Quick and simple heart-healthy recipes

Women’s Cardiovascular Medicine Program
The recipes in this booklet are some of the favorites from faculty, staff and patients of the UC Davis Cardiac Rehabilitation and Preventive Cardiology program for meeting daily nutrition recommendations to help reduce cardiac risk factors:

- Total fat 15 percent of total calories per day
- Saturated 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
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
- 11-ounce can corn, drained
- 1½ cups tomatoes, diced
- 3 tablespoons balsamic vinegar
- 2 tablespoons olive oil
- Salt or pepper to taste

1. Cook barley.
2. Prepare vegetables. 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: 230 calories, 20% of calories from fat, 5 grams of fat, 0.5 grams of saturated fat, 0 mg of cholesterol, 8 grams of protein, 41 grams of carbohydrate, 7 grams of fiber, 320 mg of sodium.
Bean and Corn Salad

- 15-ounce can black beans, drained and rinsed (1 1/2 cups)
- 11-ounce can corn, drained and rinsed (1 1/3 cups)
- 12-ounce jar of favorite salsa
- 1 bunch cilantro (1 cup chopped)

1. Mix all ingredients together in a bowl. 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: 110 calories, 0% of calories from fat, 0 grams of fat, 0 grams of saturated fat, 0 mg of cholesterol, 4 grams of protein, 23 grams of carbohydrate, 5 grams of fiber, 520 mg of sodium (to reduce sodium content, use no-salt-added beans and frozen corn).
Black Bean and Mango Salad

- 1 can black beans, rinsed and 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 melon balls
- 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, grated lime peel and juice separate

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

- 1½ cups fresh, frozen or canned 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
- 1 7-ounce can garbanzo beans, drained and rinsed
- 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; 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 sweet red pepper, chopped (or 4-ounce jar pimentos)
- ½ cup dark raisins
- 2 15-ounce cans garbanzo beans, drained (about 3½ cups)
- 2 tablespoons olive oil (optional)
- ¼ cup seasoned 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: 140 calories, 26% of calories from fat, 4 grams of fat, 0 grams of saturated fat, 0 mg of cholesterol, 4 grams of protein, 22 grams of carbohydrate, 4 grams of fiber, 440 mg of sodium (to reduce the sodium content, use no-salt-added beans).
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 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 seasoned 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, 690 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.
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, 8 grams of protein, 32 grams of carbohydrates, 5 grams of fiber, 2 grams of fat (11% of calories), < 1 gram of saturated fat, 3 mg of cholesterol, 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, 0.5 grams of saturated fat, 0 mg of cholesterol, 1.5 grams of fat, 5 grams of protein, 28 grams of carbohydrate, 3 grams of fiber, 250 mg of sodium.
Easy Enchiladas

- 6 low-fat flour tortillas
- 14-ounce can fat-free refried beans
- 4-ounce nonfat shredded cheese
- 10-ounce can green enchilada sauce (or more)
- Salsa (low fat, low sodium)

1. Mix together beans and cheese.
2. Place mixture in each tortilla. Place tortillas in baking pan.
3. Top tortillas with enchilada sauce.
4. Bake in 350˚ degree oven for 20 to 25 minutes or until heated.
5. Add salsa as desired.

Yield: 6 servings

Nutrition facts per serving: 250 calories, 18% of calories from fat, 5 grams of fat, 1 gram of saturated fat, 5 mg of cholesterol, 13 grams of protein, 38 grams of carbohydrate, 5 grams of fiber, 1210 mg of sodium (to reduce the sodium content, use no-added-salt beans).
Grilled Cheese with Tomato and Basil

- 1 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)
- 1 16-ounce package extra firm tofu, drained and crumbled
- 2 15-ounce cans of beans (kidney, pinto, white, black), drained and rinsed
- 1 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
- ½ 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 ¼-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 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
- 1 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 2 tablespoons Worcestershire sauce
- 1/3 cup canned low-sodium chicken broth
- 2 tablespoons no-salt-added tomato paste
- 1 1/2 pounds ground turkey breast (99% fat free)
- 1/2 cup dry whole wheat bread crumbs
- 1/2 cup egg whites or egg substitute
- 1/2 cup 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, 32 grams of protein, 19 grams of carbohydrates, 3 grams of fiber, 2 grams of fat, less than 1 gram of saturated fat, 45 mg of cholesterol, 759 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
- 1 cup salsa
- 2 tablespoons chili powder
- 2½ teaspoons ground cumin
- 1½ teaspoons dried oregano
- ¼ teaspoon salt (optional)
- 2 16-ounce cans pinto beans and/or kidney beans, drained and rinsed
- 14½-ounce can 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, 955 mg of sodium (to reduce the sodium content, use no-salt-added beans).
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)
- 1 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 fat-free Italian dressing
- 1 heaping teaspoon of minced garlic

1. Slice Portobello mushrooms and soak in marinade for 1 to 2 hours.
2. After marinating, 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: 90 calories, 5% of calories from fat, 0.5 grams of fat, 0 grams of saturated fat, 0 mg of cholesterol, 2 grams of protein, 9 grams of carbohydrate, 1 gram of fiber, 440 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 carbohydrates, 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 1/3 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

- 16-ounce can no-salt-added red kidney beans, drained, rinsed
- 16-ounce can pinto beans, drained, rinsed
- 16-ounce can chickpeas or garbanzo beans, drained, rinsed
- ¾ cup barbeque sauce
- 2 tablespoons 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 them 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: 260 calories, 1% of calories from fat, 0.5 grams of fat, 0 grams of saturated fat, 0 mg of cholesterol, 13 grams of protein, 26 grams of carbohydrate, 6 grams of fiber, 15 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
- 1 8-ounce can plain tomato sauce
- 2 tablespoons seasoned rice vinegar
- 1 clove garlic, minced
- ½ cup celery, diced
- ½ red pepper, diced

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 to 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: 170 calories, 8% of calories from fat, 1.5 grams of fat, 0 grams of saturated fat, 0 mg of cholesterol, 5 grams of protein, 39 grams of carbohydrate, 10 grams of fiber, 470 mg of sodium (to reduce the sodium content, omit the salt and use no-added-salt tomato sauce).

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 seasoned 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
- 1½ teaspoons minced garlic
- ¾ teaspoons dried dill
- ¼ teaspoons grated lemon peel
- ⅛ 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˚ 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
- 1½ 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

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

- ½ cup low-sodium chicken broth
- 5 pounds of russet potatoes
- 1 8-ounce package fat-free cream cheese
- 1 cup evaporated skim milk
- 1/3 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 carbohydrates, 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.
Savory Butternut Squash

- 1 butternut squash (about 1 ¾ 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 chicken stock or vegetable broth, low sodium
- 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 tablespoon light soy sauce
- 1 tablespoon olive oil
- ¼ teaspoon salt
- 2 tablespoons dried thyme (or 2 teaspoons of fresh 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): 45 calories, 60% of calories from fat, 3 grams of fat, 0 grams of saturated fat, 0 mg of cholesterol, 1 gram of protein, 4 grams of carbohydrate, 1 gram of fiber, 650 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
- 4 tablespoon water
- 2 teaspoons oil
- 4 green onions, sliced

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, < 1 gram of saturated fat, 0 mg of cholesterol, 348 mg of sodium.

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, < 1 gram of saturated fat, 0 mg of cholesterol, 123 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
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 carbohydrates, <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
No-Bake Peanut Butter Balls

- ½ cup natural peanut butter
- ½ cup honey
- ¾ cup nonfat dry milk
- ¼ 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.
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

- 1 ¼ 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:

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