



Heart Healthy Recipes



Your life is our life's work.

Beverages

Berry Cucumber Water

Fill a glass pitcher with water and ice, add about 5 cucumber slices (with the peel) and 5-6 washed strawberries. For another option, use orange and lemon slices.

- There are a variety of decorative glass water dispensers now available that will add a festive air to your party or family gathering. Be sure to purchase one that's easy to clean.

Crystal Light beverage flavors

MIO Liquid water enhancers

Sugar Free Kool Aid

Think before you drink when purchasing a latte, specialty coffee, cappuccino, or your favorite seasonal shake while on-the-go!

A large seasonal shake can contain 1600 calories and 75 grams of fat.

Flavored specialty coffees with whipped cream have about 400 calories and 60 grams of carbs.



Helpful Hints

Try not to drink your calories

- One 12 oz. can of regular soda has about 10 teaspoons of sugar.
- In place of juice or "juicing", whole fruits and vegetables are preferred.

Alcohol stimulates your appetite.

Opt for a decaf coffee with nonfat milk and sugar-free syrup for about 90 calories.

Check the fat and calories online before you consume the beverage.

Healthy Snacking



Creamy Fruit Dip

- 1 (8 oz.) tub fat free Philadelphia Cream Cheese
- 1 cup plain nonfat Greek yogurt*
- 1 tsp. pure vanilla extract
- 14 pkgs. Splenda or Equal

Combine cream cheese and yogurt. Blend until smooth. Blend in remaining ingredients. Chill. Serve with a variety of fresh fruits.

8 Servings, Per Serving: (1/4 cup)

Calories	Fat	Sat. Fat	Chol.	Carb.	Sugar	Sodium	Protein
40	0	0	0	3 gms	2 gm	195 mg	5 gm

- * Greek yogurt is higher in protein which may help satisfy hunger.

Try some of the following ideas for healthy **Cheese**, **Vegetable**, and **Cracker** trays.

Core a red cabbage and use as your dip container.

Dips - Athenos Original Hummus and Laughing Cow Light cheeses are low in sodium and fat but high in flavor. Use two containers of your favorite flavor of Laughing Cow Light cheese. Unwrap cheese and blend with a mixer until smooth.

Cheese - Cut Light Babybel Cheese into quarters and place a festive toothpick in each quarter. Serve on leaves of dark green curly Endive. Part-skim Mozzarella and 75% Reduced Fat Cabot are also low-fat cheeses.

Serve with raw or partially cooked **vegetables** (should still hold their shape) and/or high fiber crackers such as Kashi Heart to Heart, Reduced Fat Triscuits, Fiber Select Wheat Thins, or Kellogg's All Bran.

Emerald Cinnamon or Cocoa Roasted Almonds



Helpful Hints

Some other healthy nuts include walnuts (6 small), pistachios (20 whole), peanuts (10-15), pecans (2 whole), hazelnuts (5 whole)

Helpful Hints

Eating more fresh fruits and vegetables can help lower blood pressure.

Sides

Five-Tomato Salad

- 2 T. olive oil or salad oil
- 2 T. white wine vinegar
- 1 T. thinly sliced green onion or snipped fresh chives
- 2 t. snipped fresh basil or 1/2 t. dried basil crushed
- 1 t. sugar
- 1/2 t. Dijon-style mustard
- 1/4 t. salt
- 3 Roma tomatoes, sliced
- 2 medium tomatoes, sliced
- 1 medium yellow tomato, sliced
- 1/2 c. red cherry tomatoes, halved
- Spinach leaves
- 1/4 c. crumbled reduced fat feta, (optional)
- Freshly ground black pepper to taste

For dressing, in a screw-top jar, combine the olive oil or salad oil, vinegar, green onions or chives, basil, sugar, mustard and salt. Cover and shake well. Chill if desired.

To serve, arrange tomatoes on a spinach-lined plate. Shake dressing well and drizzle atop the tomatoes. If desired, sprinkle crumbled cheese atop the salad and sprinkle with pepper.

6 Servings, Per Serving: 1/6 of recipe (includes cheese)

Calories	Fat	Sat. Fat	Chol.	Carb.	Sodium	Fiber
93	6 gm	2 gm	6 mg	10 mg	215 gm	2 gm

Grilled Asparagus

- 1 lb. fresh asparagus
- 1 T. olive oil
- 1 T. Mrs. Dash
- 1 T. fresh lemon juice

Rinse asparagus, cut off “wood-like” stem base and preheat grill.

Depending on the thickness of the asparagus, adding them to a sauce pan with boiling water and cooking for 5 minutes prior to grilling might be required.

Add them to the grill with olive oil and sprinkle Mrs. Dash over it and cook for 5 minutes. After getting a nice roasted color on the asparagus, add lemon juice and cook for an additional 30 seconds. Transfer asparagus to a serving dish.

4 Servings, Per Serving about 4 oz:

Calories	Fat	Sat. Fat	Chol.	Carb.	Sodium	Fiber
50	3 gm	.5 gm	0 mg	5 gm	3 mg	2 gm

Herbed Brown Rice

- 1 T. margarine
- 1 shallot, chopped
- 1 c. long-grain brown rice
- Freshly ground black pepper to taste
- 2 1/2 c. low-sodium chicken broth, warmed
- 1 clove garlic, smashed
- 2 sprigs fresh thyme
- 3 T. chopped fresh flat-leaf parsley
- 3 green onions, thinly sliced

Melt the margarine in a 2-quart saucepan over medium heat. Add the shallot; sauté until tender. Add rice and stir until the rice is glossy and coated with the margarine. Season with pepper. Add the chicken broth, garlic and thyme. Cover with a tight-fitting lid. Cook 40 minutes, turn off the heat and let sit for 10 minutes. Remove the thyme sprigs and garlic. Fluff with a fork, and add parsley and green onions.

4 Servings, Per Serving: 1/2 cup

Calories	Fat	Sat. Fat.	Chol.	Carb.	Sodium	Fiber	Protein
95	0 gm	0 mg	0 mg	21 gm	148 mg	2 gm	3 gm

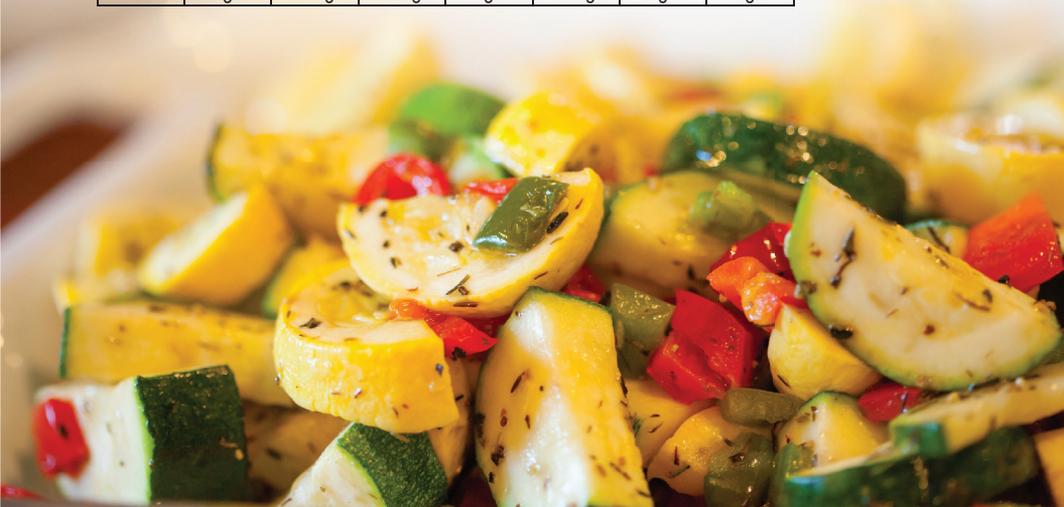
Squash Medley

- 1 yellow squash, sliced
- 1 zucchini squash, sliced
- 1 yellow onion, diced
- 2 tomatoes, diced
- 1/2 jalapeño, seeded and diced
- 1 t. Mrs. Dash Table Blend
- 1 t. olive oil

In a hot skillet, drizzle olive oil and sauté onions until translucent. Add both squash, and cook until soft. Add tomatoes and jalapeño; toss together. Can be served hot or chilled.

4 Servings, Per Serving: 1/2 cup

Calories	Fat	Sat. Fat.	Chol.	Carb.	Sodium	Fiber	Protein
89	3 gm	1 mg	0 mg	6 gm	5 mg	2 gm	1 gm



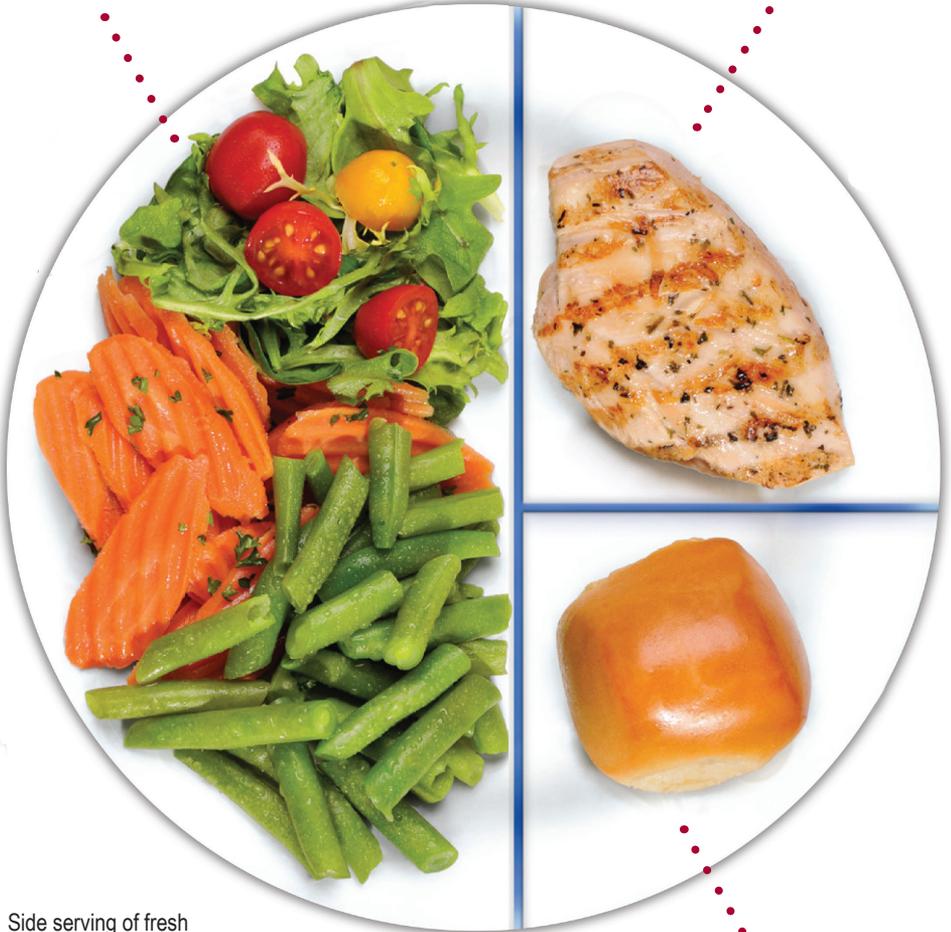
Build Your 9" Plate

1/2 Plate Non-Starchy Vegetables

Asparagus, green beans, Italian beets, broccoli, brussel sprouts, carrots, eggplant, leafy greens, mushrooms, onions, spinach, squash, tomato and zucchini to name a few

1/4 Plate Protein

Lean meat, fish, poultry or legumes



Side serving of fresh fruit, milk or yogurt (low/non-fat) is a great addition to your meal

1/4 Plate Starches

Whole grains, brown rice, corn, beans, sweet potatoes or whole wheat bread

Main Dishes

Oven Fried Fish

- 1/4 c. reduced calorie margarine, melted
- 1 T. lemon juice
- 1/4 t. pepper
- 1/4 t. basil
- 1/8 t. garlic powder
- 1 lb. fish fillets (tilapia, grouper, cod, etc.)
- 1 c. dry bread crumbs (use whole grain when available)
- Lemon juice

Combined melted margarine, lemon juice, pepper, basil and garlic powder. Dip fish in margarine mixture then coat with bread crumbs.

Line shallow baking dish with foil and place fish in a single layer. Spoon remaining margarine mixture over fish.

Bake uncovered in a preheated 475° oven for 10-15 minutes or until fish flakes easily with a fork. Add lemon juice as desired when serving.

*Tilapia and Orange Roughy have a mild taste. If you are wanting to incorporate fish into your diet, these two options would be good places to start.

4 Servings, Per Serving: about 4 oz.

Calories	Fat	Sat. Fat	Chol.	Carb.	Sodium	Protein
235	8 gm	2 gm	55 gm	15 mg	295 gm	30 gm



Helpful Hints

Favorite veggie or fruit out of season? Frozen is a great option – just make sure no salt or sugar is added, and get them without seasonings, breading, sauces or cheese.

Fish Facts

Try to eat 2 servings of fish a week

Omega 3's may help reduce triglycerides, blood pressure and the risk for heart attack

Canned fish can be an affordable good source of protein & Omega 3's, but choose canned in water with no sauce if available

White Chili

4 skinless chicken breast halves
5 c. water
1 large onion, chopped and divided
1t. white pepper
1T. olive oil
3 celery ribs, chopped (about 1 cup)
1 clove garlic, minced*
3 (16 ounce) cans Great Northern Beans,
rinsed, drained, & divided
3 (4.5 ounce) cans chopped green chiles.
1/2 c. white wine**
1 t. ground cumin
1/8 t. ground red pepper
1 t. cilantro or 1 T. chopped fresh***



Toppings (optional)

Tortilla Chips****, Fat Free Shredded Cheddar Cheese, Fat Free Sour Cream

Place chicken, 5 cups water, half of onion and white pepper in a large dutch oven over medium-high heat. Cook until chicken is done and tender. Remove chicken, **reserving broth**. Cut chicken into bite-sized pieces; set aside.

In a non-stick skillet heat olive oil. Add celery, remaining onion & minced garlic. Sauté until tender. Stir chicken, celery mixture, two cans beans and next 5 ingredients into broth in dutch oven and bring to a boil. Process remaining 1 can of beans in a blender until smooth, stopping to scrape sides. Stir bean puree into chili. Reduce heat & simmer for 1 hour, stirring frequently. You may also transfer mixture to a crock pot to simmer.

* To save time, use the jar of minced garlic found in the produce section.

** Research from the USDA shows 75% of the alcohol will evaporate after simmering for 1 hour and 90% after 2 hours.

*** If using fresh cilantro, add just before serving with desired toppings.

**** A healthier variety of tortilla chips (Corazonas, Garden of Eatin'; Food Should Taste Good) .

Double or triple this recipe if cooking for a large group.

13 cups, Per Serving: 1 Cup

Calories	Chol.	Fat	Sat. Fat	Sodium	Carbs.	Fiber	Protein
125	20 mg	2 gm	Trace	330 mg	15 gm	6 gm	13 gm

Traditional: 250 calories and 1000 mg. sodium. Sodium saved: 670 mg.

Toppings will add to this nutritional analysis.

Helpful Hints

Rinsing and draining beans can reduce sodium by 40%.

Beans are a good way to add fiber which can help lower cholesterol & glucose and helps you to feel full.

Farfalle with Mushrooms and Spinach

- 6 oz. dried whole grain farfalle (bow-tie pasta)
- 1 T. olive oil
- 1 medium onion, chopped
- 1 c. sliced Portobello or other fresh mushrooms
- 2 cloves garlic, minced
- 4 c. thinly sliced fresh spinach
- 1 t. fresh thyme
- 1/8 t. pepper
- 2 T. shredded Parmesan cheese

Cook farfalle according to package directions then drain well. Meanwhile in a large skillet heat oil over medium heat. Add onion, mushrooms and garlic; cook and stir for 2-3 minutes or until mushrooms are nearly tender. Stir in spinach, thyme and pepper, cook 1 minute or until heated through and spinach is slightly wilted. Stir in cooked pasta; toss gently to mix. Sprinkle with cheese and serve.

4 Servings, Per Serving: 1/4 of recipe

Calories	Fat	Sat. Fat.	Chol.	Carb.	Sodium	Fiber
127	5 mg	1 gm	15 mg	15 gm	73 gm	2 gm

Mexican Spaghetti Pizza

- 6 oz. whole wheat spaghetti
- 1/2 c. egg substitute
- 1/4 c. Parmesan cheese
- 1/2 lb. lean ground beef (90/10 or better)
- 1/2 c. chopped onion
- 1 clove garlic, minced
- 1 8 oz. can tomato sauce
- 1 4 oz. can chopped green chiles
- 1 t. chili powder
- 1 t. Worcestershire sauce
- Dash bottled hot pepper sauce
- 1 small green pepper, cut into rings
- 1 small red pepper, cut into rings
- 1 c. 2% reduced fat Cheddar or Colby cheese, grated



Cook spaghetti according to package directions without adding salt. Drain, but do not rinse. Stir in egg substitute and parmesan cheese. Form mixture into a crust in a 12-inch pizza pan sprayed with non-stick vegetable spray. In a non-stick skillet, cook beef, onion and garlic until meat is cooked through. Drain fat from pan and blot any remaining fat with a paper towel. Stir in tomato sauce, chili peppers, chili powder, Worcestershire sauce and hot pepper sauce. Bring to a boil; reduce heat and simmer, covered, for 5 minutes. Spread over spaghetti crust. Top with pepper rings. Bake, uncovered, in a 350° pre-heated oven for 10 minutes. Sprinkle with grated cheese; bake an additional 5 minutes or until cheese melts.

*Some people prefer to cook whole grain pasta longer than package directions. This helps cut the chewy nature of this type of pasta.

8 Servings

Calories	Fat	Sat. Fat.	Chol.	Carb.	Sodium	Fiber	Protein
200	6 mg	3 gm	35 mg	20 gm	440 gm	3 gm	15 gm

Chicken Parilla

Four 4 oz. chicken breasts

Pico De Gallo Ingredients

4 Roma (plum) tomatoes, diced

1/4 red onion, minced

1/2 jalapeño pepper,
seeded and minced

1 t. lime juice

1 pinch garlic powder

1 pinch ground cumin,
or to taste

Ground black pepper to taste



Marinade Ingredients

3 c. + 2 T. minced cilantro

3 3/4 c. + 3 T. lime juice

2 1/4 c. olive oil

For the pico de gallo, stir the tomatoes, onion, cilantro, jalapeño pepper, lime juice, garlic, garlic powder, cumin, and pepper together in a bowl. Refrigerate at least 1 hour.

For the marinade, mix cilantro, lime juice and olive oil, and let chicken soak in marinade for 5 minutes.

Grill chicken. Top with pico de gallo and serve.

4 Servings

Calories	Fat	Sat. Fat.	Chol.	Carb.	Sodium	Fiber	Protein
188	7 gm	1.5 mg	70 mg	0 gm	259 gm	0 gm	26 gm

Balsamic Chicken

1/3 c. balsamic vinegar

1/2 c. low sodium chicken broth

2 T. white sugar

1 clove garlic, minced

1 t. Mrs. Dash seasoning

4 skinless, boneless chicken breast halves

1 T. olive oil

Whisk together the balsamic vinegar, chicken broth, sugar, garlic and Mrs. Dash in a bowl. Place the chicken breasts in the marinade and marinate for 10 minutes on each side. Heat the olive oil in a large skillet over medium-high heat. Remove the chicken from the marinade and reserve the marinade. Place the chicken in the heated pan and cook until they start to brown and are no longer pink inside, about 7 minutes per side. Pour the marinade into the skillet and cook until it thickens slightly, turning the chicken breasts over once or twice, about 5 minutes.

4 Servings

Calories	Fat	Sat. Fat.	Chol.	Carb.	Sodium	Fiber	Protein
188	7 gm	1.5 mg	70 mg	0 gm	259 gm	0 gm	26 gm

Healthy Desserts



Peach Cobbler

- 2/3 c. Splenda, granulated (measures like sugar)
- 1/3 c. sugar
- 1 c. flour
- 2 t. baking powder
- 1 c. skim milk
- 2 14-oz. cans sliced peaches sweetened with Splenda, slightly drained
- 4 T. light tub margarine

Melt 1 T. margarine in a 9 x 13" baking dish. Cover sides and bottom of dish to prevent cobbler from sticking. Combine Splenda, sugar, flour, and baking powder in a bowl, stir. Add skim milk; mix until well blended. Pour into baking dish then dot with remaining margarine. Pour partially drained peaches over batter. Bake at 400° for 30-35 minutes.

10 Servings, Per Serving: 1/2 cup

Calories	Fat	Sat. Fat.	Chol.	Carb.	Sodium	Fiber	Protein
90	2 gm	0 mg	0 mg	15 gm	150 mg	0 gm	8 gm

Serve with Blue Bunny Fat Free, No Added Sugar Vanilla Ice Cream. If you need to further reduce the sodium content, decrease the baking powder. Since this dessert does not contain fiber, it's best to save for special occasions.

Berries and Cream Cake

- 1 angel food cake
- Raspberry-cherry filling
- 1 10 oz. package frozen unsweetened raspberries, thawed and well drained
- 1 c. frozen unsweetened cherries, thawed and well drained
- 12 packets of Splenda or Equal
- 1 envelope unflavored gelatin
- 2 T. rum extract
- 1 T. orange juice
- 1 8 oz. container Cool Whip Lite

In a blender, puree raspberries, 1/2 at a time. Remove and set aside. Puree cherries. Mix cherries and raspberries together and set aside. Combine gelatin with rum extract and orange juice in a small bowl. Place bowl in a saucepan of hot water and stir mixture constantly until gelatin is dissolved. A double boiler can also be used. Add gelatin, Splenda and raspberry cherry mixture to blender and blend 2 minutes. Transfer to mixing bowl. Cover and refrigerate until mixture is set and thickened enough to spread, about 2 hours. Split angel food cake into three layers. Place 1 layer on a cake stand/plate and top with 1/2 of the filling. Repeat, being careful to reassemble your cake so it is straight. Frost cake with Cool Whip Lite.

Easy method: slice a piece of angel food cake, add a serving of the raspberry-cherry filling and top with a tablespoon of Cool Whip Lite or fat free Reddi Whip.

12 Servings

Calories	Fat	Sat. Fat.	Chol.	Carb.	Sodium	Fiber	Sugar
70	1.5 gm	1.5 mg	0 mg	15 gm	250 gm	2 gm	6 gm

Huckleberry Coffee Cake

- 1/2 c. Heart Healthy soft tub margarine, softened
- 4 oz. nonfat cream cheese
- 1 c. sugar
- 1 egg
- 1 c. all-purpose flour
- 1 t. baking powder
- 1/2 t. salt
- 1 t. vanilla extract
- 2 c. fresh or frozen huckleberries or blueberries, thawed
- Cooking spray
- 2 T. sugar
- 1 t. ground cinnamon



Preheat oven to 350°. Beat margarine and cream cheese at medium speed with an electric mixer until creamy. Gradually add 1 cup sugar, beating well. Add egg; beat well. Combine flour, baking powder, and salt; stir into margarine mixture. Stir in vanilla. Fold in berries.

Coat a 9-inch cake pan with cooking spray; pour batter in pan. Combine sugar and cinnamon; sprinkle over batter. Bake at 350° for 1 hour; cool on wire rack.

*Heart healthy tub margarine like Promise or Smart Balance have less saturated fat and no trans fats.

10 servings

Calories	Fat	Sat. Fat.	Chol.	Carb.	Sodium	Protein	
269	11 gm	2 gm	0 mg	40 gm	188 mg	2 gm	

No-Bake Cheesecake

- 2 8 oz. pkg fat free cream cheese, softened
- 1 c. nonfat Greek yogurt
- 1/2 c. Splenda
- 1 t. vanilla extract
- 1 1/4 c. Kashi Go Lean Crunch cereal
- Strawberry compote (recipe below)

All recipes provided by Oklahoma Heart Hospital Food Services.



OKLAHOMA HEART HOSPITAL

Strawberry Compote Ingredients

- 4 c. strawberries, washed, stemmed & chopped
- 1/4 c. water
- 1/2 c. Splenda
- 2 t. lemon juice

Blend softened cream cheese, Greek yogurt, Splenda and vanilla extract until full combined. Place cheesecake mixture into desired serving dishes, cover and refrigerate for one hour. While cheesecake is chilling, place all compote ingredients in a saucepan over medium heat. Cook for 10 minutes or until berries begin to break down and sauce is slightly thickened. (If compote needs thickening, add 2 t. of cornstarch dissolved in t. of cold water.) Remove cheesecake from refrigerator and top with strawberry compote and Kashi Go Lean Crunch cereal and serve.

8 Servings, Per Serving: 1/2 cup

Calories	Fat	Sat. Fat.	Chol.	Carb.	Sodium	Fiber	Sugar
70	1.5 gm	1.5 mg	0 mg	15 gm	250 gm	2 gm	6 gm