

Recipes From the Heart

A Collection of Our Favorites



Allina Health 
MINNEAPOLIS
HEART INSTITUTE



PREVENTION
Nolan Family Center for
Cardiovascular Health

WELCOME

On behalf of the prevention team, I am pleased to share our heart-healthy cookbook: *Recipes from the Heart*. When people come to the clinic to learn about heart healthy nutrition, they often think they can kiss delicious foods goodbye. But this could not be further from the truth!

In this collection of recipes, our staff share their enjoyment of heart-healthy eating with tried-and-true family favorites. Explore and introduce one of these recipes to your own collection!

What do these recipes have in common? Delicious dishes that reflect the principles of heart healthy eating:

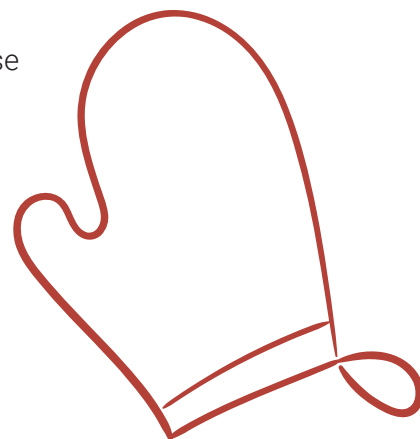
- Eat mostly whole foods and less processed foods
- Enjoy more vegetables and fruit
- Choose mostly whole grains
- Select foods with healthy unsaturated fat, like avocados, nuts, fatty fish, olive oil and non-tropical vegetable oils
- Choose foods with little added sugar
- Drink healthy beverages like water rather than sugar-sweetened beverages
- Use herbs, spices, and low-sodium seasonings/ingredients to make food flavorful

This collection is in eBook form so you can have it with you on your phone, tablet, or computer. For easy navigation, use the “jump to” links to take you to each recipe category.

Enjoy!

Dr. Elizabeth Tuohy, *Cardiologist, Allina Health Minneapolis Heart Institute*

Thank you to Kristi Winkels, RDN, CDCES, who championed and collected all of the recipes for this booklet! We would also like to extend a note of appreciation to all the staff who shared their favorite heart-healthy recipes and to Joy Hayes, MS, RDN, CDCES, for providing the nutritional analysis.



BUILD A HEALTHY PLATE

Heart healthy eating is all about balance - including a variety of nutrient-dense foods while limiting those that are ultra-processed, high in saturated fat, sodium, and added sugars. Here are 8 tips for building a healthy plate.

1 Start by filling half your plate with non-starchy vegetables. Eat them steamed, raw, roasted, or grilled -whatever you like ! Eat a variety and try to include a serving with most meals (and snacks, too!)

2 Make a quarter of your plate a whole grain or starchy vegetable (corn, peas, potatoes, winter squash). Choose fiber-rich options that are low in added sugar.

3 Make a quarter of your plate a healthy protein. Plant proteins like legumes and nuts are excellent choices as are fish and seafood, low-fat dairy, poultry, and eggs in moderation.

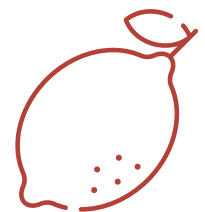
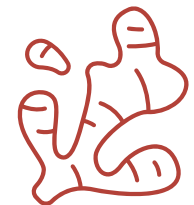
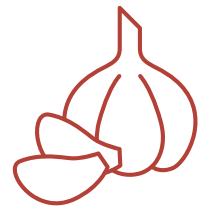
4 Add healthy fats from plants such as olive oil. Nuts and fatty fish like salmon are also good sources. Limit saturated fats from full-fat dairy (like butter) and red meat.

5 Add a serving of fruit for a touch of natural sweetness! Fresh, frozen, dried, and canned (without heavy syrup) are all good choices. The more variety, the better!

6 Use herbs and spices to season your foods. They add flavor without extra sodium. Try making your own sodium free flavoring blend or check the spice aisle for ready-made blends.

7 Add a hydrating beverage like water with lemon or lime juice. Avoid sugar sweetened beverages. Enjoy alcohol in moderation (up to 1 drink per day for women and up to 2 drinks for men).

8 Eat mindfully. Remove distractions and avoid multitasking while eating. Pause often and pay attention to hunger and fullness. Notice the taste, texture, and smell of the food you're enjoying.



More Tips for Lowering Sodium Content in Recipes

- Use alternatives when possible to replace or reduce the amount of salt you use, such as garlic, citrus juice, spices and seasonings without salt. You can often reduce or omit salt from the recipe and then taste and salt slightly at the table. (Don't omit salt when baking bread. Salt is needed to form the structure of the bread.)
- Buy fresh, frozen, or canned vegetables with no salt or sauces added.
- Use low-sodium broths.
- Drain and rinse beans to reduce the sodium content by approximately 40%.
- When possible, purchase fresh poultry, fish, pork, and lean meat, rather than cured, salted, smoked, and other processed meats.
- Choose plain ground turkey and chicken rather than pre-seasoned turkey or chicken sausage. For each 3-ounce serving, you will reduce sodium by 250 to 500 mg.
- Finally, read the nutrition facts label to compare the sodium content between brands.

Added Sugars

The recipe analysis software utilized for this booklet does not account for added sugars. Added sugars include sugars that are incorporated during the processing of foods (such as sucrose or dextrose), foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices. They do not include naturally occurring sugars that are found in milk, fruits, and vegetables.

The American Heart Association recommends women consume no more than 6 teaspoons (25 grams or 100 calories) per day and men no more than 9 teaspoons (36 grams or 150 calories) of added sugar per day. To put that into perspective, one 12-ounce soda contains 8 teaspoons (32 grams) of added sugar.

BREAKFAST6



APPETIZERS11



SALADS15



VEGETABLES20



GRAINS, LEGUMES & POTATOES.....25



MAIN DISHES.....31



SOUPS AND STEWS.....40

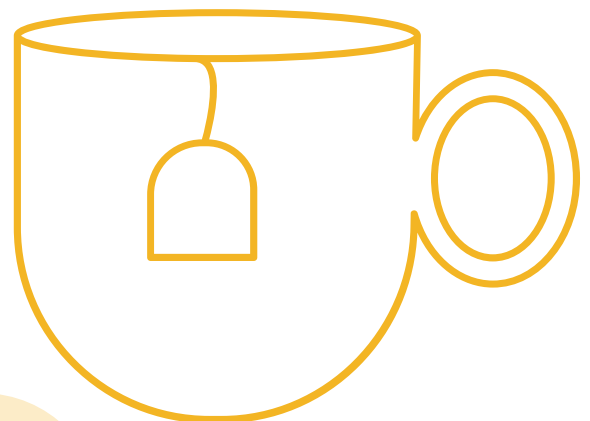


SNACKS AND SWEETS48



BREAKFAST

Berry Banana Smoothie	7
Easy Smoothie	7
Blackberry and Apple Breakfast	7
Breakfast Burrito Bowl	8
Vegan Oatmeal Banana Muffins	9
Loaded Baked Omelet Muffins	9
3 Ingredient Pancakes	10
Almond Flour Pancakes	10



- JUMP TO
- Breakfast
- Appetizers
- Salads
- Vegetables
- Grains, Legumes & Potatoes
- Main Dishes
- Soups and Stews
- Snacks and Sweets

Berry Banana Smoothie

Submitted by Kristi Winkels, Registered Dietitian

INGREDIENTS

- ½ frozen banana, sliced
- 1 cup frozen berries
- ½ cup plain, low-fat Greek yogurt
- ½ cup milk of your choice
- 1 tablespoon ground flaxseed

DIRECTIONS

Place the banana, berries, yogurt, milk, and ground flaxseed in a blender and blend until smooth. Serve immediately.

NOTES

- When bananas become too ripe for your taste, slice them up and put them in the freezer for smoothies. The riper the banana you use, the sweeter it will make your smoothie.
- For dairy free, skip the yogurt and add a scoop of dairy free protein powder instead. Use your favorite dairy free milk (you might need a bit more to get the right consistency).

Makes 1 serving.

Nutritional analysis per serving

Serving size: approximately 2 cups

Calories 360	Sodium 90mg
Total Fat 7g	Total Carbohydrate 48g
Saturated Fat 2.5g	Dietary Fiber 7g
Trans Fat 0g	Total Sugars 15g
Cholesterol 15mg	Protein 11g



Easy Smoothie

Submitted by Cheryl Brown,
Clinical Cardiology Services Supervisor

INGREDIENTS

- 1 can light coconut milk
- 1 (12 ounces) bag frozen fruit (such as mango, strawberries raspberries, blueberries)
- Honey as needed to sweeten

DIRECTIONS

Mix in blender until smooth. Serve immediately.

Makes about 4 servings.

Nutritional analysis per serving

Serving size: approximately 1 cup

Calories 120	Sodium 15mg
Total Fat 6g	Total Carbohydrate 19g
Saturated Fat 5g	Dietary Fiber 1g
Trans Fat 0g	Total Sugars 16g
Cholesterol 15mg	Protein 1g

Blackberry and Apple Breakfast

Submitted by Nazifa Sajady, Cardiologist

INGREDIENTS

- 1 cup currants
- ⅓ cup water
- 8 apples, peeled, cored, diced
- ½ cup blackberries
- ½ cup chopped walnuts
- 4 tablespoons ground flax seeds
- 1 tablespoon ground cinnamon
- 1 teaspoon vanilla extract

DIRECTIONS

1. Place currants and water in a medium saucepan.
2. Cover and steam on low heat for 5 minutes. Add blackberries and cook another 2 minutes. Transfer the currant and blackberry mixture to a bowl and mix with the remaining ingredients.

Makes about 8 servings.

Nutritional analysis per serving

Serving size: approximately 1 ⅓ cup

Calories 210	Sodium 10mg
Total Fat 7g	Total Carbohydrate 38g
Saturated Fat 1g	Dietary Fiber 5g
Trans Fat 0g	Total Sugars 28g
Cholesterol 0mg	Protein 3g



Breakfast Burrito Bowl (A cabin breakfast favorite!)

Submitted by Lori Busher, Nuclear Med Tech

INGREDIENTS

- 20 ounces spicy turkey sausage (my fav is Hy-Vee Honeysuckle).
- Eggs or egg substitute (approx. 1 dozen, depending on the number of servings desired)
- 2 cups cooked quinoa (I like to use tri-colored white, red, and black for flavor and extra color)
- 2–3 colored peppers (red, orange, yellow), cut into small chunks
- 1 can low sodium black beans, drained and rinsed*
- ½ onion, finely chopped

EXTRAS/TOPPINGS

- Avocado—ripe and cut into chunks
- Tomato (chopped)
- Shredded cheese
- Sour cream (plain Greek yogurt is a great low-fat substitution)
- Frank's hot sauce
- Salsa

DIRECTIONS

1. Have a couple of skillets ready to cook each ingredient separately. After cooking, I like to serve all of the ingredients in one large casserole dish but not mixed together. This makes for easy serving.
2. In a large skillet, brown turkey with onions. Add a little water to prevent sticking (and chili/ jalapeno peppers if desired). Set aside. Next, sauté the peppers until crisp-tender. Toss black beans in a lightly oiled skillet until warmed through. If quinoa is prepared ahead, toss in the skillet to warm through. Lastly, add the scrambled eggs.
3. Assemble in a bowl and top with suggested toppings.

Makes 6 servings.

Nutritional analysis per serving without extra toppings

Serving size: approximately 1 ½ to 2 cups

Calories 450	Sodium 900mg**
Total Fat 21g	Total Carbohydrate 30g
Saturated Fat 5.5g	Dietary Fiber 7g
Trans Fat 0g	Total Sugars 4g
Cholesterol 450mg	Protein 35g

* Draining and rinsing beans reduces sodium by 40%.

** Lower sodium option: Try unseasoned ground turkey with red pepper flakes or finely chopped fresh chili and jalapeno peppers added when browning.





Vegan Oatmeal Banana Muffins

Submitted by Judy Brueggemann, Nuclear Medicine Tech

INGREDIENTS

- 12 cupcake liners
- 1 ¾ cups flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon salt
- ½ cup unsweetened applesauce
- 1 cup brown sugar
- 3 mashed bananas
- Egg substitute for 2 eggs*
- 1 teaspoon vanilla
- 2 cups quick-cooking oatmeal
- 1 cup 60% cocoa chocolate chips
- 1 cup chopped pecans

DIRECTIONS

1. In a mixing bowl, sift together the flour, baking soda, baking powder, and salt; set aside.
2. In a mixer, combine the applesauce, brown sugar, egg substitute, bananas, and vanilla. Next, add the flour mixture, oatmeal, chocolate chips, and pecans.
3. Pour into cupcake liners and bake at 350° F for 30 minutes.

* Egg replacer options:

- 2 tablespoons flax seed meal mixed with 6 tablespoons warm water. Whisk together and let sit until the mixture is a gel-like consistency.
- Bob's Red Mill Egg Replacer: Mix 2 tablespoons with ¼ cup water.

Makes 12 muffins.

Nutritional analysis per serving

Serving size: 1 muffin

Calories 325	Sodium 350mg
Total Fat 11g	Total Carbohydrate 55g
Saturated Fat 2.5g	Dietary Fiber 7g
Trans Fat 0g	Total Sugars 24g
Cholesterol 0mg	Protein 6g

Loaded Baked Omelet Muffins

Submitted by Mandy Troelsen, Nurse Clinician

INGREDIENTS

- Nonstick cooking spray
- 4 large whole eggs (1 cup)
- 7 egg whites (1 cup)
- ¼ teaspoon kosher salt
- Black pepper
- 3 tablespoons frozen spinach, thawed and drained
- 3 tablespoons tomatoes, diced
- 3 tablespoons onion, diced
- 3 tablespoons bell pepper, diced
- 2 ounces shredded cheddar cheese

DIRECTIONS

1. Preheat the oven to 350° F. Spray the muffin tins with cooking spray.
2. In a large bowl, whisk the eggs and season with salt and pepper. Mix in the spinach, tomatoes, onion, bell pepper, and cheese.
3. Fill muffin tins and place the muffin tin pan on a baking sheet. Bake for 20 to 25 minutes, until set.

Tip: Freeze the baked omelet muffins in a single layer in a gallon-sized freezer bag and reheat in the microwave for about 1 minute for a quick and easy breakfast.

Makes about 8 servings.

Nutritional analysis per serving

Serving size: 1 omelet muffin

Calories 85	Sodium 210mg
Total Fat 5g	Total Carbohydrate 2g
Saturated Fat 2g	Dietary Fiber 0g
Trans Fat 0g	Total Sugars Less than 1g
Cholesterol 100 mg	Protein 8g





3 Ingredient Pancakes

Submitted by Jackie Lawton, Exercise Physiologist

INGREDIENTS

- 2 eggs
- 1 large banana
- ½ teaspoon vanilla extract

Optional:

- ½ teaspoon cinnamon
- 2–4 tablespoons blueberries

DIRECTIONS

1. Whisk the eggs together in a bowl. Add chunks of banana and mash into the eggs. Stir well until the mixture is smooth and only a few lumps remain.
2. Stir in the vanilla and cinnamon (if desired).
3. Preheat a skillet or griddle to medium heat. Coat with cooking spray. Pour the pancake batter in the pan or on a griddle and cook until the edges are firm and begin to brown. Flip the pancake and cook for another minute.
4. Transfer to a plate and top with blueberries or other fruit if desired. You can also spread peanut butter on top!

Adapted from livingwellmom.com

Makes 1 pancake.

Nutritional analysis per serving

Serving size: 1 pancake

Calories 270	Sodium 140mg
Total Fat 10g	Total Carbohydrate 32g
Saturated Fat 3.5g	Dietary Fiber 4g
Trans Fat 0g	Total Sugars 17g
Cholesterol 370mg	Protein 14g

Almond Flour Pancakes

Submitted by Jamie Lund, Nurse Clinician

INGREDIENTS

- 1 cup almond flour
- 2 tablespoons honey
- 4 eggs
- 1 teaspoon vanilla
- ¼ teaspoon salt
- ¼ teaspoon baking soda

DIRECTIONS

1. In a mixing bowl, combine the almond flour, honey, eggs, vanilla, salt, and baking soda and mix well.
2. Preheat a griddle to medium heat and spray with cooking spray. Pour batter onto the griddle and cook until bubbles form and break. Use a turner to flip the pancake and cook it on the other side. These pancakes cook faster and get darker in color due to the honey. They will be very thin. Watch closely so you don't burn them. They also make great waffles!

Makes about 12 (4-inch) pancakes.

Nutritional analysis per serving

Serving size: 1 pancake

Calories 90	Sodium 100 mg
Total Fat 7g	Total Carbohydrate 5g
Saturated Fat 1g	Dietary Fiber 1g
Trans Fat 0 g	Total Sugars 3g
Cholesterol 60mg	Protein 4g



APPETIZERS

Black Bean Hummus	12
Greek Yogurt Dill Dip	12
Corn Salsa with Homemade Italian Dressing. . .	13
Deviled Eggs	13
Texas Caviar	14



- JUMP TO
- Breakfast
- Appetizers
- Salads
- Vegetables
- Grains, Legumes & Potatoes
- Main Dishes
- Soups and Stews
- Snacks and Sweets

Black Bean Hummus

Submitted by Kristi Winkels, Registered Dietitian

INGREDIENTS

2 15-oz cans black beans, drained and rinsed*
6 tablespoons extra virgin olive oil
2 tablespoons lime juice
1 teaspoon cumin
1 teaspoon salt
½ teaspoon garlic powder
¼ teaspoon cayenne pepper
1 Roma tomato, diced (optional)

DIRECTIONS

Put all of the ingredients in a food processor or blender. Puree until smooth. Top with diced tomato (optional). Serve with chips and veggie sticks.

Makes 12 servings (approximately 3 cups).

Nutritional analysis per serving

Serving size: ¼ cup

Calories 300	Sodium 200mg
Total Fat 8g	Total Carbohydrate 45g
Saturated Fat 1g	Dietary Fiber 11g
Trans Fat 0g	Total Sugars 2g
Cholesterol 0mg	Protein 15g

*Draining and rinsing beans reduce sodium by 40%.

Greek Yogurt Dill Dip

Submitted by Kristi Winkels, Registered Dietitian

INGREDIENTS

½ cup plain low-fat Greek yogurt
2 tablespoons mayonnaise
1 teaspoon distilled vinegar
½ teaspoon dried dill
¼ teaspoon salt
¼ teaspoon onion powder
¼ teaspoon garlic powder
¼ teaspoon sugar (optional)

DIRECTIONS

In a small bowl, blend all of the ingredients together. Refrigerate until ready to serve.

Makes 5 servings (approximately 2/3 cup)

Nutritional analysis per serving

Serving size: 2 tablespoons

Calories 60	Sodium 160mg
Total Fat 4.5g	Total Carbohydrate 2g
Saturated Fat 1g	Dietary Fiber 0g
Trans Fat 0g	Total Sugars 1g
Cholesterol Less than 5mg	Protein 3g



Corn Salsa with Homemade Italian Dressing

By Jamie Lund, Nurse Clinician

INGREDIENTS

- 2 cups corn
- 2 cups diced tomatoes
- 2 cups black beans, drained and rinsed*
- 1 small onion, minced
- ¼ cup cilantro, finely chopped
- ½ cup homemade Italian Dressing

Homemade Italian dressing:

- ½ cup extra virgin olive oil
- ¼ cup red wine vinegar
- 2 tablespoon water
- 1–2 teaspoons honey
- 1 teaspoon lemon juice
- ¾ teaspoon garlic
- ¾ teaspoon dried basil
- ¾ teaspoon dried parsley
- ¼ teaspoon dried oregano
- ¼ teaspoon salt
- ¼ teaspoon pepper
- Dash of red pepper flakes

DIRECTIONS

1. Combine the corn, tomatoes, black beans, onion and cilantro in a medium bowl; set aside.
2. For the dressing: combine the olive oil vinegar, water, honey, lemon juice, garlic, basil, parsley, oregano, salt, pepper, and red pepper flakes in a small bowl. Whisk together until fully blended.
3. Pour ½ cup of the dressing over the corn and tomato mixture. Stir to coat. Refrigerate until ready to serve.

Makes 20 servings (approximately 7 cups).

Nutritional analysis per serving

Serving size: ⅓ cup

Calories 70	Sodium 80mg
Total Fat 4g	Total Carbohydrate 8g
Saturated Fat .5g	Dietary Fiber 2g
Trans Fat 0g	Total Sugars 2g
Cholesterol 0mg	Protein 2g

*Draining and rinsing beans reduces sodium by 40%.



Deviled Eggs

Submitted by Patti Polland, Nurse Clinician

INGREDIENTS

- 6 hard-boiled eggs
- ⅓ cup mayonnaise (may also substitute avocado or Greek yogurt for a lower saturated fat option)
- ½ to 1 teaspoon ground mustard
- ¼ teaspoon salt
- Paprika

DIRECTIONS

1. Cut eggs in half, lengthwise. Remove the yolks and place in a small bowl. Mash yolks and add mayonnaise (or avocado/Greek yogurt if substituting), mustard, and salt. Mix well.
2. Scoop mixture into remaining egg whites and sprinkle with paprika before serving.

Makes 12 servings.

Nutritional analysis per serving

Serving size: ½ egg

Calories 80	Sodium 120mg
Total Fat 7g	Total Carbohydrate 0g
Saturated Fat 1.5g	Dietary Fiber 0g
Trans Fat 0g	Total Sugars 0g
Cholesterol 95mg	Protein 3g



Texas Caviar

Submitted by Andrew Jacobson, Radiology Services Manager

INGREDIENTS

- 30 ounces canned reduced-sodium black-eyed peas, drained and rinsed*
- 2 green onions (green part only), thinly sliced
- 1 ear of corn (cut off cob) OR 1 cup fresh, frozen corn (thawed)
- 1 small bell pepper, yellow or red, seeded, stems discarded, diced
- ½ cup fresh cilantro, chopped
- 3 fresh jalapeño peppers, seeded and diced
- 2 cups tomatoes, diced OR 14.5 ounce canned, no-salt-added, diced tomatoes
- 3 cloves fresh garlic, minced OR 3 teaspoons jarred, minced garlic
- 2 tablespoons extra virgin olive oil
- 2 tablespoons lime juice
- ½ teaspoon lime zest
- 1 teaspoon ground cumin
- ⅛ teaspoon salt
- Freshly ground black pepper (to taste)

DIRECTIONS

1. In a medium bowl, combine the black-eyed peas, green onions, corn, bell pepper, cilantro, jalapenos, tomatoes, and garlic.
2. In a separate bowl whisk together the olive oil, lime juice, zest, and cumin. Pour over vegetables, add salt and pepper and toss together until vegetables are coated completely with oil blend. Best if chilled for 2 to 3 hours.
3. Serve as a side dish or with whole-grain pita chips.

Makes 28 servings (approximately 7 cups).

Nutritional analysis per serving

Serving size: ¼ cup

Calories 40	Sodium 140mg
Total Fat 1.5g	Total Carbohydrate 6g
Saturated Fat 0g	Dietary Fiber 1g
Trans Fat 0g	Total Sugars 1g
Cholesterol 0mg	Protein 2g

* Draining and rinsing beans reduces sodium by 40%.



SALADS

Colorful Tangy Brussels Sprouts Salad16

Grace's Delicious Cold Summer
Asparagus Salad16

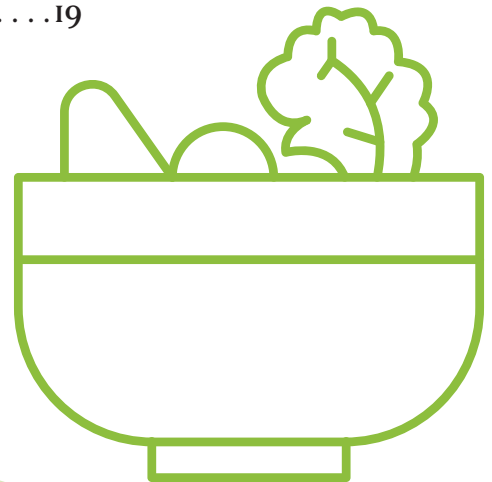
Greek Salad17

Lemony Shaved Brussel Sprout Salad17

Spinach, Strawberry & Almond Salad18

Thai Chicken Peanut Salad18

Uncle Wes' Salad19



- JUMP TO
- Breakfast
- Appetizers
- Salads
- Vegetables
- Grains, Legumes & Potatoes
- Main Dishes
- Soups and Stews
- Snacks and Sweets

Colorful Tangy Brussels Sprouts Salad

Submitted by Lori Busher, Nuclear Med Tech

A holiday favorite! This salad is delicious warm or cold. It adds a very colorful, festive dish to complement holiday entrees.

INGREDIENTS

Salad

2 pounds Brussels sprouts
2 tablespoons olive oil
1 cup pomegranate seeds
¼ cup pine nuts

Lime vinaigrette

2 tablespoons fresh lime juice
1 tablespoon apple cider vinegar
1 tablespoon extra-virgin olive oil
½ tablespoon tahini
½ tablespoon maple syrup
¼ teaspoon sea salt
Black pepper to taste

DIRECTIONS

1. Preheat the oven to 350 degrees F. Line a large baking sheet, jelly roll pan, or two 9x13 pans with parchment paper.
2. Wash and trim Brussels sprouts, trimming the base and separating as many leaves out, and chopping the rest into quarters. Toss sprouts in olive oil, and spread evenly on the pan(s).
3. Bake for 15 to 20 minutes or until most of the leaves are crispy and just turning golden brown. Toss every few minutes to prevent burning. Remove from the oven and let cool.
4. While the sprouts are baking, prepare the vinaigrette. Combine all vinaigrette ingredients in a small bowl. Whisk together 15 to 30 seconds.
5. In a serving bowl or serving tray, combine sprouts, pomegranates, and pine nuts. Pour the dressing over, toss to coat, and serve.

Makes 6 servings.

Nutritional analysis per serving

Serving size: approximately 1½ cups

Calories 150	Sodium 115mg
Total Fat 6g	Total Carbohydrate 21g
Saturated Fat 1g	Dietary Fiber 8g
Trans Fat 0g	Total Sugars 7g
Cholesterol 0mg	Protein 6g

Grace's Delicious Cold Summer Asparagus Salad

Submitted by Lori Busher, Nuclear Med Tech

Delicious served as a side at a summer cookout!

INGREDIENTS

1 pound asparagus (trim ends and cut diagonally into 1½ inch lengths)
8 whole scallions, trimmed to include a little green
1 tablespoon canola, avocado, or extra virgin olive oil
¼ teaspoon fresh ginger, minced
5 scallions, trimmed to include a little green, minced and divided in 2 batches
½ cup low-sodium chicken or vegetable broth
2 tablespoons rice vinegar
2 teaspoons reduced-sodium soy sauce
1 teaspoon sugar
Freshly ground pepper
1–2 teaspoons lemon juice to taste

DIRECTIONS

1. Steam asparagus and whole scallions in a covered skillet in a small amount of water until crisp-tender, about 5 min. Rinse under running cold water to stop the cooking and set the color, drain, and cool.
2. Dressing: heat oil in a small saucepan over medium-high heat. Add ginger and stir until it begins to color. Add half the minced scallions and cook for a few seconds. Add broth, vinegar, soy sauce, and sugar. Add lemon juice to taste.
3. Gradually stir in cooled asparagus/ scallions with dressing, remaining scallions (uncooked), and black pepper to taste.

Makes 4 servings.

Nutritional analysis per serving

Serving size: approximately 1 cup

Calories 70	Sodium 110mg
Total Fat 4g	Total Carbohydrate 7g
Saturated Fat 0g	Dietary Fiber 3g
Trans Fat 0g	Total Sugars 3g
Cholesterol 0mg	Protein 4g





Greek Salad

Submitted by Jamie Lund, Nurse Clinician

INGREDIENTS

- 7–8 Campari tomatoes
- 1 English cucumber, partially peeled
- ½ red pepper
- ½ green pepper
- ¼ cup of Kalamata olives, halved
- 1 avocado, diced (optional)
- Garnish with feta cheese

Dressing

- ¼ cup extra virgin olive oil
- 2 tablespoons red wine vinegar
- 3 tablespoons fresh oregano
- ¼ teaspoon garlic powder

DIRECTIONS

1. Chop the tomatoes, cucumbers, and peppers into quarter-sized pieces and add to a bowl. Add the olives and avocado.
2. In a separate bowl, combine the olive oil, vinegar, oregano, and garlic powder and whisk together. Pour over the vegetable mixture and toss to coat evenly. Top with a handful of feta cheese. Chill until ready to serve.

Makes 4 servings.

Nutritional analysis per serving (with avocado and feta cheese)

Serving size: approximately 1 cup

Calories 210	Sodium 115mg
Total Fat 20g	Total Carbohydrate 8g
Saturated Fat 4g	Dietary Fiber 4g
Trans Fat 0g	Total Sugars 2g
Cholesterol 10mg	Protein 3g

Lemony Shaved Brussel Sprout Salad

Submitted by Mandy Troelsen, Nurse Clinician

INGREDIENTS

- 4 cups shaved Brussel sprouts
- ¼ cup extra-virgin olive oil
- ¼ cup fresh lemon juice
- ½ cup pine nuts, toasted
- ⅓ cup dried cranberries
- ⅓ cup grated pecorino cheese or Parmesan cheese (optional)
- ⅓ cup chopped chives
- Salt and freshly ground black pepper to taste

DIRECTIONS

1. Thinly slice the Brussels sprouts using a knife or mandolin. Place them into a medium bowl and toss with the olive oil, lemon juice, pine nuts, cranberries, cheese, chives, and pinches of salt and pepper.
2. Let the salad sit at room temperature for 15 minutes, then taste and adjust the seasonings.

Serves 4 as a side dish.

Nutritional analysis per serving (with pecorino cheese)

Serving size: approximately 1 ⅓ cup

Calories 320	Sodium 170mg
Total Fat 26g	Total Carbohydrate 20g
Saturated Fat 4.5g	Dietary Fiber 5g
Trans Fat 0g	Total Sugars 10g
Cholesterol 10mg	Protein 7g



Spinach, Strawberry & Almond Salad

Submitted by Brittany Butts, Physician Assistant

INGREDIENTS

- 2 ½ tablespoons lemon juice
- 2 tablespoons extra virgin olive oil
- 2 tablespoons of Smucker's low-sugar strawberry preserves
- 2 cups strawberries
- 1 package of baby spinach
- ¼ cup of unsalted dry roasted almonds
- ⅓ cup feta cheese

DIRECTIONS

1. Using a whisk, combine the lemon juice, extra virgin olive oil and strawberry preserves in a bowl.
2. Add strawberries to the mixture and toss lightly.
3. Add spinach to the bowl and toss again to coat with dressing.
4. Top with almonds and feta cheese and serve!

Makes 4 servings.

Nutritional analysis per serving

Serving size: approximately 2 cups

Calories 170	Sodium 170mg
Total Fat 12g	Total Carbohydrate 12g
Saturated Fat 3g	Dietary Fiber 3g
Trans Fat 0g	Total Sugars 7g
Cholesterol 10mg	Protein 4g



Thai Chicken Peanut Salad

Submitted by Sara Murray, Cardiologist

INGREDIENTS

- 1 bag of fresh greens of your choice (spring mix works well)
- ½ bag of baby carrots, chopped
- ½ red onion, roughly chopped
- ½ cucumber, sliced
- 2 fresh mandarin oranges, Cutie or other, chopped
- 1 avocado, diced
- ½ cup peanuts
- Chicken (could use shredded cooked chicken, cut up cooked chicken breast, or 1 can packed white chicken)
- Some type of spicy Thai peanut dressing (I use Trader Joe's brand, very delicious)

DIRECTIONS

1. Toss the salad greens, carrots, red onion, cucumber, mandarin oranges, avocado, peanuts, and chicken in a large bowl. Top with the desired amount of dressing.

Makes 6 servings.

Nutritional analysis per serving

Serving size: approximately 2 cups

Calories 300	Sodium 160mg
Total Fat 13g	Total Carbohydrate 26g
Saturated Fat 2g	Dietary Fiber 5g
Trans Fat 0g	Total Sugars 17g
Cholesterol 60mg	Protein 22g





Uncle Wes' Salad

Submitted by Jennifer O'Neal, Patient Account Specialist

INGREDIENTS

- 1 head green cabbage, finely cut
- 1 sweet yellow onion (such as Vidalia), diced
- 1 (15.5 ounces) can red kidney beans, drained and rinsed*
- Cooking oil of your choice (start with a teaspoon, add more if needed)
- Vinegar (start with one cup, add more if needed)
- Sugar (start with a tablespoon, add more if needed)

DIRECTIONS

1. Add the cabbage, onion, and beans to a large bowl.
To make the dressing, combine the oil, vinegar, and sugar in a small bowl and mix until the sugar is dissolved. Pour the dressing over the cabbage mixture and serve immediately.

Makes 6 to 8 servings.

Nutritional analysis per serving

Serving size: approximately 1 ⅓ cups

Calories 110	Sodium 100mg
Total Fat 2g	Total Carbohydrate 19g
Saturated Fat 0g	Dietary Fiber 5g
Trans Fat 0g	Total Sugars 9g
Cholesterol 0mg	Protein 4g

*Draining and rinsing beans reduces sodium by 40%.

VEGETABLES

Carrot Fries	21
Garden Vegetable Curry	21
Mashed Cauliflower	22
Oven Roasted Vegetables	22
Roasted Vegetables	23
Roasted Curry Cauliflower	23
Spaghetti Squash	24



• JUMP TO
• Breakfast
• Appetizers
• Salads
• Vegetables
• Grains, Legumes & Potatoes
• Main Dishes
• Soups and Stews
• Snacks and Sweets

Carrot Fries

Submitted by Brittany Butts, Physician Assistant

INGREDIENTS

- 3 large carrots
- 2½ tablespoons extra virgin olive oil
- 1 tablespoon of fresh parsley
- 1 teaspoon paprika

DIRECTIONS

1. Preheat the oven to 425 degrees F.
2. Cut carrots into ½ by 3-inch strips to resemble French fries. Place in a bowl.
3. Add olive oil, parsley, and paprika into a bowl and toss lightly.
4. Place on a baking sheet lined with parchment paper.
5. Bake for 20 to 25 minutes. Flip carrots after approximately 12 minutes.
6. Add a sprinkle of Mrs. Dash and enjoy!

Makes 3 servings.

Nutritional analysis per serving

Serving size: 1 carrot

Calories 120	Sodium 50mg
Total Fat 11g	Total Carbohydrate 7g
Saturated Fat 1.5g	Dietary Fiber 2g
Trans Fat 0g	Total Sugars 4g
Cholesterol 0mg	Protein 1g



Garden Vegetable Curry

Submitted by Joy Longley, Nurse Practitioner

INGREDIENTS

- 3 tablespoons canola oil
- 2 medium onions, finely chopped
- 2 cloves minced garlic
- 1–2 tablespoons curry powder
- 1 teaspoon turmeric
- 1 cup chopped tomatoes
- 1 medium head cabbage, chopped
- 3 medium carrots, diced
- 4–5 small potatoes, unpeeled and cut into ¾ inch cubes
- 3 cups green beans
- 1 teaspoon salt
- 1 tablespoon lemon juice

DIRECTIONS

1. Heat the oil in a 3 to 4 quart saucepan on medium heat. Add the onions and garlic and sauté for 4 to 5 minutes (do not brown). Add curry powder and turmeric and continue sautéing 3 to 4 minutes longer. Add tomatoes and cook until the sauce is thickened. Add the rest of the ingredients except the lemon juice. Reduce heat and simmer for 30 to 45 minutes. Add water any time sauce is below 2/3 depth of the vegetables. Add lemon juice 15 minutes before serving time. Season to taste.

Makes 7 to 8 servings.

Tips:

- May use frozen green beans instead of fresh but add 15 minutes prior to serving.
- May substitute 1 cup of tomato sauce for fresh tomatoes.
- May substitute 2 cups chopped zucchini squash and 3 cups chopped green tomatoes for cabbage and carrots. Experiment with adding peas, lima beans, eggplant, and cauliflower.

Nutritional analysis per serving

Serving size: approximately 2⅓ cups

Calories 200	Sodium 340mg
Total Fat 6g	Total Carbohydrate 36g
Saturated Fat .5g	Dietary Fiber 9g
Trans Fat 0g	Total Sugars 9g
Cholesterol 0mg	Protein 6g

Mashed Cauliflower

Submitted by Kari Smith, Nurse Practitioner

INGREDIENTS

- 1 head cauliflower, cut into florets
- 1 tablespoon olive oil
- 1 clove garlic, smashed
- ¼ cup grated Parmesan cheese
- 1 tablespoon reduced-fat cream cheese
- ½ teaspoon kosher salt
- ⅛ teaspoon freshly ground black pepper

DIRECTIONS

1. Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil. Add cauliflower, cover, and steam until tender, about 10 minutes.
2. Meanwhile, heat olive oil in a small skillet over medium heat; cook and stir garlic until softened, about 2 minutes. Remove from heat.
3. Transfer half the cauliflower to a food processor; cover and blend on high. Add remaining cauliflower florets, one at a time, until vegetables are creamy. Blend in garlic, Parmesan cheese, cream cheese, salt, and black pepper.

Makes 4 servings.

Nutritional analysis per serving

Serving size: approximately 1¼ cups

Calories 100	Sodium 410mg
Total Fat 6g	Total Carbohydrate 9g
Saturated Fat 2g	Dietary Fiber 3g
Trans Fat 0g	Total Sugars 3g
Cholesterol 5mg	Protein 5g



Oven Roasted Vegetables

Submitted by Carley Koethe, CT Tech

INGREDIENTS

- ¾ cup baby carrots, cut in half
- ¾ cup bell peppers, cut into bite-sized pieces
- ¾ cup broccoli, cut into bite-sized pieces
- ¾ cup zucchini, cut into bite-sized pieces
- ¾ cup onions, cut into bite-sized pieces
- ¾ cup whole mushrooms, cut in half
- ¾ cup sweet potatoes, diced into 1-inch cubes
- 2–3 tablespoons extra virgin olive oil
- Mrs. Dash Salt-Free Original seasoning – or Mrs. Dash seasoning of choice (to taste)

DIRECTIONS

1. Preheat oven to 425 degrees F.
2. In a large mixing bowl, toss the vegetables with extra virgin olive oil and desired amount of Mrs. Dash seasoning.
3. Line a large sheet pan with tin foil and spread the vegetables evenly on top. Do not overlap. Roast the vegetables at 425 degrees F for about 15 to 20 minutes, stirring halfway through cooking until crisp and lightly brown. Vegetables are done when you can easily pierce them with a fork.
4. Store completely cooled vegetables in an airtight container and keep them in the fridge for up to four days.

Makes about 5 servings.

Nutritional analysis per serving

Serving size: approximately 1 cup

Calories 130	Sodium 50mg
Total Fat 8g	Total Carbohydrate 14g
Saturated Fat 1g	Dietary Fiber 4g
Trans Fat 0g	Total Sugars 4g
Cholesterol 5mg	Protein 3g

Roasted Vegetables

Submitted by Jeff Olson, Cardiologist

This isn't really a "recipe" – more of a technique. Roasting vegetables caramelizes the outside and concentrates the sugars making them crispy, sweet, and delicious!

INGREDIENTS

Vegetables (peppers, sweet potatoes, regular potatoes, broccoli, zucchini, summer squash work great)

Olive oil

Salt

Pepper

DIRECTIONS

1. Dice vegetables into 1-inch chunks. Toss them with olive oil, salt, and pepper. Put them in a shallow pan, one layer thick, without too much crowding.
2. Roast in the oven preheated to 425 degrees F. After 20 minutes, remove from the oven and stir. Return to the oven and roast for about 20 more minutes, or until caramelized.

Makes 4 servings.

Nutritional analysis per serving (with 4 cups vegetables, 2 tablespoons olive oil, ½ teaspoon salt and ¼ teaspoon black pepper)

Serving size: approximately 1 cup

Calories 130	Sodium 320mg
Total Fat 7g	Total Carbohydrate 15g
Saturated Fat 1g	Dietary Fiber 3g
Trans Fat 0g	Total Sugars 3g
Cholesterol 5mg	Protein 2g



Roasted Curry Cauliflower

Submitted by Dr. Sara Murray, Cardiologist

INGREDIENTS

1 large head cauliflower (or two small heads), cored, broken into larger florets and then sliced into ½-inch slices

½ onion, peeled, thickly sliced, root to tip

4 cloves garlic, sliced

2 tablespoons lemon juice

⅓ cup (80 ml) extra virgin olive oil

1½ teaspoons yellow curry powder*

¼ teaspoon ground cinnamon

½ teaspoon salt

¼ teaspoon ground black pepper

DIRECTIONS

1. Preheat the oven to 425 degrees F with a rack on the top third of the oven. Line a large rimmed baking pan with foil.
2. Put the garlic, lemon juice, olive oil, curry powder, cinnamon, salt, and pepper in a large bowl. Whisk vigorously until well combined.
3. Add the cauliflower and onion slices to the bowl with the curry powder and toss to coat. Spread the cauliflower and onion slices on the baking sheet in a single layer.
4. Bake in a preheated oven for 25 to 30 minutes until well browned. Serve immediately or at room temperature.

Makes 8 servings.

* You can substitute a mixture of ground cumin, turmeric, ginger, and coriander. Turmeric gives it the yellow color— watch out, it stains!

Nutritional analysis per serving

Serving size: approximately 1 cup

Calories 120	Sodium 180mg
Total Fat 10g	Total Carbohydrate 7g
Saturated Fat 1.5g	Dietary Fiber 3g
Trans Fat 0g	Total Sugars 2g
Cholesterol 0mg	Protein 2g

Spaghetti Squash

Submitted by Lori Busher, Nuclear Med Tech

Spaghetti squash is a wonderful substitution for pasta. It is a very mild flavored, low carbohydrate, and nutrient-rich vegetable. It is delicious plain or topped with your favorite pesto, red, or white sauce. It is also delicious tossed in a pan with a drizzle of olive oil, fresh garlic, and roasted veggies. Add your favorite protein (chicken, shrimp, salmon, beef) for additional variety. I have also used it as a pasta substitution for a single-layer vegetable (mushroom, zucchini, tomato sauce) lasagna.

Spaghetti squash can be found at most grocery stores year-round. If you are a gardener, this is an easy, prolific grower.

DIRECTIONS

- **Spaghetti squash rings** (this is our favorite method): Scrub the outside of the squash clean. Cut the squash from one end to the other in 1½ to 2-inch thick ring slices. (Be careful while cutting, as the squash can roll). Scoop out the seeds. Place rings on a baking sheet (you can line it with parchment paper.) Brush each side lightly with olive oil. Bake at 400 degrees F for about 20 minutes until fork tender.
- **Grilling rings**: Place rings in the microwave on a plate with a little water. Microwave 10 minutes. Place the rings on aluminum foil or a grill pan. Grill until tender and lightly browned (flipping when browned on the first side.) Pull strands away from the peel and enjoy!
- **Whole squash cooking**: Wash and scrub the squash clean. Use a fork to poke 4 to 6 holes around the squash. Place the squash on a baking sheet and roast at 400 degrees F for approximately one hour. Turn the squash halfway through for even cooking. Let cool. Cut in half. Remove seeds. Use a fork to separate the squash into strands.
- **Baking spaghetti squash halves**: Wash and scrub the squash. Cut in half lengthwise. Scoop out the seeds. Brush the inside lightly with olive oil. Place cut side down on parchment paper lined baking sheet. Roast at 400 degrees F for approximately 45 minutes until tender.

- **Pressure Cooker Spaghetti Squash**: Cut squash in half and scoop out the seeds. Place on the trivet in the pressure cooker. Add 1 cup water. Secure the lid and make sure the pressure valve is set to SEALING. Cook on manual setting for 8 minutes. Carefully turn the pressure valve to venting to release the steam. When steam is released, remove the squash from the pressure cooker and allow it to cool for a few minutes. Use a fork to remove the strands of cooked squash.

Nutritional analysis per serving

Serving size: 1 cup

Calories 40	Sodium 30mg
Total Fat 0g	Total Carbohydrate 10g
Saturated Fat 0g	Dietary Fiber 2g
Trans Fat 0g	Total Sugars 4g
Cholesterol 0mg	Protein 1g



GRAINS, LEGUMES & POTATOES

Basic Polenta	26
Quinoa and Cauliflower Power Bowl	26
Mango Black Bean Quinoa Salad	27
Quinoa and Kale Salad	27
Quinoa with Almonds and Cranberries	28
Roasted Sweet Potato Salad	28
Red Curry Lentils with Sweet Potatoes and Spinach	29
Sweet Potato Curry	30



- JUMP TO
- Breakfast
- Appetizers
- Salads
- Vegetables
- Grains, Legumes & Potatoes
- Main Dishes
- Soups and Stews
- Snacks and Sweets

Basic Polenta

Submitted by Kaye Halvorson, Executive Assistant

INGREDIENTS

5 cups water or low sodium vegetable stock
1 cup cornmeal
1 teaspoon salt
Freshly ground pepper to taste

DIRECTIONS

1. Bring the water to a boil in a medium saucepan. Add salt, keeping the water boiling at medium-high heat. Slowly add the cornmeal in a very thin stream, while stirring with a whisk.
2. When all of the cornmeal is added, reduce heat to medium-low and simmer. Continue to stir continuously, scraping the sides of the pot regularly, for 10 to 25 minutes until polenta pulls away from the sides of the pot or the spoon stands upright. Season with salt and pepper to taste.
3. For firm polenta to grill or broil, pour the mixture into a glass pie plate or baking dish, smooth out and let cool. Cut into desired shapes when cooled. To speed up the process, place polenta in the freezer for 15 to 20 minutes or in the refrigerator for 1 to 2 hours.

Makes about 2 cups.

Adapted from *Delicious!* Magazine, January 1997

Nutritional analysis per serving

Serving size: approximately ½ cup

Calories 120	Sodium 640mg
Total Fat 1g	Total Carbohydrate 25g
Saturated Fat 0g	Dietary Fiber 3g
Trans Fat 0g	Total Sugars 2g
Cholesterol 0mg	Protein 3g



Quinoa & Cauliflower Power Bowl

Submitted by Lori Busher, Nuclear Med Tech

INGREDIENTS

½ cup cooked quinoa (a great way to use up leftovers)
½ teaspoon sesame oil
¾ cup cauliflower rice (fresh or frozen)
½ teaspoon extra virgin olive oil
½ small onion, diced
1 clove garlic, minced
1 tablespoon finely chopped ginger
½ cup shredded red cabbage
½ cup broccoli slaw
¼ cup minced parsley
¼ cup minced scallions
1 teaspoon turmeric
½ teaspoon pepper
¼ teaspoon sea salt
½ ripe pear, finely chopped
½ avocado, finely chopped
1 tablespoon toasted pine nuts
Juice of one lime (about 2 tablespoons)

DIRECTIONS

1. Heat sesame oil over medium heat in a large sauté pan. Add cauliflower rice and quinoa and sauté until cauliflower is tender. Transfer into a bowl or to-go container.
2. Put the pan back on the heat, add olive oil and onion, and cook until tender. Add garlic, ginger, cabbage, broccoli slaw, parsley, scallions, salt, and spices. Sauté until cabbage is wilted and spices are very fragrant, then pour over quinoa mixture.
3. Top bowl with chopped pear, avocado, pine nuts, and a squeeze of lime.

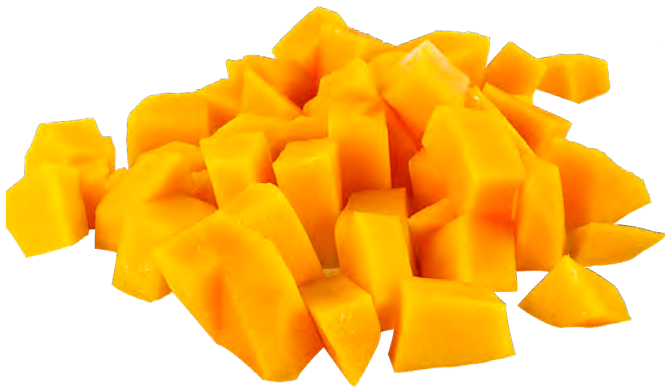
Note: This dish is also delicious with substitutions such as apples, berries, almonds, and walnuts.

Makes 1 serving.

Nutritional analysis per serving

Serving size: approximately 3½-4 cups

Calories 510	Sodium 660mg
Total Fat 27g	Total Carbohydrate 63g
Saturated Fat 3.5g	Dietary Fiber 17g
Trans Fat 0g	Total Sugars 17g
Cholesterol 0mg	Protein 14g



Mango Black Bean Quinoa Salad

Submitted by Elizabeth Tuohy, Cardiologist

INGREDIENTS

For the salad:

- 1 (15 ounces) can black beans, drained and rinsed*
- 1 large mango, diced
- 1 red bell pepper, diced
- 1 avocado, diced
- ½ cup diced cilantro
- ¼ cup finely diced red onion
- 1 jalapeno, seeded, diced
- For the quinoa:
- ¾ cup uncooked quinoa
- 1½ cups water

For the honey lime chipotle dressing:

- 2 tablespoons olive oil
- 2 tablespoons freshly squeezed lime juice
- 1 tablespoon honey
- 1 teaspoon Dijon mustard
- ½ teaspoon chipotle chili powder, plus more if you like things a little spicy
- 1 clove garlic, minced
- ½ teaspoon salt
- Freshly ground black pepper

To garnish:

- Extra cilantro
- Pepitas

DIRECTIONS

1. Rinse quinoa in cold water. Add water and quinoa to a medium pot and place over high heat. Bring mixture to a boil, then cover, reduce heat to low, and cook for 15 minutes. Remove the pot from heat and fluff the quinoa with a fork. Cool.
2. While the quinoa is cooking, chop the salad ingredients and add to a large bowl. Then add the cooled quinoa.
3. In a separate small bowl, prepare the dressing by whisking together the olive oil, fresh lime juice, honey, Dijon, chipotle chili powder, garlic, salt, and pepper.
4. Pour the dressing over the quinoa salad and toss to combine.

Garnish with extra cilantro and pepitas if desired. Serve at room temperature or cold. The salad will keep for 4 to 5 days in the fridge. Delicious for lunch all week! Recipe adapted from ambitiouskitchen.com

Makes 4 to 6 servings depending on portion size.

Nutritional analysis per serving (with pepitas)

Serving size: approximately 1½ cup

Calories 300	Sodium 460mg
Total Fat 13g	Total Carbohydrate 41g
Saturated Fat 2g	Dietary Fiber 9g
Trans Fat 0g	Total Sugars 12g
Cholesterol 0mg	Protein 10g

*Draining and rinsing beans reduces sodium by 40%.

Quinoa and Kale Salad

Submitted by Tom Biggs, Cardiologist

INGREDIENTS

For the dressing:

- Juice of 1½ lemons
- ¼ cup plus 2 tablespoons extra virgin olive oil
- 1 tablespoon pure maple syrup
- Freshly ground black pepper

For the salad:

- 2 bunches curly kale, destemmed and finely chopped
- 1½ cups cooked quinoa
- ½ cup golden raisins
- ½ cup roasted almonds, chopped
- 1 large bell pepper
- ½ cup fresh blueberries

DIRECTIONS

1. Combine the lemon juice, olive oil, maple syrup, and pepper in a small bowl and whisk together. Set aside.
2. Place chopped kale in a large bowl. Pour dressing over the kale. Massage the dressing into the kale for a few minutes (using your hands) until the kale is broken down.
3. Add the quinoa, raisins, almonds, bell pepper and blueberries. Toss to combine.

Makes 6 servings.

Nutritional analysis per serving

Serving size: approximately 1½ cups

Calories 330	Sodium 90mg
Total Fat 21g	Total Carbohydrate 34g
Saturated Fat 2.5g	Dietary Fiber 10g
Trans Fat 0g	Total Sugars 15g
Cholesterol 0mg	Protein 9g

Quinoa with Almonds and Cranberries

Submitted by Elizabeth Tuohy, Cardiologist

INGREDIENTS

- 1 cup quinoa
- ½ cup sliced blanched almonds
- 1 cube bouillon (I use vegetable or chicken)
- 1½ cups boiling water
- ½ teaspoon salt
- 1 cinnamon stick
- 1 bay leaf
- ½ cup dried cranberries

DIRECTIONS

1. Soak quinoa for ½ hour in cold water. Rinse thoroughly.
2. In a skillet on medium heat, stir and toast the slivered almonds until golden. Set aside. Add quinoa to the skillet, stir and roast until dry and turning color.
3. Transfer toasted quinoa and toasted almonds to a 2-quart saucepan. Add cranberries. Add boiling water, bouillon cube, salt, bay leaf, and cinnamon stick. Bring back to a boil, cover, reduce heat and simmer for 20 minutes. Remove from heat and allow to sit for 5 minutes. Fluff gently with a fork and serve.

Makes 4 servings.

Nutritional analysis per serving

Serving size: approximately 1 cup

Calories 350	Sodium 300mg
Total Fat 13g	Total Carbohydrate 49g
Saturated Fat 1g	Dietary Fiber 7g
Trans Fat 0g	Total Sugars 15g
Cholesterol 0mg	Protein 11g



Roasted Sweet Potato Salad

Submitted by Amy Ferstenou, Exercise Physiologist

INGREDIENTS

- 1 tablespoon olive or avocado oil
- 2 medium sweet potatoes, washed, peeled, and diced into ½ inch cubes
- 1 (5-ounce) package of fresh spinach or baby kale
- 1 avocado, peeled, diced and thinly sliced
- ½ cup crumbled feta or gorgonzola cheese
- ½ cup chopped walnuts, almonds, pumpkins seeds, pistachios or any combination
- ⅓ cup dried cranberries
- Balsamic vinaigrette dressing
- Salt and pepper to taste (for sweet potatoes, if desired)

DIRECTIONS

1. To roast potatoes: Heat oven to 400 degrees F. Toss sweet potatoes in oil to evenly coat. Spread diced sweet potatoes out on a baking sheet. Use parchment paper for easy cleanup. Salt and pepper, if desired. Cook for about 30 minutes or until potatoes are caramelized around the edges. Remove from the oven and set aside.
2. To assemble the salad: In a large bowl mix spinach/kale, avocado, cheese, nuts/seeds, and cranberries with the sweet potatoes. Lightly drizzle balsamic vinaigrette and toss until combined. Serve immediately and enjoy!

Makes 4 to 6 servings.

Nutritional analysis per serving

Serving size: approximately 1½ cups

Calories 250	Sodium 320mg
Total Fat 20g	Total Carbohydrate 16g
Saturated Fat 3.5g	Dietary Fiber 4g
Trans Fat 0g	Total Sugars 6g
Cholesterol 10mg	Protein 5g



Red Curry Lentils with Sweet Potatoes and Spinach

Submitted by Elizabeth Tuohy, Cardiologist

INGREDIENTS

- 3 tablespoons olive oil
- 1 pound sweet potatoes (about 2 medium), peeled and cut into ¾-inch cubes
- 1 medium yellow onion, chopped
- 3 tablespoons Thai red curry paste
- 3 garlic cloves, minced
- 1 (1-inch) piece fresh ginger, peeled and grated (about 1 tablespoon)
- 1 red chile, such as Fresno or serrano, halved, seeds and ribs removed, then minced
- 1 teaspoon ground turmeric
- 1 cup red lentils, rinsed
- 4 cups low-sodium vegetable stock
- 2 teaspoons kosher salt
- 1 (13-ounce) can low-fat coconut milk
- 1 (4- to 5-ounce) bag baby spinach
- ½ lime, juiced
- Fresh cilantro leaves, for serving
- Toasted unsweetened coconut flakes, for serving (optional)

DIRECTIONS

1. In a Dutch oven or pot, heat 2 tablespoons of olive oil over medium-high. Add the sweet potatoes and cook, stirring occasionally, until browned all over (usually about 7 minutes depending on the size of the cubes). Transfer the browned sweet potatoes to a plate and set aside.
2. If the pot has burnt natural sugars on the bottom, wash it before moving to the next step.
3. Add the remaining 1 tablespoon of olive oil to the pot and set the heat to medium-low. Add the onion and cook, stirring occasionally, until translucent, 4 to 6 minutes. Add the curry paste, garlic, ginger, chile, and turmeric, and cook until fragrant, about 1 minute.

4. Add the lentils, stock, salt and browned sweet potatoes to the pot and bring to a boil over high. Lower the heat and simmer, uncovered, stirring occasionally, until the lentils are just tender, 20 to 25 minutes.
5. Add the coconut milk and simmer, stirring occasionally, until the liquid has reduced and the lentils are creamy and falling apart, 15 to 20 minutes.
6. Add the spinach and stir until just wilted, 2 to 3 minutes. Off the heat, stir in the lime juice and season with salt to taste.
7. Divide among shallow bowls and top with cilantro and coconut flakes, if using.

Makes 6 servings.

Note: I don't add spinach to the whole pot as it makes a big batch, and it's fabulous reheated for lunches. I add the spinach after reheating in the microwave for a fresh batch every time.

Adapted from a recipe by Lidey Heuck, *New York Times*

Nutritional analysis per serving

Serving size: approximately 2 cups

Calories 330	Sodium 690mg
Total Fat 13g	Total Carbohydrate 43g
Saturated Fat 6g	Dietary Fiber 7g
Trans Fat 0g	Total Sugars 4g
Cholesterol 0mg	Protein 11g

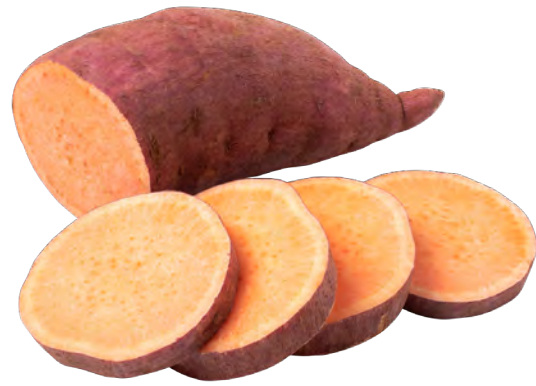


Sweet Potato Curry

Submitted by Amy Ferstenou, Exercise Physiologist

INGREDIENTS

- 1 tablespoon olive oil or avocado oil
- 2 shallots, thinly sliced
- 2 sweet potatoes, peeled and diced into ½ inch cubes
- 1 (5-ounce) package of fresh spinach
- 2–3 tablespoons of curry paste (yellow, red or a combination)
- 1 (14-ounce) can light coconut milk
- ½ to 1 cup of low-sodium broth or water
- ½ cup chopped peanuts
- ¼ cup fresh cilantro (or desired amount)
- Fish sauce to taste
- Brown rice, quinoa or other grain (can buy convenient packets that take 90 seconds in the microwave)
- Chicken breast (optional); 1 (7-ounce) can of cooked chicken breast, drained, is a convenient option.



DIRECTIONS

1. Heat the oil over medium heat. Add the shallots and stir fry until soft. Add sweet potatoes and stir to coat with oil. Add curry paste and stir until well combined.
2. Add the coconut milk and broth and let it simmer over low heat for 10 to 15 minutes until thickened. Stir in cooked chicken breast. Stir in spinach until wilted.
3. Add half of the peanut/cilantro mixture; save the rest for topping. Add a splash of fish sauce to the curry.
4. Serve over rice/quinoa, and top with peanuts/cilantro.

Makes about 4 servings.

Nutritional analysis per serving (with ½ cup rice; no fish sauce or chicken)

Serving size: approximately 3 cups

Calories 520	Sodium 610mg
Total Fat 30g	Total Carbohydrate 52g
Saturated Fat 9g	Dietary Fiber 8g
Trans Fat 0g	Total Sugars 6g
Cholesterol 0mg	Protein 14g

MAIN DISHES

Fish and Shellfish

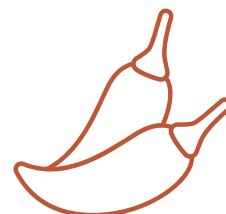
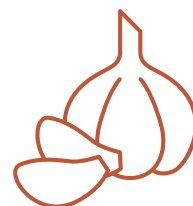
Arugula salad with Shrimp and Shaved Parmesan	32
Fish Tacos with Lime Crema	32
One Pan Roasted Salmon & Vegetable Hash	33
Italian Tuna Brown Rice Salad	33

Poultry

Brussel Sprout Hash with Roasted Sweet Potato and Chicken Sausage	34
Egg Roll in a Bowl	34
Sheet Pan Chicken Thighs with Carrots and Potatoes	35
One Pan Cabbage and Ground Turkey Skillet	35
Spring Vegetable Stir Fry	36
Stuffed Red Peppers	37

Vegetarian

Vegan Fajita Burritos	37
Homemade Veggie Burger	38
Homemade Taco Seasoning	39
Quinoa Stuffed Peppers	3



- JUMP TO
- Breakfast
- Appetizers
- Salads
- Vegetables
- Grains, Legumes & Potatoes
- Main Dishes
- Soups and Stews
- Snacks and Sweets



Arugula Salad with Shrimp and Shaved Parmesan

Submitted by Shirley Boeckermann, Clinical Services Manager

INGREDIENTS

- 8 cups arugula
- 1 pound raw shrimp
- 2 cloves garlic, minced
- ½ small red onion, sliced
- 2 avocados, cubed
- 2 tablespoons olive oil
- 1 small block of fresh Parmesan cheese, shaved
- Black pepper to taste
- Kosher salt to taste

For Lemony Vinaigrette Dressing:

- ⅓ cup extra virgin olive oil or lemon-flavored olive oil
- 1 freshly squeezed lemon
- 1 teaspoon honey
- Black pepper and sea salt to taste

DIRECTIONS

1. Combine the vinaigrette dressing ingredients in a bowl and whisk to combine. Cover and refrigerate.
2. Rinse the arugula and set it aside. Rinse and clean raw shrimp and set aside.
3. Heat the saucepan and add 2 tablespoons of olive oil. Add garlic allowing it to simmer for 30 to 45 seconds. Add shrimp to pan and cook until pink throughout. Remove from heat once cooked.
4. Mix arugula, onions, cooked shrimp, and avocados in a salad bowl. Pour lemony vinaigrette dressing over, mix well. Top with shaved Parmesan cheese before serving.

Makes about 6 servings.

Nutritional analysis per serving

Serving size: approximately 1⅓ cups

Calories 340	Sodium 300mg
Total Fat 27g	Total Carbohydrate 9g
Saturated Fat 4.5g	Dietary Fiber 4g
Trans Fat 0g	Total Sugars 2g
Cholesterol 125mg	Protein 20g

Fish Tacos with Lime Crema

Submitted by Tracy Enstad, Nurse Clinician

INGREDIENTS

- 24 small corn tortillas
- 1½ pounds tilapia filets
- ½ teaspoon ground cumin
- ½ teaspoon cayenne pepper
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 2 tablespoons extra-virgin olive oil

Fish Taco Toppings:

- ½ small purple cabbage, thinly sliced
- 2 medium avocados, diced
- 2 Roma tomatoes, diced
- ½ red onion, diced
- ½ bunch cilantro, longer stems removed
- 2 ounces Cotija cheese (about ½ cup)
- 1 lime, cut into 8 wedges

For Lime Crema:

- ⅓ cup plain non-fat Greek yogurt
- ¼ cup mayonnaise
- Juice of 1 lime (about 2 tablespoons)
- 1 teaspoon garlic powder
- 1 teaspoon Sriracha sauce (or to taste)

DIRECTIONS

1. Preheat the oven to 375 degrees F. Line a large baking sheet with parchment or silicone liner. Place the tilapia on the baking sheet and lightly drizzle with olive oil. In a small dish, combine the cumin, cayenne pepper, salt, and black pepper. Sprinkle the mixture evenly over both sides of the tilapia. Bake at 375 degrees F for 20 to 25 minutes. If desired, broil for 3 to 5 minutes to brown edges at the end of baking.
2. While the fish is cooking, prepare the taco toppings. Next, combine the yogurt, mayo, lime juice, garlic powder, and Sriracha in a small bowl; mix well and set aside.
3. Before serving tacos, warm tortillas in a warm skillet or on a griddle over medium-high heat.
4. To assemble, start with pieces of fish, then add toppings, a sprinkle of Cotija cheese, and a drizzle of the sauce. Serve with a fresh lime wedge to squeeze over tacos.

Makes 24 tacos.

Nutritional analysis per serving

Serving size: 1 taco

Calories 130	Sodium 170mg
Total Fat 6g	Total Carbohydrate 11g
Saturated Fat 1.5g	Dietary Fiber 3g
Trans Fat 0g	Total Sugars 1g
Cholesterol 15mg	Protein 8g

One Pan Roasted Salmon & Vegetable Hash (Grandma Rose's Favorite)

Submitted by Lori Busher, Nuclear Med Tech

INGREDIENTS

- 2 cups butternut squash or sweet potato, cubed (½ inch)
- ½ cup red onion, roughly chopped
- 2 tablespoons olive oil
- ½ teaspoon salt, divided
- ¼ teaspoon pepper
- 8 ounces Brussels sprouts, trimmed and roughly chopped
- 1 tablespoon Dijon mustard
- 1 tablespoon brown sugar or maple syrup
- 2 (6-ounce) salmon filets

DIRECTIONS

1. Heat oven to 450 degrees F. Spray or brush olive oil on a large-rimmed baking pan.
2. Arrange butternut squash or sweet potatoes and onion in a pan, sprinkle with 1 tablespoon oil, ¼ teaspoon salt, and pepper; toss to coat. Bake for 15 minutes.
3. Meanwhile, in a medium bowl, combine the Brussels sprouts, 1 tablespoon oil, and the remaining ¼ teaspoon salt.
4. Remove vegetables from the oven and add Brussels sprouts to the pan. Stir to combine. Return to the oven and bake for 10 min.
5. In a small bowl, whisk together the mustard and brown sugar (or maple syrup) until smooth. Brush over both pieces of salmon.
6. Remove the baking pan from the oven, move the vegetables to one side of the pan, and place salmon (if skin on-skin side down) on the other side of the pan. Bake another 12 to 15 minutes, or until the salmon is cooked to 145 degrees F internal temperature or to the desired doneness and the veggies are brown.

Makes 4 servings.

Nutritional analysis per serving

Serving size: 1 ¼ cup vegetables plus salmon

Calories 250	Sodium 460mg
Total Fat 11g	Total Carbohydrate 19g
Saturated Fat 1.5g	Dietary Fiber 4g
Trans Fat 0g	Total Sugars 6g
Cholesterol 40mg	Protein 20g



Italian Tuna Brown Rice Salad

Submitted by Mandy Troelsen, Nurse Clinician

INGREDIENTS

- 1 (8-ounce) bag frozen mixed vegetables (corn, peas, green beans)
- 1 cup cooked brown rice, cooled
- 2 (4-ounce) cans tuna fish packed in water, drained
- ¼ cup sliced black olives
- 2 tablespoons capers, plus 1 tablespoon of the brine
- ¼ cup red bell pepper, chopped
- ½ lemon, juiced (about 1 tablespoon)
- ½ tablespoon extra-virgin olive oil

DIRECTIONS

1. Put the mixed vegetables in a strainer and run under warm water until thawed.
2. In a large bowl, combine the vegetables, rice, tuna, black olives, capers and brine, bell pepper, lemon juice, and olive oil. Mix well until combined.

Adapted from Skinnytaste.com

Makes 4 servings.

Nutritional analysis per serving

Serving size: 1 cup

Calories 180	Sodium 390mg
Total Fat 4g	Total Carbohydrate 22g
Saturated Fat 5g	Dietary Fiber 4g
Trans Fat 0g	Total Sugars 1g
Cholesterol 20mg	Protein 15g

Brussel Sprout Hash with Roasted Sweet Potato and Chicken Sausage

Submitted by Sonja Harlane, Nurse Practitioner

INGREDIENTS

2 medium sweet potatoes, cubed
 Olive oil
 Salt and pepper
 Cayenne pepper (optional)
 1 onion, sliced
 4 cups shredded Brussel sprouts
 2 cups of kale, stemmed and chopped
 4 precooked chicken sausage, sliced into rounds
 Eggs (1–2 per person)

DIRECTIONS

1. Heat oven to 425 degrees F. Toss the sweet potatoes with a drizzle of olive oil, salt, pepper, and cayenne if you enjoy a little heat. Bake for 20 minutes on a parchment paper-lined cookie sheet. Take out and stir then cook for another 15 minutes before removing from the oven.
2. While the sweet potatoes are roasting, heat about 1 tablespoon of olive oil in a large skillet. Add the onion and cook until translucent, then add the Brussels sprouts, stirring until starting to brown a bit. Add kale and the sliced chicken sausage and heat until the kale is wilted and the chicken sausage is warm.
3. Lastly, cook your eggs as you prefer them—we love these over easy with the yoke running over the other ingredients.
4. To build your meal use a bowl to place Brussels sprout hash, roasted sweet potatoes, and an egg on top together.

Makes 4 large servings.

Nutritional analysis per serving

Serving size: 2 eggs, 1 chicken sausage and approximately 1½ cups vegetables

Calories 380	Sodium 660mg*
Total Fat 20g	Total Carbohydrate 26g
Saturated Fat 4g	Dietary Fiber 6g
Trans Fat 0g	Total Sugars 6g
Cholesterol 380mg	Protein 28g

* Lower sodium option: Try unseasoned ground chicken or turkey with red pepper flakes or finely chopped fresh chili and jalapeno peppers added when browning.



Egg Roll in a Bowl

Submitted by Cheryl Brown, Clinical Cardiology Services Supervisor

INGREDIENTS

1 pound ground turkey sausage
 1 medium onion, sliced
 1 teaspoon sesame oil
 10 cups cabbage, sliced thinly
 1 teaspoon Chinese five spice powder
 1 teaspoon fresh ginger
 1 tablespoons low sodium soy sauce
 Red pepper flakes (optional if you like some spice!)

DIRECTIONS

1. Heat a skillet over medium-high heat. Brown the turkey until it is no longer pink. Add sliced onion and sesame oil and continue to cook until the onion is tender. Add the cabbage, spices, and ginger, and cook until the cabbage is tender. Add soy sauce and red pepper flakes (optional) to taste.

Makes 4 servings.

Nutritional analysis per serving

Serving size: approximately 2½ cups

Calories 250	Sodium 850mg*
Total Fat 11g	Total Carbohydrate 14g
Saturated Fat 2.5g	Dietary Fiber 5g
Trans Fat 0g	Total Sugars 7g
Cholesterol 85mg	Protein 25g

* Lower sodium option: Try unseasoned ground turkey with red pepper flakes or finely chopped fresh chili and jalapeno peppers added when browning.

Sheet Pan Chicken Thighs with Carrots and Potatoes

By Rachel Thompson, Physician Assistant

INGREDIENTS

- 8 boneless, skinless chicken thighs
- 2 sweet potatoes, peeled
- 4 large carrots, peeled
- 1 onion, sliced
- 4 cloves minced garlic
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- ½ teaspoon rosemary
- ½ teaspoon pepper
- ½ teaspoon salt
- 2 tablespoons olive oil

DIRECTIONS

1. Preheat the oven to 400 degrees F.
2. Cut potatoes into ½ inch cubes. Cut carrots in half (length-wise) and then into 2-inch segments.
3. Combine potatoes, carrots, onion, and garlic in a large bowl and drizzle with 1 tablespoon of olive oil.
4. Pat the chicken thighs with a paper towel and drizzle with 1 tablespoon of olive oil.
5. Spread chicken thighs, potatoes, carrots, and onions on a sheet pan lined with aluminum foil.
6. Combine the paprika, garlic powder, rosemary, pepper, and salt in a small bowl and sprinkle over the chicken and vegetables.
7. Bake for 45 minutes then broil on high for 2 to 3 minutes until the outside of the chicken thighs is crispy. Enjoy!

Makes 4 servings.

Nutritional analysis per serving

Serving size: 2 chicken thighs and approximately 1¼ cups vegetable

Calories 530	Sodium 660mg
Total Fat 19g	Total Carbohydrate 25g
Saturated Fat 4.5g	Dietary Fiber 5g
Trans Fat 0g	Total Sugars 7g
Cholesterol 280mg	Protein 61g

One Pan Cabbage and Ground Turkey Skillet

Submitted by Heidi Goblirsch, Echo Supervisor

INGREDIENTS

- 1 pound ground turkey
- 1 onion, chopped
- ½–1 head cabbage, chopped
- 1 cup broccoli slaw
- 1 clove garlic, minced
- 1 (14.5-ounce) can diced tomatoes
- 1 (8-ounce) can tomato sauce
- Salt and pepper, to taste

DIRECTIONS

1. In a large pan, brown ground turkey until no longer pink. Add the onion and continue cooking until the onion is translucent. Drain extra fat if needed. Add garlic and continue cooking for 1 minute.
1. Add the cabbage, broccoli slaw, tomatoes, tomato sauce, and salt and pepper to the pan and stir to combine. Cover and simmer for about 20 - 30 minutes until the cabbage is soft.

Adapted from smilesandwich.com

Makes 4 servings.

Nutritional analysis per serving

Serving size: approximately 3 cups

Calories 280	Sodium 660mg
Total Fat 10g	Total Carbohydrate 24g
Saturated Fat 2.5g	Dietary Fiber 8g
Trans Fat 0g	Total Sugars 11g
Cholesterol 80mg	Protein 28g





Spring Vegetable Stir Fry

Submitted by Carli Krause, RN, Nurse Clinician

Quite a basic stir fry recipe with protein and vegetables, but the sauce is very flavorful. It's a quick and easy meal with lots of room to adjust to your liking. Adapted from Skinnytaste.com.

INGREDIENTS

For the sauce:

- 1 tablespoon low sodium soy sauce, gluten free tamari, or coconut aminos
- 1 tablespoon freshly squeezed lime juice
- 2 tablespoons water
- 1 teaspoon cornstarch or arrowroot

For the stir fry:

- 1 pound skinless, boneless chicken or turkey breast (sliced thin)
- Salt (to taste)
- 1 tablespoon canola oil
- 2 teaspoons fresh minced garlic
- 1 teaspoon fresh grated ginger
- 1 cup sugar snap peas
- 1 cut carrot sliced diagonally into thin pieces
- 1 cup mushrooms, sliced
- 1 zucchini sliced
- Any other vegetable you may enjoy—try it with bok choy for extra crunch
- Scallions for garnish

DIRECTIONS

1. Combine all the sauce ingredients together in a small bowl and set aside.
2. Season chicken lightly with black pepper.
3. Heat a large wok or deep-sided skillet over high heat. When the wok is hot, add half the oil then add the chicken. Stir fry, stirring occasionally until the chicken is cooked through and browned, about 3 to 4 minutes. With a slotted spoon, remove the chicken from the pan and set aside. REDUCE heat to medium.

4. Add the remaining oil to the pan, and add the ginger and garlic stirring for 20 seconds so they don't burn. Add the firm vegetables (carrots, peas, bok choy if using) and stir for 2 to 3 minutes. Add the softer vegetables (mushroom, zucchini) and stir for another 3 minutes. Vegetables should just be tender—crisp, not mushy.
5. Add the chicken back into the pan with the vegetables, pour the sauce into the pan and stir to combine. Garnish with scallions, and serve while hot. Excellent over a bed of brown rice or whole wheat noodles.

Makes 4 servings.

Nutritional analysis per serving

Serving size: 3 ounces cooked chicken breast and approximately 1 ½ cups vegetables.

Calories 210	Sodium 360mg
Total Fat 7g	Total Carbohydrate 9g
Saturated Fat 1g	Dietary Fiber 2.5g
Trans Fat 0g	Total Sugars 4g
Cholesterol 85mg	Protein 28g



Stuffed Red Peppers

Submitted by Rodica Catrava, Nurse Practitioner

INGREDIENTS

- 6 medium red bell peppers
- 2 tablespoons of olive oil
- 1 pound ground lean meat such as turkey, beef, veal or replace meat with diced mushrooms or a combination of both meat and mushrooms.
- 1 large onion, finely chopped
- 3 cloves of garlic, chopped
- 1 (28-ounce) jar of marinara sauce (or Arabiata sauce if you like it spicy)
- Salt and pepper to taste
- 1½ cup cooked brown rice
- ½ cup finely chopped parsley
- 1 tablespoon finely chopped dill (optional)
- Tomato juice (optional)

DIRECTIONS

1. Wash the peppers. Slice off the tops of the pepper and discard the seeds. Save the tops from the peppers and dice. Heat the olive oil in a large pan, add the ground meat (or mushrooms) and onion. Sauté for 10 to 15 minutes. Add the garlic, diced pepper tops, and seasoning and cook over medium heat for 10 minutes. Remove the pan from the heat, add the rice, parsley, and dill (if using) and stir to combine.
2. Fill the whole peppers with the meat/mushroom and rice mixture. Place them packed closely together in a slow cooker and pour the marinara sauce over them (the sauce should cover around ⅔ of the peppers—if there is not enough sauce, add a little bit of tomato juice). If desired, top the peppers with shredded mozzarella cheese.
3. Cook the stuffed peppers in a slow cooker set to high for 4 hours. Serve hot.

Makes 6 servings.

Nutritional analysis per serving (without tomato juice or mozzarella)

Serving size: 1 stuffed pepper

Calories 330	Sodium 630mg
Total Fat 13g	Total Carbohydrate 33g
Saturated Fat 2.5g	Dietary Fiber 6g
Trans Fat 0g	Total Sugars 13g
Cholesterol 55mg	Protein 20g



Vegan Fajita Burritos

Submitted by Judy Brueggemann, Nuclear Medicine Tech

INGREDIENTS

- 1 tablespoon olive oil
- 2 red peppers, sliced
- 2 green peppers, sliced
- 1 large onion, sliced
- 2 cloves garlic, chopped
- 2 cups sliced portabella mushrooms
- 1 package (6) spinach tortilla wraps
- 2 Roma tomatoes, diced
- 1 avocado, sliced
- Salsa of your choice

DIRECTIONS

1. Add the olive oil to a skillet and heat over medium heat. Sauté peppers, onion, and garlic until soft. Add mushrooms and cook until warmed up.
2. In another skillet, warm the tortilla wraps in a little olive oil over medium heat.
3. Fill the warmed wraps with the sautéed vegetables. Top with tomatoes, avocados, and salsa. You may add hot pepper seasoning or sautéed chopped hot peppers for added spiciness. Fold into a burrito and serve immediately.

Makes 6 servings.

Nutritional analysis per serving

Serving size: 1 burrito

Calories 230	Sodium 610mg*
Total Fat 9g	Total Carbohydrate 39g
Saturated Fat 2g	Dietary Fiber 10g
Trans Fat 0g	Total Sugars 8g
Cholesterol 0mg	Protein 5g

*Reduce sodium by finding a lower sodium spinach tortilla wrap.



Homemade Veggie Burger

Submitted by Kamalesh Pillai, Cardiologist

INGREDIENTS

- ¼ cup ground flaxseed
- ½ cup water
- 3 cups cooked black beans (two 15-ounce cans, drained and rinsed*)
- 1 cup cashews (may substitute almonds, sunflower seeds, or pumpkin seeds)
- 1½ cups cooked brown rice
- ½ cup chopped parsley
- 1½ cups shredded carrots
- ⅓ cup chopped green onions
- 1 cup whole wheat bread crumbs
- 2 tablespoons smoked paprika
- ½ teaspoon chili powder, or to taste
- 1 teaspoon salt or to taste

DIRECTIONS

1. In a small bowl, combine the ground flaxseed and water. Stir and set aside.
2. In a large bowl, add drained black beans. Mash about ¾ of the beans with a potato masher or fork until most of the beans are a paste. Leave about ¼ of the beans whole.
3. Place the cashews in a food processor, and pulse until they are breadcrumb size (not powder). Ok to leave some larger pieces. Add to the bowl with the beans.
4. Add flax/water mix, and ALL the remaining ingredients to the large bowl with beans/cashew mix. Mix very well with a large wooden spoon.
5. Using about ½ cup per burger, shape into a burger patty shape, about ¾ inch thick.

6. **To bake**, preheat the oven to 350 degrees F. Line a baking sheet with parchment paper. Place patties on the pan and bake for 20 minutes. Flip and bake for another 15 minutes. Remove from the oven
For grilling, refrigerate patties for at least 30 minutes. Heat grill medium to high. Brush patties with oil and cook for about 4 min on each side.
To cook on the stove top, add 1 to 2 teaspoons olive oil to the pan, and cook on medium heat, until golden and crispy on one side—about 4 minutes. Carefully flip the burger over and cook for another 3 to 4 minutes.
7. Serve on 100% whole wheat hamburger buns. Garnish with your favorite toppings. I suggest arugula, tomato, onion, avocado, vegan mayo, and Sriracha hot sauce.

Makes 12 to 14 patties.

Nutritional analysis per serving (with 1 teaspoon salt)

Serving size: 1 patty (about ½ cup of mixture)

Calories 180	Sodium 480mg
Total Fat 1g	Total Carbohydrate 25g
Saturated Fat 2g	Dietary Fiber 6g
Trans Fat 0g	Total Sugars 2g
Cholesterol 0mg	Protein 7g

*Draining and rinsing beans reduces sodium by 40%.





Homemade Taco Seasoning

Submitted by Jamie Lund, Nurse Clinician

INGREDIENTS

- 1 teaspoon paprika
- ½ teaspoon salt
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon cumin powder
- ½ teaspoon black pepper
- ½ teaspoon dried oregano
- ½ teaspoon chili powder (add more for more heat)
- ½ teaspoon coriander (optional)
- ¼ teaspoon cayenne pepper (optional)

DIRECTIONS

Combine all of the ingredients in a small bowl. Add the seasoning to 1 pound of cooked ground turkey, chicken, or meat substitute.

Nutritional analysis per serving

Serving size: ¼ batch to season quarter pound of meat or meat substitute

Calories 5	Sodium 300mg
Total Fat 0g	Total Carbohydrate 2g
Saturated Fat 0g	Dietary Fiber Less than 1g
Trans Fat 0g	Total Sugars 0g
Cholesterol 0mg	Protein 0g

Quinoa Stuffed Peppers

Submitted by Bridget Blake, Physician Assistant

INGREDIENTS

- 1 cup quinoa
- 1 (15-ounce) can black beans, drained and rinsed*
- 4 medium peppers (any color)
- 1 yellow onion
- ½ tbsp cumin
- Dash of salt
- Dash of garlic powder
- Dash of pepper
- ½ cup shredded cheddar cheese

DIRECTIONS

1. Preheat the oven to 350 degrees F.
2. Cut the peppers open through the top and remove the seeds.
3. Rinse the quinoa, drain, and place in a medium pot.
4. Add 2 cups of water and pinch of salt. Bring it to a boil and simmer until water is absorbed & quinoa is fluffy (15 to 20 minutes).
5. Toss beans, onion, cumin, garlic, salt, and pepper in bowl and then mix with quinoa
6. Stuff peppers with the quinoa mix and cover top of pepper with cheddar cheese
7. Bake in oven for 20 to 25 minutes

Makes 4 servings.

Nutritional analysis per serving

Serving size: 1 stuffed pepper

Calories 350	Sodium 550mg
Total Fat 8g	Total Carbohydrate 54g
Saturated Fat 3g	Dietary Fiber 13g
Trans Fat 0g	Total Sugars 3g
Cholesterol 14mg	Protein 17g

*Draining and rinsing beans reduces sodium by 40%.



SOUPS AND STEWS

Vegetarian

Crockpot Lentil Soup.....	41
Roasted Carrot and Pear Soup.....	41
Curried Carrot and Bell Pepper Soup.....	42
Quinoa Vegetable Soup.....	43
Vegan Chili.....	44
Vegetable Barley Soup	45

With Poultry or Beef

Instant Pot Taco Soup	45
Out of This World Chili	46
Stuffed Pepper Soup	46
White Bean and Chicken Chili	47



- JUMP TO
- Breakfast
- Appetizers
- Salads
- Vegetables
- Grains, Legumes & Potatoes
- Main Dishes
- Soups and Stews
- Snacks and Sweets

Crockpot Lentil Soup

Submitted Augusta Neisen, Physician Assistant

This is one of my favorite soup recipes. We are a big meal prep family so if it can be made in a crockpot I'm game. :) Also dairy and free gluten free for those folks with allergies.

INGREDIENTS

- 2 cups butternut squash (I buy this already peeled and cubed from the store)
- 2 cups carrots, peeled and sliced
- 2 cups potatoes, chopped
- 2 cups celery, chopped
- 1¾ cup green lentils
- 1 onion, chopped
- 5 cloves garlic, minced (I purchase it minced in a jar)
- 8–10 cups low-sodium vegetable broth
- 2 teaspoons herbs de Provence
- ½ cup olive oil (infused olive oil like rosemary is delicious)
- Pepper, to taste
- 3 cups kale, stems removed, chopped
- 1 cup parsley, chopped

DIRECTIONS

1. Place the squash, carrots, potatoes, celery, lentils, onion, garlic, broth, and herbs de Provence in a crockpot and cook on high for 6 hours.
2. Place about 5 cups of soup in a blender with the olive oil and pulse until smooth and creamy-looking. You can also use a bowl with an immersion blender. Add back to the pot and stir to combine. Add pepper to taste. Stir in the kale and parsley and turn off the crockpot. Let it sit before serving (minutes to hours!)

This recipe makes a full crockpot of soup and keeps well in the fridge or freezer.

Makes 8–10 servings.

Nutritional analysis per serving

Serving size: approximately 2½ cup serving

Calories 280	Sodium 180mg
Total Fat 11g	Total Carbohydrate 35g
Saturated Fat 1.5g	Dietary Fiber 13g
Trans Fat 0g	Total Sugars 5g
Cholesterol 0mg	Protein 11g



Roasted Carrot and Pear Soup

Mandy Troelsen, Nurse Clinician

INGREDIENTS

- 4 cups carrots, peeled and cut into 1-inch pieces
- 2 pears, peeled and cut into 2-inch pieces
- 4 tablespoons extra-virgin olive oil
- 2 sprigs fresh thyme (or ½–1 teaspoon dried thyme)
- 1 medium yellow onion, chopped
- 1 large garlic clove, minced
- 1 tsp grated fresh ginger
- 6 cups low-sodium vegetable or chicken broth
- Kosher salt or sea salt and black pepper to taste
- 1 tablespoon fresh lemon juice

DIRECTIONS

1. Preheat the oven to 400 degrees F. In a large bowl, toss carrots and pears with 2 tablespoons olive oil, salt and pepper, and thyme sprigs. Place carrot mixture in a shallow roasting pan and roast for 20 to 30 minutes until tender, stirring halfway through cooking.
2. Meanwhile, heat the remaining olive oil in a large soup pot over medium heat. Add onions and cook until tender, about 3 minutes. Stir in the garlic, ginger, salt, and pepper and continue to cook for 1 minute, stirring constantly. Add the roasted carrots and pears and discard thyme stems. Add broth and bring to a boil, reduce heat and simmer for 10 to 15 minutes until the carrots are soft to puree. Using a stand blender, puree soup in 2 batches (or can use an immersion blender). Stir in the lemon juice to the pureed soup.

Makes 4–6 servings.

Nutritional analysis per serving

Serving size: approximately 1½ cups

Calories 160	Sodium 290mg
Total Fat 9g	Total Carbohydrate 19g
Saturated Fat 1.5g	Dietary Fiber 4.5g
Trans Fat 0g	Total Sugars 10g
Cholesterol 0 mg	Protein 2g

Curried Carrot and Bell Pepper Soup

Submitted by Amy Ferstenou, Exercise Physiologist

INGREDIENTS

- 1 pound of carrots
- 2 cloves of garlic
- 1 medium onion
- 1 orange or yellow bell pepper
- 3 tablespoons coconut oil
- 4 cups low-sodium chicken or vegetable stock
- ½ split yellow peas or lentils
- 2 tablespoons almond or any nut butter
- Juice of 1 lime
- 1 tablespoon curry powder
- 1 tablespoon of ginger puree
- Salt and pepper to taste

Optional ingredients:

- 1 cooked shredded chicken breast
- 2 generous handfuls of fresh spinach
- 4 ounces sliced fresh mushrooms



PRESSURE COOKER DIRECTIONS

1. Chop carrots, bell pepper, garlic and onions in a food processor.
2. Heat coconut oil in a pressure cooker on the sauté setting. Add chopped vegetables to the pot with curry powder, ginger, salt, and pepper. Cook for 5 minutes. Add stock and bring to a boil. Add split yellow peas, almond butter, lime juice, and chicken (if desired).
3. Pressure cook for 5 minutes on high pressure with a quick release at the end. Add optional mushrooms and spinach and simmer in the pot for 5 minutes.

STOVETOP DIRECTIONS

1. Chop carrots, bell pepper, garlic, and onions in a food processor.
2. Heat coconut oil in a large saucepan over medium heat. Add chopped vegetables to the pan with curry powder, ginger, salt, and pepper. Cook for 5 minutes. Add stock and bring to a boil. Add split yellow peas, almond butter, lime juice, and chicken (if desired). Simmer for 40 minutes.
3. Add optional mushrooms and spinach and simmer in the pot for 5 minutes.

Makes 4 servings.

Nutritional analysis per serving (with chicken, spinach and mushrooms)

Serving size: approximately 2½ cups

Calories 360	Sodium 440mg
Total Fat 17g	Total Carbohydrate 34g
Saturated Fat 10g*	Dietary Fiber 10g
Trans Fat 0g	Total Sugars 8g
Cholesterol 40mg	Protein 23g

*Reduce the saturated fat by replacing coconut oil with olive, canola or other unsaturated vegetable oil.

Quinoa Vegetable Soup

Submitted by *Kamalesh Pillai, Cardiologist*

INGREDIENTS

- 3 tablespoons extra-virgin olive oil
- 1 medium yellow or white onion, chopped
- 3 peeled and chopped carrots
- 2 celery stalks, chopped
- 1–2 cups chopped seasonal vegetables (zucchini, yellow squash, bell pepper, sweet potatoes, butternut squash, etc.)
- 6 garlic cloves, pressed or minced
- ½ teaspoon dried thyme
- 1 large (28-ounce) can diced tomatoes
- 1 cup quinoa, rinsed well
- 4 cups low-sodium vegetable broth
- 2 cups water
- ¼ teaspoon salt, or to taste
- 2 bay leaves
- Pinch of red pepper flakes
- Freshly ground black pepper
- 1 (15-ounce) can great northern beans or chickpeas, drained and rinsed*
- 1 cup or more chopped fresh kale or collard greens, tough ribs removed
- 1–2 teaspoons lemon juice, to taste
- Optional garnish: freshly grated Parmesan cheese

DIRECTIONS

1. Warm olive oil in a large Dutch oven or soup pot over medium heat. Add chopped onion, carrot, celery, seasonal vegetables, and a pinch of salt. Cook, stirring often, until onion has softened, about 6 to 8 minutes.
2. Add garlic and thyme. Cook until fragrant (1 minute). Pour in the diced tomatoes with their juices and cook for a few more minutes, stirring often.
3. Pour in the quinoa, broth, and water. Add ¼ teaspoon salt, 2 bay leaves, and a pinch of red pepper flakes. Season generously with freshly ground black pepper. Raise heat and bring mixture to a boil, then partially cover the pot and reduce heat to maintain a gentle simmer.



4. Cook for 25 minutes, then remove the lid and add the beans and chopped greens. Continue simmering for 5 to 7 minutes until greens have softened.
5. Remove from pot, remove bay leaves. Stir in 1 teaspoon lemon juice. (May add more salt, black pepper, or lemon juice to your taste.)
6. Serve in a bowl. Add grated Parmesan cheese as an option.

Makes 6 large servings.

Nutritional analysis per serving

Serving size: approximately 2½ cups

Calories 300	Sodium 470
Total Fat 10g	Total Carbohydrate 43g
Saturated Fat 1.5g	Dietary Fiber 8g
Trans Fat 0g	Total Sugars 6g
Cholesterol 0 mg	Protein 10g

*Draining and rinsing beans reduces sodium by 40%.



Vegan Chili

Submitted by Judy Brueggemann, Nuclear Medicine Tech

INGREDIENTS

- 1 medium onion, chopped
- 2 green peppers, chopped
- 2 red peppers, chopped
- 2 red chili peppers, chopped*
- 2 jalapeno peppers, chopped*
- 2 stalks celery, chopped
- 3 cloves garlic, minced
- 1 (4-ounce) jar diced pimentos
- 2 tablespoons chili powder*
- 1 tablespoon yellow mustard
- 1 (7 ounces) can green chili peppers (drained)*
- 1 (15-ounce) can petite diced tomatoes (drained)
- 1 (28-ounce) can crushed tomatoes
- 1 (15-ounce) can great northern beans, drained and rinsed**
- 1 (15-ounce) can dark red kidney beans, drained and rinsed**
- 1 (15-ounce) can black beans, drained and rinsed**
- 1 (15-ounce) can pinto beans, drained and rinsed**
- 2 (15-ounce) cans no added salt tomato sauce***
- 1 teaspoon brown sugar
- 1 tablespoon ketchup
- 1 bunch green onions, sliced

DIRECTIONS

1. In a large stock pot, sauté the onions, peppers, chili peppers, jalapeno peppers, celery, and garlic until soft. Add the pimentos, chili powder, mustard, green chili peppers, tomatoes, beans, tomato sauce, brown sugar, and ketchup. Simmer for at least an hour or transfer to a slow cooker and cook for 4 to 5 hours on high or 7 to 8 hours on low.
2. When ready to serve, garnish with green onions.

* Increase or decrease the number of hot peppers and chili powder you use to adjust the spiciness.

Makes 8–10 servings.

Nutritional analysis per serving

Serving size: approximately 2 cups

Calories 290	Sodium 760mg***
Total Fat 2.5g	Total Carbohydrate 58g
Saturated Fat 0g	Dietary Fiber 15g
Trans Fat 0g	Total Sugars 16g
Cholesterol 0mg	Protein 17g

**Draining and rinsing beans reduces sodium by 40%.

***Using low-sodium canned tomato sauce and other canned tomatoes reduces sodium.

Vegetable Barley Soup

Submitted by Mandy Troelson, Nurse Clinician

INGREDIENTS

1 tablespoon extra-virgin olive oil
1 medium onion, diced
2 carrots, thinly sliced
1 large stalk celery, thinly sliced
8 ounces mushrooms, sliced
2 cloves garlic, minced
8 cups low-sodium vegetable or chicken broth
1 (15-ounce) can chickpeas, drained and rinsed*
1 (14.5-ounce) can diced tomatoes
1½ cups frozen cut green beans
1 cup pearl barley
⅔ cup frozen corn
1 tsp dried basil
½ tsp dried oregano
1 bay leaf
⅔ cup frozen peas
⅓ cup chopped Italian parsley leaves
Salt
Pepper

DIRECTIONS

1. Heat olive oil in a large pot over medium heat. Add onions, carrots, and celery to oil; season with salt and pepper. Sauté veggies until softened, about 5 minutes. Increase heat to medium-high; then add mushrooms and cook until lightly browned, stirring frequently. Stir in garlic and cook, stirring constantly, until fragrant (about 30 seconds).
2. Add broth, chickpeas, tomatoes, green beans, barley, corn, basil, oregano, and bay leaf. Bring soup to a boil, then reduce to a simmer. Cook until the barley is tender, stirring occasionally, about 30 minutes.
3. Mix in peas and cook until tender and hot, about 1 to 2 minutes. Remove soup from heat and discard bay leaf. Stir in parsley and season to taste with salt and pepper.

Make 8 servings.

Nutritional analysis per serving

Serving size: approximately 2 cups

Calories 210	Sodium 280mg
Total Fat 3g	Total Carbohydrate 39g
Saturated Fat 0g	Dietary Fiber 9g
Trans Fat 0g	Total Sugars 6g
Cholesterol 0 mg	Protein 8g

*Draining and rinsing chickpeas reduces sodium by 40%.

Instant Pot Taco Soup Recipe

Submitted by Tracy Enstad Nurse Clinician

INGREDIENTS

1 tablespoon extra-virgin olive oil
1 pound of extra-lean ground turkey
2 teaspoons garlic, minced
1 small diced onion
½ packet low-sodium taco seasoning*
1 cup tomato salsa
1 (4-ounce) can diced green chilies
4 cups tomatoes, diced
3 cups low-sodium chicken broth
1 (15.5-ounce) can kidney beans, drained and rinsed**
1 (15.5-ounce) can black beans, drained and rinsed**
4 cups frozen corn
½ cup fresh cilantro, long stems removed and chopped

DIRECTIONS

1. Add the olive oil to the Instant Pot and select the SAUTE setting. Add the ground turkey and cook until no longer pink. Next, add the onions and garlic and cook 2-3 minutes, stirring occasionally, until the onion is translucent. Turn the Instant Pot off.
2. Add the taco seasoning, salsa, chilies, tomatoes, broth, beans, and corn to the pot. Stir to combine. Close and lock the lid on the Instant Pot; set the pressure valve to sealing. Cook for 8 minutes (manual setting). Allow pressure to release naturally for 10 minutes, then release the pressure and remove the cover. Garnish with cilantro.

Adapted from midlifehealthyliving.com

*Add chili powder and cumin for additional flavor without adding sodium.

Makes 8 servings.

Nutritional analysis per serving

Serving size: approximately 2¼ cups

Calories 300	Sodium 480mg
Total Fat 8g	Total Carbohydrate 42g
Saturated Fat 1.5g	Dietary Fiber 9g
Trans Fat 0g	Total Sugars 7g
Cholesterol 42mg	Protein 20g

**Draining and rinsing beans reduces sodium by 40%.

Out of This World Chili

Submitted by Tracy Enstad, Nurse Clinician

INGREDIENTS

- 1 pound stew meat, cubed
- 1 pound ground turkey
- 2 (15-ounce) cans low sodium diced tomatoes, drained
- 2 (15-ounce) cans low sodium kidney beans, drained and rinsed*
- 1 (4-ounce) can green chiles, diced
- 2 (8-ounce) cans no salt added tomato sauce
- 1 cup red wine
- 1 large onion, finely chopped
- 6 cloves garlic, minced
- 1 large green bell pepper, seeded and diced
- ¼ teaspoon salt
- 1 teaspoon paprika
- ¼ teaspoon freshly ground black pepper
- 2 teaspoons cumin
- 4 tablespoons chili powder
- ¼ teaspoon crushed red pepper
- ½ teaspoon Tabasco sauce
- 2 tablespoons cocoa powder
- 2 teaspoons dried oregano
- 1 tablespoons Worcestershire sauce
- 1 tablespoon extra-virgin olive oil
- 2 ounces Mexican-style shredded cheese

DIRECTIONS

1. Heat olive oil in a large pot or Dutch oven on medium-high heat. Add meat, onion, garlic, and green pepper. Cook until meat is browned on all sides and vegetables are softened. Drain. Add the rest of the ingredients except kidney beans and cheese. Bring to a boil. Reduce heat. Cover and simmer for two hours stirring every fifteen minutes.
2. Add kidney beans. Uncover and simmer for two more hours, again stirring every 15 minutes. Serve with cheese sprinkled over top.

Makes 10 servings.

Nutritional analysis per serving

Serving size: approximately 2 cups

Calories 320	Sodium 540mg
Total Fat 13g	Total Carbohydrate 24g
Saturated Fat 4g	Dietary Fiber 7g
Trans Fat 0g	Total Sugars 7g
Cholesterol 70 mg	Protein 24g

*Draining and rinsing beans reduces sodium.

Stuffed Pepper Soup

Submitted by Cheryl Brown,
Clinical Cardiology Services Supervisor

INGREDIENTS

- 1 pound ground chicken or turkey
- 1 medium yellow onion, chopped
- 1 teaspoon garlic powder or minced garlic
- 1 tablespoon fresh marjoram, chopped
- 4 cups low-sodium chicken or beef broth
- 2 green peppers, cut into thin slices
- 1 (12-ounce) jar roasted red peppers, drained and chopped
- 2 (15-ounce) cans fire roasted tomatoes*
- 1 can tomato paste
- 1 (10-ounce) bag riced cauliflower

DIRECTIONS

Brown ground turkey/chicken in a large pot with onion. Add garlic and marjoram. Add broth, green peppers, roasted red peppers, and canned tomatoes. Cook on low for 15 minutes. Add tomato paste and cauliflower rice. Simmer on low for another 10 to 15 minutes. Serve with sprinkles of cheddar cheese (optional). Very filling!

Adapted from CDkitchen.com

Makes about 6 servings.

Nutritional analysis per serving

Serving size: approximately 2 ½ cups

Calories 215	Sodium 630mg*
Total Fat 6g	Total Carbohydrate 22g
Saturated Fat 2g	Dietary Fiber 8g
Trans Fat 0g	Total Sugars 12g
Cholesterol 65mg	Protein 18g

*Use low-sodium canned tomatoes to lower the sodium.



White Bean and Chicken Chili

Submitted by Elizabeth Tuohy, Cardiologist

INGREDIENTS

- 2 tablespoons olive oil
- 1 large onion, chopped
- 4 garlic cloves, minced
- 2 pounds lean ground chicken
- ¼ teaspoon salt, plus more for seasoning to taste, if desired
- 2 tablespoons ground cumin
- 1 tablespoon fennel seeds
- 1 tablespoon dried oregano
- 2 teaspoons chili powder
- 3 tablespoons flour
- 2 (15-ounce) cans cannellini or other white beans, drained and rinsed*
- 1 bunch (about 1 pound) Swiss chard, stems removed, leaves chopped into 1-inch pieces
- 1 ½ cups frozen corn, thawed
- 4 cups low-sodium chicken broth
- ¼ teaspoons crushed red pepper flakes (adds just a little kick—not too spicy)
- Freshly ground black pepper for seasoning to taste
- ½ cup grated Parmesan cheese
- ¼ cup fresh flat-leaf parsley



DIRECTIONS

1. In a large heavy-bottomed saucepan or Dutch oven, heat the oil over medium-high heat. Add the onion and cook until translucent, about 5 minutes. Add the garlic and cook for 30 seconds. Add the ground chicken, 1 teaspoon salt, cumin, fennel seeds, oregano, and chili powder. Cook, stirring frequently until the chicken is cooked through, about 8 minutes. Stir the flour into the chicken mixture. Add the beans, Swiss chard, corn, and chicken stock. Bring the mixture to a simmer, scraping up the brown bits that cling to the bottom of the pan with a wooden spoon.
2. Simmer for 55 to 60 minutes until the liquid is reduced by half and the chili has thickened. Add the red pepper flakes and simmer for another 10 minutes. Season with salt and pepper to taste.
3. Ladle the chili into serving bowls. Sprinkle it with Parmesan cheese and chopped parsley. Delicious on a cold winter day!

Makes 8–10 servings.

Note: To make gluten-free, omit the flour. If a thicker consistency is desired, add 1 tablespoon of cornstarch mixed with 1 tablespoon of cold water.

Nutritional analysis per serving

Serving size: approximately 2 cups

Calories 330	Sodium 437mg
Total Fat 13g	Total Carbohydrate 29g
Saturated Fat 3.5g	Dietary Fiber 6g
Trans Fat 0g	Total Sugars 3g
Cholesterol 80mg	Protein 27g

*Draining and rinsing beans reduces sodium by 40%.

SNACKS AND SWEETS

Almond Stuffed Dates	49
Honey Crisp Applesauce	49
Dark Chocolate Coconut Bark with Almonds	49
No Bake Energy Bites	50
Raw Brownie Truffles	50



- JUMP TO
- Breakfast
- Appetizers
- Salads
- Vegetables
- Grains, Legumes & Potatoes
- Main Dishes
- Soups and Stews
- Snacks and Sweets

Almond Stuffed Dates

Submitted by Tessa Antonsen, Nurse Clinician

A sweet treat with no added sugar. Yum!

INGREDIENTS

2 Medjool dates, pitted
½ tablespoon almond butter
1 almond per 2 dates

DIRECTIONS

Stuff the pitted date with almond butter and top with a whole almond.

Makes 2 servings.

Nutritional analysis per serving

Serving size: 1 date

Calories 100	Sodium 10mg
Total Fat 3g	Total Carbohydrate 19g
Saturated Fat 0g	Dietary Fiber 2g
Trans Fat 0g	Total Sugars 16g
Cholesterol 0mg	Protein 2g

Honey Crisp Applesauce

Submitted by Joy Longley, Nurse Practitioner

INGREDIENTS

Honey crisp apples
Ground cardamom
Honey

DIRECTIONS

1. Cut and core honey crisp apples. Cook with a small amount of water in a large pot until soft.
2. Press through a sieve. Season with cardamom and honey to taste. Serve warm or cold.

6 large apples to make 6 servings.

Nutritional analysis per serving

Serving size: ¾ cup

Calories 150	Sodium 0mg
Total Fat 0g	Total Carbohydrate 37g
Saturated Fat 0	Dietary Fiber 4g
Trans Fat 0g	Total Sugars 4g
Cholesterol 0 mg	Protein 0g

Dark Chocolate Coconut Bark with Almonds

Submitted by Amy Ferstenou, Exercise Physiologist

INGREDIENTS

12 ounces semi-sweet chocolate chips (60–75% cocoa)
1 cup sliced almonds
1 cup unsweetened shredded coconut
Sea salt

DIRECTIONS

1. Melt chocolate: Place ¼ of the chocolate in a glass bowl. Melt and stir the chocolate in 30-second intervals, adding more chips each time until all chocolate is melted. The microwave can be on high setting, but the key is not to overheat the chocolate.
2. Stir coconut into melted chocolate.
3. Spread chocolate and coconut mixture out on parchment paper ⅛ to ¼ inch thick.
4. Sprinkle almonds as a thin layer on the chocolate mixture. Lightly press almonds into the chocolate.
5. Sprinkle a small amount of sea salt on the chocolate and almonds, if desired.
6. Let cool until solid. Break into pieces.

Makes approximately 40 pieces (approximately the size of one snack size candy bar).

Nutritional analysis per serving

Serving size: ½ ounce

Calories 70	Sodium 20mg
Total Fat 6g	Total Carbohydrate 6g
Saturated Fat 3g	Dietary Fiber 1g
Trans Fat 0g	Total Sugars 4g
Cholesterol 0mg	Protein 2g





No Bake Energy Bites

Submitted by Lori Busher, Nuclear Med Tech

INGREDIENTS

- 1 cup dry oatmeal
- 2/3 cup coconut flakes (Bob's Red Mill has a great unsweetened option)
- 1/2 cup peanut butter (for reduced sugar, use natural/no added sugar peanut butter found in the refrigerator section)
- 1/2 cup ground flaxseed
- 1/2 cup chocolate chips (for reduced sugar, use 70% chocolate bar cut into small pieces...delicious!)
- 1/3 cup honey
- 1 tablespoon chia seeds
- 1 teaspoon vanilla extract

DIRECTIONS

Mix all ingredients together and let the mixture sit in the refrigerator for about 1/2 hour. Roll into small balls about 1 inch in size. Store in an airtight container in the refrigerator.

Makes approximately 24 bites.

Nutritional analysis per serving

Serving size: 1 bite

Calories 110	Sodium 30mg
Total Fat 6g	Total Carbohydrate 11g
Saturated Fat 2.5g	Dietary Fiber 2g
Trans Fat 0g	Total Sugars 5g
Cholesterol 0mg	Protein 3g

Raw Brownie Truffles

Submitted by Kristi Winkels, Registered Dietitian

INGREDIENTS

- 1 1/2 cups walnuts, almonds, or sunflower seeds
- 13–14 large Medjool dates, pitted and chopped
- Pinch of sea salt
- 1/3 cup unsweetened cocoa powder
- 1 teaspoon vanilla extract
- 1–2 teaspoons water

DIRECTIONS

1. Place nuts/seeds in a food processor and chop until finely ground; add to a mixing bowl along with the chopped dates, salt, cocoa powder, and vanilla extract. Mix together until combined. Continuing to mix at low speed, gradually add a few drops of water at a time until the mixture sticks together. Be careful not to add too much water.
2. Form into balls using a small cookie scoop (about 1 tablespoon per ball).
3. Optional: truffles can be coated in dried coconut, finely chopped nuts, cocoa powder, or melted chocolate*. To coat with chocolate, measure 1 cup of semi-sweet chocolate chips and 1 teaspoon of coconut oil in a small, microwave-safe bowl. Microwave in 30-second intervals, stirring in between until the chocolate is melted and smooth. Using a fork, dip truffles into the chocolate mixture until coated, allow excess to drop off, and place on wax paper. Store truffles in an airtight container in the refrigerator or freezer.

Makes about 20 truffles.

Nutritional analysis per serving (with no coating)

Serving size: 1 truffle

Calories 110	Sodium 5mg
Total Fat 6g	Total Carbohydrate 15g
Saturated Fat 1g	Dietary Fiber 2g
Trans Fat 0g	Total Sugars 12g
Cholesterol 0mg	Protein 2g

* Coating in melted chocolate will increase saturated fat.

More Recipe Resources

WEBSITES

American Diabetes Association Food Hub: diabetesfoodhub.org

American Heart Association: recipes.heart.org


Eating Well: Eatingwell.com

National Heart, Lung, and Blood Institute: Healthyeating.nhlbi.nih.gov


Oldways: oldwayspt.org

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Find more heart-healthy resources at mplsheart.org/prevention



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