Women’s Cardiovascular Medicine Program

UCDAVIS HEALTH

Quick and simple heart-healthy recipes
The recipes in this booklet are some of the favorites of faculty, staff and patients of the UC Davis Cardiac Rehabilitation and Preventive Cardiology Program, with nutrition information and input provided by cardiologist Amparo Villablanca, director of the UC Davis Health Women’s Cardiovascular Medicine Program, and dietitian Marie Barone. These recipes can help anyone meet daily nutrition recommendations for reducing cardiac risk factors:

- Total fat 15 percent of total calories per day
- Saturated fat less than 10 grams per day
- Cholesterol less than 200 mg per day
- Sodium less than 1,500 mg per day
- Include 21 to 38 grams of fiber per day

**Table of Contents**

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salads</td>
<td>1</td>
</tr>
<tr>
<td>Main dishes</td>
<td>19</td>
</tr>
<tr>
<td>Side dishes</td>
<td>37</td>
</tr>
<tr>
<td>Marinades and sauces</td>
<td>49</td>
</tr>
<tr>
<td>Desserts and snacks</td>
<td>55</td>
</tr>
</tbody>
</table>
Salads
Bean and Barley Salad

- 15-ounce can no-salt-added kidney beans, drained
- 15-ounce can no-salt-added black-eyed peas, drained
- 1½ cups cooked barley
- 6 tablespoons cilantro, chopped finely
- 1½ cups frozen corn
- 1½ cups tomatoes, diced
- 3 tablespoons balsamic vinegar
- 2 tablespoons olive oil
- Pepper to taste

1. Cook barley.
2. Prepare vegetables.
3. Mix all ingredients together and serve on a bed of dark green leafy lettuce, or use as a filling for a tortilla.

Yield: 8 servings

Nutrition facts per serving: 231 calories, 16% of calories from fat, 4 grams of fat, 1 gram of saturated fat, 0 mg of cholesterol, 7 grams of protein, 43 grams of carbohydrate, 9 grams of fiber, 191 mg of sodium.
Bean and Corn Salad

- 15-ounce can low-sodium black beans, drained
- 1½ cups frozen corn
- 15-ounce can low-sodium diced tomatoes
- 4½-ounce can diced green chilies
- ¼ cup chopped onion
- 1 cup chopped cilantro

1. Mix all ingredients together in a bowl.
2. Serve as a salad, dip or filling for a wrap using tortillas, pita bread or lettuce leaves.

Variations: Try this salad with any of these additions – red onion, cucumber, zucchini, jicama or other types of beans.

Yield: 6 servings

Nutrition facts per serving: 112 calories, 8% of calories from fat, 1 gram of fat, 0 grams of saturated fat, 0 mg of cholesterol, 6 grams of protein, 23 grams of carbohydrate, 7 grams of fiber, 186 mg of sodium.
Black Bean and Mango Salad

- 15-ounce can low-sodium black beans, drained
- 1 to 1½ cups mango, diced
- 1 tablespoon or more lime juice

1. Mix all ingredients together; serve cold.

Yield: 4 servings

Nutrition facts per serving: 120 calories, 0% of calories from fat, 0 grams of fat, 0 grams of saturated fat, 0 mg of cholesterol, 6 grams of protein, 26 grams of carbohydrate, 6 grams of fiber, 15 mg of sodium.
Cool Green Fruit Salad

- 1 honeydew melon, cubed or balled
- 4 ounces seedless green grapes
- 2 kiwi, peeled and chopped
- 1 star fruit (optional), thinly sliced
- 1 Granny Smith apple, unpeeled, thinly sliced
- ½ cup sugar-free sparkling white grape juice
- 1 medium lime: grate peel and juice

1. Place all fruit into a bowl, sprinkle with lime juice; toss and chill.
2. Just before serving, spoon grape juice over fruit, and garnish with lime peel.

Yield: 4 servings

Nutrition facts per serving: 180 calories, 2.5% of calories from fat, 0.5 grams of fat, 0 grams of saturated fat, 0 mg of cholesterol, 3 grams of protein, 47 grams of carbohydrate, 5 grams of fiber, 50 mg of sodium.
**Corn Salad**

- 1 ½ cups fresh or frozen corn
- 1 red bell pepper, chopped
- ¼ cup red onion, chopped
- 1 Roma tomato, chopped
- 1 green onion, chopped
- 1 tablespoon fresh cilantro or parsley, chopped
- ½ tablespoon lime or lemon juice
- Pepper to taste

**Options:** Add any of the following – 1 teaspoon chopped basil and/or thyme, minced jalapeno, black olives, green bell pepper, 1 teaspoon olive oil, 1 teaspoon white or red wine vinegar.

1. Mix ingredients together, serve alone or with salad greens.

Yield: 4 servings

*Nutrition facts per serving: 60 calories, 7.5% of calories from fat, 0.5 grams of fat, 0 grams of saturated fat, 0 mg of cholesterol, 2 grams of protein, 12 grams of carbohydrate, 2 grams of fiber, 0 mg of sodium.*
Couscous Salad with Lemon Dressing

- 4 ounces low-sodium vegetable broth
- ¾ cup water
- 1 cup uncooked couscous
- 1 tomato, chopped
- 1 green onion, chopped
- 7-ounce can low-sodium garbanzo beans, drained
- 1 medium red or yellow bell pepper, diced
- 1 medium carrot, grated
- ¼ cup currants or raisins
- 3 dried apricots, chopped
- 2 tablespoons minced parsley

Dressing

- ¼ cup lemon juice
- 1 teaspoon olive oil (OK to use less)
- ½ clove garlic
- ⅛ teaspoon turmeric
- ⅛ teaspoon cumin
- ⅛ teaspoon curry powder
- ⅛ teaspoon Tabasco® sauce

1. Boil broth and water, stir in couscous. Remove from heat. Cover and let stand 15 minutes until fluid has been absorbed. Fluff with fork and cool in refrigerator.
2. Chop all vegetables and add to couscous.
3. Mix dressing and add to couscous and vegetables, toss to coat; serve cold.

Yield: 4 servings

Nutrition facts per serving: 290 calories, 6% of calories from fat, 2 grams of fat, 0 grams of saturated fat, 0 mg of cholesterol, 10 grams of protein, 59 grams of carbohydrate, 7 grams of fiber, 90 mg of sodium.
Cucumber and Red Onion Pickled Salad

- 1 small red onion, peeled and thinly sliced
- 1 large cucumber, peeled if desired, cut into ¼-inch slices
- 1½ tablespoons rice-wine vinegar
- 1 tablespoon loosely packed fresh dill, picked from thick stems, or more to taste

1. Place sliced onion and cucumbers in a serving bowl. Season with pepper, and sprinkle with vinegar. Toss to combine and refrigerate for about 20 minutes.
2. Scatter dill over salad and toss well before serving.

Yield: 2 servings

Nutrition facts per serving: 50 calories, 0% of calories from fat, 0 grams of fat, 0 grams of saturated fat, 0 mg of cholesterol, 3 grams of protein, 11 grams of carbohydrate, 3 grams of fiber, 0 mg of sodium.
Garbanzo Salad

- 1 cup red onion, finely minced
- 1 teaspoon dried thyme leaves
- ½ cup red pepper, chopped
- ½ cup dark raisins
- 15-ounce can low-sodium garbanzo beans, drained
- 2 tablespoons olive oil (optional)
- ¼ cup rice vinegar
- ¼ teaspoon salt

1. Prepare the vegetables. Combine all the ingredients together.
2. Refrigerate for 4 to 6 hours or overnight. Stir to distribute marinade.
3. Remove from refrigerator about 1 hour before serving.

Yield: 10 servings

Nutrition facts per serving: 266 calories, 24% of calories from fat, 7 grams of fat, 1 gram of saturated fat, 0 mg of cholesterol, 10 grams of protein, 45 grams of carbohydrate, 11 grams of fiber, 380 mg of sodium.
Ginger Noodle Salad

- ½ pound whole wheat noodles, cooked, rinsed and drained
- ¼ cup low-sodium soy sauce
- 3 cups broccoli, steamed and drained
- 1 red bell pepper, cut into strips
- 3 cups bean sprouts
- 2 green onions, thinly sliced

**Dressing**
- 1 teaspoon ginger
- 1 teaspoon sugar (optional)
- 1 tablespoon rice wine vinegar
- 1 teaspoon crushed red pepper
- 1 teaspoon sesame oil (optional)
- 1 teaspoon water

1. Combine the cooked noodles with soy sauce; mix, refrigerate for about 2 hours.
2. Mix the dressing ingredients together.
3. To serve, toss the noodles with the dressing, evenly coating the noodles. Add the vegetables and toss the salad. Serve warm or cold.

Yield: 6 servings

_Nutrition facts per serving: 140 calories, 10% of calories from fat, 1.5 grams of fat, 0 grams of saturated fat, 0 mg of cholesterol, 8 grams of protein, 27 grams of carbohydrate, 6 grams of fiber, 390 mg of sodium._
Guilt-Free Creamy Ambrosia Salad

- 3 oranges
- 2 ruby red or pink grapefruits
- 2 cups fresh or canned (in its own juice) pineapple, cubed
- 2 kiwifruit, peeled and cut into wedges
- 3 tablespoons brown sugar
- ½ teaspoon coconut extract
- 1 8-ounce container fat-free vanilla yogurt
- 1½ tablespoons chopped toasted pecans
- Fresh mint for garnishing

1. Peel and section oranges and grapefruit over a bowl; squeeze membranes to extract juice. Add sections to bowl; discard membranes. Gently stir in kiwi, pineapple and brown sugar. Set aside.
2. Stir together yogurt and coconut extract. Spoon fruit into serving dishes or cups. Top each serving with a dollop of yogurt, sprinkle with pecans and garnish with a sprig of fresh mint.

Yield: 8 to 10 servings

Nutrition facts per serving: 93 calories, 3 grams of protein, 1 gram of fat, 0 grams of saturated fat, 1 mg of cholesterol, 19 grams of carbohydrates, 3 grams of fiber, 19 mg of sodium.
Lentil Salad

- 1¼ cups lentils (brown, gray)
- ¾ cup finely chopped parsley
- 1 medium onion, finely chopped
- 1 tablespoon olive oil
- 2 tablespoons Dijon mustard
- ¼ cup balsamic vinegar
- ¼ cup water
- 2 cloves garlic, minced
- 1 teaspoon garlic pepper

1. Rinse lentils; cover with water and cook for 10 to 20 minutes until slightly tender.
   Rinse lentils in cold water and set aside.
2. Combine oil, vinegar, mustard and garlic; whip until smooth.
3. Combine dressing, cooked lentils, onion and parsley.
4. Chill salad 1 hour before serving.

Yield: 8 servings

Nutrition facts per serving: 140 calories, 13% of calories from fat, 2 grams of fat, 0 grams of saturated fat, 0 mg of cholesterol, 9 grams of protein, 23 grams of carbohydrate, 4 grams of fiber, 55 mg of sodium.
Spinach Salad with Pears

- 1 teaspoon finely shredded orange peel
- ½ cup orange juice
- ½ cup rice vinegar
- 2 firm ripe pears
- 2/3 cup thinly sliced red onion
- 1 pound spinach leaves

1. Combine orange peel, juice and vinegar for dressing.
2. Core and slice pears and onion into the dressing.
3. Just before serving, pour dressing over spinach and mix gently.

Options: Add mandarin oranges or sliced strawberries instead of pears.

Yield: 4 servings

Nutrition facts per serving: 120 calories, 4% of calories from fat, 0.5 grams of fat, 0 grams of saturated fat, 0 mg of cholesterol, 4 grams of protein, 29 grams of carbohydrate, 6 grams of fiber, 87 mg of sodium.
Thai Tofu Salad

- 3 ounces firm tofu
- 2 cups preshredded cabbage mix
- 1 to 2 tablespoons peanut sauce*
- ¼ cup cilantro
- ⅛ teaspoon red pepper flakes

1. Cut tofu into cubes and heat in a nonstick pan for 5 minutes.
2. Add cabbage mix, peanut sauce and red pepper flakes. Cook over medium heat for 2 minutes or until heated through, but still crunchy.
3. Top with ¼ cup fresh cilantro.
4. Serve hot or cold.

*Homemade peanut sauce: ⅓ cup peanut butter, ½ cup water, 1 tablespoon light soy sauce, 1 tablespoon brown sugar, 1 tablespoon lemon juice, 1 clove garlic minced, red pepper flakes to taste. Bring peanut butter and water to a boil and mix in remaining ingredients. (Store bought peanut sauce is OK; however, avoid the type with coconut milk.)

Yield: 4 servings

Nutrition facts per serving: 40 calories, 45% of calories from fat, 2 grams of fat, 0 grams of saturated fat, 0 mg of cholesterol, 3 grams of protein, 3 grams of carbohydrate, 1 gram of fiber, 160 mg of sodium.
Tomato, Basil and Red Onion Salad

- 1 large tomato, sliced into thin rings
- 1 small red onion, slice into thin rings
- 4 to 6 fresh basil leaves, chopped
- 1 to 2 tablespoons balsamic vinegar
- 1 teaspoon olive oil
- Pepper

1. Alternate tomato and onion slices on plate or bowl.
2. Drizzle with oil and vinegar mixture.
3. Sprinkle with pepper and basil.

Yield: 2 servings

Nutrition facts per serving: 70 calories, 32% of calories from fat, 2.5 grams of fat, 0 grams of saturated fat, 0 mg of cholesterol, 1 gram of protein, 10 grams of carbohydrate, 1 gram of fiber, 10 mg of sodium.
Warm Spinach Salad

Provided by chef Charles Connell, caterer for the 2016 Women’s Heart Care Education and Awareness Forum

Dressing
- 3 tablespoons balsamic vinegar
- 2 tablespoons minced shallots
- 4 teaspoons Dijon mustard
- Cracked pepper to taste
- ¼ cup orange juice
- 2 tablespoons walnut oil

Salad
- 8 cups of trimmed, washed and dried baby spinach leaves
- 2 cups fresh diced pears with skins
- ¼ cup toasted walnut, chopped
- ¼ cup pecans, chopped
- 1 cup shredded carrots
- 1 cup dried Roma tomatoes
- 1 cup julienned bell peppers
- 1 cup thin-sliced radishes
**Warm Spinach Salad (continued)**

1. In a small bowl, combine vinegar, shallots, mustard, pepper and orange juice. Gradually whisk in the oil until creamy.
2. Put spinach in a large bowl, add remaining vegetables and toss.
3. Warm the dressing over low heat in a small sauté pan.
4. Toss the vegetables with the dressing.
5. Top with pears, walnuts and pecans, and serve immediately.

Yield: 8 servings

*Nutrition facts per serving: 141 calories, 51% calories from fat, 8 grams of fat, 1 grams of saturated fat, 0 mg of cholesterol, 3 grams of protein, 16 grams of carbohydrate, 4 grams of fiber, 87 mg of sodium.*
Main Dishes
Butternut Squash Curry with Chickpeas, Swiss Chard and Brown Rice

Provided by chef Chris Jackson, caterer for the 2013 Women’s Heart Care Education and Awareness Forum

- 2 small butternut squash
- 2 cups chickpeas (dried garbanzo beans), cooked (if using canned, choose “no salt added”)
- Olive oil spray
- 2 tablespoons good quality Madras curry powder
- 2 cups plain nonfat Greek yogurt
- 4 tablespoons fresh lime juice
- 2 bunches of Swiss chard
- 4 cups brown rice, cooked
- 1 medium-sized onion, diced
- 2 tablespoons fresh minced ginger
- 4 cups low-sodium vegetable broth
- Freshly ground pepper
- ¾ cup finely chopped cilantro

To prepare the squash
Preheat the oven to 375°. Cut 1 squash in half, remove seeds and leave the skin intact. Place on a cookie sheet and roast in the oven until tender, approximately 1 hour. For the other squash: peel, seed and cut it in 1-inch cubes, sprinkle lightly with pepper, spread onto a second cookie sheet lightly coated with spray oil, spray the tops of the squash and roast until tender, approximately 30 minutes.

To prepare the chard
Cut chard in 1 inch strips horizontally, wash thoroughly and dry. Set aside.
Butternut Squash Curry (continued)

For the curry
In a large sauce pan over medium heat, sauté onion with olive oil spray until translucent. Add a small amount of water, if necessary, to keep onion from sticking to the pan. Add ginger and curry powder, and cook for an additional 2 to 3 minutes. Add vegetable broth and heat until boiling. Take the halved squash and scoop out the pulp and mash it into the broth. Gently fold in the chickpeas and stir together until well combined. Turn down heat, add yogurt, fresh lime juice and a pinch of pepper. Keep warm.

In a separate pan lightly coated with spray oil, sauté cubed butternut squash for a few minutes. Add chard and approximately half a cup of vegetable broth, and cook until chard is wilted. Season lightly with pepper.

To finish the dish
Place a portion of freshly-cooked rice on plates, and top with curried squash and chickpea followed by the chard and cubed squash. Garnish the dish with fresh cilantro.

Yield: 12 servings

Nutrition facts per serving: 179 calories, 11% of calories from fat, 2 grams of fat, less than 1 gram of saturated fat, 3 mg of cholesterol, 8 grams of protein, 32 grams of carbohydrate, 5 grams of fiber, 354 mg of sodium.
Butternut Squash Enchiladas

- 1 medium butternut squash
- 8 ounces fat-free cream cheese
- ½ cup chopped green onions
- 10 corn or low-fat flour tortillas
- Favorite salsa

1. Peel and chop butternut squash; boil or steam in microwave until tender.
2. Mash squash as you would for mashed potatoes (without the butter or milk).
3. Blend in the cream cheese and green onions.
4. Fill each tortilla with squash mixture, place in casserole type dish.
5. Top enchiladas with salsa.
6. Bake at 350° for 15 to 20 minutes until heated.

Yield: 10 servings

Nutrition facts per serving: 140 calories, 10% of calories from fat, 1.5 grams of fat, 0.5 grams of saturated fat, 0 mg of cholesterol, 5 grams of protein, 28 grams of carbohydrate, 3 grams of fiber, 250 mg of sodium.
Fish Tacos

- 1 pound white fish (snapper, mahi mahi, halibut or cod)
- ½ teaspoon paprika
- 2 teaspoons canola oil
- 2 limes
- ¼ cup + 1 tablespoon cilantro, chopped

- 8 corn tortillas
- 1 cup shredded cabbage
- 2 tablespoons apple cider vinegar
- ¼ cup green onion, finely chopped
- 8 teaspoons fresh salsa
- 1 jalapeno, thinly sliced (if desired)

1. Place fish on a plate. In a small bowl, mix together half of the paprika, the oil, juice of 1 lime and ¼ cup of cilantro. Pour mixture over fish and let marinate 10 to 15 minutes in the refrigerator.
2. In a medium bowl, mix together cabbage, apple cider vinegar, the other half of the paprika and a tablespoon of cilantro; set aside.
3. Place fish on a hot grill and cook thoroughly, then remove from heat.
4. Warm tortillas on grill.
5. Cut second lime into 8 wedges.
6. Place warm tortillas on a plate, divide fish among tortillas, top with cabbage, green onion, salsa, and jalapeno, if using. Fold in half and serve immediately with lime wedges.

Yield: 8 tacos

Nutrition facts per serving: 111 calories, 16% of calories from fat, 2 grams of fat, 0 grams of saturated fat, 24 mg cholesterol, 10 grams of protein, 14 grams of carbohydrate, 2 grams of fiber, 199 mg of sodium.
Grilled Cheese with Tomato and Basil

- I Can’t Believe It’s Not Butter!® Spray
- 2 slices whole wheat bread
- 1 slice fat-free cheese or soy cheese such as GO Veggie™ slices
- 1 to 2 slices tomato
- Fresh basil leaves

1. Spray outside of bread with butter spray.
2. Fill inside with cheese, tomato and basil.
3. Top with remaining slice of bread, sprayed side up.
4. Place sandwich in medium warm pan. Cook until desired darkness, flipping sides.

Yield: 1 serving

Nutrition facts per serving: 180 calories, 10% of calories from fat, 2 grams of fat, 0 grams of saturated fat, 0 mg of cholesterol, 11 grams of protein, 32 grams of carbohydrate, 5 grams of fiber, 600 mg of sodium.
Heart-Smart Chili

- 1 onion, chopped
- 1 sweet green pepper, chopped
- 2 cloves garlic, minced
- 1 teaspoon olive oil (optional)
- 16-ounce package extra firm tofu, drained and crumbled
- 2 15-ounce cans of beans (kidney, pinto, white, black), drained and rinsed
- 28-ounce can stewed tomatoes (or use fresh chopped)
- 3 medium carrots, sliced
- 2 tablespoons chili powder
- 1 teaspoon cumin
- 1 teaspoon hot sauce
- Pepper to taste

1. Sauté the onion, pepper and garlic in the oil over medium heat.
2. Add the tofu and sauté until crisp and lightly browned (about 10 minutes).
3. Add the remaining items and bring to a boil; simmer for 50 minutes.

Yield: 8 servings

Nutrition facts per serving: 160 calories, 11% of calories from fat, 2 grams of fat, 0 grams of saturated fat, 0 mg of cholesterol, 11 grams of protein, 26 grams of carbohydrate, 5 grams of fiber, 410 mg of sodium.
Linguine with Lentils

- 3 cups low-sodium vegetable broth
- 1 cup lentils, rinsed and drained
- 1 teaspoon cumin seeds
- 1 pound Swiss chard, well rinsed
- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- \( \frac{1}{2} \) teaspoon crushed red pepper flakes
- 8 ounces dry linguine (try whole wheat)
- 4 ounces fat-free cream cheese, diced

1. Bring 2 cups of broth to a boil. Add lentils and cumin seeds. Reduce heat, cover and simmer until lentils are tender (about 30 minutes). Drain and pour into a bowl.
2. Cut off and discard coarse stem ends of chard; cut stems and leaves crosswise into \( \frac{1}{4} \)-inch-wide strips.
3. To lentil pan, add oil, chard (stems only), onion, garlic and red pepper flakes. Cook over medium heat, stirring often, until onion is lightly browned (about 15 minutes). Add chard leaves and cook, stirring until limp (about 3 minutes). Add lentils and 1 cup broth and cook uncovered until hot (about 3 minutes).
4. Cook pasta until \textit{al dente}. Drain and pour into a bowl. Add lentil mixture and cheese; mix lightly to blend. Season with pepper.

Yield: 10 servings

Nutrition facts per serving: 200 calories, 12% of calories from fat, 2 grams of fat, 0 grams of saturated fat, 0 mg of cholesterol, 12 grams of protein, 35 grams of carbohydrate, 5 grams of fiber, 390 mg of sodium.
**Meatloaf**

*This recipe was modified from a traditional meatloaf recipe on foodnetwork.com.*

- Spray oil
- 1 cup chopped yellow onions
- 1 cup grated carrot
- 1 cup finely chopped bell pepper
- 1 cup grated zucchini
- 1 teaspoon chopped fresh thyme leaves
- ½ teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- 1 tablespoon Worcestershire sauce
- ⅓ cup canned low-sodium chicken broth
- 2 tablespoons no-salt-added tomato paste
- 1½ pounds ground turkey breast (99% fat free)
- ½ cup dry whole wheat bread crumbs
- ½ cup egg whites or egg substitute
- ½ cup low-sodium ketchup

1. Preheat the oven to 325°.
2. Spray oil into a large sauté pan. Add the onions, carrot, bell pepper, zucchini, thyme, salt and pepper and cook over medium-low heat, stirring occasionally, for 8 to 10 minutes (add a small amount of water, if needed, to keep vegetables from sticking). Remove from heat and add the Worcestershire sauce, chicken stock and tomato paste. Allow to cool slightly.
3. In a large bowl, combine the ground turkey breast, vegetable mixture, bread crumbs and egg whites. Mix lightly with a fork. Place mixture in a loaf pan. Spread the ketchup evenly on top.
4. Place the loaf pan in the oven. Place a pan filled with water on the rack below the meatloaf to keep the loaf moist. Bake for 1 to 1¼ hours, until the internal temperature is 165° and the meat loaf is cooked through. Serve hot.

Yield: 6 servings

*Nutrition facts per serving: 211 calories, 9% calories from fat, 2 grams of fat, less than 1 gram of saturated fat, 45 mg of cholesterol, 32 grams of protein, 19 grams of carbohydrates, 3 grams of fiber, 270 mg of sodium.*
No-Chop Chili

- ¾ pound veggie ground round or Mexican-flavored veggie ground round
- 2 cups water
- 1½ cups whole kernel corn, frozen
- ½ teaspoon garlic powder
- ⅛ teaspoon cayenne pepper
- 1½ tablespoons paprika
- 4½-ounce can diced green chilies
- ½ cup frozen chopped onions
- 2½ teaspoons ground cumin
- ⅛ teaspoon dried oregano
- 2 16-ounce cans low-sodium pinto and/or kidney beans, drained
- 2 cups no-salt-added diced tomatoes with jalapenos, undrained

1. Cook the ground round in a large Dutch oven coated with cooking spray over medium-high heat, stirring occasionally.
2. Stir in the water and the remaining ingredients; bring to a boil.
3. Reduce heat and simmer for 25 minutes, stirring occasionally.

Yield: 6 servings

Nutrition facts per serving: 300 calories, 14% of calories from fat, 4.5 grams of fat, 0 grams of saturated fat, 0 mg of cholesterol, 21 grams of protein, 40 grams of carbohydrate, 14 grams of fiber, 523 mg of sodium.
Quickie Quesadillas

- 6 corn or low-fat flour tortillas
- 3 ounces grated fat-free Monterey Jack, cheddar or soy cheese
- 1 tablespoon chopped fresh cilantro or parsley
- 1 minced fresh jalapeno pepper or 1 can diced (use green chilies if preferred)
- ½ cup alfalfa sprouts
- 1 medium banana, sliced into thin circles

1. Sprinkle all ingredients on 3 tortillas. Top with other 3 tortillas.
   (Can also bake in the oven at 350° for 10 to 15 minutes, if desired.)
2. Heat in microwave until cheese melts, about 45 seconds.
3. Cut tortilla into wedges. Serve with salsa.

From *Eat More, Weigh Less* by Dean Ornish

Yield: 6 servings

Nutrition facts per serving: 110 calories, 8% of calories from fat, 1 gram of fat, 0 grams of saturated fat, 0 mg of cholesterol, 5 grams of protein, 19 grams of carbohydrate, 2 grams of fiber, 150 mg of sodium.
Raspberry-Balsamic Glazed Chicken

- ½ teaspoon olive oil
- ¼ cup chopped red onion
- ¾ teaspoon fresh thyme (or ½ teaspoon dried)
- ¼ teaspoon salt
- 2 boneless, skinless chicken breasts
- 2 tablespoon seedless raspberry preserves (or apricot, peach, blackberry)
- 1 tablespoon balsamic vinegar
- ⅛ teaspoon pepper

1. Sauté onion in oil.
2. Rub thyme into chicken; add chicken to onion and cook until no longer pink. Remove from heat. Add salt, preserves, vinegar and pepper. Heat to desired temperature.
3. Spoon sauce over chicken and serve.

Yield: 2 servings

From *Cooking Light* magazine

*Nutrition facts per serving: 220 calories, 18% of calories from fat, 4.5 grams of fat, 1 gram of saturated fat, 75 mg of cholesterol, 27 grams of protein, 16 grams of carbohydrate, 0 grams of fiber, 360 mg of sodium.*
Rice with Black Beans

- 1 teaspoon oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 can black bean soup (or 15-ounce can black beans, rinsed and drained)
- 15-ounce can stewed tomatoes (can use Mexican flavored)
- 2/3 cup water
- ½ teaspoon dried oregano leaves
- 1½ cup Minute® brown rice, uncooked

1. Sauté onion and garlic in oil; cook until tender but not browned.
2. Stir in beans, tomatoes, water and oregano; bring to a boil.
3. Stir in rice and return to boil. Reduce heat to low, cover and simmer 5 minutes.
4. Remove from heat; let stand 5 minutes.

Yield: 3 servings

Nutrition facts per serving: 320 calories, 13% of calories from fat, 4.5 grams of fat, 0 grams of saturated fat, 0 mg of cholesterol, 10 grams of protein, 62 grams of carbohydrate, 6 grams of fiber, 380 mg of sodium.
Seasoned Portobello Mushrooms

- 2 to 3 Portobello mushrooms
- 1 cup red wine
- ½ cup red wine vinegar
- 1 teaspoon Italian seasoning
- ½ teaspoon garlic powder
- 1 heaping teaspoon of minced garlic

1. Slice Portobello mushrooms
2. Mix remaining ingredients, add mushrooms and soak for 1 to 2 hours.
3. Place the mushrooms in a pan and broil for 5 minutes; turn them over and broil for another 5 minutes or until done.

Yield: 4 servings

Nutrition facts per serving: 76 calories, 0% of calories from fat, 0 grams of fat, 0 grams of saturated fat, 0 mg of cholesterol, 2 grams of protein, 5 grams of carbohydrate, 1 gram of fiber, 11 mg of sodium.
Sweet Potatoes and Black Beans

- 2 pounds sweet potatoes or yams, peeled and chopped into bite-size pieces
- 1 medium onion, chopped
- 1 cup orange juice
- 1½ cups black beans, Cuban style (Trader Joe’s or S&W, for instance)
- Slivered almonds or peanuts (optional)

1. Place potato, onion and orange juice in a microwave-safe bowl; microwave on high for about 10 minutes or until potatoes are soft.
2. Mix in beans. Cook 5 minutes more until thoroughly heated.

Yield: 4 servings

Nutrition facts per serving: 180 calories, 10% of calories from fat, 2 grams of fat, 0 grams of saturated fat, 0 mg of cholesterol, 5 grams of protein, 37 mg of carbohydrate, 6 grams of fiber, 70 mg of sodium.
**Ten-Minute Bean Soup**

- 1 cup pinto beans, cooked
- 15-ounce can no-salt-added Italian spiced tomatoes
- 2 cups low-sodium chicken broth
- 1 cup water
- 1 cup frozen chopped collard greens
- ½ cup elbow macaroni
- ½ teaspoon Italian herb seasoning
- ½ teaspoon garlic powder
- Black pepper to taste

1. Place tomatoes and beans in a saucepan. Mash the beans with a potato masher or hand blender until about ⅓ of the beans are mashed.
2. Add the rest of the ingredients and bring to a boil, reduce to simmer and cook until the macaroni is done.

Yield: 4 servings

_Nutrition facts per serving:_ 150 calories, 6% of calories from fat, 1 gram of fat, 0 grams of saturated fat, 5 mg of cholesterol, 9 grams of protein, 26 grams of carbohydrate, 6 grams of fiber, 125 mg of sodium.
Tomato Basil Couscous

- 1 box packaged couscous
- 2 tomatoes
- ½ cup fresh basil
- 2 cloves garlic, minced
- 4 ounces or ½ cup fat-free feta cheese

1. Prepare couscous according to package directions, omitting butter, margarine or oil.
2. Chop tomato, basil and garlic.
3. Crumble feta cheese.
4. Mix all ingredients together; serve hot or cold.

Yield: 5 servings

Nutrition facts per serving: 240 calories, 6% of calories from fat, 1.5 grams of fat, 0.5 grams of saturated fat, 0 mg of cholesterol, 13 grams of protein, 46 grams of carbohydrate, 3 grams of fiber, 370 mg of sodium.
Side Dishes
Barbecue Bean Casserole

- 15½-ounce can low-sodium red kidney beans, drained
- 15½-ounce can pinto beans, drained
- 15½-ounce can low-sodium garbanzo beans, drained
- ¾ cup low-sodium barbecue sauce
- 1 tablespoon brown sugar (optional)
- 2 teaspoons mustard

1. In a saucepan or casserole dish, combine the beans, barbecue sauce, sugar and mustard.
2. Simmer on the stovetop over low heat for 15 to 60 minutes (longer time yields better flavor); or bake in a 350˚ oven for 30 to 60 minutes. Uncover the last 25 minutes to thicken the sauce. (The beans can also be heated in the microwave, stirring frequently.)

Yield: 6 servings

*Nutrition facts per serving: 239 calories, 8% of calories from fat, 2 grams of fat, 0 grams of saturated fat, 0 mg of cholesterol, 11 grams of protein, 45 grams of carbohydrate, 11 grams of fiber, 347 mg of sodium.*
Corn on the Cob with Lime

- 2 ears of corn, husked
- 1 lime, cut into wedges

1. Bring pot of water to a boil.
2. Cut each ear of corn in 3 to 4 pieces and add corn to boiling water; cook just until corn is tender.
3. Drain corn.
4. Drizzle lime juice directly onto corn.

Yield: 2 servings

*Nutrition facts per serving: 150 calories, 9% of calories from fat, 1.5 grams of fat, 0 grams of saturated fat, 0 mg of cholesterol, 5 grams of protein, 38 grams of carbohydrate, 3 grams of fiber, 20 mg of sodium.*
Chipotle Mashed Sweet Potatoes

- 2½ pounds cubed, peeled sweet potatoes
- ½ cup evaporated fat-free milk
- 5 sprays I Can’t Believe It’s Not Butter!® Spray (optional)
- 2 tablespoons fresh lime juice
- 2 chipotle chilies in adobo sauce
- ¼ cup packed brown sugar
- ¾ teaspoon ground cinnamon

1. Boil cubed sweet potatoes until tender. Drain and return potato to pan.
2. Add milk, butter spray (optional) and lime juice; mash to desired consistency. Cook for 2 minutes, stirring constantly.
3. Chop chilies and stir together with brown sugar, salt and ½ teaspoon cinnamon into potato mixture. Sprinkle with remaining cinnamon.

Yield: 10 servings

Nutrition facts per serving: 130 calories, 0% of calories from fat, 0 grams of fat, 0 grams of saturated fat, 0 mg cholesterol, 3 grams protein, 31 grams of carbohydrate, 4 grams of fiber, 400 mg of sodium.
Eggplant

- 1 small eggplant (about 1 pound) cubed
- 8-ounce can low-sodium tomato sauce
- 2 tablespoons rice vinegar
- 1 clove garlic, minced
- ½ cup celery, diced
- ½ red pepper, diced
- 1/3 cup chopped parsley
- 1 pinch cayenne pepper (optional)
- 3 teaspoons ground cumin
- 1 tablespoon brown sugar, packed

1. Sauté the eggplant in a skillet for a few minutes. Add everything except parsley. Cook over medium heat for 15 minutes, stirring often.
2. Mix in the parsley. Cover and simmer for another 10 minutes until the vegetables are tender, stirring to prevent sticking. Add water if too dry.

*Turn this recipe into a main dish by serving it over pasta and topping it with fat-free cheese.*

Yield: 2 servings

Nutrition facts per serving: 158 calories, 11% of calories from fat, 2 grams of fat, 0 grams of saturated fat, 0 mg of cholesterol, 5 grams of protein, 31 grams of carbohydrate, 12 grams of fiber, 65 mg of sodium.

**Additions and substitutions:**
- Green pepper for the celery
- Pimentos for red peppers
- Additional garlic just before serving
- Small white beans
- Apple cider vinegar for the rice vinegar
- Diced tomatoes and tomato paste for the tomato sauce
Lemon-Baked Potatoes

- 3 large potatoes
- I Can’t Believe It’s Not Butter!® Spray
- 3 tablespoons lemon juice
- 1 1/2 teaspoons minced garlic
- 3/4 teaspoons dried dill
- 1/4 teaspoons grated lemon peel
- 1/8 teaspoons Tabasco® sauce

1. Cut potatoes in half lengthwise. Cut deep slits in cut surface every ¼ inch, being careful not to cut through the skin. Arrange the potatoes in a shallow baking pan.

2. Combine lemon juice, garlic, dill, lemon peel and Tabasco® sauce.

3. Spray the potatoes with the butter spray; brush or sprinkle the seasoning mixture on the potatoes.

4. Bake in a preheated 425°F oven for 1 hour; sprinkle with seasoning mixture every 15 minutes.

Yield: 6 servings

Nutrition facts per serving: 150 calories, 0% of calories from fat, 0 grams of fat, 0 grams of saturated fat, 0 mg of cholesterol, 4 grams of protein, 33 grams of carbohydrate, 3 grams of fiber, 15 mg of sodium.
Lemony Green Beans

- 1 pound green beans, trimmed and cut into 2-inch pieces
- 1 ½ teaspoons lemon juice
- 1 teaspoon olive oil
- ¼ teaspoon salt (optional)
- ⅛ teaspoon ground black pepper

1. Steam green beans, covered, 5 minutes or until crisp-tender. Drain and return to pan.
2. Add juice, oil, salt and pepper; toss to coat. Serve immediately.

Yield: 4 servings

Nutrition facts per serving: 45 calories, 1 gram of fat, 0 grams of saturated fat, 0 mg of cholesterol, 1 gram of protein, 6 grams of carbohydrate, 3 grams of fiber, 160 mg sodium.
Mashed Potatoes

- ½ cup low-sodium chicken broth
- 5 pounds of russet potatoes
- 8-ounce package fat-free cream cheese
- 1 cup evaporated skim milk
- ⅓ teaspoon kosher salt
- 1 teaspoon black pepper, ground

1. Preheat the oven to 350° degrees. Prepare a 4-quart baking dish with a small amount of spray oil.
2. Peel the potatoes cut them into chunks. Bring a large pot of water to a boil and add the potatoes, cooking 20 to 25 minutes until fork tender. Drain the potatoes and place in a large bowl.
3. Add the broth, cream cheese, evaporated skim milk, kosher salt and pepper; mash to combine.
4. Spread the potatoes in the prepared baking dish and bake 20 to 30 minutes, or until potato mixture is warmed through.

Yield: 12 servings

Nutrition facts per serving: 202 calories, 8 grams of protein, 42 grams of carbohydrate, 3 grams of fiber, less than 1 gram of fat, less than 1 gram of saturated fat, 2 mg of cholesterol, 243 mg of sodium.

This recipe was modified from a traditional mashed potato recipe on foodnetwork.com.
Savory Butternut Squash

- 1 butternut squash (about 1¾ pounds)
- ¼ cup water
- ¼ cup onion
- ½ teaspoon dried leaf thyme, crumbled
- 5 squirts I Can’t Believe It’s Not Butter!® Spray
- ¼ teaspoon Tabasco® pepper sauce

1. Pare and seed squash; cut into 1-inch cubes.
2. In a medium saucepan, combine squash, water, onion and thyme. Cover tightly and cook over low heat 20 to 25 minutes or until squash is tender. Mash squash well. Stir in butter spray and Tabasco® sauce.

Yield: 4 servings

Nutrition facts per serving: 100 calories, 0% of calories from fat, 0 grams of fat, 0 grams of saturated fat, 0 mg of cholesterol, 2 grams of protein, 25 grams of carbohydrate, 4 grams of fiber, 5 mg of sodium.
Steamed Broccoli with Lime Dressing

- 1¼ pounds broccoli (1 large bunch)
- 1 teaspoon sesame oil
- 1 teaspoon lime juice

1. Steam broccoli with about 1 inch of water for 5 minutes.
2. Whisk together lime juice and sesame oil.
3. Add broccoli to dressing. Toss lightly to coat. Serve immediately.

Yield: 4 servings

Nutrition facts per serving: 60 calories, 23% of calories from fat, 1.5 grams of fat, 0 grams of saturated fat, 0 mg of cholesterol, 6 grams of protein, 10 grams of carbohydrate, 4 grams of fiber, 45 mg of sodium.
Stir-Fried Broccoli

- 2 pounds broccoli
- 1 to 2 teaspoons olive oil
- 2 cloves garlic, minced
- Pinch of crushed red pepper
- ½ cup low-sodium chicken stock or vegetable broth
- ¼ teaspoon salt (optional)

1. Cut the broccoli into bite size pieces and stir-fry the broccoli in oil until partially cooked.
2. Add the garlic and red pepper flakes; stir for 1 minute.
3. Add the stock, partially cover and heat for 5 minutes.
4. Add the salt and additional red pepper to taste.

Yield: 6 servings

From *The Cuisine of California* by Diane Rossen Worthington.

Nutrition facts per serving: 70 calories, 26% of calories from fat, 2 grams of fat, 0 grams of saturated fat, 0 mg of cholesterol, 5 grams of protein, 10 grams of carbohydrate, 4 grams of fiber, 160 mg of sodium.
Marinades and Sauces
Balsamic and Soy Marinade

- 1 small red onion, finely chopped
- 3 tablespoon balsamic vinegar
- 2 teaspoons reduced-sodium soy sauce
- 1 tablespoon olive oil
- 1 tablespoon water
- 2 tablespoons fresh thyme (or 2 teaspoons of dried thyme)

1. Combine ingredients in a non-aluminum bowl; cover and refrigerate.
2. When ready to cook, sauté the pieces uncovered on medium heat until golden brown. Cover and continue to cook another 5 to 7 minutes until the item is cooked to the proper temperature and the marinade is thoroughly heated.

Yield: 5 servings

Nutrition facts per serving (marinade only): 39 calories, 69% of calories from fat, 3 grams of fat, 0 grams of saturated fat, 0 mg of cholesterol, 1 gram of protein, 3 grams of carbohydrate, 0 grams of fiber, 89 mg of sodium.

All marinades may be used with 1¼ pounds of chicken, turkey, tofu or meat alternatives cut into 1½ x 3 inch pieces.
Ginger and Soy Marinade

- ¼ cup grate ginger root
- 4 cloves garlic, minced
- 3 tablespoon low-sodium soy sauce
- 2 teaspoons oil
- 2 tablespoons fresh lemon juice
- 4 tablespoons water
- 1 teaspoon olive oil
- 2 cloves minced garlic
- 1 tablespoon grated lemon peel
- 1 tablespoon chopped fresh rosemary (or 1 teaspoon of dried rosemary)
- ¼ teaspoon salt and pepper

Yield: 5 servings

Nutrition facts per serving: 33 calories, 1 gram of protein, 3 grams of carbohydrate, 0.5 grams of fiber, 2 grams of fat, less than 1 gram of saturated fat, 0 mg of cholesterol, 348 mg of sodium.

Other marinade ideas from The California Cook by Diane Rossen Worthington (use only limited amounts of oil):
- Rosemary, thyme, garlic, shallots, olive oil and fresh lemon juice
- Dijon mustard, orange zest, balsamic vinegar and chives
- Hoisin, scallions, dark sesame oil and ginger
- Sun-dried tomatoes, garlic, basil, capers and olive oil

Lemon and Rosemary Marinade

- ¼ cup dry Marsala wine
- 2 tablespoons fresh lemon juice
- 1 teaspoon olive oil
- 2 cloves minced garlic
- 1 tablespoon grated lemon peel
- 1 tablespoon chopped fresh rosemary (or 1 teaspoon of dried rosemary)
- ¼ teaspoon salt and pepper

Yield: 5 servings

Nutrition facts per serving: 28 calories, 0 grams of protein, 1.5 grams of carbohydrate, 0 grams of fiber, 1 gram of fat, less than 1 gram of saturated fat, 0 mg of cholesterol, 123 mg of sodium.
Heart-Healthy Basil Sauce

- 2 cups fresh basil leaves, loosely packed
- 2 cloves garlic
- ½ teaspoon ground black pepper
- 2 tablespoons fresh lemon juice
- 1 to 2 tablespoons water
- Salt-free seasoning blend to taste

1. Add basil, garlic and black pepper to food processor and pulse to coarsely chop ingredients. While continuing to pulse, slowly add lemon juice until paste forms. Add water, if necessary, to reach desired consistency.
2. Season to taste. Spoon over pasta or spread on bread for a tasty, low-calorie sandwich spread.

Yield: 6 servings

Nutrition facts per serving: 6 calories, 0 grams of protein, 0 grams of fat, 0 gram of saturated fat, 0 mg of cholesterol, 1 gram of carbohydrate, less than 1 gram of fiber, 1 mg of sodium.
Tomato Sauce

- 1 small onion, minced
- 1 large garlic clove, minced
- 2 tablespoon dry white wine
- 8 large ripe tomatoes, chopped
- 3 tablespoon chopped fresh basil
- 1 tablespoon chopped fresh Italian parsley
- Fresh ground pepper
- Low-sodium vegetable seasoning (optional)

1. Sauté minced onion and garlic in white wine until softened.
2. Add tomatoes, bring mixture to a boil and simmer 10 to 15 minutes, or until most of the liquid has evaporated (do not overcook).
3. Add basil, parsley and pepper.
4. Adjust seasonings with pepper and vegetable seasoning, if desired.
5. Serve over pasta or baked eggplant.

Yield: 8 servings

Nutrition facts per serving: 40 calories, 0% of calories from fat, 0 grams of fat, 0 grams of saturated fat, 0 mg of cholesterol, 2 grams of protein, 9 grams of carbohydrate, 2 grams of fiber, 30 mg of sodium.
Desserts and Snacks
Apple Crumble

**Topping**
- ¾ cup whole oats
- ¼ cup whole wheat pastry flour (or brown rice flour)
- ½ teaspoon ground cinnamon
- ¼ cup maple syrup or agave syrup
- 2 tablespoons neutral oil (canola or grapeseed)

**Filling**
- 6 medium apples, peeled, cored and chopped
- ¼ teaspoon ground cinnamon
- 2 tablespoons whole wheat pastry flour (or brown rice flour)
- 2 tablespoons maple syrup or agave syrup

*Variation: Substitute pears or another favorite fruit for the apples.*

1. Preheat oven to 350°.
2. Lightly spray 8-inch square pan with nonstick cooking spray.
3. In a medium bowl, mix together oats, flour and cinnamon. Add the syrup and oil and mix well.
4. In a large bowl, add the apples, cinnamon, and flour and mix to coat apples. Add syrup and toss well.
5. Place apples in prepared pan, top with crumble mixture and place in oven.
6. Bake 40 to 45 minutes or until crumble is lightly browned.

Yield: 9 servings

*Nutrition facts per serving: 152 calories, 24% of calories from fat, 4 grams of fat, 0 grams of saturated fat, 0 mg of cholesterol, 2 grams of protein, 30 grams of carbohydrate, 3 grams of fiber, 3 mg of sodium*
Banana “Ice Cream”

- 2 frozen bananas

1. Blend bananas in a food process about three minutes or until creamy.
2. Eat immediately for a soft-serve texture, or freeze for 30 to 60 minutes for a firmer frozen treat.

Variations, add one or more of the following:
- ½ cup frozen berries
- ¼ teaspoon cinnamon and a pinch of cardamom
- 1 tablespoon almond butter
- 1 teaspoon honey

Yield: 2 servings

Nutrition facts (without additions) per serving: 105 calories, 0% calories from fat, 0 grams fat, 0 grams of saturated fat, 0 mg of cholesterol, 1 gram of protein, 27 grams of carbohydrate, 3 grams of fiber, 0 mg of sodium.
Black Bean Brownies

- 15½ ounce can low-sodium black beans
- 1 tablespoon whole wheat pastry flour
- ½ cup sweetener of choice (sugar, sucralose, etc.)
- ½ cup of cocoa powder
- ½ teaspoon baking powder
- ¼ teaspoon baking soda
- ⅔ teaspoon salt
- ½ cup egg whites
- 3 tablespoons neutral-flavored oil (canola, grapeseed, etc.)
- 1½ teaspoons vanilla extract

1. Preheat oven to 350˚.
2. Coat an 8-inch square baking pan with cooking spray.
3. Blend all ingredients together in a food processor until smooth.
4. Bake for 30 minutes.

Yield: 16 servings

Nutrition facts per serving (with sugar): 80 calories, 34% of calories from fat, 3 grams fat, less than 0.5 grams of saturated fat, 0 mg of cholesterol, 2 grams protein, 12 grams of carbohydrate, 2 grams of fiber, 122 grams of sodium.

Nutrition facts per serving (with sucralose): 58 calories, 47% of calories from fat, 3 grams of fat, less than 0.5 grams of saturated fat, 0 mg of cholesterol, 2 grams of protein, 7 grams of carbohydrate, 2 grams of fiber, 122 grams of sodium.
Cranberry-Citrus Biscotti

- 1½ cups all-purpose flour
- 1 cup whole-wheat pastry flour
- ¾ cup granulated sugar
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- ¼ teaspoon salt
- Zest of one lemon
- ¾ cup egg whites
- 1 teaspoon vanilla
- ½ cup orange-flavored cranberries
- 1 tablespoon egg substitute

1. Preheat oven to 350°.
2. Mix first six ingredients together in a large mixing bowl.
3. Add egg substitute and vanilla and mix well.
4. Mix in cranberries.
5. Turn onto lightly floured work surface and gently knead dough five or six times.
6. Separate dough in half. Shape each half into a log and place on a baking sheet. Slightly flatten the top of the log. Brush with remaining egg substitute.
7. Bake in oven until lightly golden (about 10 to 12 minutes).
8. After removing from oven, let cool slightly, then, slice into ¼ inch pieces. Arrange pieces on baking sheet and return to oven for additional 10 minutes.
9. Remove from oven and enjoy warm or cool and store in an airtight container.

Yield: 24 cookies

Nutrition facts per serving: 80 calories, 0% of calories from fat, 0 grams of fat, 0 grams of saturated fat, 0 mg of cholesterol, 2 grams of protein, 18 grams of carbohydrates, 1 grams of fiber, 68 mg of sodium.
Gingerbread

- ⅔ cup nonfat plain yogurt
- ⅓ cup unsweetened applesauce
- ⅓ cup egg whites
- 3 tablespoons brown sugar
- 2 tablespoons molasses
- ¾ cup whole wheat flour
- ¾ cup unbleached all-purpose flour
- 1 tablespoon + 1 teaspoon ground ginger
- 1 teaspoon cinnamon
- ½ teaspoon ground cloves
- ¾ teaspoon baking soda
- 1 teaspoon baking powder
- ¼ teaspoon salt

1. Preheat oven to 350˚.
2. Prepare a 9-inch round or 8-inch square cake pan with either nonstick or lightly sprayed with nonstick spray.
3. In a medium bowl, combine sour cream, applesauce, egg substitute, brown sugar and molasses, and stir until smooth and well-blended.
4. In another medium bowl, stir together whole wheat flour, all-purpose flour, ginger, cinnamon, cloves, baking soda, baking powder and salt. Sift them onto a sheet of wax paper.
5. Add dry ingredients to the sour cream mixture and stir just until blended. Do not over mix: A few lumps are okay.
6. Spread the batter evenly in the prepared pan, and then bake until the gingerbread has risen to the top of the pan and a toothpick inserted in the center comes out clean (about 25 minutes).
7. Cool 30 minutes before cutting into wedges or squares.
Gingerbread (continued)

Yield: 8 servings

Nutrition facts per serving: 122 calories, 7% of calories from fat, 1 grams of fat, 0 grams of saturated fat, 0 mg of cholesterol, 4 grams of protein, 27 grams of carbohydrate, 267 mg of sodium.
No-Bake Peanut Butter Balls

- ½ cup natural peanut butter
- ½ cup honey
- ¾ cup nonfat dry milk
- ¾ cup wheat germ
- ½ cup raisins (optional)

1. Blend the peanut butter and honey. Add the milk and wheat germ. Mix well. Add additional milk if mixture is too dry.
2. Shape mixture into balls the size of a walnut. If desired, roll the balls in additional wheat germ.

Yield: 16 balls

Nutrition facts per serving: 130 calories, 31% of calories from fat, 4.5 grams of fat, 0.5 mg of saturated fat, 0 mg of cholesterol, 5 grams of protein, 18 grams of carbohydrate, 2 grams of fiber, 50 mg of sodium.
Poached Pears

- 2 firm pears, peeled and cut in half lengthwise
- 2 tablespoons lemon juice
- 1 cup water
- ½ cup red wine
- ¼ cup honey
- ¼ teaspoon vanilla extract
- ¼ teaspoon cinnamon

1. Remove the cores of the pears.
2. Coat peeled and cored pears with lemon juice.
3. Over low heat in a medium saucepan, warm the water, wine, honey, vanilla and cinnamon.
4. Add pears with the cut side down and cover.
5. Simmer about 15 minutes or until a fork easily pierces through the pears.
6. Remove pears to a plate.
7. Turn up heat to medium and cook liquid until it reduces by half.
8. Pour liquid over pears.
9. May be served immediately or when cooled.

Yield: 4 servings

Nutrition facts per serving: 140 calories, 0% calories from fat, 0 grams fat, 0 grams of saturated fat, 0 mg of cholesterol, 0 grams of protein, 32 grams carbohydrate, 3 grams of fiber, 0 mg of sodium.
Pumpkin Cheesecake Squares

Crust
- 1 box white or yellow cake mix
- ¼ cup egg substitute
- 2 teaspoon pumpkin pie spice
- 1 tablespoon water

Cheesecake
- 16-ounce can pumpkin
- 8 ounces fat-free cream cheese
- 1 can fat-free sweetened condensed milk
- 2 teaspoons pumpkin pie spice
- ½ cup egg substitute
- 2 tablespoons or less chopped topping – walnuts, pecans, toffee, grape nuts

1. Combine cake mix, egg, spice and water until crumbly but not sticky. Press mixture into a 9 x 13 inch pan.
2. For cheesecake portion, blend all ingredients except nuts until smooth. Pour mixture on top of crust. Sprinkle with topping.
3. Bake at 350° for 20 to 30 minutes. Store in refrigerator.

Yield: 12 servings

Nutrition facts per serving: 320 calories, 10% of calories from fat, 3.5 grams of fat, 1 gram of saturated fat, 5 mg of cholesterol, 9 grams of protein, 561 grams of carbohydrate, 1 gram of fiber, 430 mg of sodium.
Smoothies

Combine
- 1 cup frozen or fresh fruit
- 1 banana
- ½ cup 100% fruit juice

Add one of the following
- 1 cup flavored fat-free yogurt
- ½ cup tofu
- 1 cup nonfat milk or soymilk

1. Blend all ingredients in a blender or food processor.
2. If your fruit is not frozen, add ice cubes.

Yield: 4 servings

Nutrition facts per serving (using frozen berries and yogurt): 150 calories, 0% of calories from fat, 0 grams of fat, 0 mg of saturated fat, 0 mg of cholesterol, 5 grams of protein, 33 grams of carbohydrate, 5 grams of fiber, 55 mg of sodium.

Options
- Tropical Twist (pineapple, banana, mango)
- Berries Blast (mixed berries, grape juice)
- Crazy Creation (strawberries, banana, small cooked sweet potato)
- Orange Freeze (6 ounces orange juice concentrate, 1 cup water, 1 cup nonfat milk, 1 teaspoon vanilla, ice)
- Pumpkin Pie (pumpkin, vanilla yogurt, pumpkin pie spice)
- Blue Moon Shake (chocolate soy milk, frozen blueberries)
Whole Wheat Banana Bread

- 1¼ cups whole wheat flour
- ½ cup brown sugar
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 2 bananas, mashed (about ¾ cup)
- ¼ cup fat-free milk
- 2 egg whites or ½ cup egg substitute
- ¼ cup applesauce, unsweetened
- ½ teaspoon vanilla extract

1. Mix together flour, brown sugar, baking soda and salt. In a second bowl, mix together mashed banana, milk, egg whites, applesauce and vanilla. Add the wet ingredients to the dry ingredients and stir.
2. Pour mixture into an 8 x 8 x 2 inch square pan sprayed with nonstick spray.
3. Bake at 350° for 10 to 20 minutes or until lightly browned.

Yield: 8 servings

Nutrition facts per serving: 140 calories, 0% of calories from fat, 0 grams of fat, 0 grams of saturated fat, 0 mg of cholesterol, 5 grams of protein, 32 grams of carbohydrate, 3 grams of fiber, 190 mg of sodium.
Eating a diet that is good for your heart can be fun, easy and delicious! For more ideas, visit these websites:

- goredforwomen.org
- heart.org
- nhlbi.nih.gov
- womenheart.org

Funded by a grant from the Nora Eccles Treadwell Foundation to the

**Women’s Cardiovascular Medicine Program**

A comprehensive resource for health care, education, outreach and research on women’s heart health

Lawrence J. Ellison Ambulatory Care Center
4860 Y Street, Sacramento, CA 95817
Consultations: 916-734-1966 • womenshearthealth.ucdavis.edu