

Be heart smart.



Heart Healthy Cookbook

Week 3 Menus

Sunday

Roasted Pork - page 1

Sweet Potato Puffs - page 2

Garden Green Salad

Dinner Roll

Berry Cobbler - page 2

Per serving: 599 calories, 66 g carbohydrates, 41 g protein, 18 g fat. Portion sizes for non-recipe items: garden green salad – 1 1/2 cups with 2 tablespoons lite ranch; dinner roll – 1 roll with 1 teaspoon margarine.

Monday

Lemon Pistachio Chicken Salad - page 2

Garden Tomato Soup - page 3

Chocolate Chip Bundt Cake - page 3

Per serving: 608 calories, 79 g carbohydrates, 40 g protein, 16 g fat. Portion sizes for non-recipe items: 6 saltines with tomato soup.

Tuesday

Chile Relleno Casserole - page 3

Vegetarian Refried Beans

Romaine Salad with Tangy Lemon-Dijon

Dressing - page 4

Fresh Fruit

Per serving: 565 calories, 65 g carbohydrates, 38 g protein, 17 g fat. Portion sizes for non-recipe items: vegetarian refried beans – 1/2 cup, fresh fruit – 1/2 cup.

Wednesday

Szechuan Beef (served over steamed rice) - page 4

Citrus Salad - page 4

Raspberry Sorbet

Fortune Cookie

Per serving: 574 calories, 74 g carbohydrates, 30 g protein, 18 g fat. Portion sizes for non-recipe items: 1/2 cup steamed rice; raspberry sorbet – 1/2 cup; one fortune cookie.

Thursday

Crunchy Cod Fillets - page 4

Parslied Potatoes

Glazed Carrots - page 4

Whole Wheat Bread

Easy Lemon Squares - page 5

Per serving: 595 calories, 86 g carbohydrates, 43 g protein, 15 g fat. Portion sizes for non-recipe items: parslied potatoes – 1/2 cup; 1 slice whole wheat bread with 1 teaspoon margarine.

Friday

Greek Pizza

Cabbage-Apple Salad - page 5

Sherbert

Per serving: 580 calories, 90 g carbohydrates, 23 g protein, 13 g fat. Portion sizes for non-recipe items: sherbet – 1/2 cup.

Saturday

Lasagna Chicken Florentine - page 5

Tomato Salad with Balsamic Vinegar - page 6

Italian Bread

Assorted Fresh Fruit Cup

Per serving: 636 calories, 86 g carbohydrates, 43 g protein, 13 g fat. Portion sizes for non-recipe items: 1 slice Italian bread; assorted fresh fruit cup – 1/2 cup.

Roasted Pork

3 tablespoons barbecue sauce
1 tablespoon low-sodium soy sauce
1 tablespoon dry sherry
2 cloves garlic, minced
1/2 teaspoon crushed Szechuan peppercorns or red pepper flakes
2 whole pork tenderloins
(about 1 1/4 to 1 1/2 pounds total)

Preheat oven to 350 degrees. Combine barbecue sauce, soy sauce, sherry, garlic and peppercorns in small bowl. Brush 1/4 of mixture evenly over each roast. Place roasts on rack in shallow foil-lined roasting pan. Cook roasts 15 minutes; turn and brush with remaining barbecue sauce mixture. Continue to cook until internal temperature reaches 165 degrees when tested with meat thermometer inserted in thickest part of roast. (Timing will depend on thickness of pork; test at 30 minutes.) Transfer roast to cutting board; cover with foil. Let stand 10 to 15 minutes before carving. Internal temperature will continue to rise 5 to 10 degrees during stand time. Slice diagonally and serve warm with rice, if desired. Yield: 4 servings.

Sweet Potato Puffs

1 pound sweet potatoes
2 1/2 tablespoons orange juice
1 egg, beaten
1 1/2 teaspoon grated orange peel
1/4 teaspoon ground nutmeg
2 tablespoons chopped pecans

Peel and cut sweet potatoes into 1-inch pieces. Place potatoes in medium saucepan. Add enough water to cover; bring to a boil over medium-high heat. Cook 10 to 15 minutes or until tender. Drain potatoes and place in large bowl; mash until smooth. Add orange juice, egg, orange peel and nutmeg; mix well.

Preheat oven to 375 degrees. Spray baking sheet with nonstick cooking spray. Spoon potato mixture into four mounds on prepared baking sheet. Sprinkle pecans on tops of mounds. Bake 30 minutes or until centers are hot. Garnish, if desired. Yield: 4 servings.

Berry Cobbler

3/4 cup water
2 tablespoons cornstarch
1/2 cup granulated sugar
3 cups strawberries, raspberries, blueberries or blackberries

Topping

1 cup all-purpose flour
1/2 teaspoon salt
1 1/2 teaspoons baking powder
1/3 cup skim milk
3 tablespoons canola oil

In a medium saucepan, combine water, cornstarch and sugar, and bring to a boil. Cook 1 minute, stirring constantly. Add berries and remove from heat. Pour into a 9- or 10-inch plate. Combine flour, salt and baking powder. Mix milk with oil and add to flour. Using a fork or pastry blender, work dough into a ball. Drop by spoonfuls onto fruit cobbler. Bake at 425 degrees, 25-30 minutes or until topping is lightly browned. Yield: 8 servings.

Lemon Pistachio Chicken Salad

3/4 cup cornflakes
2 tablespoons pistachios, toasted
1 teaspoon grated lemon rind
1/2 teaspoon salt, divided
1/2 teaspoon black pepper, divided
4 (4-ounce) skinned, boned chicken breast halves
1 tablespoon honey
Cooking spray
6 cups gourmet salad greens
1 tablespoon fresh lemon juice
1 teaspoon olive oil
Lemon wedges (optional)

Combine cornflakes, pistachios, rind, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a food processor; pulse until coarsely ground. Place crumb mixture in a shallow dish. Place each chicken breast half between 2 sheets of heavy-duty plastic wrap. Flatten to 1/4-inch thickness using a meat mallet or rolling pin. Brush the chicken with honey. Dredge the chicken in crumb mixture. Heat a large nonstick skillet coated with cooking spray over medium heat. Add chicken, and saute 5 minutes on each side or until done. Cut chicken into 1/2-inch strips; set aside. Place salad greens in a large bowl. Combine 1/4 teaspoon salt, 1/4 teaspoon pepper, juice, and oil, and drizzle over salad greens, tossing gently to coat. Divide the salad greens and chicken evenly among 4 plates. Garnish with lemon wedges, if desired. Yield: 4 servings (serving size: 1 1/2 cups salad and 1 chicken breast half).

Garden Tomato Soup

2 teaspoons olive oil
3/4 cup chopped onion
1 tablespoon chopped fresh oregano or basil
1 teaspoon chopped fresh or 1/4 teaspoon dried thyme
2 garlic cloves, chopped
5 cups diced tomato (about 2 pounds)
1 1/2 cups water
2 1/2 tablespoons tomato paste
2 teaspoons sugar
1/4 teaspoon salt
1/4 teaspoon black pepper
Thinly sliced fresh basil (optional)

Heat olive oil in a large saucepan over medium heat. Add the onion, oregano, thyme, and garlic; cook 4 minutes, stirring frequently. Stir in tomato and next 5 ingredients (tomato through pepper). Bring to a boil. Reduce heat; simmer 15 minutes. Place half of soup in a blender or food processor; process until smooth, and pour into a bowl. Repeat procedure with the remaining soup. Serve warm. Sprinkle with fresh basil, if desired.

Yield: 4 servings (serving size: 1 cup).

Chocolate Chip Bundt Cake

Cooking spray
2 teaspoons all-purpose flour
1 cup fat-free sour cream
3/4 cup plus 1 tablespoon warm water
3 tablespoons vegetable oil
2 teaspoons instant espresso or 4 teaspoons instant coffee granules
1 (8-ounce) carton egg substitute
1 (18.25-ounce) package devil's food cake mix (without pudding in the mix)
1 (3.9-ounce) package chocolate instant pudding mix
1/2 cup semisweet chocolate chips
1 tablespoon powdered sugar

Preheat oven to 350 degrees. Coat a 12-cup Bundt pan with cooking spray, and dust with flour; set aside. Combine the sour cream and next 6 ingredients (sour cream through chocolate pudding mix) in a large bowl, and beat mixture at medium speed of a mixer for 3 minutes. Add the chocolate chips, and beat the mixture for 30 seconds. Spoon the cake batter into the prepared Bundt pan. Bake cake for 1 hour or until a wooden pick inserted in center comes out clean. Cool cake in pan 10 minutes on a wire rack. Invert cake onto a wire rack, and cool completely. Sprinkle cake with powdered sugar.

Yield: 16 servings.

Chile Relleno Casserole

1 1/2 cans (7-ounces each) whole green chiles
4 flour tortillas (6-inch size), cut into 1 inch strips
1/2 pound grated mozzarella cheese
1 1/2 cups egg substitute (equal to 12 eggs)
1/3 cup skim milk
1/4 teaspoon each: pepper, cumin, garlic powder
1/4 teaspoon salt (optional)
1/2 teaspoon paprika
salsa (optional)

Preheat oven to 350 degrees. Drain chiles and remove seeds. Spray a 9x9-inch pan with non-stick coating. Lay half the chiles in the pan. Top with half the tortilla strips and then half the cheese. Repeat another layer using remaining chiles, tortillas, and cheese. Beat remaining ingredients (except paprika) and pour over casserole. Sprinkle with paprika. Bake uncovered for 40 minutes or until puffy and set in the center. Let stand 10 minutes before serving. Serve with salsa. Yield: 4 servings (One serving: 1/4 of recipe).

Romaine Salad with

Tangy Lemon-Dijon Dressing

1/4 cup water
3 tablespoons dijon mustard
2 tablespoons fresh lemon juice
2 teaspoons olive oil
1/4 teaspoon salt
1/4 teaspoon pepper
2 garlic cloves, minced
8 cups torn romaine lettuce
1/4 cup finely chopped red onion
Cracked pepper (optional)
6 tablespoons plain croutons

Combine first 7 ingredients in a small bowl, and stir with a whisk until well blended. Combine lettuce and onion in a bowl. Drizzle dressing over salad; toss well. Top with croutons. Sprinkle with cracked pepper, if desired. Yield: 4 servings (serving size: 1 1/2 cups salad and 1 1/2 tablespoons croutons).

Szechuan Beef

1 pound top sirloin steak
1/4 cup teriyaki sauce
2 teaspoons chopped garlic
3/4 cup sliced red bell pepper
1 package (6 ounces) frozen peapods, thawed and drained
10 green onions, cut in 1-inch pieces
2-4 tablespoons Szechuan sauce
1/3 cup dry roasted peanuts, unsalted

Cut beef in bite-size pieces. Combine with teriyaki sauce, and marinate at least 1 hour in the refrigerator. Drain and discard marinade. Spray a large skillet with non-stick cooking spray and stir-fry beef with garlic until beef is no longer pink. Add remaining ingredients except peanuts, and stir-fry for 1-2 minutes or until vegetables are tender. Add peanuts. Yield: 4 servings (One serving: 1 cup).

Citrus Salad

1 grapefruit, peeled
1 orange, peeled
1 1/2 quarts of greens
1 small red onion, sliced thin
2 tablespoons cider vinegar
1 tablespoon lime juice
1 tablespoon salad oil
1 tablespoon water
1/4 teaspoon pepper
1/4 teaspoon cumin
1/8 teaspoon salt (optional)

Cut fruit in bite-size pieces. Toss with lettuce and onion. Mix remaining ingredients for dressing. Drizzle over salad and toss just before serving. Yield: 4 servings (One serving: 1 1/2 cups).

Crunchy Cod Fillets

1 pound cod cut into 4 pieces
1/4 cup plus 2 tablespoons fat-free egg substitute
1/2 cup corn flake crumbs or plain dried bread crumbs
1 teaspoon ground paprika
1 to 2 teaspoons lemon pepper
Nonstick cooking spray

Rinse fish under cool water; pat dry. Put the egg substitute in a bowl. In a different bowl, place the corn flake or bread crumbs, paprika, and lemon pepper, and stir well. Dip the fish pieces in the egg substitute and then in the crumb mixture. Coat both sides well. Coat a medium-sized baking sheet with nonstick cooking spray, and put the fish pieces in a single layer. Spray a little more cooking spray over the fish and bake at 450 degrees for about 15 minutes, or until the outside is crisp and golden and the fish flakes easily with fork. Yield: 4 servings.

Glazed Carrots

1 pound baby carrots
1 tablespoon butter
2 tablespoons brown sugar
1/2 cup apple juice
2 tablespoons of fresh ginger
1/4 teaspoon cumin, toasted for 3 minutes in a hot oven
1 teaspoon white pepper
A pinch of salt

In boiling water, cook carrots for about 10 minutes or until tender. Let carrots cool. Melt butter and sugar in a pot. Stirring often. Reduce heat and cook for 5 minutes to caramelize, remove from heat. Add juice, bring to a boil and reduce heat. Liquid will be a light syrup. Add the carrots, ginger and cumin to the liquid. Stir. Cook mixture on medium heat until glazed. Add salt and pepper. Yield: 4 servings (4-6 carrots per serving).

Easy Lemon Squares

Crust:

1/4 cup granulated sugar
3 tablespoons butter or stick margarine, softened
1 cup all-purpose flour

Topping:

3 large eggs
3/4 cup granulated sugar
2 teaspoons grated lemon rind
1/3 cup fresh lemon juice
3 tablespoons all-purpose flour
1/2 teaspoon baking powder
1/8 teaspoon salt
2 teaspoons powdered sugar

Preheat oven to 350 degrees. To prepare the crust, beat 1/4 cup granulated sugar and the butter at medium speed until creamy. Lightly spoon 1 cup flour into a dry measuring cup; level with a knife. Gradually add 1 cup flour to sugar mixture, beating at low speed until mixture resembles fine crumbs. Gently press mixture into bottom of an 8-inch square baking pan. Bake at 350 degrees for 15 minutes; cool on a wire rack. To prepare topping, beat eggs at medium speed until foamy. Add 3/4 cup granulated sugar and next 5 ingredients (3/4 cup granulated sugar through salt), and beat until well-blended. Pour mixture over partially baked crust. Bake at 350 degrees for 20 to 25 minutes or until set. Cool on wire rack. Sift powdered sugar evenly over top.
Yield: 16 servings.

Greek Pizza

4 pita wraps, uncut
1/2 cup of your favorite pizza sauce
1/2 cup tomatoes, seeded and chopped
1/2 cup fresh mushrooms, chopped
1/2 teaspoon dried Italian herb blend
1 cup part-skin mozzarella cheese, shredded
1/4 cup Parmesan cheese, grated

Preheat oven to just below broil (450 to 550 degrees). Arrange pitas on a baking sheet. Top with pizza sauce, tomatoes, mushrooms, herbs, and cheeses. Bake for about 8 minutes or until crust is crisp.

Yield: 4 servings.

Cabbage-Apple Salad

2 cups red cabbage, shredded
2 cups green cabbage, shredded
3 green onions (white and green parts), sliced
1 medium carrot, peeled and grated
2 medium apples, cored and diced
1/3 cup raisins
2 tablespoons sunflower seeds, toasted
2 tablespoons slivered almonds, toasted

Dressing:

2 tablespoons lemon juice
2 teaspoons sugar
2/3 teaspoon garlic salt
2 teaspoons poppy seeds

In a large bowl, combine red cabbage and green cabbage, green onions, carrot, apples, and raisins. Cover and chill. Mix all dressing ingredients until well blended. Cover and chill. When ready to serve, combine cabbage mixture with dressing. Top with sunflower seeds and almonds.

Yield: 4 servings

Lasagna-Chicken Florentine

1 1/2 tablespoons margarine
3 tablespoons all-purpose flour
2 (12-ounce) cans evaporated skim milk
1/2 teaspoon salt
1/8 teaspoon ground nutmeg
Cooking spray
6 no-boil lasagna noodles
1 1/2 cups shredded cooked chicken breast (about 6 ounces)
1 (10-ounce) package frozen chopped spinach, thawed, drained, and squeezed dry
1/2 teaspoon freshly ground black pepper, divided
3/4 cup (3 ounces) preshredded reduced-fat pizza-blend cheese or cheddar cheese

Preheat oven to 450 degrees. Melt margarine in a medium saucepan over medium heat. Add flour; cook 30 seconds, stirring constantly. Gradually add milk, stirring with a whisk until blended. Stir in salt and nutmeg; cook until thick, stirring constantly (about 3 minutes). Spread 1/2 cup sauce in bottom of a 9-inch square baking dish coated with cooking spray. Arrange 2 noodles over sauce; top with half of chicken and half of spinach. Top with 3/4 cup sauce. Repeat layers, ending with noodles. Spread remaining sauce over noodles. Cover and bake at 450 degrees for 25 minutes or until noodles are tender and sauce is bubbly. Uncover and top with cheese; bake an additional 5 minutes. Let stand 5 minutes.
Yield: 4 servings.

Tomato Salad with Balsamic Vinegar

3 cups fresh tomatoes
1 bunch of green onions with tops
2 teaspoons olive oil
1/4 teaspoon salt
3/4 cup balsamic vinegar
1/4 teaspoon of pepper (freshly ground)
3/4 cup fresh basil (chopped)
1 yellow pepper

Chop tomatoes in small cubes, finely slice the green onion and toss with the chopped basil. Whisk together olive oil, vinegar, salt and pepper. Pour over the salad mixture, let stand at room temperature for two hours or so, marinating. Cut the yellow pepper in half, removing all seeds and pulp. Fill with the salad mixture. Put left over mixture in a small bowl in the center of serving plate with pepper halves on either side.
Yield: 4 servings.