

Sources: American Heart Association Cookbooks
Culinary Heart Cooking Class Participants
National Institutes of Health

Appetizers & Beverages
Soups & Salads
Breads & Breakfast Dishes

APPETIZERS & BEVERAGES

Chile-Cheese Stuffed Mushrooms

8 servings

24 medium mushrooms (about 1 pound), stems discarded
Vegetable oil spray
1 small can chopped green chilies, rinsed and drained
½ cup shredded, lowfat sharp Cheddar cheese (about 2 ounces)

Preheat oven to 400°F. Line a baking sheet with aluminum foil. Place the mushrooms with the stem side down on the foil. Lightly spray the mushrooms with the vegetable oil spray. Bake for 10 minutes. Transfer the baking sheet to a cooling rack. Turn the mushrooms over and fill each with the chilies. Sprinkle with the Cheddar. Bake for 5 minutes, or until the Cheddar is melted. Remove from the oven and let stand for 3 minutes to absorb flavors.

Nutrients per serving: Calories 35; Total Fat 1.5g; Carbohydrates 2g; Sugar 0g; Fiber 1g; Cholesterol 4mg; Protein 4g; Sodium 96mg

Spicy White Bean Dip

Makes 2 cups

½ cup fresh parsley leaves
⅓ cup fresh cilantro leaves
¼ cup chopped green onions
½ teaspoon chili powder
½ teaspoon ground cumin
¼ teaspoon salt
¼ teaspoon pepper
¼ teaspoon crushed coriander
2 cloves garlic
2 Tablespoons fresh lemon juice
1 Tablespoon plain non-fat yogurt
1 (15 ounce) can cannellini beans or other white beans, drained

Place all ingredients in food processor and process until smooth. Serve with pretzels or baked chips.

Nutrients per Serving: Calories 51; Protein 3g; Fat 0g; Carbohydrates 8.9mg; Cholesterol 0g; Sodium 79mg

Pineapple-Orange Dip

8 servings

1 (6 ounce) container light vanilla yogurt
2 ounces light cream cheese, softened
½ (8 ounce) can crushed pineapple in its own juice, well drained
½ teaspoon grated orange zest
½ teaspoon vanilla extract

In a medium mixing bowl, beat the yogurt and cream cheese with an electric mixer on medium speed until smooth. Using a spoon or rubber scraper, stir in the remaining ingredients until well blended.

Nutrients per serving: *Calories 36; Total Fat 0g; Carbohydrates 6g; Sugar 6g; Fiber 0g; Cholesterol 2mg; Protein 2g; Sodium 51mg*

Hot Raspberry-Orange Cider

4 servings

3 cups raspberry cranberry juice
1 cup unsweetened apple juice
2 tablespoons sugar
½ medium orange, cut crosswise into 4 slices
2 cinnamon sticks, each about 3 inches long
6 whole cloves

In a medium saucepan, stir together all the ingredients. Bring to a boil over high heat. Reduce the heat and simmer, uncovered, for 10 minutes, or until the flavors blend. Remove the orange slices, cinnamon sticks, and cloves before serving the cider.

Nutrients per serving: *Calories 158; Total Fat 0g; Carbohydrates 39g; Sugar 36g; Fiber 0g; Cholesterol 0mg; Protein 0g; Sodium 28 mg*

Frozen Banana Punch

50 servings

6 cups water
1 cup sugar
1 (12 ounce) can frozen orange juice concentrate
2 lemons, juiced
5 bananas
1 (46 ounce) can pineapple juice
3 (2 liter) bottles diet ginger ale

Heat water and sugar until dissolved. Dilute orange juice as directed on can. Juice lemons. Blend bananas in electric blender. Combine orange juice, lemon juice, bananas and pineapple juice with the sugar and water mixture. Cool and freeze in freezer storage bags. When ready to serve, take out of freezer until soft. Spoon into punch bowl and add ginger ale.

Nutrients per serving: *Calories 57; Protein 0g; Carbohydrates 15g; Fiber 0g; Total Fat 0g; Cholesterol 0mg; Sodium 10mg*

SOUPS & SALADS

Tomato and Roasted Red Bell Pepper Soup

4 servings

1 (14.5 ounce) can diced tomatoes, undrained
1 (14 ounce) can fat-free, low-sodium chicken broth
½ cup chopped roasted red bell peppers, rinsed and drained if bottled
1 tablespoon dried basil, crumbled
½ teaspoon dried oregano, crumbled
⅛ teaspoon crushed red pepper flakes
2 teaspoons olive oil
¼ teaspoon sugar
¼ teaspoon salt
¼ cup snipped fresh parsley

In a medium saucepan, stir together the undrained tomatoes, broth, roasted peppers, basil, oregano, and red pepper flakes. Bring to a boil over high heat. Reduce the heat and simmer, covered for 10 minutes. Remove from the heat. Stir in the oil, sugar, and salt. To serve, ladle into soup bowls. Sprinkle with parsley.

Nutrients per serving: Calories 54; Total Fat 2.5g; Carbohydrates 7g; Sugar 4g; Fiber 2g; Cholesterol 0mg; Protein 2g; Sodium 241mg

Cream of Cauliflower Soup

5 servings

1 (14 ounce) can fat-free; low-sodium chicken broth
16 ounces frozen cauliflower florets
1 large onion, finely chopped
½ teaspoon dried thyme, crumbled
1 medium garlic clove, minced
1 cup fat-free half-and-half
1 tablespoon light tub margarine
½ teaspoon salt
Pepper to taste
⅓ cup low-fat grated sharp Cheddar cheese (about 1½ ounces)

In a medium saucepan, bring the broth to a boil over high heat. Stir in the cauliflower, onion, thyme, and garlic. Return to a boil. Reduce the heat and simmer, covered, for 20 minutes, or until the onion is very soft. In a food processor or blender, process the cauliflower mixture, about 1 cup at a time, until smooth. Return to the saucepan. Pour in the half-and-half. Cook over medium heat for 3 minutes, or until thoroughly heated, stirring occasionally. Remove from the heat. Stir in the margarine, salt, and pepper. Let stand for 5 minutes to absorb flavor. To serve, ladle the soup into bowls. Sprinkle with the Cheddar.

Nutrients per serving: Calories 95; Total Fat 1g; Carbohydrates 15g; Sugar 8g; Fiber 3g; Cholesterol 1mg; Protein 9g; Sodium 395 mg

Gazpacho
6 servings

1 cup finely diced red onion
1½ cups seeded and finely diced cucumber
¾ cup seeded and finely diced red bell pepper
½ cup seeded and finely diced green bell pepper
1 (28 ounce) can tomato puree
1 teaspoon freshly minced garlic
¼ cup rice wine vinegar
⅛ teaspoon cayenne
½ teaspoon black pepper
¼ cup dry red wine
1 teaspoon fresh lime juice
¼ cup water
¼ cup freshly chopped cilantro
Salt to taste

Add the diced vegetables to the tomato puree. Stir in all of the other ingredients. Add salt to taste. Refrigerate for several hours or overnight. Serve chilled.

Nutrients per Serving: *Calories 82; Total Fat 0.5g; Cholesterol 0mg*

Spaghetti Squash Slaw
8 servings

Squash can be baked in advance and refrigerated until ready to use.

2-lb spaghetti squash (makes 3 cups cooked squash)
6 cherry tomatoes, cut into halves
½ cup diced red or green bell pepper
2 Tablespoons chopped red onion
2 Tablespoons red wine vinegar
2 Tablespoons olive oil
½ teaspoon oregano leaves
1 teaspoon salt
Dash freshly ground pepper to taste

Advanced Preparation: Using the tines of a fork, pierce squash in several places; place in baking pan and bake at 350°F until tender, about 1 hour. Use immediately or let cool slightly, then refrigerate until ready to use. **Final Preparation:** Lay squash on its side and using a long sharp knife, horizontally cut off top ⅓ of squash. Discard seeds and scoop out pulp from top and bottom shells. Transfer pulp to a large bowl and reserve bottom shell. Add tomato, red or green pepper, and onion to pulp and toss to combine. Add remaining ingredients and toss well. Spoon mixture into reserved shell; cover and chill overnight or at least 2 hours.

Nutrients per Serving: *Calories 104; Protein 2g; Fat 8g; Carbohydrates 9g; Sodium 541mg; Cholesterol 0 mg*

Green Fruit Compote & Yogurt Lime Dressing

4 servings

2 kiwi fruit, peeled and sliced
1 pear cored, cut into chunks
1 green apple, cored, sliced & cut into chunks
½ cup seedless green grapes
¼ cup toasted slivered almonds
1 cup plain yogurt
1 teaspoon grated lime peel
1 Tablespoon honey

Combine all ingredients in serving bowl. Combine yogurt, lime peel and honey and mix well. Serve over fruit salad.

Nutrients per serving: *Calories 205; Protein 6g; Carbohydrates 36g; Fiber 6g; Total Fat 6g; Cholesterol 4mg; Sodium 47mg*

Black Eyed Pea Salad

6 servings

1 large can black eyed peas (drained)
1 medium red onion, sliced thin
1 medium bell pepper, sliced thin
1 clove garlic, minced
¼ cup vinegar
¼ cup oil
¼ cup sugar
Salt & Pepper to taste
Tabasco sauce to taste

Combine peas, onion, pepper and garlic and toss gently. Combine vinegar, oil, sugar, salt, pepper and Tabasco sauce and add to the salad.

Nutrients per serving: *Calories 158; Protein 2g; Carbohydrates 18; Fiber 2g; Total Fat 9g; Cholesterol 0 mg; Sodium 511mg*

Sliced Tomatoes with Chopped Artichoke Hearts Salad

4 servings

½ (14 ounce) can artichoke hearts; rinsed, drained, and coarsely chopped
4 ounces mushrooms, thickly sliced
¼ cup snipped fresh parsley
2 medium green onions (green and white parts), chopped
2 tablespoons light Italian salad dressing
1 tablespoon chopped fresh basil leaves
½ medium garlic clove, minced
3 tablespoons crumbled blue cheese
1 medium tomato, cut into 8 slices

In a medium bowl, gently toss the artichokes, mushrooms, parsley, green onions, salad dressing, basil, and garlic. Add the blue cheese. Toss gently. To serve, arrange 2 tomato slices on each salad plate. Spoon the artichoke mixture over the tomato slices.

Nutrients per serving: *Calories 63; Total Fat 2g; Carbohydrates 8g; Sugar 3g; Fiber 2g; Cholesterol 5mg; Protein 3g; Sodium 248mg*

BREADS AND BREAKFAST DISHES

Sun Dried Tomato and Kalamata Mini Foccacia

8 servings

1 cup water
¼ cup dry-packed sun-dried tomatoes, thinly sliced
1 (13.8 ounce) tube refrigerated pizza dough
1 medium garlic clove, halved
1 teaspoon dried basil, crumbled
½ teaspoon dried oregano, crumbled
¼ cup thinly sliced red onion
10 kalamata olives, chopped
Vegetable oil spray

Preheat the oven to 400°F. In a microwaveable bowl, microwave the water and tomatoes on 100 percent power (high) for 2 minutes to rehydrate. Drain well. Unroll the dough on a clean work surface. Gently press it into a 12 x 8 inch rectangle. Rub the garlic over the dough. In the following order, sprinkle with the basil, oregano, tomatoes, onion, and olives. Press down gently with your fingertips so the ingredients adhere to the dough. Cut the dough into 8 pieces, about 4 x 2¾ inches each. Lightly spray a nonstick baking sheet with vegetable oil spray. Place the foccacia on the baking sheet. Lightly spray the foccacia with vegetable oil spray. Bake for 12 minutes, or until golden on the edges. Transfer the baking sheet to a cooling rack to cool. Serve the foccacia at room temperature for peak flavor.

Nutrients per Serving: Calories 150; Total Fat 3g; Carbohydrates 25g; Sugar 3g; Fiber 1g; Cholesterol 0mg; Protein 5g; Sodium 403mg

Cranberry Bread

Makes 2 loaves

Vegetable oil spray
1 cup whole wheat flour
1 cup all purpose flour
⅔ cup firmly packed brown sugar
1 Tablespoon baking powder
½ teaspoon salt
¼ teaspoon ground allspice
¾ teaspoon cup orange juice
1 Tablespoon grated orange rind
1 egg
½ cup vegetable oil
2 Tablespoons vanilla
2 cups fresh cranberries, chopped

Preheat oven to 350°F. Lightly spray two 7 x 3 inch loaf pans with vegetable oil spray. Combine dry ingredients in a medium bowl and set aside. In a small bowl, combine remaining ingredients and mix well. Make a well in dry ingredients and pour in liquid mixture. Stir just until blended. Pour into prepared loaf pans and bake 45 to 50 minutes, or until toothpick inserted in center comes out clean. Remove from pans and cool on a wire rack.

Nutrients per Servings: 146 calories; 2g protein; 25g carbohydrate; 11 mg cholesterol, 92 mg sodium, 5g fat

Blueberry Banana Muffins

Makes 1 dozen

Vegetable oil spray
1 cup all purpose flour
½ cup whole wheat flour
⅓ cup firmly packed brown sugar
½ cup wheat germ
1 Tablespoon baking powder
½ teaspoon salt
1 teaspoon cinnamon
¼ teaspoon nutmeg
1 medium banana, mashed
⅓ cup margarine, melted and cooled
Egg substitute equivalent to 1 egg
½ cup orange juice
1 cup fresh blueberries, rinsed and stems removed

Preheat oven to 400°F. Lightly spray muffin tin with vegetable oil. In a bowl, combine dry ingredients. Stir until well mixed. Set aside. In another bowl, mash banana. Add margarine, egg substitute and orange juice. Whisk until well blended. Stir banana mixture into dry ingredients, mixing just until moistened. (Mixture may be lumpy.) With rubber spatula, carefully fold blueberries into batter. Pour batter evenly into 12 muffin cups. Bake 15 minutes.

Nutrients per serving: Calories 161; Cholesterol 0 mg; Total Fat 6 g; Protein 4 g; Carbohydrate 25 g;
Sodium 234 mg

Oatmeal Raisin Muffins

Makes 12 muffins

1 cup regular oatmeal
1 cup low fat milk
½ cup margarine, melted
1 egg, slightly beaten
¼ cup brown sugar
½ cup raisins
1 cup whole wheat flour
1½ teaspoon baking soda
1½ teaspoon baking powder

In a large bowl, soak the oatmeal in milk for 1 hour. Then add the melted margarine, egg, brown sugar and raisins. Stir until well mixed. In a medium bowl, mix the dry ingredients together. Add to oatmeal mixture. Stir only enough to moisten flour. Batter should be lumpy. Line muffin tins with paper liners or spray with vegetable cooking spray. Fill muffin tins 2/3 full with batter. Bake at 400°F for 15 to 20 minutes or until done.

Nutrients per serving: Calories 149; Protein 4g; Carbohydrates 23g; Fiber 2g; Total Fat 5g; Cholesterol 19mg; Sodium 284mg

Pumpkin Pecan Bread

Makes 4 loaves

3½ cups flour
2 teaspoons baking soda
1½ teaspoons salt
1½ teaspoons cinnamon
1 teaspoon nutmeg
1 cup sugar
1 cup canola oil
4 eggs (egg substitute equivalent to 4 eggs)
⅔ cup water
2 cups canned pumpkin
1 cup chopped pecans

Sift together the flour, soda, salt, cinnamon and nutmeg. Add sugar and stir to mix thoroughly. Make a well in the center of the dry ingredients and add all at once the oil, eggs, water and pumpkin. Mix well and add the nuts. Pour batter into four 8x4 inch loaf pans, filling each half full. Bake at 350°F for 1 hour or until wooden pick inserted in the center comes out clean.

Nutrients per serving: Calories 86; Protein 1g; Carbohydrates 9g; Fiber 1g; Total Fat 5g; Cholesterol 13mg; Sodium 117mg

Overnight Sausage and Cheese Strata

6 servings

6 ounces low-fat bulk breakfast sausage
½ teaspoon dried thyme, crumbled
⅛ teaspoon cayenne
1 large onion, chopped
8 ounces French bread, torn into ½ inch pieces
Egg substitute equivalent to 4 eggs
1 cup fat-free half and half
¾ cup shredded fat-free or low-fat sharp Cheddar cheese

Heat a 10-inch nonstick skillet over Medium High heat. Lightly spray with vegetable oil spray. Cook the sausage, thyme, and cayenne for 3 to 4 minutes, or until browned, breaking up large pieces with a spoon while cooking. Remove from the heat. Transfer the sausage to a medium bowl. (Don't scrape the skillet.) Set the sausage aside. Lightly spray any browned bits in the skillet with vegetable oil spray. Reduce the heat to Medium. Cook the onion for 4 minutes, or until soft, stirring frequently. Stir in the sausage. Lightly spray an 8-inch square baking pan or 11x7 inch oval baking dish with vegetable oil spray. Place the bread in the dish. Spoon the sausage mixture over the bread. Whisk together the egg substitute and half-and-half. Pour over the bread. Cover the dish with aluminum foil and refrigerate for 8 to 24 hours. If the dish is glass, let it sit at room temperature for about 10 minutes before baking. Preheat the oven to 350°F. Bake the strata, covered, for 55 minutes, or until a knife inserted in the center comes out almost clean. Sprinkle with the Cheddar cheese. Bake, uncovered for 3 to 4 minutes, or until the Cheddar has melted.

Nutrients per Serving: Calories 220; Total Fat 2g; Carbohydrates 30g; Sugar 6g; Fiber 2g; Cholesterol 17mg; Protein 19g; Sodium 653mg

Crunchy Cereal

Makes 5 cups

2½ cups regular rolled oatmeal (not quick-cooking)
½ cup unsalted, dry roasted coarsely chopped peanuts
½ cup sesame seeds
½ cup sunflower seeds
½ cup nonfat dry milk
½ cup wheat germ
¼ cup firmly packed brown sugar
2 teaspoons ground cinnamon
¼ cup vegetable oil
2 teaspoons vanilla extract

Preheat oven to 300°F. In a bowl, combine oatmeal, nuts, seeds, milk and wheat germ. Mix well. In another bowl, combine brown sugar, cinnamon and oil. Stir until smooth. Stir into dry ingredients and spread mixture into a 9x13-inch pan. Bake 1 hour, stirring every 10 minutes. Remove from oven; sprinkle with vanilla and allow to cool. Store in an airtight container.

Nutrients per Serving: Calories 187; Cholesterol 0 mg; Total Fat 11mg; Protein 7 g; Carbohydrate 17g; Sodium 16mg

Raspberry-Mango Breakfast Parfaits

4 servings

2 cups fresh or frozen unsweetened raspberries, thawed if frozen
1 mango, diced (about 1½ cups)
4 (6 ounce) containers fat-free, sugar-free or low-fat vanilla yogurt
2 tablespoons sugar
½ teaspoon ground cinnamon

In each of 4 parfait glasses, spoon 2 tablespoons raspberries, 2 tablespoons mango, and a heaping ⅓ cup yogurt. Repeat the layers, using all the remaining yogurt. In a blender or food processor, process the remaining raspberries and mango with the sugar and cinnamon until smooth. Spoon the pureed mixture over each serving, about 2 tablespoons each.

Nutrients per Serving: Calories 181; Total Fat 0.5mg; Carbohydrates 38g; Sugar 28g; Fiber 5g; Cholesterol 4mg; Protein 6g; Sodium 99mg