head small cauliflower, cut into florets
2 cups broccoli, cut into florets
2 TBSP lemon juice

1 TBSP olive oil
1 clove garlic, minced
2 tsp fresh parsley, chopped

Steam broccoli and cauliflower until tender (about 10 minutes). In small saucepan, mix the lemon juice, oil, and garlic, and cook over low heat for 2 – 3 minutes. Put vegetables in serving dish. Pour lemon sauce over them. Garnish with parsley.

Nutritional Information (per serving): Calories 22, Total Fat 2g, Saturated Fat < 1g, Cholesterol 0mg, Sodium 7mg, Total Fiber 1g, Protein 1g, Carbohydrates 2g, Potassium 49mg

Banana Mousse

Serves 4 – ½ cup each

Source: NHLBI-Heart Healthy Recipes

2 TBSP lowfat milk
4 tsp sugar
1 tsp vanilla

1 medium banana, cut in quarters
1 cup plain lowfat yogurt
8 slices (1/4 inch each) banana

Place milk, sugar, vanilla, and banana in blender. Process for 15 seconds at high speed until smooth. Pour mixture into small bowl and fold in yogurt. Chill. Spoon into four dessert dishes and garnish each with two banana slices just before serving.

Nutritional Information (per serving): Calories 94, Total Fat 1g, Saturated Fat 1g, Cholesterol 4mg, Sodium 47mg, Total Fiber 1g, Protein 1g, Carbohydrates 18g, Potassium 297mg

The 100-Calorie Chocolate Cupcake

Makes 24

Source: WebMD

18.25-ounce box Devil's Food Cake Mix
1 1/3 cups water
½ cup fat free sour cream

5 large egg whites (or ¾ cup egg substitute)
¼ cup powdered sugar

Preheat oven to 350°. Line cupcake pans with paper baking cups. Beat cake mix, water, fat free sour cream, and egg whites or egg substitute in large bowl on low speed for 30 seconds. Increase speed to medium speed and continue beating for 2 minutes, scraping bowl occasionally. Divide batter between the 24 cupcake cups. Bake for about 17 minutes or until toothpick inserted in center comes out clean. Cool completely. Dust the tops of the cupcakes with powdered sugar using a sifter, sugar shaker, or wire mesh strainer.

Nutritional Information (per serving): Calories 98, Cholesterol .5mg, Protein 2g, Sodium 200mg, Carbohydrate 18.5g, Fiber .5g, Fat 1.8g, Saturated Fat .5g, Calories from Fat 16%

Creamy Fruit Dessert

Serves 4

Source: Mayo Clinic staff

4 oz fat-free cream cheese, softened
½ cup plain fat-free yogurt
1 tsp sugar
½ tsp vanilla
1 can (11 oz) mandarin oranges, drained

1 can (8.25 oz) water-packed sliced peaches,
drained
1 can (8 oz) water-packed pineapple chunks,
drained
4 TBSP shredded coconut, toasted

In a small bowl, combine the cream cheese, yogurt, sugar and vanilla. Using an electric mixer on high speed, beat until smooth. In a separate bowl, combine the oranges, peaches and pineapple. Add the cream cheese mixture and fold together. Cover and refrigerate until well chilled. Transfer to a serving bowl or individual bowls. Garnish with shredded coconut and serve immediately.

Nutritional Analysis (per serving): Calories 145, Cholesterol 3mg, Protein 7g, Sodium 190mg, Carbohydrate 26g, Fiber 2g, Total Fat 2g, Potassium 333mg, Saturated Fat 2g, Calcium 126mg, Monounsaturated Fat 0g

Fresh Fruit with Fruit Dip

Serves 16 – 2 TBSP each

Source: St. Thomas Heart Institute

1 jar (7 ½ oz) marshmallow creme
8 oz nonfat cream cheese, softened
Fresh Fruit Chunks

1 TBSP apricot preserves
Assorted fresh fruit, cut into chunks

Beat the marshmallow creme, cream cheese and apricot preserves in a mixer bowl until blended. Chill and cover until serving time. Serve with fresh fruit chunks.

Nutritional Information (per serving): Calories 61, Carbohydrate 13.4g, Protein 2.1g, Fat 0g, Cholesterol 1.5mg, Sodium 76mg, Fiber – Trace, 0% Calories from Fat

Peaches a la Mode

Serves 2

Source: Mayo Clinic staff

2 medium peaches, peeled and thinly sliced (or
try berries, apples, pears, plums or nectarines)
1/8 tsp cinnamon

1/3 cup low-fat granola
1 cup fat-free vanilla ice cream

Preheat the oven to 350° F. Lightly coat a small baking dish with cooking spray. Place the peaches in the baking dish. Sprinkle with cinnamon and granola. Bake until the fruit is bubbling, about 30 minutes. Let cool 5 to 10 minutes. To serve, divide the ice cream into two bowls (1/2 cup each). Top each with ½ of the baked peaches. Serve immediately.

Nutritional Analysis (per serving): Calories 191, Cholesterol 0mg, Protein 5g, Sodium 90mg, Carbohydrate 41g, Fiber 3g, Total Fat 1g, Potassium 226mg, Trace of Saturated Fat, Calcium 94mg, Monounsaturated fat < 1 g