

Be Sweet to Your Heart!



Intermountain®
Heart Institute

Intermountain Medical Center



enrique

Contributors

- Artwork:** Parkside Elementary, Grades 4 through 6
- Healthy Choices:** Amanda Hindoian, RD, CD, Dietitian, & Jillian Scott, RD, CD, Dietitian, Intermountain Heart Institute at Intermountain Medical Center
- Recipes:** Kary Woodruff, MS, RD, CD, CSSD, Dietitian, & Kristi Spence, MS, RD, CD, CSSD Dietitian, TOSH – The Orthopedic Specialty Hospital
- Editing & Research:** Katherine Stoner, BS, Public Health, Westminster College
- Nutrition Information:** Ellie Stranger, Dietetic Student, Brigham Young University

Contents:

Healthy Snacks -5

Appetizers -11

Soups & Salads -17

Vegetables, Grains and Beans -27

Main Dishes -33

Heart Healthy

Foods!



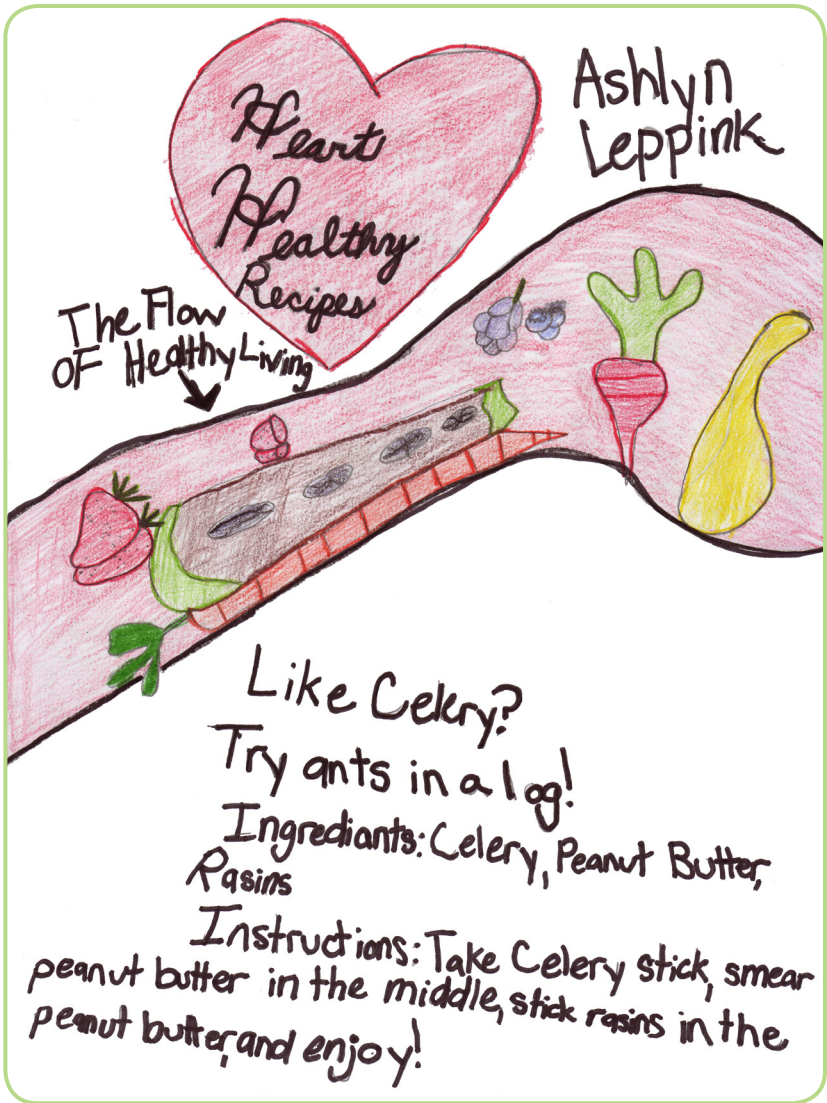
Parade Isle.
4th Gr.
Ashlyn King

5 Great Choices for My Heart

- **RED FRUITS AND VEGETABLES** — Lycopene gives these fruits and veggies their bright red color. This antioxidant helps reduce the risk of having a heart attack.
- **FEATHERS AND FINS** — Poultry and fish are excellent lean sources of protein. Just be sure to avoid eating the skin.
- **NUTS** — These are a great vegetarian source of protein, and also provide good types of fat.
- **OLIVE OIL** — This monounsaturated fat is one of the best types of fat to use in cooking. It provides flavor without the negative side effects for your heart.
- **WHOLE GRAINS** — These don't leave anything out. They have the fiber, vitamins, and minerals that you need to help lower your cholesterol.

5 Foods to Avoid

- **THE SALT SHAKER** — This tool can add much unwanted sodium to your diet and may raise your blood pressure.
- **HIGH FAT MEATS** — Typically known as red meats, these are high in saturated fats and should be limited.
- **SOLID FATS** — Everyone's favorites: butter, lard, and bacon are solid saturated fats. They will raise your cholesterol and risk for heart attack.
- **SIMPLE SUGARS** — Empty calories found in candy, cookies, and soda add to your waistline without adding nutrition. These extra pounds put you at greater risk for developing heart disease.
- **REFINED GRAINS** — These grains are only two-thirds of the whole, giving you the calories without the fiber and B vitamins.



Healthy SNACKS

Almond Butter Banana Roll

- 4 slices whole wheat or whole grain bread
- 2 peeled bananas, ends trimmed
- ½ cup almond butter, peanut butter or apple butter

1. Remove crusts from bread.
2. Lay 2 slices of bread on the counter next to each other, slightly overlapping to create 1 big rectangle.
3. Push together at the overlap and roll with a rolling pin to flatten.
4. Spread an even layer of almond butter, apple butter or peanut butter on the bread.
5. Roll up the bread around the banana.
6. Slice each log into 6 even pieces, much like a sushi roll.
7. Repeat with the remaining bread slices and banana and serve.

Serves 4:

Serving size: 3 pieces

Calories:	313	Sodium:	313mg
Total Fat:	17g	Carbohydrates:	35g
Saturated Fat:	3g	Fiber:	6g
Trans Fat:	0	Sugars:	12g
Cholesterol:	5mg	Protein:	12g

Apple Zucchini Bread

- 1 cup whole wheat pastry flour (you can also use whole wheat flour for a denser bread)
- $\frac{3}{4}$ cup all purpose flour
- 2 tsp baking soda
- 1 tsp cinnamon
- $\frac{1}{2}$ tsp freshly ground nutmeg
- $\frac{1}{2}$ tsp ground cloves
- $\frac{1}{2}$ tsp salt
- 2 large eggs, beaten
- $\frac{1}{4}$ cup canola oil
- $\frac{1}{4}$ cup water
- 1 scant cup sugar
- 1 $\frac{1}{4}$ cup shredded zucchini, drained
- 1 apple, peeled and thinly sliced
- $\frac{3}{4}$ cup toasted walnuts (optional)

1. Preheat oven to 350° F and spray a 9-inch loaf pan with cooking spray.
2. Grate the zucchini using a box grater over several paper towels. To drain, simply cover the shredded zucchini with additional paper towels and press to remove excess water.
3. In a medium bowl, combine the flours, baking soda, salt, and spices.
4. In a second bowl, combine the eggs, canola oil, water, sugar, and zucchini.
5. Add the dry ingredients to the wet ingredients. Mix gently but thoroughly. Fold in the apples and walnuts (optional).
6. Using a spatula, scoop batter into prepared loaf pan.
7. Bake 55–60 minutes, until a cake tester comes out clean.

Serves 12

Serving Size: 1 slice

Calories:	162	Sodium:	320mg
Total Fat:	6g	Carbohydrates:	27g
Saturated Fat:	1g	Fiber:	1.5g
Trans Fat:	0g	Sugars:	14g
Cholesterol:	31mg	Protein:	3g

Healthy & Tasty Granola Bars

- 1 cup old-fashioned rolled oats
- 1 tbsp flaxseeds
- 2 tbsp wheat germ
- 2 tsp chia seeds (optional)
- 1 cup unsweetened whole grain puffed cereal (i.e. Kashi)
- ¼ cup dried cherries
- 2 tbsp raisins
- ¼ cup almonds or walnuts, coarsely chopped
- ¼ cup creamy almond butter
- ¼ cup turbinado sugar (or brown sugar)
- ¼ cup honey
- ½ tsp vanilla extract
- ⅛ tsp salt

1. Lightly grease an 8×8 pan with cooking spray.
2. Combine oats, flaxseeds, wheat germ, chia seeds, cereal, dried cherries, raisins and nuts in a large bowl.
3. Combine almond butter, sugar, honey, vanilla, and salt in a small saucepan. Heat over medium-low, stirring frequently for 4–5 minutes or until lightly bubbling.
4. Pour almond butter mixture over oat mixture and carefully mix with a rubber spatula or spoon.
5. Press mixture into prepared pan, smoothing the top evenly. Refrigerate until firm, about 30 minutes. Cut into 10 bars.

Recipe Credit: Jennifer Burns, Chef, Fox 13

Serves 10

Serving size: 1 bar

Calories:	173	Sodium:	44mg
Total Fat:	6g	Carbohydrates:	27g
Saturated Fat:	0.5g	Fiber:	4g
Trans Fat:	0	Sugars:	15g
Cholesterol:	0	Protein:	4g

Kale Chips

- 1 bunch kale, thoroughly washed and cut into small pieces
- 1 tbsp olive oil
- Pepper, to taste
- ¼ cup grated Parmesan

1. Preheat oven to 350° F.
2. In a large bowl, mix together the kale with the olive oil and pepper.
3. Spread kale out on baking sheet evenly. Bake for 10 minutes, until starting to crisp, remove from oven and sprinkle with Parmesan.
4. Return to oven for another 5 minutes. Enjoy!

Serves 4

Serving size:
2 handfuls

Calories:	82	Sodium:	110mg
Total Fat:	5g	Carbohydrates:	6.5g
Saturated Fat:	1.4g	Fiber:	1g
Trans Fat:	0	Sugars:	0
Cholesterol:	4mg	Protein:	4g

strawberry Banana Parfait

- ½ small ripe banana, mashed
- ⅛ tsp vanilla
- ⅓ cup plain non-fat yogurt
- ½ cup sliced fresh strawberries
- ½ cup complete bran or wheat flakes ready-to-eat cereal

1. Stir banana and vanilla into yogurt.
2. In one 10–12 oz glass, alternately layer the yogurt mixture, strawberries and cereal. Serve immediately.

Good cereals to use include Kellogg's All-Bran Original and Post Bran Flakes

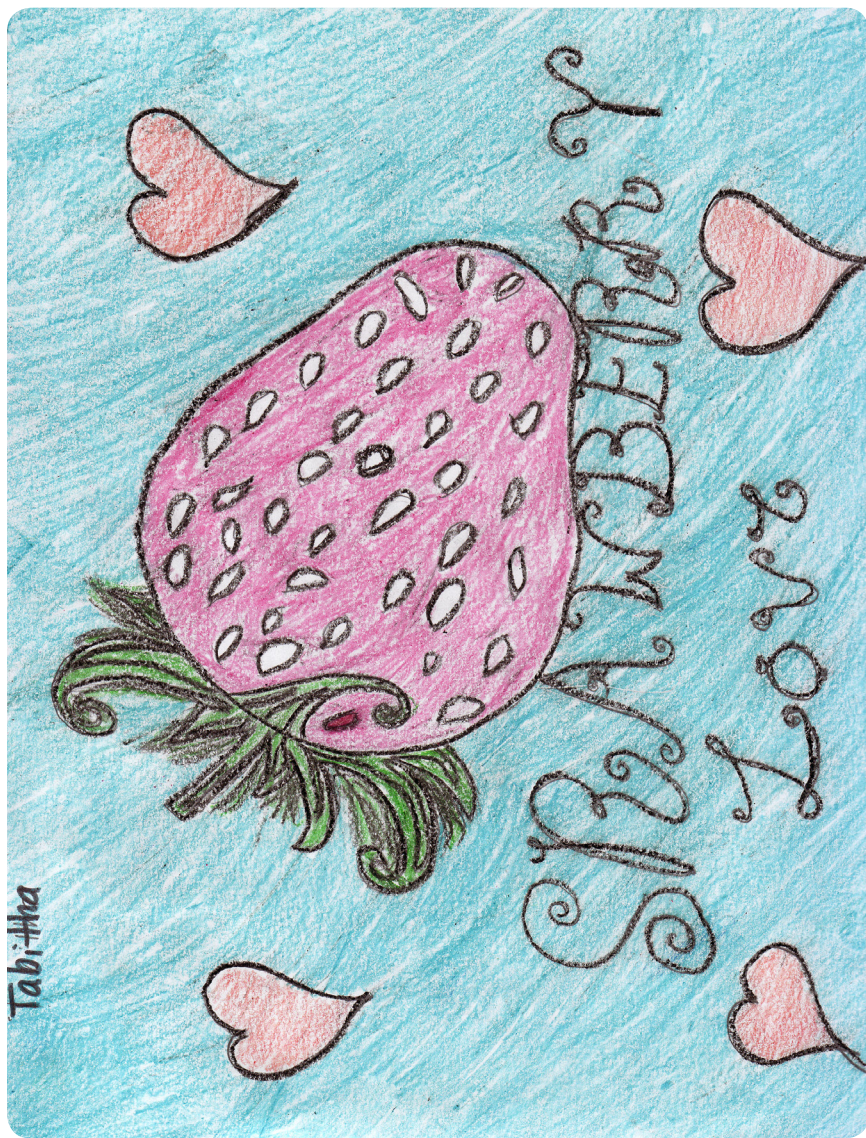
Recipe Credit: ChooseMyPlate.gov



Serves 1

Serving size: 1 parfait

Calories:	268	Sodium:	268mg
Total Fat:	1g	Carbohydrates:	56g
Saturated Fat:	0	Fiber:	8.5g
Trans Fat:	0	Sugars:	31g
Cholesterol:	4mg	Protein:	12g



APPETIZERS

Caprese Skewers

- 40 cherry or grape-sized tomatoes (a colorful variety can be lots of fun)
 - 1 container (about 20 pieces) fresh mozzarella balls, small (often called bocconcini). Note: If you can't find the small-sized pieces, cut a larger log into pieces to match the size of your tomatoes
 - 20 large fresh basil leaves, washed and dried
 - 20 small skewers
 - 1 tbsp balsamic vinegar
 - 1 tbsp olive oil
1. With the pointed end of the skewer, pierce one tomato and slide toward the top end. Next add the piece of fresh mozzarella.
 2. Fold the basil leaf into thirds (accordion style) and add that to the skewer, followed by a second tomato. If your skewers are short, simply use one tomato.
 3. Arrange on a platter and drizzle with the olive oil and balsamic vinegar.
 4. Add a dash of freshly ground black pepper, to taste.

A perfect appetizer for a crowd!

Serves 20

Serving size: 1 skewer

Calories:	58	Sodium:	202mg
Total Fat:	0.8g	Carbohydrates:	2.5g
Saturated Fat:	0.8g	Fiber:	1.4g
Trans Fat:	0g	Sugars:	1g
Cholesterol:	5mg	Protein:	10g

Crostinis with Roasted Beets & Goat Cheese

- 1 bunch fresh beets, trimmed and washed
- Olive oil
- Pepper
- 1 whole wheat baguette
- 1 3–4 oz log plain goat cheese
- Lemon juice (1 lemon)

1. Preheat oven to 350° F. Rub the beets with olive oil, sprinkle with pepper and cover in foil. Place in oven until tender, about 1–1 ½ hours. Remove and let cool.
2. Peel beets (a paper towel will help take the skins right off), and slice thinly. Place in a medium bowl, sprinkle with balsamic vinegar and pepper. Set aside.
3. When beets are almost done roasting, slice the baguette thinly, place on a baking sheet, and broil for a few minutes until just starting to lightly brown. Remove from oven.
4. Mash the goat cheese in a bowl with the lemon juice to form a spread.
5. Spread a thin layer of goat cheese on the crostinis, and top with 1 or 2 slices of beets.

Variation: Top beet slices with a leaf of basil.

Serves 5

Serving size: 2 pieces

Calories:	189	Sodium:	364mg
Total Fat:	5.5g	Carbohydrates:	28g
Saturated Fat:	1.9g	Fiber:	3.8g
Trans Fat:	0	Sugars:	4g
Cholesterol:	4.6mg	Protein:	7.5g

Ginger Lime Chicken Skewers

- 2 boneless, skinless chicken breasts cut lengthwise into 3 strips, or 6 chicken tenderloins.

For the marinade:

- 1 tbsp canola oil
 - ½ tsp crushed red pepper flakes
 - 2 tbsp soy sauce (low sodium)
 - 1 tsp fresh ginger, minced
 - 1 clove garlic, minced
 - Lime juice (1 lime)
1. Place a skewer through each chicken strip. Place on a plate or in a plastic container.
 2. Whisk all marinade ingredients together and pour over chicken skewers.
 3. Cover and refrigerate chicken for 1–2 hours.
 4. Preheat oven to 375° F.
 5. Roast chicken skewers until cooked through, about 15 minutes. Grilling is also a great option.

Recipe Credit: Kristi Spence

Serves 6

Serving size: 1 skewer

Calories:	77	Sodium:	378mg
Total Fat:	4g	Carbohydrates:	1g
Saturated Fat:	1g	Fiber:	0g
Trans Fat:	0	Sugars:	0g
Cholesterol:	25mg	Protein:	8.9g

Thai Spring Rolls with Peanut Asian Dipping Sauce

- 12 spring roll wrappers
- ½ cup bean sprouts
- ¼ head of green cabbage, chopped
- 5 green onions, chopped
- 1 cup thin noodles, pre-cooked (rice, Chinese or bean thread noodles)
- ¼ cup fresh herbs (cilantro, basil or mint)
- ¼ cup carrots, julienned
- ¼ cup unsalted peanuts, crushed
- 3 tbsp soy sauce (low sodium)
- 2 tbsp all natural peanut butter
- 1 tsp lime or lemon juice
- 2 tsp honey
- 1 tsp sesame oil
- ½ tsp fresh ginger, grated

1. Submerge spring roll wrappers in hot water until pliable, about 15 seconds.
2. Place a small amount of the bean sprouts, cabbage, onions, noodles, herbs, carrots and peanuts in the wrappers.
3. Tuck in the sides securing the ingredients, then roll forward.
4. In a small bowl, mix the soy sauce, peanut butter, lime or lemon juice, honey, sesame oil and ginger.
5. Serve spring rolls with dipping sauce.

Recipe Credit: Jennifer Burns, Chef, Fox 13

Serves 12

Serving size: 1 roll

Calories:	135	Sodium:	265mg
Total Fat:	4g	Carbohydrates:	20g
Saturated Fat:	1g	Fiber:	1.5g
Trans Fat:	0	Sugars:	3g
Cholesterol:	4mg	Protein:	5g

White Bean Bruschetta

- 1 whole wheat baguette
- ¼ cup olive oil, divided
- 1 cup white onion, chopped
- 4 cloves garlic, minced
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 cup canned navy beans (low sodium), rinsed and drained
- 2 tomatoes, cored and cubed
- 2 tbsp balsamic vinegar

1. Slice the baguette on the diagonal into about 12 thin slices.
2. In a large sauté pan, heat 2 tbsp of the olive oil over medium heat. Place the bread slices in the pan and cook on medium-high heat until sizzling and golden.
3. Just before flipping the bread, add an additional tbsp of olive oil to the pan. Flip the bread and cook second the side until golden.
4. Cook the onions and the remaining tbsp of olive oil over medium heat in a medium sauté pan until the onions are very soft, about 7 minutes.
5. Add the garlic, basil and oregano and cook another minute or two, until fragrant.
6. Add the beans and continue cooking for another five minutes on low heat.
7. Add the tomatoes and turn off the heat, allowing tomatoes just to take on the warmth of the pan without cooking.
8. Drizzle the balsamic vinegar into the pan and gently stir.
9. To serve, scoop heaping spoonfuls of the tomato-bean mixture onto the grilled bread and enjoy.

Recipe Credit: ChooseMyPlate.gov

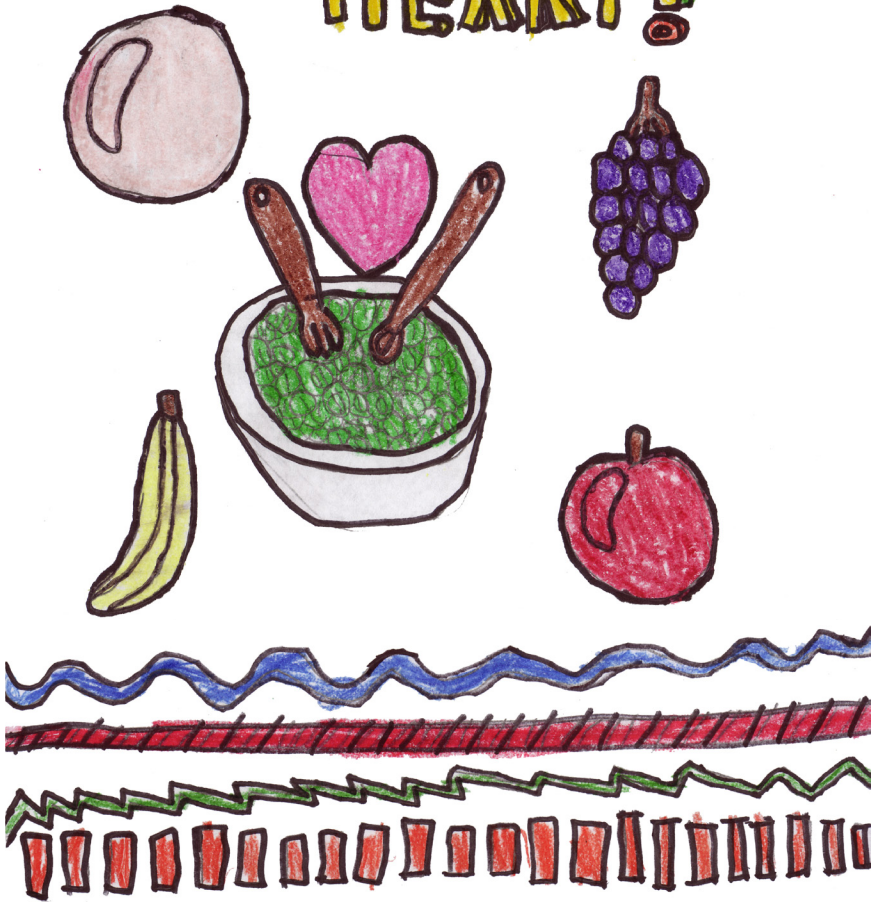


Serves 5

Serving size: 2 pieces

Calories:	300	Sodium:	316mg
Total Fat:	12g	Carbohydrates:	41g
Saturated Fat:	1.6g	Fiber:	7g
Trans Fat:	0	Sugars:	6g
Cholesterol:	0	Protein:	9g

HEALTHY TO THE ^{Gabe} HEART!



Soups and SALADS

Black Bean & Spinach Salad with Feta, Avocado & Crispy Carrots

- 2 cups dry black beans (or a can of low-sodium beans, well rinsed)
 - 1 cup cherry or grape tomatoes, quartered
 - 3 cups fresh spinach, stems removed and chopped
 - ½ cup crumbled feta cheese
 - 1 avocado, sliced and cubed
 - 1 carrot, peeled into thin strips
 - 2 tsp canola oil
 - 2 tsp cilantro, chopped
 - ¼ cup fresh chili verde salsa (or other fresh salsa)
 - Lime juice (½ lime)
1. Rinse and pick over the beans removing any small pebbles or withered beans. Cover with cold water and soak 2–4 hours (or overnight).
 2. Drain the soaking water, and pour the beans into a pot with 6 cups cold water. Bring to a boil, then simmer until firm but tender, about 90 minutes. (You don't want the beans crunchy or mushy).
 3. Remove from heat, drain and rinse with cold water. Heat canola oil in a sauté pan and add the peeled carrots. Cook over medium to low heat, stirring occasionally to avoid burning. When the carrots have wilted and “crisped” a bit, drain on a plate lined with paper towel. (This will drain any excess oil and allow the carrots to “dry” before you top the salad).
 4. Combine beans, spinach, tomato, salsa, lime juice, and cilantro.
 5. Fold in the feta cheese and top with crispy carrots and avocado cubes.

Eliminate steps 1–3 by rinsing and draining a can of black beans. While this works well, there is a texture and taste difference between canned and dry beans.

Serves 8

Serving size:
1 salad plate

Calories:	235	Sodium:	138mg
Total Fat:	7g	Carbohydrates:	33g
Saturated Fat:	2g	Fiber:	13g
Trans Fat:	0	Sugars:	2g
Cholesterol:	5.5mg	Protein:	12g

Broccoli Soup

- 1 large onion, diced
- 1 stalk celery, diced
- 3 cloves garlic, minced
- 1 tbsp butter
- 3 heads broccoli
- 6 cups chicken stock (low sodium)
- Pepper, to taste
- Cayenne pepper, to taste

1. Sauté the onion, celery and garlic in butter.
2. Cook until translucent.
3. Trim broccoli to 1-inch pieces, blanch in water.
4. Add broccoli and chicken stock to vegetable mixture. Simmer for 10 minutes.
5. Puree in blender, then pass in strainer.
6. Season the soup to taste with pepper and cayenne pepper. Serve hot.

Recipe Credit: ChooseMyPlate.gov



Serves 6

Serving size: 1 bowl

Calories:	143	Sodium:	201mg
Total Fat:	4g	Carbohydrates:	22g
Saturated Fat:	2g	Fiber:	7g
Trans Fat:	0	Sugars:	7g
Cholesterol:	10mg	Protein:	10g

Bulgur Chickpea Salad

- 1 ¼ cup water
- 1 cup coarse bulgur wheat
- 1 tsp dried parsley
- 1 tsp minced onion
- 1 tsp soy sauce (low sodium)
- ½ cup chopped green onions
- ½ cup raisins (may also use currants or raisins)
- ½ cup chopped carrots
- ¾ cup canned chickpeas, drained and rinsed

DRESSING:

- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tbsp soy sauce (low sodium)
- 1 garlic clove, minced
- Black pepper, to taste

1. In a medium saucepan, bring water to boil. Stir in bulgur, parsley, minced onion, and soy sauce; reduce heat to low and cover. Simmer 15–20 minutes (until all water is absorbed and bulgur is not too crunchy).
2. Remove from heat and allow to cool; fluff with fork.
3. Combine dressing ingredients; stir well.
4. Pour bulgur mixture into a large bowl. Pour dressing over bulgur and mix well.
5. Stir in green onions, raisins, carrots, and chickpeas.
6. Cover and chill several hours.

Bulgur wheat is a whole wheat grain that has been cracked and partially pre-cooked.

Recipe Credit: ChooseMyPlate.gov



Serves 3

Serving size:
1 salad plate

Calories:	287	Sodium:	397mg
Total Fat:	10g	Carbohydrates:	45g
Saturated Fat:	1g	Fiber:	7g
Trans Fat:	0	Sugars:	23g
Cholesterol:	0	Protein:	6g

Butternut Squash & Leek Soup

- 1 medium butternut squash, peeled, seeds removed and cut into 2-inch cubes
- 2 pears, ripe but firm, peeled and cut into 2-inch cubes
- 1 large leek, light green and white parts only, rinsed and sliced
- 2 cloves garlic, peeled but left whole
- 2–3 tbsp olive oil
- 4 cups chicken broth (low sodium)
- Pepper, to taste

GARNISH:

- Basil pesto -OR-
- ½ tsp nutmeg and crumbled feta cheese

1. Preheat oven to 350° F.
2. In a large stock pot, combine cut squash, pears, leek, and garlic with 2–3 tbsp olive oil (enough to coat vegetables) and pepper. Spread onto a rimmed baking sheet and roast in 350° oven for 60 minutes or until tender and very fragrant.
3. Return veggies to the stock pot and add chicken broth. Using an immersion blender, puree veggies until the soup is of uniform consistency. (If you are not using an immersion blender, use a standard blender and combine ½ the veggies with ½ the broth, blend and add to stock pot. Repeat with remaining vegetables and broth).
4. Simmer and season with pepper.
5. Now you have two options: Ladle soup into bowls and stir 1 tsp fresh basil pesto into each bowl. Or, season the entire batch with nutmeg and serve each topped with crumbled feta cheese.

Serves 6

Serving size: 1 bowl

Calories:	140	Sodium:	104mg
Total Fat:	8g	Carbohydrates:	16g
Saturated Fat:	2g	Fiber:	3g
Trans Fat:	0	Sugars:	6g
Cholesterol:	4mg	Protein:	3g

Chicken & Dumpling Soup

SOUP:

- 2 tbsp vegetable oil
- 2 cups carrot, chopped
- 1 cup onion, chopped
- 1 cup celery, chopped, including some leaves
- 2 quarts chicken broth (fat free, low sodium)
- 2 cups cooked chicken breast, shredded
- ½ tsp black peppercorns
- ½ tsp dried thyme
- 2 bay leaves
- 2 cups fresh spinach leaves, coarsely chopped

DUMPLINGS:

- 1 cup whole wheat flour
- 1 cup all-purpose flour
- ¾ cup skim milk
- ¼ cup Egg Beaters

1. Heat oil in dutch oven or soup kettle over medium-high heat. Sauté carrot, onion and celery for 5 minutes.
2. Stir in broth, chicken, peppercorns, thyme and bay leaves. Reduce heat to low; simmer, partially covered for 20 minutes.
3. Meanwhile, in small bowl, mix dumpling ingredients until well blended. Drop small spoonfuls of dumpling dough into simmering soup.
4. Cover soup and allow dumplings to cook for about 20 minutes (they will rise to the top of the soup as they cook).
5. Remove bay leaves and stir in spinach before serving.

Recipe Credit: ChooseMyPlate.gov



Serves 8

Serving size: 1 bowl

Calories:	232	Sodium:	289mg
Total Fat:	5g	Carbohydrates:	31g
Saturated Fat:	1g	Fiber:	4g
Trans Fat:	0	Sugars:	4g
Cholesterol:	22mg	Protein:	15g

Edamame & Quinoa Salad

- 1 cup quinoa
- 2 cups vegetable broth (low sodium)
- 2 cups frozen shelled edamame, thawed (10 oz)
- 1 tbsp freshly grated lemon zest
- 2 tbsp lemon juice
- 2 tbsp extra-virgin olive oil
- 2 tbsp chopped fresh tarragon or 2 tsp dried
- ½ cup drained and diced, fresh roasted red peppers (3 oz)
- ¼ cup walnuts, chopped and toasted

1. Toast quinoa in a dry skillet over medium heat, stirring often, until it becomes aromatic and begins to crackle, about 5 minutes.
2. Meanwhile, bring broth to a boil in a medium saucepan over high heat. Add quinoa and return to a boil. Cover, reduce heat to a simmer and cook gently for 8 minutes.
3. Remove the lid and, without disturbing the quinoa, add edamame. Cover and continue to cook until the edamame and quinoa are tender, 7–8 minutes longer. Drain any remaining water, if necessary.
4. Whisk lemon zest and juice, oil, and tarragon in a large bowl.
5. Add peppers and the quinoa mixture.
6. Toss to combine and top with walnuts.

Edamame are fresh green soybeans from the pod.

Quinoa is a whole grain with a high protein content.

Serves 6

Serving size:
1 salad plate

Calories:	190	Sodium:	55mg
Total Fat:	11g	Carbohydrates:	15g
Saturated Fat:	1	Fiber:	3.5g
Trans Fat:	0	Sugars:	2g
Cholesterol:	0	Protein:	8g

Golden Barley Fruit Salad

- 1 cup pearl barley
- 2 ½ cups orange juice
- 1 tsp grated orange peel
- 1 small ripe papaya, peeled, seeded and cut into small pieces
- 1 ripe mango, peeled, seeded and cut into small pieces
- 1 cup fresh pineapple cubes
- ½ cup finely chopped fresh mint leaves
- 3 tbsp fresh lime juice
- 1 tbsp honey
- 2 tsp peeled and finely chopped fresh ginger
- Additional fresh mint leaves, for garnish

1. In a medium saucepan with lid, bring orange juice and orange peel to a boil. Add barley and return to boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. Cool.
2. In a medium bowl, combine papaya, mango, pineapple, mint, lime juice, honey and ginger. Cover and chill to blend flavors.
3. Stir 1 cup of chilled fruit mixture into cooled barley. Pack barley mixture into 6 custard cups. Chill.
4. To assemble salads, turn out packed barley mixture onto individual salad plates and spoon additional fruit mixture around each. Garnish with fresh mint leaves and serve.

Recipe Credit: National Barley Council, barleyfoods.org

Serves 6

Serving size:
1 salad plate

Calories:	179	Sodium:	15mg
Total Fat:	0.5g	Carbohydrates:	44g
Saturated Fat:	0	Fiber:	3g
Trans Fat:	0	Sugars:	19g
Cholesterol:	0	Protein:	1g

Grilled Corn & Tomato Salad

- 2 ears of fresh sweet corn
- 6 “fresh-from-the garden” beefsteak tomatoes (or other great slicing tomato), cut into chunks
- 1 cup cherry tomatoes (sun sugar, sun gold, yellow pear, or other small bite-sized tomatoes will also work well)
- 1 bell pepper (red, yellow, or orange)
- 1 avocado, chopped
- 1 tbsp canola or olive oil
- Lime juice (1 lime)
- ½ tsp cumin
- 2 tbsp fresh cilantro, chopped
- 2 corn tortillas, cut into strips and toasted (optional)

1. Preheat the grill and preheat oven to 350° F.
2. Remove the outer 1–2 layers of the corn husk, then peel back the inner layers (but don’t remove) to reveal the corn silk. Remove the silk and re-wrap the corn in its husk. Place on the grill for 15–20 minutes until tender.
3. Line a baking sheet with foil and place the tortilla strips on the baking sheet. Bake at 350° for 10–12 minutes, until crispy.
4. Chop the tomatoes, pepper and avocado and combine in a large bowl.
5. Cut the corn off the cob and add to the other veggies.
6. Toss with the oil, spices, cilantro and lime juice. Top with baked tortilla strips.

Recipe Credit: Kristi Spence

Serves 4

Serving size:
1 salad plate

Calories:	276	Sodium:	60mg
Total Fat:	14g	Carbohydrates:	37g
Saturated Fat:	2g	Fiber:	9g
Trans Fat:	0	Sugars:	15g
Cholesterol:	0mg	Protein:	7g

shredded Beet & Basil salad

- 3–4 large red beets, tops removed and peeled
- ¼ cup fresh basil leaves, sliced into thin strips
- Feta cheese (optional)

DIJON BALSAMIC VINAIGRETTE:

- ½ tsp Dijon mustard
- 2 tsp fresh lemon juice
- 2 tsp balsamic vinegar
- 2 tbsp olive oil
- Pinch sugar
- Freshly ground black pepper

1. To prepare the dressing, combine all ingredients in a small bowl and mix with a small whisk until incorporated -OR- combine ingredients in a jar with a tight fitting lid and shake to mix into a vinaigrette.
2. Taste the dressing. If it is too acidic, add a bit of mustard and olive oil. If it is not acidic enough, add a bit more lemon juice. Refrigerate.
3. Cut the beets into pieces small enough to feed into the tube of a food processor, fit with the shredding blade (though it isn't essential, a food processor makes shredding the beets quite simple and much less messy. You can hand shred them using a box grater if you prefer).
4. Transfer the beets to a large bowl, toss with the basil and the salad dressing.
5. Top with a sprinkling of feta cheese.

Recipe Credit: Kristi Spence

Serves 3

Serving size:
1 salad plate

Calories:	167	Sodium:	245mg
Total Fat:	12g	Carbohydrates:	13g
Saturated Fat:	3g	Fiber:	3g
Trans Fat:	0	Sugars:	9g
Cholesterol:	11mg	Protein:	4g



Vegetables, grains
and beans

Carrots & Parsnips with Dill

- 2 lbs parsnips
- 1 lb fresh carrots
- 3 tbsp olive oil
- Pepper, to taste
- 2 tbsp dill or parsley, for sprinkling

1. Preheat oven to 425° F.
2. Chop the carrots and parsnips into 1-inch pieces on the diagonal.
3. Add carrots and parsnips to a bowl and toss with olive oil and pepper.
4. Spread on to a baking sheet in a single layer.
5. Roast for 25–35 minutes, depending on when they are tender. Toss occasionally.
6. When done, remove from the oven and sprinkle with dill.

A parsnip is a root vegetable that resembles the carrot, but is paler in color and sweeter in taste when cooked.

Serves 6

Serving size:

¼ dinner plate

Calories:	143	Sodium:	46mg
Total Fat:	8g	Carbohydrates:	18g
Saturated Fat:	1g	Fiber:	5g
Trans Fat:	0	Sugars:	7g
Cholesterol:	0	Protein:	2g

Herbed Couscous

- 1 cup dry couscous
- 1 ½ cup water or broth (low sodium)
- 1 ½ tbsp olive oil
- 1 medium yellow onion, finely chopped
- 2 cloves garlic, minced
- 1 tsp fresh basil, minced
- 1 tsp fresh thyme, minced
- 2 fresh Italian (flat leaf) parsley, minced
- Lemon juice (½ lemon)
- Pepper, to taste

1. In a sauté pan, warm olive oil over medium heat. Add onion and cook until soft and fragrant, 5–7 minutes. Add garlic and cook 2–3 minutes longer. Remove from heat and add herbs.
2. While the onion is cooking, bring water or broth to boil in medium saucepan. Add the couscous to the boiling water. Remove from heat and cover 5–6 minutes. Promptly remove lid and fluff with fork to separate grains. (Allowing the couscous to sit for too long will cause the grains to stick together).
3. Combine couscous with herbed-onion mixture, top with a squeeze of lemon juice and pepper and stir to combine.

This dish is a terrific “bed” for fish or chicken.

Couscous is a Middle Eastern “pasta” made traditionally from durum wheat. It is a tiny spherically shaped grain that cooks quite quickly. Most traditionally it is served with vegetables and meat.

Recipe Credit: Kristi Spence

Serves: 5

Serving size: ½ cup

Calories:	223	Sodium:	6mg
Total Fat:	6g	Carbohydrates:	37g
Saturated Fat:	1g	Fiber:	3g
Trans Fat:	0	Sugars:	1g
Cholesterol:	0mg	Protein:	6g

Parmesan-Lemon Broccoli

- 4 lbs broccoli
- 4 garlic cloves, minced
- Olive oil
- ½ tsp sea salt
- ½ tsp freshly ground black pepper
- 2 tsp grated lemon peel
- 2 tbsp freshly squeezed lemon juice
- 3 tbsp pine nuts, toasted
- ⅓ cup grated Parmesan cheese

1. Preheat oven to 425° F.
2. Cut the broccoli florets from the thick stalks, leaving an inch or two of stalk attached to the florets. Cut the florets apart as needed.
3. Place the broccoli florets in a large bowl and toss with garlic and 4–5 tbsp olive oil.
4. Spread onto a baking sheet in a single layer and sprinkle with salt and pepper. Multiple baking sheets may be needed.
5. Roast 20–25 minutes, until crisp-tender and the tips of some of the florets are browned.
6. Remove the broccoli from the oven and immediately toss with lemon peel, lemon juice, pine nuts, and Parmesan. Serve hot.

Note: Sea salt and table salt contain the same amount of sodium. Use both sparingly.

Serves 8

Serving size: ½ cup

Calories:	131	Sodium:	325mg
Total Fat:	4g	Carbohydrates:	20g
Saturated Fat:	1g	Fiber:	8g
Trans Fat:	0	Sugars:	5g
Cholesterol:	2.4mg	Protein:	10g

Squash Fries

- 1 winter squash (such as butternut, red kuri, kabocha, or acorn)
- 2 tbsp olive oil (amount will depend on the size of squash)
- Pepper, to taste
- 5–6 fresh rosemary sprigs
- 3–4 garlic cloves, peeled but left whole

1. Preheat oven to 400° F.
2. Peel and halve squash. Remove seeds and cut into long chunks (2–3 inches long by ½ inch wide).
3. In a large bowl, combine squash with olive oil (enough to coat but not saturate squash), pepper, garlic cloves and 3–4 sprigs of rosemary.
4. Spread on a baking sheet and roast in 400° oven for 30 minutes or until squash is golden and soft when pierced with a fork.
5. Garnish with fresh rosemary and serve alongside your favorite sandwich.

Serves 4

Serving size: ½ cup

Calories:	124	Sodium:	7mg
Total Fat:	7.5g	Carbohydrates:	16g
Saturated Fat:	1g	Fiber:	5g
Trans Fat:	0	Sugars:	3g
Cholesterol:	0mg	Protein:	2g

Sweet Potato Fries

- 4 large sweet potatoes, peeled and cut into 'fries'
- ⅓ cup olive oil
- ¼ cup maple syrup
- ½ tsp of cayenne pepper (optional)
- 1 tsp seasoning mix, like Mrs. Dash
- Pepper, to taste
- 2 tsp cinnamon

1. Mix all of the ingredients into a large bowl and coat the fries evenly.
2. Spread in a single layer onto a baking sheet.
3. Bake at 425° F for about 15 minutes.
4. Turn fries with a spatula and bake 10–15 minutes longer to desired crispness. Serve hot.

Serves 8

Serving size:
¼ dinner plate

Calories:	170	Sodium:	142g
Total Fat:	10g	Carbohydrates:	22g
Saturated Fat:	1.5g	Fiber:	3g
Trans Fat:	0	Sugars:	15g
Cholesterol:	0	Protein:	1.5g



main DISHES

Black Bean Burgers

FOR BURGERS:

- 1 15-oz can of black beans (low sodium), rinsed and drained
- ¼ cup Egg Beaters
- ½ yellow onion, chopped
- 1 cup whole wheat bread crumbs
- 2 roasted bell peppers, chopped
- 1 tsp dried oregano
- 1 tsp dried basil
- ½ tsp garlic powder
- Pepper, to taste
- Crushed red pepper flakes (optional)
- 1–2 tbsp extra virgin olive oil
-

TOPPINGS:

- Sliced tomatoes
- Spinach or lettuce
- Cheese of choice
- Whole grain rolls

1. Put beans in a bowl and mash well with a fork. Add Egg Beaters, onion, bell pepper, bread crumbs, oregano, basil, garlic powder, pepper, and crushed red pepper flakes and mix well.
2. Form into 6 regular patties; alternatively, form into 9 mini patties.
3. Heat oil in a large skillet over medium heat. Arrange patties in a single layer and cook, flipping once, until golden brown on both sides and heated through, about 10 minutes.
4. Serve on rolls with desired toppings.

Note: These can also be cooked in the broiler rather than on the stove top.

Serves 6

Serving size:
1 burger

Calories:	369	Sodium:	350mg
Total Fat:	12g	Carbohydrates:	45g
Saturated Fat:	5g	Fiber:	9g
Trans Fat:	0	Sugars:	8g
Cholesterol:	17mg	Protein:	19g

Breakfast Tacos

- 4 egg whites
- ¼ cup skim milk or water
- ¼ tsp salt
- ¼ tsp pepper
- 1 medium tomato, chopped
- 1 handful fresh spinach
- ¼ cup shredded cheddar cheese (reduced fat)
- 2 corn or small whole wheat tortillas
- Salsa (low sodium)

1. Heat a non-stick skillet over medium high heat.
2. In a large bowl, whisk the egg whites, milk (or water), salt, and pepper until frothy, about 1 minute. Add to skillet.
3. Just before the egg whites finish cooking, add the chopped tomato and spinach.
4. Continue cooking until the tomatoes have softened and the spinach is wilted, about 2 minutes more.
5. Scoop into the tortillas, top with the cheddar cheese and a spoonful of salsa.

Serves 2

Serving size: 1 taco

Calories:	225	Sodium:	408mg
Total Fat:	4g	Carbohydrates:	30g
Saturated Fat:	0.5g	Fiber:	3g
Trans Fat:	0	Sugars:	5g
Cholesterol:	4mg	Protein:	15g

Broccoli & Mushroom Frittata with Pine Nuts and Feta

- 1 $\frac{3}{4}$ cup Egg Beaters
- $\frac{1}{3}$ cup water
- 1 tsp dried thyme
- 1 tsp dried oregano
- 2 tbsp olive oil
- Pinch freshly ground black pepper
- 1 leek, white and light green parts only, rinsed and finely chopped
- 5 large white mushrooms
- 1 baby zucchini, chopped
- $\frac{1}{2}$ crown broccoli, chopped
- 2 cloves garlic, minced
- 3 tbsp pine nuts
- $\frac{1}{3}$ cup feta cheese

1. Preheat oven to 400° F.
2. Warm a large, oven-safe skillet over medium to low heat. Add the olive oil and leeks to the pan. Cook until leeks have wilted, about 3–4 minutes.
3. While the leeks are cooking, beat the Egg Beaters, water, thyme, oregano and pepper in a large bowl until frothy.
4. Add the broccoli, zucchini, garlic, and mushrooms to the pan and cook 2–3 minutes until the broccoli has turned bright green.
5. Pour the egg mixture over the veggies. Allow to cook, occasionally lifting one side of the mixture to allow uncooked portions to slide to the edges of the pan.
6. When the center is almost set, but not cooked through, about 5–7 minutes, sprinkle the top with the feta and pine nuts.
7. Place the pan in the oven and cook until top is set and golden, about 10 minutes. You can turn the broiler on at the end to toast the pine nuts for 1–2 minutes.

Serves 6

Serving size: 1 slice

Calories:	132	Sodium:	196mg
Total Fat:	7g	Carbohydrates:	8g
Saturated Fat:	2g	Fiber:	2g
Trans Fat:	0	Sugars:	4g
Cholesterol:	7mg	Protein:	10g

Eggplant Spaghetti Sauce with Spaghetti Squash

- 1 small eggplant, peeled and cut lengthwise into ½-inch slices
- 1 tbsp extra virgin olive oil
- 1 small onion, chopped
- 3 cloves garlic, minced
- 1 28-oz can crushed tomatoes
- 2 tbsp tomato paste
- 3 tbsp chopped basil
- 1 cup sliced white mushrooms
- 1 15-oz can garbanzo beans, drained and rinsed or 2 cups cooked garbanzo beans

1. Preheat the broiler. Lightly coat the eggplant with olive oil cooking spray, and broil each side until browned, about 2–3 minutes per side. Remove from oven and cut eggplant into 1-inch pieces.
2. Reduce oven to 375° F. Cut the squash in half and scoop out the seeds. Place each half cut-side down in a baking pan with 1 inch of water. Roast 45 minutes to 1 hour, until the squash is tender and spaghetti-like strands remove easily.
3. While squash is roasting, heat the oil in a large saucepan and sauté onion and garlic over medium heat until onion softened, about 3 minutes. Add the mushrooms and sauté a few minutes more until mushrooms are softened. Stir in the tomatoes, tomato paste, and basil.
4. Cook, stirring occasionally, until the sauce begins to boil. Reduce the heat to low, add the garbanzo beans, partially cover, and let simmer, stirring occasionally, about 15 minutes.
5. Add the eggplant and let cook another 5 minutes.
6. Serve the sauce over the scooped out squash, sprinkle with some Parmesan cheese, and enjoy!

Serves 4

Serving size:
1 small dinner plate

Calories:	262	Sodium:	40mg
Total Fat:	6g	Carbohydrates:	44g
Saturated Fat:	1g	Fiber:	14g
Trans Fat:	0	Sugars:	14g
Cholesterol:	0	Protein:	11g

Farmer's Market Mediterranean Pasta

- 1 lb orzo pasta (or other small pasta)
- 2 zucchini, chopped
- 1 yellow squash, chopped
- 1 eggplant, chopped (skin may be left on or peeled)
- 1 large yellow onion (or 2 smaller), chopped
- 2 large handfuls cherry tomatoes, sliced in half
- 2 cloves garlic, minced
- 3 tbsp pine nuts, toasted
- ¼ cup coarsely chopped Parmesan cheese
- Olive oil
- Pepper, to taste

1. Bring a large pot of water to boil for the pasta. Cook to al dente and reserve ½ cup of the cooking liquid.
2. While the water comes to a boil, heat a large skillet over medium heat, add 2 tbsp of the olive oil, then add the chopped onion. Sauté until the onion is translucent, about 5–7 minutes. Add the halved tomatoes and garlic, stir to combine and reduce heat to low. Let simmer 15 minutes.
3. In a small dry skillet or on a baking sheet, toast the pine nuts until fragrant. They roast quickly, so take care not to burn them. When lightly golden, set aside.
4. Combine the zucchini, yellow squash, and eggplant with the tomato and onion mixture. Cook until the eggplant is tender, about 5 minutes.
5. In a large bowl combine the cooked pasta, ½ cup reserved cooking liquid (pasta water) and veggie mixture. Top with 1 tbsp olive oil, Parmesan cheese, pine nuts and pepper.

Can be served hot or cold.

Serves 8

Serving size: 1 bowl

Calories:	298	Sodium:	49mg
Total Fat:	7g	Carbohydrates:	50g
Saturated Fat:	1.5g	Fiber:	5g
Trans Fat:	0	Sugars:	6g
Cholesterol:	2mg	Protein:	10g

Greek Burgers

BURGERS:

- 1 lb extra lean ground beef, buffalo, or elk
- 2 cloves garlic, minced
- 1 ½ tsp tomato paste (low sodium)
- 1 ½ tsp dried oregano
- Pinch of pepper, to taste
- 1 ½ roasted red pepper (jarred)
- 1 tbsp crumbled feta cheese

TOPPINGS:

- 4–6 slices mozzarella cheese
- 4–6 butter lettuce leaves
- Balsamic vinegar
- Whole wheat rolls, English muffins, or buns

1. Mix all ingredients together in a large bowl, taking care not to overwork the meat.
2. Divide into 4–6 pieces and shape into patties. Store in the refrigerator until ready to grill.
3. Grill for 6 minutes each side until burgers are cooked through. When the burgers have about 2 minutes left, lightly toast the buns and add a slice of cheese to each burger.
4. Top the cooked burgers with a small splash of balsamic vinegar and a lettuce leaf.

Serves 4

Serving size:
1 burger

Calories:	279	Sodium:	258mg
Total Fat:	10g	Carbohydrates:	22g
Saturated Fat:	5g	Fiber:	3g
Trans Fat:	0	Sugars:	6g
Cholesterol:	57mg	Protein:	26g

Lemon Dill Salmon with Corn and Tomato Relish

- 4 salmon fillets (4 oz each)
- Lemon juice (1 lemon)
- 1 tsp fresh dill, chopped or ½ teaspoon dried dill
- ½ teaspoon Mrs. Dash, divided
- ½ tsp freshly ground black pepper, divided
- Olive oil cooking spray
- 2 cups corn (fresh or frozen)
- 2 cups cherry tomatoes, halved
- 1 green or red bell pepper, diced
- 2 tbsp balsamic vinegar
- 1 packet stevia natural sweetener
- 3 tbsp extra-virgin olive oil
- 3 tbsp fresh basil or cilantro, chopped

1. In a medium bowl, mix together the corn, tomatoes, green or red pepper.
2. In a small bowl, mix the vinegar, stevia, ¼ teaspoon of Mrs. Dash and pepper. Stir in olive oil and vinegar. Pour over the corn relish; mix well. Stir in the basil or cilantro and set aside.
3. Meanwhile, lightly coat both sides of salmon fillets with the lemon and dill. Season with remaining ¼ teaspoon Mrs. Dash and ¼ teaspoon pepper.
4. Place fillets skin side down, and grill 3–4 minutes or until golden brown. Flip fillets, and grill for 3 more minutes. Fish should feel slightly firm in the center and will register 145° F on an instant-read thermometer.
5. Place salmon onto each of 4 plates, and spoon relish over top. Serve immediately.

Cook's Note: You can also bake the salmon fillets at 350°. Salmon will bake about ten minutes per one inch thickness of your fillet.

Recipe Credit: Jennifer Burns, Chef, Fox 13

Serves 4

Serving size: 1 fillet

Calories:	394	Sodium:	100mg
Total Fat:	17g	Carbohydrates:	19g
Saturated Fat:	2.6g	Fiber:	3g
Trans Fat:	0	Sugars:	4.1g
Cholesterol:	110mg	Protein:	30g

Porcupine Sliders (Turkey Burgers)

- ½ cup of medium grain brown rice
- 1 tbsp of vegetable oil
- 2 tbsp of yellow onions, minced
- 1 small clove of garlic, minced
- 1 small stalk of celery, washed and minced
- 16 oz of lean ground turkey
- 2 tbsp of dried cranberries, chopped roughly
- ¾ cup chopped spinach leaves, stems removed
- 1 scant pinch of crushed red pepper
- 1 tsp of Worcestershire sauce
- ½ tsp black pepper
- ¼ tsp salt
- ½ cup Egg Beaters

1. Cook brown rice according to package instructions. Then cool completely in the fridge.
2. Preheat oven to 350° F.
3. In a skillet, sauté onions, celery, and garlic in oil until soft, about 5 minutes. Transfer to fridge and cool completely.
4. In a large mixing bowl, combine all ingredients and mix well. Portion into 2 ½-oz patties onto a parchment-lined baking pan.
5. Bake at 350° for 12–18 minutes* until internal temp is 165°. (Avoid overcooking — the turkey will dry out if cooked too long).
6. Serve on mini whole grain rolls with optional lettuce, tomato, red onion, and condiments.

* Cooking time varies by oven. Use a thermometer to check starting at 12 minutes.

Recipe Credit: ChooseMyPlate.gov



Serves 8

Serving size: 1 slider

Calories:	125	Sodium:	197mg
Total Fat:	3g	Carbohydrates:	7g
Saturated Fat:	.5g	Fiber:	1g
Trans Fat:	0	Sugars:	2g
Cholesterol:	4mg	Protein:	22g

Salad Tacos

- 1 can black beans, rinsed well and drained
- ½ package of frozen sweet corn, thawed
- 2 bell peppers (yellow, orange, or red), diced
- 2 medium tomatoes, diced
- 2 green onions (white and green parts), chopped
- 1 handful baby carrots, chopped
- 4 cups spinach (about 1 bag or small container), chopped into small pieces
- 1 chicken breast, grilled and cut into pieces
- 1 avocado
- 1 large lime or 2 small limes
- ½ cup grated cheddar cheese (low fat)
- ½ tsp chili powder
- 1 tsp cumin
- 2 tbsp canola oil
- 3 tbsp salsa (low sodium)
- Whole wheat or corn tortillas (or a combination)

1. Season the chicken with cumin and chili powder. Grill for about 15 minutes or bake at 375° F for 25 minutes. Set aside to cool and chop into pieces.
2. While the chicken is cooking, chop the tomatoes, peppers, carrots, and green onion. Add to a large bowl along with the black beans, corn, chopped chicken, and spinach.
3. Toss with cumin, chili powder, juice from ½ lime, salsa, and canola oil.
4. Prepare the avocado into guacamole or simply cut into pieces, whatever your preference.
5. To assemble the taco, spread the guacamole on the inside of a tortilla, fill with salad and top with a sprinkling of cheese, and additional salsa.

Serves 6

Serving size: 1 taco

Calories:	354	Sodium:	289mg
Total Fat:	13g	Carbohydrates:	46g
Saturated Fat:	2g	Fiber:	11g
Trans Fat:	0	Sugars:	5g
Cholesterol:	16mg	Protein:	17g

Salmon & Veggie Pasta Toss

- 1 lb small shape pasta (shells or orecchiette)
- 2 tbsp extra virgin olive oil
- 6–8 Roma tomatoes, chopped
- 1 large or 2 small zucchini, chopped
- 2 cloves garlic, minced
- 1 large can (5 oz) or large pouch (6.4 oz) salmon (or tuna)
- $\frac{3}{4}$ cup shredded Parmesan cheese
- Pepper, to taste
- Fresh basil (optional)

1. Bring a large pot of water to boil. Cook pasta until al dente, drain.
2. Warm 2 tbsp olive oil over medium heat in large sauté pan (large enough to hold the cooked pasta and veggies), add tomatoes and sauté until tender and saucy, about 5–7 minutes.
3. Add zucchini and garlic and continue cooking until zucchini has softened, about 2–4 minutes more.
4. Add pasta and salmon (or tuna) to the sauce, stirring well to combine. Season with pepper and mix in some freshly chopped basil (optional). Top with freshly grated Parmesan cheese.

Serves 6

Serving size: 1 bowl

Calories:	152	Sodium:	370mg
Total Fat:	4g	Carbohydrates:	26g
Saturated Fat:	0	Fiber:	7.5g
Trans Fat:	0	Sugars:	9g
Cholesterol:	0	Protein:	6.5g

salmon salad in Pita Pockets

- 1 large can or pouch of wild salmon (tuna also works well)
- 1 whole wheat pita pocket, cut in half
- ½ tbsp olive oil
- ½ tbsp balsamic vinegar
- Fresh thyme or parsley
- 2 tbsp freshly grated Parmesan cheese
- 1 large tomato sliced (or 2–3 diced sun dried tomatoes)
- Pepper, to taste

1. Drain salmon if canned and combine with all ingredients (do not combine with tomato if you are using fresh tomato).
2. Stuff salmon salad into half of whole wheat pita and top with tomato slices.

Variations:

- *Serve with spinach*
- *Add some lemon juice to the salad*
- *Mix salmon with 1 ½ tbsp sun-dried tomato pesto and chopped spinach*

Serves 2

Serving size: ½ pita

Calories:	325	Sodium:	318mg
Total Fat:	13g	Carbohydrates:	24g
Saturated Fat:	3g	Fiber:	4g
Trans Fat:	0	Sugars:	5g
Cholesterol:	66mg	Protein:	29g

Shepherd's Pie

- 2 large yams or sweet potatoes, peeled and chopped
- ½ cup grated Parmesan cheese
- 2 tbsp olive oil
- ¼ cup skim milk
- ¼ cup crumbled feta cheese
- 1 lb ground turkey
- 1 red onion, chopped
- 2 cloves garlic, minced
- ½ tsp dried thyme
- 1 large carrot, peeled and chopped
- 1 cup butternut squash, chopped (½-inch cubes)
- ¾ cup broccoli, chopped
- ½ cup chicken broth (low sodium)
- 1 tbsp all purpose flour

1. Preheat oven to 400° F.
2. Combine potatoes with water in a large pot and bring to boil. Cook until soft, then drain, return to pot, combine with 2 tbsp olive oil and milk. Mash until smooth.
3. While the potatoes are cooking, add olive oil, ground chicken, garlic, thyme, and onions to large frying pan and sauté over medium heat. Cook 5 minutes, then add carrot and squash and continue cooking until squash is starting to get soft and chicken is cooked, about 5–8 minutes. Add broccoli and stir 1 minute longer or until broccoli is bright green.
4. In a small dish, whisk together flour with chicken broth and add to chicken mixture, stirring to thicken for about 1 minute.
5. Spoon chicken mixture into individual ramekins or casserole dish. Cover with mashed potato/yam mixture and top with crumbled feta cheese or Parmesan cheese.
6. Bake at 400° for about 20 minutes until potatoes start to brown and crisp.

Recipe Credit: Nanna Meyer

Serves 4

Serving size:
1 large scoop

Calories:	366	Sodium:	372mg
Total Fat:	12g	Carbohydrates:	33g
Saturated Fat:	3g	Fiber:	7g
Trans Fat:	0	Sugars:	10g
Cholesterol:	52mg	Protein:	36g

Smokin' Powerhouse Chili

- ¾ cup of vegetable broth (low sodium)
- 1 cup of fresh onions, chopped (6 oz)
- 2 tsp of fresh garlic, chopped
- 1 cup of carrots, sliced or diced (6 oz)
- 1 cup of sweet potatoes, diced (6 oz)
- ⅔ cup of red pepper, diced (3 oz)
- 2 tsp of chipotle pepper, minced
- ½ cup of corn, frozen
- 2 ½ tsp of chili powder
- 2 cups of quinoa, cooked
- 2 ½ tsp of ground cumin
- 1 cup of canned tomato sauce
- ¼ cup of cilantro, chopped
- 1 ¾ cup of canned black beans
- 2 cups of diced, canned tomatoes in juice

1. Heat half the broth and steam/sauté onions and garlic.
2. Add carrots, all peppers, and water; simmer for 10 minutes. Cook quinoa according to package directions.
3. Add other half of broth, quinoa, diced tomatoes, sauce, cilantro, and spices.
4. Allow to thicken and the flavors to blend.
5. Add beans, corn, and sweet potatoes; allow to simmer again. Enjoy!

Recipe Credit: ChooseMyPlate.gov



Serves 6

Serving size: 1 bowl

Calories:	239	Sodium:	483mg
Total Fat:	2g	Carbohydrates:	44g
Saturated Fat:	0	Fiber:	9g
Trans Fat:	0	Sugars:	10g
Cholesterol:	0	Protein:	9g

Spinach Pie

- 2 cups low-fat cottage cheese (low sodium)
- 1 cup part-skim mozzarella cheese, shredded
- ⅓ cup Parmesan cheese, shredded
- 2 cups Egg Beaters
- 1 10-oz package frozen chopped spinach, thawed and well drained
- 1 red bell pepper, finely chopped (Add a second pepper for added flavor and color)
- 3 tbsp sun-dried tomatoes, chopped
- ¼ tsp salt
- ½ tsp pepper

1. Preheat oven to 350° F and spray a 9-inch pie dish with cooking spray.
2. Pour Egg Beaters into a large bowl. Add all other ingredients and mix well.
3. Pour mixture into prepared pie dish and bake for 50–60 minutes until top is starting to brown and mixture is set.

Note: This crustless quiche can be made in a muffin tin for individual portions or in a mini muffin tin for appetizer portions.

Serves 6

Serving size:
1 pie piece

Calories:	140	Sodium:	389mg
Total Fat:	3g	Carbohydrates:	7.5g
Saturated Fat:	1g	Fiber:	1g
Trans Fat:	0	Sugars:	4g
Cholesterol:	6mg	Protein:	21g

Tofu Tacos

- 1 block extra firm tofu, drained
- 1 tbsp + 1 tsp ground cumin
- 1 tbsp + 1 tsp chili powder
- 1 tsp coriander
- 2 tbsp dried oregano
- 1 tsp crushed red pepper (less if you are sensitive to spicy foods)
- 2 tbsp canola oil, divided
- 1 yellow onion
- 2 medium carrots, peeled and finely chopped
- 3 or 4 roasted red peppers, fresh
- 2 cloves garlic, minced
- 3 or 4 leaves kale, stems removed and chopped
- ½ cup chicken or vegetable broth (low sodium, water will also do)
- Corn or whole wheat tortillas
- Sharp cheddar cheese, shredded (for topping tacos)

1. Preheat oven to 350° F. Drain the tofu by placing it between two plates for about 1 hour. Blot any excess water with paper towels.
2. Mix 1 tbsp cumin, 1 tbsp chili powder, coriander, oregano, crushed red pepper, and 1 tbsp canola oil in a bowl to form a paste.
3. Slice drained tofu block into ¼-inch thick pieces and rub each side with spice mixture. Place slices on a baking sheet and bake for 30 minutes or until tofu is crispy on both sides. Remove from oven and slice into strips.
4. Heat the remaining 1 tbsp canola oil in a large sauté pan. Add the onion, carrot, 1 tsp cumin, 1 tsp chili powder and cook until the onion is translucent, about 5–7 minutes. Add the pepper and continue cooking until the carrot is soft.
5. Stir in the baked tofu and minced garlic. Add the kale and broth or water and stir until the kale has wilted, about 2–3 minutes.
6. Wrap tofu mixture in a slightly toasted corn or whole wheat flour tortilla, top with a sprinkle of sharp cheddar cheese and a scoop of salsa (optional).

Recipe Credit: Kristi Spence

Serves 6

Serving size: 1 taco

Calories:	253	Sodium:	326mg
Total Fat:	12g	Carbohydrates:	28g
Saturated Fat:	1g	Fiber:	5g
Trans Fat:	0	Sugars:	3g
Cholesterol:	5mg	Protein:	10g

Turkey & Spinach Lasagna

- ½ lb lean ground turkey
- ½ cup onion, chopped
- 1 garlic clove, minced
- 1 can diced tomatoes (low sodium)
- 1 can tomato sauce (low sodium)
- 1 tsp dried basil
- ½ tsp dried oregano, crushed
- ½ tsp fennel seed
- 10–12 whole grain lasagna noodles
- 1 egg white
- 1 cup low fat cottage cheese
- 1 package frozen, chopped spinach (defrosted)
- ¼ cup grated Parmesan cheese
- ½ tbsp dried parsley flakes
- ¼ tsp pepper
- ½ cup mozzarella cheese, shredded

1. Preheat oven to 375° F.
2. Prepare lasagna noodles according to package directions and set aside in water with olive oil.
3. Cook turkey, onion and garlic until brown. Drain off fat. Stir in tomatoes, tomato sauce, dried basil, oregano and fennel seed. Add chopped spinach. Cover and let simmer for 15 minutes, stirring often.
4. Meanwhile, beat egg white and combine with cottage cheese, parsley and pepper.
5. In the bottom of a baking dish, spread ⅓ of the meat sauce. Place first layer of noodles over meat sauce. Spread half of the cottage cheese filling over the pasta; sprinkle with half of the mozzarella cheese. Repeat layers, ending with the remaining meat sauce. Sprinkle remaining Parmesan cheese on top.
6. Bake 30–35 minutes until heated through.

Serves 10

Serving size:
1 medium lasagna
square

Calories:	194	Sodium:	167mg
Total Fat:	2g	Carbohydrates:	30g
Saturated Fat:	0.5g	Fiber:	4g
Trans Fat:	0	Sugars:	5g
Cholesterol:	12mg	Protein:	18g

Tuscan-style Tuna Salad

- 1 6-oz can chunk light tuna
- 1 15-oz can cannellini beans, well rinsed (low sodium)
- 10 cherry tomatoes, quartered
- 4 scallions, trimmed and sliced
- 2 tbsp extra virgin olive oil
- 2 tbsp lemon juice
- Freshly ground pepper
- 2 tbsp fresh parsley, chopped
- 2 tbsp Parmesan cheese
- Optional: lettuce/spinach for a salad, or 4 mini whole wheat pitas

1. Combine all ingredients gently.
2. Serve on top of a bed of lettuce, or in a whole wheat mini pita.

This can be made ahead and stored up to 2 days.

Serves 3

Serving size: 1 small dinner plate

Calories:	298	Sodium:	294mg
Total Fat:	12g	Carbohydrates:	27g
Saturated Fat:	2g	Fiber:	8g
Trans Fat:	0	Sugars:	4g
Cholesterol:	32mg	Protein:	23g

Zucchini & Pepper Quesadillas

- 1 tbsp canola oil
- 2 zucchini or yellow squash, cut into thin rounds
- 2 roasted red peppers, chopped
- 1 green chili, ribs and seeds removed, chopped
- 2 cloves garlic, minced
- 1 ½ tsp cumin
- ½ tsp crushed red pepper
- ½ tsp Mexican chili powder
- 8 corn tortillas
- 8 thin slices aged cheddar cheese

1. Preheat oven to 400° F.
2. Warm the canola oil in a medium-sized sauté pan over medium heat. Add the garlic, zucchini, green chili, cumin, crushed red pepper, and chili powder. Stir 1–2 minutes, before adding the chopped roasted red pepper. Continue cooking until the zucchini has softened, about 3–4 more minutes.
3. Lay out 4 of the tortillas. Top each with one slice of cheddar cheese. Break the cheese slice apart so that, once melted, cheese will likely cover the tortilla. Add a scoop of the zucchini, pepper mixture and top with the remaining cheese slices.
4. Bake until the cheese has melted and the tortillas are crispy 7–10 minutes.
5. Slice and enjoy with some fresh tomato salsa.

Recipe Credit: Kristi Spence

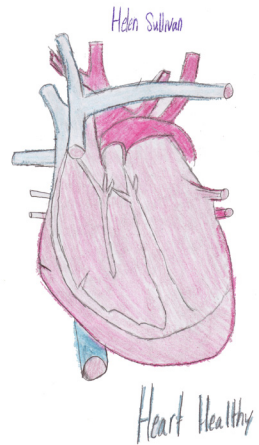
Serves 4

Serving size:
1 quesadilla

Calories:	361	Sodium:	498mg
Total Fat:	18g	Carbohydrates:	33g
Saturated Fat:	8g	Fiber:	2.5g
Trans Fat:	0	Sugars:	.5g
Cholesterol:	40mg	Protein:	13g

Recipe Index:

- A** Almond Butter Banana Roll, 5
Ants on a Log, 4
Apple Zucchini Bread, 6
- B** Black Bean Spinach Salad with Feta, Avocado & Crispy Carrots, 17
Black Bean Burgers, 33
Breakfast Tacos, 34
Broccoli & Mushroom Frittata with Pine Nuts and Feta, 35
Broccoli Soup, 18
Bulgur Chickpea Salad, 19
Butternut Squash & Leek Soup, 20
- C** Caprese Skewers, 11
Carrots & Parsnips with Dill, 27
Chicken and Dumpling Soup, 21
Crostinis with Roasted Beets & Goat Cheese, 12
- E** Edamame & Quinoa Salad, 22
Eggplant Spaghetti Sauce with Spaghetti Squash, 36
- F** Farmer's Market Mediterranean Pasta, 37
- G** Ginger Lime Chicken Skewers, 13
Greek Burger, 38
Golden Barley Fruit Salad, 23
Grilled Corn & Tomato Salad, 24
- H** Healthy & Tasty Granola Bars, 7
Herbed Couscous, 28
- K** Kale Chips, 8
- L** Lemon Dill Salmon with Corn and Tomato Relish, 39
- P** Parmesan-Lemon Broccoli, 29
Porcupine Sliders (Turkey Burgers), 40



S

Salad Tacos, 41

Salmon & Veggie Pasta Toss, 42

Salmon Salad & Pita Pockets, 43

Shepherd's Pie, 44

Shredded Beet & Basil Salad, 25

Smokin' Powerhouse Chili, 45

Spinach Pie, 46

Squash Fries, 30

Strawberry Banana Parfait, 9

Sweet Potato Fries, 31

T

Thai Spring Rolls with Peanut Asian Dipping Sauce, 14

Tofu Tacos, 47

Turkey & Spinach Lasagna, 48

Tuscan-style Tuna Salad, 49

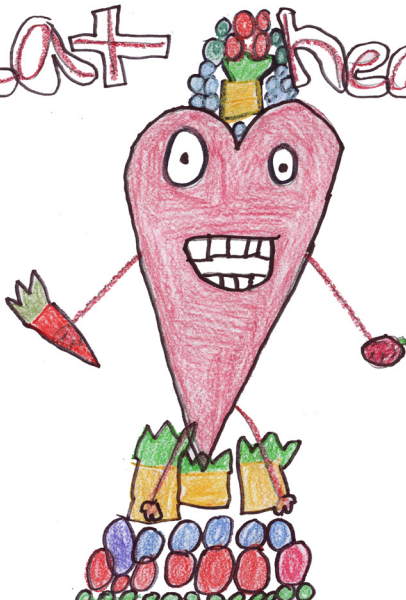
W

White Bean Bruschetta, 15

Z

Zucchini & Pepper Quesadillas, 50

eat healthy



Thaddeus

Cook Healthy



Be Healthy

Frank A.




Intermountain®
Heart Institute
Intermountain Medical Center

5121 S. Cottonwood Street
Murray, UT 84107
801.507.4701

intermountainheartinstitute.org