

Be heart smart.

Heart Healthy Cookbook



Week 1 Menus

Sunday

Apple Rosemary Pork Tenderloin - page 1
Roasted Red Potatoes - page 1
 Baby Carrots, steamed or raw
 Whole Wheat Bread
 Tapioca Pudding with Granola Topping
 Per serving: 621 calories, 97 g carbohydrates, 30 g protein, 12 g fat. Portion sizes for non-recipe items: baby carrots – 6-8; whole wheat bread – 1 slice with 1 teaspoon margarine; tapioca pudding – 1/2 cup with 1/4 cup granola.

Monday

Bean & Beef Enchiladas - page 2
Mandarin Tossed Salad - page 2
 Picante Sauce
 Lime Sherbet
 Per serving: 618 calories, 86 g carbohydrates, 28 g protein, 18 g fat. Portion sizes for non-recipe items: picante sauce – 2 tablespoons; lime sherbet – 1/2 cup.

Tuesday

Creamy Seafood Fettuccini - page 2
 Steamed Asparagus
 French Roll
 Fresh Fruit Cup
 Per serving: 541 calories, 77 g carbohydrates, 38 g protein, 9 g fat. Portion sizes for non-recipe items: steamed asparagus – 1/2 cup; french roll – 1 small with 1 teaspoon margarine; fresh fruit cup – 1/2 cup.

Wednesday

Pepper Steak - page 3
Rice Pilaf - page 3
Caesar Salad - page 3
 Whole Grain Dinner Roll
 Per serving: 587 calories, 60 g carbohydrates, 40 g protein, 17 g fat. Portion sizes for non-recipe items: whole grain dinner roll – 1 small with 1 teaspoon margarine.

Thursday

Lemon Baked Fish - page 3
Oven French Fries - page 4
Broccoli Salad - page 4
 Whole Grain Bread
 Peachy Upside Down Cake - page 4
 Per serving: 598 calories, 90 g carbohydrates, 39 g protein, 11 g fat. Portion sizes for non-recipe items: whole wheat bread – 1 slice with 1 teaspoon margarine.

Friday

Feta Chicken and Vegetables - page 4
 Steamed Rice
Seasoned Green Beans - page 5
 Whole Grain Dinner Roll
 Raspberry Sherbet
 Per serving: 631 calories, 76 g carbohydrates, 40 g protein, 18 g fat. Portion sizes for non-recipe items: steamed rice - 1/2 cup; whole grain dinner roll – 1 small with 1 teaspoon margarine; raspberry sherbet – 1/2 cup.

Saturday

Three Bean Soup - page 5
Garden Deli Sandwich - page 5
Apple Crisp Parfait - page 5
 Per serving: 650 calories, 105 g carbohydrates, 23 g protein, 15 g fat

Apple Rosemary Pork Tenderloin

2 (8-10 ounces) pork tenderloins
 2 garlic cloves
 1 Granny Smith apple
 1 tablespoon lemon juice
 1 Red Delicious apple
 1/4 teaspoon salt
 1 tablespoon fresh rosemary leaves or 1 teaspoon dried rosemary

Puree the apples, garlic, rosemary, lemon juice and salt to the consistency of apple sauce. Pour over the pork and toss, making sure the pork tenderloins are fully coated. Marinate 8-10 hours. Heat oven to 400 degrees. Place tenderloins in a shallow pan. Roast 20 to 30 minutes or until meat thermometer registers 155 degrees. Slice.

Yield: 4 servings.

Roasted Red Potatoes

1 1/4 pounds red potatoes, cut into quarters
 2 tablespoons margarine, melted
 1/4 teaspoon paprika

Place potatoes in a greased or non-stick baking pan. Pour margarine over potatoes. Sprinkle with paprika. Turn potatoes so that all sides are coated with margarine. Bake at 425 degrees until tender and well browned.

Yield: 4 servings.

Beef & Bean Enchiladas

1/2 cup tomato sauce
1/2 cup salsa
8 six-inch corn tortillas
1/2 pound lean ground beef
1 cup canned nonfat refried beans
1 teaspoon chili powder
1 teaspoon ground cumin
1/8 teaspoon black pepper
1/2 cup shredded reduced-fat cheddar cheese

In a small bowl, stir together tomato sauce and salsa. Using about half the tomato sauce mixture, brush both sides of each tortilla. Stack tortillas on a plate and set aside. (This allows tortillas to soften.)

In a large skillet, cook beef over medium-high heat until brown, about 5 minutes, stirring occasionally. Place in a colander and rinse under hot water. Drain well. Wipe skillet with a paper towel. Return beef to skillet. Stir in refried beans, chili powder, cumin and pepper. Cook and stir for 2 minutes, or until heated through.

Preheat broiler. Spoon about 1/4 cup of the mixture down the center of each tortilla. Roll up tortillas and place, seam side down, in a 10x6x2-inch or 9x9x2-inch glass baking dish. Top with remaining tomato sauce mixture. Broil 4 inches from the heat for 5 minutes or until browned. Sprinkle with cheese. Let stand 5 minutes before serving.

Yield: 4 servings, 2 enchiladas per serving.

Mandarin Tossed Salad

7 cups torn mixed salad greens
1 can (11 ounces) mandarin oranges, drained
1/3 cut thinly sliced green onions
2 teaspoons unsalted sunflower kernels

DRESSING

3 tablespoons canola oil
2 tablespoons sugar
2 tablespoons cider vinegar
1 tablespoon orange juice concentrate
1 1/2 teaspoons red wine vinegar or additional cider vinegar
1 1/2 teaspoons chopped green onion
1/2 teaspoon ground mustard
1/4 teaspoon salt

In a large salad bowl, gently toss greens, oranges, onions and sunflower kernels. In a measuring cup, combine the dressing ingredients. Add water to measure 1 cup. Pour into a jar with a tight-fitting lid; shake well. Pour over salad and toss to coat. Serve immediately.

Yield: 4 servings.

Creamy Seafood Fettuccini

4 ounces egg noodles – “no yolk” type (about 3 cups dry)
1 1/2 cups skim milk, divided
1 tablespoon dried parsley
1/2 teaspoon garlic powder
1/4 teaspoon salt (optional)
1/4 teaspoon nutmeg
1/8 teaspoon pepper
dash cayenne pepper
1/4 cup grated Parmesan cheese
3 tablespoon dry sherry or white wine
3 tablespoon flour
1 pound seafood cut in bite size pieces. (scallops, and/or shelled and deveined shrimp.)

Cook fettuccini according to package directions, omitting salt and oil. Drain and keep warm. Meanwhile, spray a skillet with non-stick cooking spray. Pour 1 cup of milk in the skillet and add seasonings, Parmesan cheese and sherry or wine. Set over low heat. Meanwhile, in a covered container, shake flour with remaining 1/2 cup of milk to prevent lumps and add to the skillet. Bring to a slow boil, stirring constantly until thickened. Reduce heat, add seafood and simmer just until seafood is cooked. Toss with hot fettuccini noodles.

Yield: 4 servings

Pepper Steak

1 pound top round cubed steak
2 teaspoons olive oil
6 cloves garlic, chopped
1 white onion, halved and sliced
1 green pepper, 1 red pepper and
1 yellow pepper, cut into thin
strips

Slice the steak into thin, stir-fry strips, following the lines made in the meat by the butcher's tenderizing machine. In a nonstick pan, heat olive oil. Add steak and garlic, and brown 1-2 minutes. Add onion and cook 3-4 minutes. Add peppers and cook 2-3 minutes. Serve at once. May use just one type of pepper for the recipe, but using three different types adds color.

Yield: 4 servings.

Rice Pilaf

1 1/2 tablespoon margarine
3/4 cup rice, converted, uncooked
1 tablespoon onion, chopped
1 1/2 tablespoons green pepper,
chopped
1 1/2 tablespoons mushrooms,
canned, sliced
1 cup chicken or vegetable stock

Place margarine in baking pan. Melt in oven at 350 degrees. Remove pan from oven. Mix rice, onions, green peppers and mushrooms. Place in baking pan. Prepare chicken or vegetable stock. Pour stock over rice. Cover pan tightly and bake at 350 degrees for 30 to 45 minutes. Remove from oven and let stand covered for 5 minutes.

Yield: 4 servings.

Caesar Salad

DRESSING:
1/4 cup grated parmesan cheese
1/4 cup fat-free mayonnaise
1/4 cup water
2 tablespoons fresh lemon juice
1/2 teaspoon Worcestershire
sauce
1/4 teaspoon freshly ground black
pepper
1/8 teaspoon dry mustard
2 garlic cloves, minced

SALAD:
4 (1-ounce) slices French bread,
cut into 3/4-inch cubes
8 cups torn romaine lettuce

Preheat oven to 300 degrees. To prepare dressing, combine first 8 ingredients; stir well with a whisk. To prepare salad, place bread cubes on a baking sheet; bake at 300 degrees for 15 minutes or until toasted. Combine croutons and lettuce in a bowl. Add dressing; toss to coat. Serve immediately.

Yield: 4 servings.

Lemon Baked Fish

1 lb. fish fillets (snapper, cod,
orange roughly)
1/4 cup white wine or chicken
broth
4-6 lemon slices
1/2 teaspoon Molly McButter
1/8 teaspoon pepper
1 tablespoon dried parsley

Arrange fish in a 9x13-inch baking pan. Top with remaining ingredients. Follow directions below for microwave or conventional oven.

Yield: 4 servings.

Microwave Method: Cover with plastic wrap, venting one corner. Cook on high for 5-8 minutes (depending on thickness), rotating 1/4 turn halfway through cooking. Fish is done when it flakes easily with a fork.

Conventional Oven: Preheat oven to 450 degrees. Bake fish, uncovered, for 10 minutes per inch of thickness, or until fish flakes easily with a fork.

Peachy Upside Down Cake

1 1/3 cup white flour
1/3 cup applesauce, unsweetened
3/4 cup sugar
1 teaspoon vanilla
2 teaspoons baking powder
1 tablespoon lemon juice
2 teaspoons cinnamon
1 teaspoon lemon zest
1/2 teaspoon nutmeg
2 egg whites or 1/4 cup egg substitute
1/4 teaspoon ground cardamon
2 tablespoons brown sugar
2/3 cups skim milk
2-3 fresh peaches or 1 can (30 ounces) peaches, drained

Preheat oven to 350 degrees. Combine flour, sugar, baking powder, and spices in a mixing bowl. In a separate bowl, mix milk, egg whites, vanilla, lemon juice and zest. Add this mixture to the dry ingredients and beat until the batter is smooth.

In a 8x8-inch cake pan, sprinkle the brown sugar. Arrange the peach slices in a pattern in the sugar. Pour the batter over the peaches. Bake for 50-60 minutes, until a toothpick inserted in center comes out clean.

Cool the cake in the pan on a wire rack for 10 minutes. Turn the pan over onto a plate big enough to catch the dripping topping. Serve warm or at room temperature. Serving size = 3"x3" square.

Broccoli Salad

3 cups broccoli florets
4 teaspoons bacon flavor soy bits
2 tomatoes, chopped
1 cup sliced mushrooms

DRESSING:

1 tablespoon dried parsley
1/4 teaspoon onion powder
1/8 teaspoon garlic powder
4 tablespoons reduced calorie mayonnaise.

Mix vegetables and bacon bits in a bowl. Mix seasoning with mayonnaise. Add dressing to vegetables and mix well.

Yield: 4 servings.

Oven French Fries

4 medium potatoes (5 ounces each)
1 tablespoon oil (canola or olive)
salt to taste (optional)
malt vinegar to taste

Preheat oven to 475 degrees. Scrub potatoes, but don't peel. Cut into half inch slices or strips. Place potato slices in a plastic bag with the oil and shake well to coat potatoes evenly. Spray baking sheet with a non-stick cooking spray. Arrange potatoes in a single layer and bake for 30 minutes, or until golden brown, turning potatoes every 10 minutes. Sprinkle with salt (optional) and serve with malt vinegar.

Yield: 4 servings.

Feta Chicken and Vegetables

2 tablespoons all-purpose flour
1 teaspoon dried marjoram or thyme
1/2 teaspoon black pepper
1/4 teaspoon salt
4 (4-ounce) skinned, boned chicken breast halves
2 teaspoons olive oil
1 1/2 cups red and green bell pepper strips
1 cup sliced red onion
2/3 cup fat-free chicken broth
2 teaspoons white wine vinegar
1/2 cup (2 ounces) crumbled feta cheese, divided

Combine first 4 ingredients in a shallow dish. Coat chicken in flour mixture. Heat oil in a nonstick skillet over medium-high heat. Add chicken, and cook 4 minutes on each side or until browned. Remove chicken from pan; keep warm. Add bell pepper, onion, broth and vinegar to pan; cook 5 minutes or until vegetables are soft, stirring frequently. Spoon bell pepper mixture into a bowl; stir in 4 tablespoons cheese. Return chicken to pan, and sprinkle with 4 tablespoons cheese. Cover; cook over low heat 2 minutes or until cheese melts. Divide the vegetable mixture and top each serving with a chicken breast half.

Yield: 4 servings.

Seasoned Green Beans

1 tablespoon Gourmet Rice Vinegar Lite Dressing
1 tablespoon dried onion
1 tablespoon water
1/4 teaspoon pepper
1 can (16 ounces) green beans, drained

Place water in bowl with dried onion and let sit for 5-10 minutes. Add remaining ingredients and mix well. Serve hot or cold.

Yield: 4 servings.

Three Bean Soup

1 1/2 teaspoons chopped garlic
1 can (28 oz.) tomatoes, cut up
1 cup water
1 can (6 ounces) tomato paste
1 teaspoon chili powder
1 teaspoon dried basil
1 tablespoon dijon mustard
1 teaspoon dried oregano
1/2 teaspoon ground cumin
1/2 teaspoon pepper
1 can (15 ounces) kidney beans, drained
1 can (15 ounces) black-eyed peas, drained
1 can (15 ounces) garbanzo beans, drained

1 can (15 ounces) whole kernel corn, drained
1 cup chopped carrots
1 cup chopped zucchini or celery
1 medium onion, chopped

Combine first group of 13 ingredients. Bring to a boil. Reduce heat and simmer, covered, for 10 minutes. Stir in remaining ingredients and simmer, covered, for 10 minutes more.

Yield: 4 servings.

Garden Deli Sandwich

12 tablespoons light cream cheese, divided
4 whole wheat Pita bread pockets
2 cucumbers, sliced
16 tomato slices
2 cups alfalfa sprouts

Cut pita bread in half. Spread 3 tablespoons cream cheese inside each pita bread. Add sliced vegetables and sprouts.

Yield: 4 servings.

Apple Crisp Parfait

3 cups sliced & peeled apples (about 3 medium)
1/3 cup old-fashioned cooking oats
3 tablespoons brown sugar (or the equivalent in artificial sweetener)
2 tablespoons water
1 teaspoon cinnamon

Topping:

4 ounces nonfat vanilla yogurt (sweetened with artificial sweetener)
1/4 teaspoon cinnamon
1/8 teaspoon nutmeg
3/4 cup light whipped topping
2 cups granola

Mix apples with oats, brown sugar, water and cinnamon. Cook according to microwave or oven method below.

Microwave Oven: Place apples in a 1-quart microwave-safe bowl. Cover with wax paper and microwave on high for 5 to 7 minutes, rotating 1/4 turn halfway through cooking time. Depending on thickness of fruit, cooking time may be longer.

Conventional Oven: Place apples in a 1-quart casserole. Bake at 350 degrees for 25 minutes.

Topping: Mix yogurt, cinnamon, and nutmeg. Fold in whipped topping. Serve with a dollop of topping and 1/4 cup granola over hot or chilled apple crisp.

Yield: 4 servings.