

Heart Healthy Cooking



WESLEY

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Morrison
LIVING

RECIPES FROM WESLEY & MORRISON LIVING

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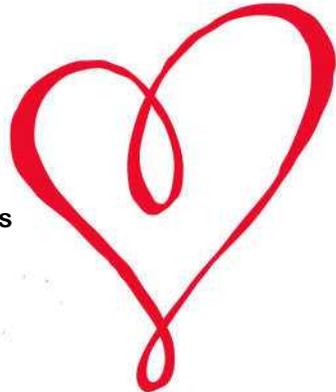
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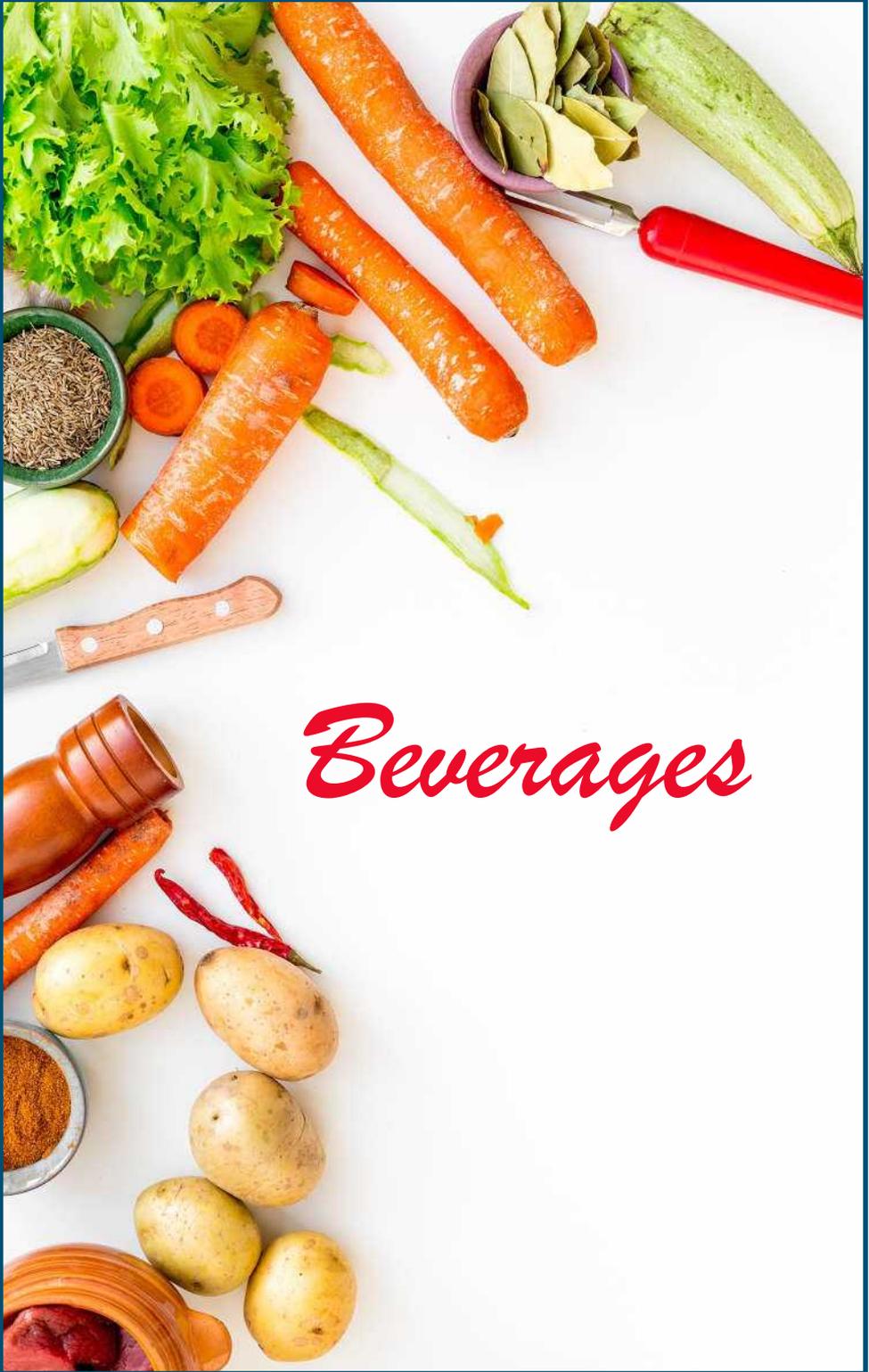
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Beverages

Avocado & Spinach Smoothie

Ingredients

- 1 Avocado, Cubed
- 6 cups Spinach
- 4 cups Green Grapes
- 1/2 cup Fresh Parsley
- 1/2 cup Fresh Cilantro
- 2 cups Water
- 2 cups Ice Cubes
- 1 tbsp. Lemon Juice

Directions

- Dice the avocado into bite sized pieces.
- Place all ingredients in a blender and puree until very smooth.
- Serve immediately
- Makes 4 servings.

180 cal; 6g fiber; 4g protein; 32g carbohydrates; 7g fat; 65mg sodium



Cranberry Rosemary Spritzer



Ingredients

Rosemary-Infused Simple Syrup

- 1 cup Sugar
- 1 cup Water
- 6 Rosemary Sprigs, Large
- 1 Star Anise
- 1/4 tsp. Ground Clove

Mocktail

- 4 oz. Cranberry Juice, Unsweetened
- 2 oz. Sprite or 7-Up
- 1-1/2 oz. Rosemary-Infused Simple Syrup
- 1 Rosemary Sprig for Garnish
- Fresh Cranberries for Garnish

Directions

To make the Rosemary-Infused Simple Syrup:

- In a small saucepan, combined all the ingredients for the infused simple syrup. Bringing the mixture to a boil. Simmer for 1 to 2 minutes until all sugar is completely dissolved.
- Remove the saucepan from the heat and allow to fully cool. Strain the syrup and reserve for later.

cont. ►

Cranberry Rosemary Spritzer

Directions cont.

To make the Mocktail:

- In a stirring glass (or cocktail shaker), add the unsweetened cranberry juice, rosemary–infused simple syrup and ice. Stir with a bar spoon (or shake) until the mixture is chilled.
- Add the Sprite or 7-Up. Stir just twice quickly until the Sprite or 7-Up is mixed in but the carbonation hasn't completely evaporated.
- Strain the mocktail over ice in a rocks or cocktail glass.
- Use a bar skewer to spear the fresh cranberries and rosemary sprig for the garnish. If you don't have a bar skewer, drop the cranberries and rosemary in the drink. Serve.
- Mocktail makes 1 serving.



Breakfast

Scrambled Egg Tortilla Wraps



Ingredients

4 Flour Tortillas
3 Scallions, Finely Sliced
1 tsp. Red Chili, Chopped
2 tbsp. Coriander Leaves, Chopped

5 Eggs
2 tbsp. Skim Milk
Low-Fat Cheese

Directions

- Warm the tortillas following the packet instructions.
- Lightly coat a non-stick saucepan with olive oil.
- Add the shallots and chili.
- Cook, stirring, over a medium heat for 2 minutes or until softened.
- Lightly beat the eggs with the milk, season to taste and add to the pan.
- Stir over medium-low heat for 3 minutes or until just set.
- Place the warmed tortillas on serving plates.
- Top with the egg mixture and sprinkle with the cheese and coriander.
- Roll up to serve. Add avocado for more good fat.
- Makes 4 servings.

244.3 cal; 1.2g fiber; 15.2g protein; 22.6g carbs; 3.3g saturated fat; 421.3mg sodium

Spinach & Feta Egg Muffins



Ingredients

12 Eggs

1 cup Spinach, Roughly Chopped

50 gram Feta Cheese, Crumbled

Olive Oil or Non-Stick Spray

1/4 tsp. Sea Salt

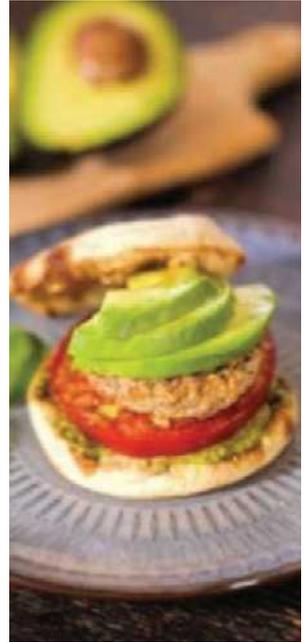
1/8 tsp. Black Pepper

Directions

- Preheat the oven to 350°F. Grease a 12-cup muffin tin with olive oil or cooking spray.
Alternate Preparation: Use a silicone muffin tin or muffin cups so it's easier to remove the muffins.
- Crack eggs into a large bowl, and whisk together. Season with salt and pepper. Add spinach, and whisk to combine.
- Fill each muffin tin/cup halfway with egg mixture, and sprinkle with crumbled feta cheese. If you have extra mixture, you can make a few more.
- Transfer the muffin tin to the oven and bake for 18-20 minutes until the center of each muffin is set.
- Serve immediately or store in an airtight container in the fridge for up to 5 days.
- Makes 12 muffins.

100 cal; 1g fiber; 8g protein; 1g carbohydrates; 7g fat

Turkey Sausage & Avocado Muffin with Pesto



Ingredients

1/4 cup Basil Leaves

1/8 tsp. Salt

2 tbsp. Olive Oil

1/2 tbsp. Parmesan Cheese

4 Turkey Sausage Patties, 1.25 oz.

4 English Muffins, Plain

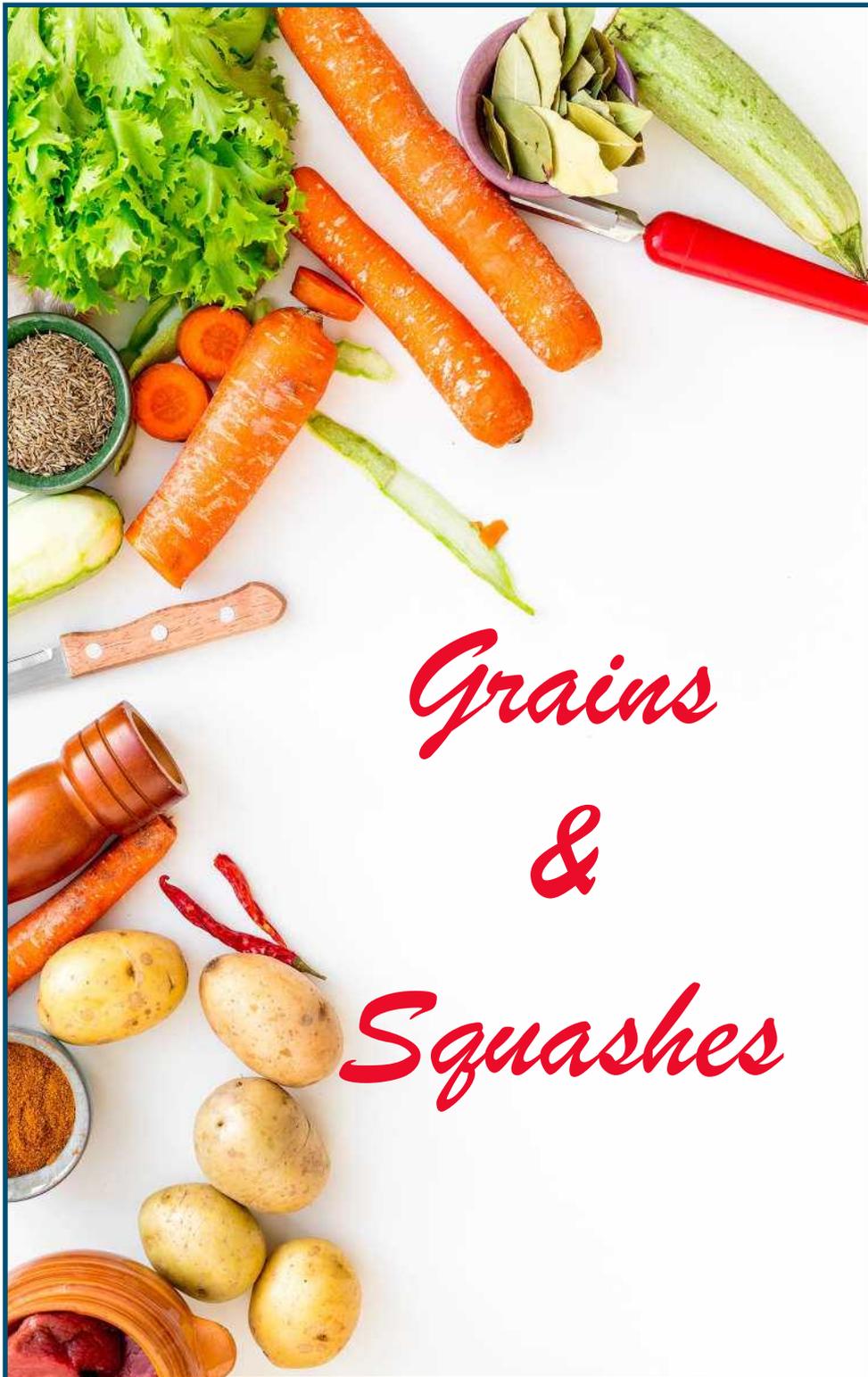
1 Tomato, Sliced

1 Avocado, Sliced

Directions

- Slice the tomatoes and avocado.
- Place the basil, olive oil, salt and parmesan in a blender. Pulse until smooth.
- Cook the turkey sausage in a medium sauté pan until the internal temperature is 165F degrees.
- Toast the muffins. Spread the pesto onto the muffin. Then layer on a tomato slice, sausage patty and avocado.
- Makes 4 servings.

310 cal; 6g fiber; 14g protein; 31g carbohydrates; 3g saturated fat; 510mg sodium



*Grains
&
Squashes*



Barley, Quinoa & Sprouted Lentil Salad with Orange Miso Dressing

Ingredients

- 2 tbsp. Orange Miso Dressing (see recipe in booklet)
- 1/2 cup Pearl Barley, Cooked
- 1/4 cup Red Quinoa, Cooked
- 2 tbsp. Petite Crimson (Red) Lentils
- 1/4 cup Wax Beans or Green Beans, Fresh
- 1/4 cup Red Bell Pepper, Fresh, Diced
- 1/4 cup English Cucumbers, Diced

Directions

- Cook barley and quinoa according to package instructions, and set aside to cool. Overcook the grains slightly so they are tender when cold.
- Soak red lentils in cold water for about 15 minutes. They will double in volume. Drain well, and set aside.
- Blanch the beans. Cut them into bite-size pieces. Toss all ingredients with dressing to combine.
- Makes 4 servings.

100 calories; saturated fat .3g; sodium 66.6mg

Butternut Squash Oat Tabouli



Ingredients

- 3/4 cup Steel Cut Oats
- 2 cups Water
- 6-3/4 oz. Butternut Squash
- 3/4 cup Tomatoes
- 2 tbsp. + 2 tsp. Mint, Fresh, Chopped
- 2 tbsp. + 2 tsp. Extra Virgin Olive Oil
- 1/8 tsp. Kosher Salt
- 2 tbsp. + 2 tsp. Lemon Juice, Fresh
- 1/8 tsp. Ground Black Pepper
- 1/3 cup Parsley, Fresh, Chopped
- 1/8 tsp. Ground Cumin

Directions

- **Dice the butternut squash and tomatoes. Set aside.**
*Alternate Preparation: Purchase butternut squash already cubed.
Or put whole squash in a pot of boiling water for 5-7 minutes.
Use a potato peeler to remove the skin. Cut in half and scoop out the seeds. Cut squash meat into cubes.*
- **Chop the parsley and mint. Set aside.**

cont. ►

Butternut Squash Oat Tabouli

Directions cont.

- Boil the water, and add steel cut oats to boiling water for 30 minutes. Drain and rinse oats several times to remove starch. Set aside, and allow to cool.
- In a medium sauce pan boil the butternut squash 15 minutes or until tender. Remove from heat.
- In a bowl, toss together the cooked oats, butternut squash and remaining ingredients.
- Makes 4 servings.

240 cal; 5g fiber; 7g protein; 30g carbohydrates; 11g fat; 90mg sodium



Mains

Butternut Squash Tacos



Ingredients

Meat from 1/2 of a butternut squash
2 tbsp. vegetable oil, divided
2 tsp. red pepper flakes
2 cloves garlic, chopped
1 can (15.5 oz.) black beans, drained
1 tsp. cumin
1 tsp. chili powder
1 tsp. and 1 pinch salt
1 yellow onion, chopped
1 red bell pepper, chopped
8 (6") flour tortillas
1/2 cup cilantro, chopped
1/2 cup green onions, chopped
1 lime, sliced

Directions

- Preheat oven to 375F degrees.
- Cut squash meat into 1-inch cubes
*Alternate Preparation: Purchase butternut squash already cubed.
Or put whole squash in a pot of boiling water for 5-7 minutes. Use a potato peeler to remove the skin. Cut in half and scoop out the seeds.
Cut squash meat into cubes.*

cont. ►

Butternut Squash Tacos

Directions cont.

- Combine squash, 1 tbsp. vegetable oil, red pepper flakes and garlic in a large bowl; mix to coat. Spread out on a baking sheet.
- Roast squash mixture in the preheated oven for 25 minutes or until squash is tender. Remove from oven.
- Combine black beans, cumin, chili powder and a pinch of salt in a small saucepan. Heat over medium-low heat until flavors combine, about 10 minutes.
- Heat remaining oil (1 tbsp.) in a large skillet over medium high heat. Add yellow onions, red bell pepper and 1 tsp salt. Stir and cook 5-10 minutes or until tender.
- Heat a large skillet over medium heat. Place 2 tortillas in the skillet, and cook until heated through, approximately 1 minute per side. Repeat with remaining tortillas.
- Top tortillas with roast squash, black beans, and bell pepper mixtures.
- Garnish with green onions, cilantro and lime.
- **Makes 8 servings.**

239 calories; protein 7.6g; carbohydrates 39.8g; fat 6.5g; sodium 445mg

Chicken & Orange Couscous



Ingredients

2/3 cup Orange Juice

2/3 cup Water

2 tsp. Garlic, Mashed

2 tsp. Ginger Root, Fresh, Unpeeled, Sliced

2 tbsp. + 2 tsp. Soy Sauce, Low Sodium, Gluten Free

1 lb. Chicken Breast, Boneless, Skinless

1-2/3 cup Couscous

1/8 tsp. Kosher Salt

1/8 tsp. Ground Cinnamon

1/3 cup Raisins

2 tbsp. Extra Virgin Olive Oil

2 Oranges

2/3 cup Green Peas, Frozen

2 tbsp. Almonds, Toasted

1/4 cup Mint, Fresh, Chopped

Directions

- Place juice, water, garlic, ginger root, soy sauce and chicken in a saucepan. Cover and bring slowly to a simmer. Poach until cooked through.

Alternate Preparation: Place ingredients in a hotel pan. Cover with foil. Poach in a 350° F oven for 30 minutes until cooked.

cont. ►

Chicken & Orange Couscous

Directions cont.

- Remove chicken from the poaching liquid and strain, reserving the liquid.
- When cool enough to handle, shred the chicken breast and set aside.
- Place couscous, salt, cinnamon and raisins in a container.
- Boil the poaching liquid, and pour it over the couscous mixture. The liquid should be 1/2" above the top of dry couscous, so you may need to add boiling water.
- Cover container tightly and steam for 15 minutes. Do not over steam or the bottom will get clumpy.
- Fluff with a fork and set aside.
- Heat a pan over medium heat and add oil, oranges and shredded chicken. Heat through. Add the cooked couscous and green peas. Toss until heated through.
- Plate and garnish with toasted nuts and chopped mint.
- Makes 4 servings.

610 calories; saturated fat 2g; sodium 510mg

Coconut Curry Pumpkin Soup



Ingredients

1 pound Pumpkin, Diced
1/4 cup Coconut Oil
1 cup Yellow Onions, Diced
1 clove Garlic, Minced
1 tsp. Thai Red Curry Paste

3 cups Vegetable Broth
1/2 tsp. Salt
1/4 tsp. Coriander, Ground
1 cup Coconut Milk, Light
1 bunch Cilantro, Chopped

Directions

- Steam the pumpkin for 7-10 minutes.
- Heat the coconut oil in a deep pot over medium-high heat.
- Stir in the onions, garlic and curry paste; cook until the onions are translucent, about 5 minutes.
- Mix in the vegetable broth, salt, coriander and pumpkin.
- Cook and stir until the mixture comes to a simmer, approximately 10 minutes.
- Cover and simmer for 15-20 minutes, stirring occasionally.
- Whisk in the coconut milk and the cilantro and cook for an additional 5 minutes.
- Makes 6 servings.

182 calories; protein 2g; carbohydrates 12g; fat 14g; sodium 600mg.

Peach & Snap Pea Grain Bowl



Ingredients

- | | |
|------------------------------------------------------------------------------------------|---------------------------|
| 1/2 cup Semi-Pearled Farro | |
| 4 oz. Grape or Cherry Tomatoes | |
| 1 Peach | 1 oz. Goat Cheese |
| 1 Shallot | 1 oz. Dried Dates, pitted |
| 1 tbsp. Red Wine Vinegar | 4 oz. Sugar Snap Peas |
| 2 tbsp. Sliced Roasted Almonds | 1 bunch Mint |
| 1/2 teaspoon Olive Oil | 2 Eggs, <i>optional</i> |
| 1 tbsp. Ras El Hanout (<i>curry powder or garam masala can be used as substitutes</i>) | |

Directions

- Bring a medium pot of water to boil add the farro and ras el hanout. Cook, uncovered, 18 to 20 minutes or until tender. Turn off the heat. Drain and return to the pot.
- While the farro cooks, wash and dry the produce. Pull off and discard the tough string that runs the length of each snap pea pod.
- Roughly chop the dates. Pick the mint leaves off the stems. Halve the tomatoes. Pit and medium dice the peach. Peel and finely chop the shallot to get 2 tablespoons.

cont. ►

Peach & Snap Pea Grain Bowl

Directions cont.

- In a medium bowl, combine the tomatoes, peach, shallot, vinegar and 1/2 teaspoon of olive oil. Season with salt and pepper; stir to combine. Allow to marinate at least 10 minutes, stirring occasionally.
- In a medium pan, heat 1 teaspoon of olive oil on medium-high until hot. Add the peas in an even layer. Season with salt and pepper and cook 2-3 minutes without stirring. Continue to cook 1-2 minutes, stirring occasionally, until peas are slightly softened. Transfer to a bowl.
- *Optional Step:* In the same pan, heat 1 teaspoon of olive oil on medium-high until hot. Crack the eggs into the pan, keeping them separate. Season with salt and pepper. Cook 3 to 5 minutes, or until the whites are set and the yolks are cooked to your desired degree of doneness. Turn off the heat.
- To the pot of cooked farro, add the marinated peach/tomato mixture (including any liquid), cooked peas, chopped dates and almonds. Stir to combine. Taste, then season with salt and pepper if desired.
- Serve the finished farro topped with the fried eggs, mint (tearing just before adding) and cheese (crumbling before adding).
- Makes 2 servings.

510 cal; 10g fiber; 23g protein; 65g carbohydrates; 4.5g saturated fat; 540mg sodium

Pesto Salmon & Roasted Vegetables



Ingredients

2 Skin-On Salmon Fillets

4 oz. Grape Tomatoes

1 Zucchini

3/4 lb. Golden or Red Potatoes

1/3 cup Basil Pesto

1 Shallot

1 oz. Olives, Pitted

1 tbsp. Capers

1 tbsp. Red Wine Vinegar

Salt, Pepper, Garlic Powder & Smoked Paprika to taste

Optional Step: Don't add salt during prep and cooking. Use nonstick cooking spray instead of olive oil to coat your pan before heating.

Directions

- Place an oven rack in the center of the oven. Preheat oven to 450°F.
- Wash and dry the fresh produce.
- Cut the potatoes into 1/4-inch thick rounds. Transfer to a sheet pan. Drizzle with olive oil. Season with salt, pepper, garlic powder and paprika. Toss to coat. Arrange in an even layer on one side of the sheet pan. Roast 10 minutes.

cont. ►

Pesto Salmon & Roasted Vegetables

Directions cont.

- Leaving the oven on, remove the pan from the oven.
- Meanwhile, cut the zucchini into 1/4-inch-thick rounds.
- Peel and thinly slice the shallot.
- Halve the tomatoes.
- Combine the prepared vegetables in a large bowl. Add the olives, capers, vinegar and a drizzle of olive oil. Season with salt and pepper. Toss to combine.
- Carefully add the seasoned vegetables to the other side of the sheet pan of partially roasted potatoes. Arrange in an even layer, and roast 7 to 9 minutes or until slightly tender when pierced with a fork.
- Leaving the oven on, remove from the oven.
- Pat the salmon dry with paper towels. Season on both sides with salt, pepper and enough of the other spices to coat.
- Carefully place the salmon on top of the roasted vegetables.
- Roast 10 to 12 minutes or until the vegetables are browned and tender when pierced with a fork and the salmon is cooked through.
- Serve the roasted fish over the roasted vegetables. Top with as much of the pesto as you'd like.
- Makes 2 servings.

720 calories; protein 39g; carbohydrates 45g; fat 43g; sodium 750-1,140mg



Potato Hash & Eggs

Ingredients

- | | |
|-----------------|---------------------------------------|
| 2 Eggs | 3/4 lb. Potatoes |
| 2 Cloves Garlic | 1 Bell Pepper (orange, red or yellow) |
| 2 Scallions | 1 tbsp. Hot Sauce |
| 1 Bunch Kale | 2 oz. White Cheddar Cheese |
| 1 Kohlrabi | |

Directions

- Place rack in the center of the oven. Preheat oven to 450°F.
- Fill a medium pot 3/4 of the way up with water and boil.
- Wash and dry the produce. Medium dice the potatoes. Once the pot of water is boiling, add the potatoes. Boil 6 to 7 minutes or until slightly tender when pierced with a fork. Drain thoroughly.
- Cut off and discard the stem of the pepper, halve lengthwise, remove the ribs and seeds and medium dice.
- Peel and roughly chop garlic.
- Thinly slice the scallions, separating the white bottoms and green tops.
- In a bowl, combine the diced pepper, garlic and sliced white bottoms of the scallions.
- Separate the kale leaves from the stems, discard the stems and roughly chop the leaves.
- Grate the cheese on the large side of a box grater.

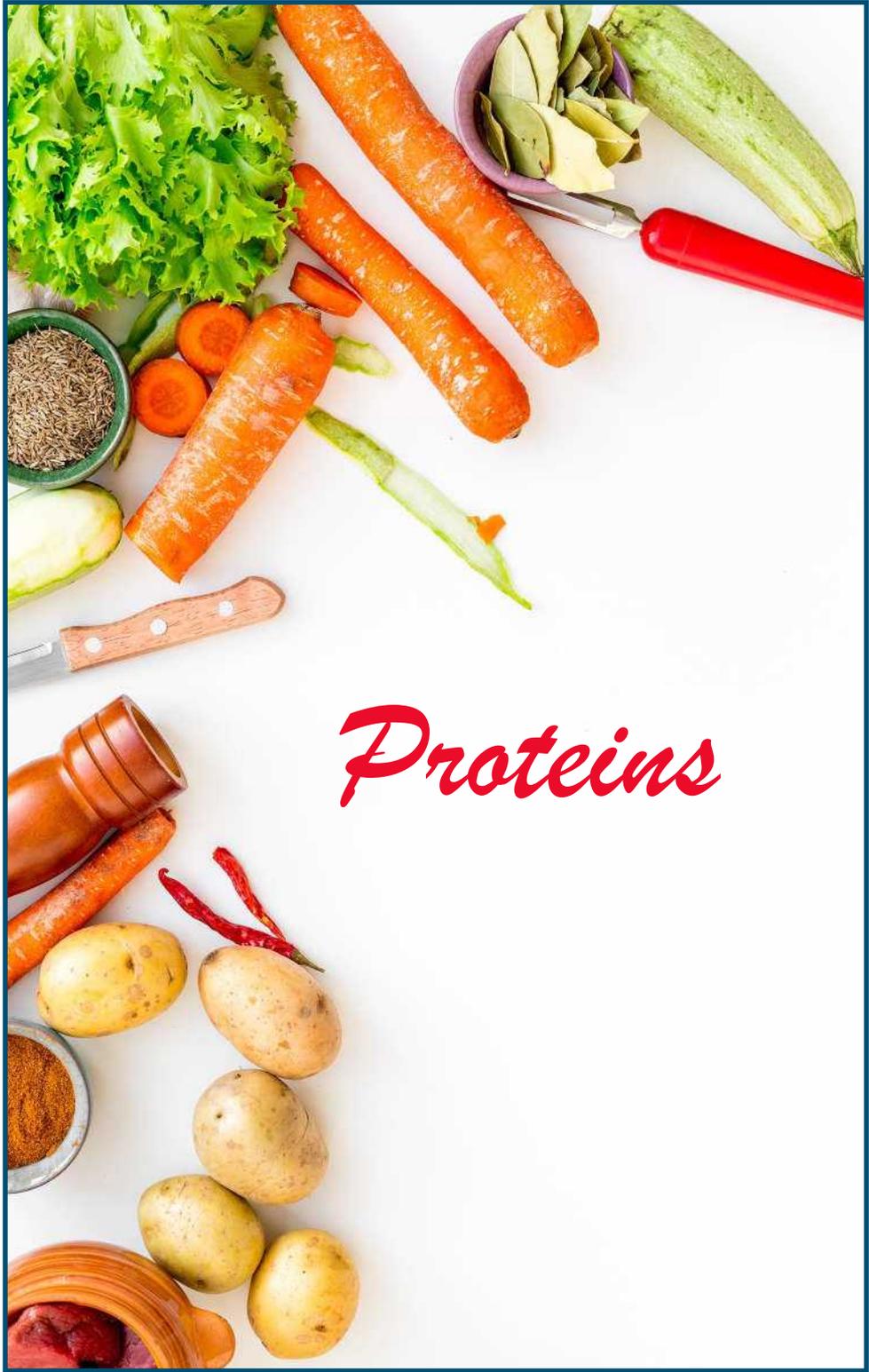
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Potato Hash & Eggs

Directions cont.

- In a large pan (cast iron or oven-safe, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the potatoes in an even layer. Cook, without stirring for 3-4 minutes or until lightly browned and crispy.
- Add the pepper mixture; season with salt and pepper. Cook, stirring frequently, 2-3 minutes or until softened.
- Add the chopped kale and 1 tablespoon of olive oil to the pan; season with salt and pepper. Cook, stirring frequently, 3-4 minutes or until slightly wilted.
- Turn off the heat, taste then season with salt and pepper if desired.
- If your pan isn't oven-safe, transfer the finished hash to a baking dish.
- Using a spoon, create 2 wells in the center of the hash. Crack an egg into each well; season with salt and pepper. Evenly top the hash with the grated cheese. Bake in the oven 5-7 minutes or until the egg whites are set and the yolks are cooked to your desired degree of doneness.
- Remove from the oven. Let stand at least 2 minutes before serving.
- Serve the baked eggs and hash garnished with the sliced green tops of the scallions and as much of the hot sauce as you'd like.
- Makes 2 servings.

520 cal; 7g fiber; 22g protein; 41g carbohydrates; 9g saturated fat; 1,070mg sodium



Proteins

Cajun Roasted Garbanzo Beans



Ingredients

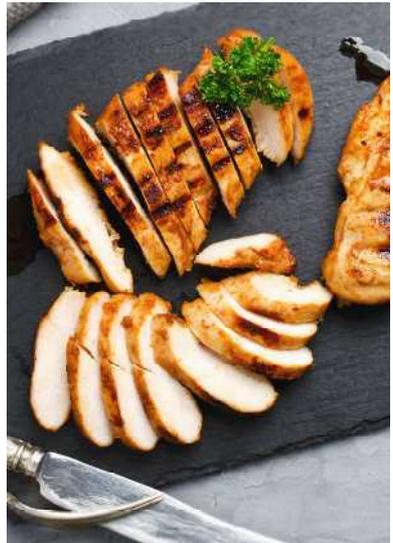
- 1 cup Dried Garbanzo Beans
- 1 tsp. Cajun Seasoning
- 1/4 tsp. Kosher Salt
- 1 tbsp. Olive Oil, Canola Blend

Directions

- Soak the garbanzo beans in water overnight.
- The next day bring the beans and 5 cups of water to a boil in a medium saucepan. Reduce the heat, and simmer the beans 1-2 hours until they become fork tender. Drain well and let cool.
- In a bowl, toss the beans, olive oil, seasoning and salt.
- Place mixture on a sheet pan and roast in a 350F degree oven for 45 minutes or until the beans are dried and crunchy but not too hard. Toss a few times during cooking.
- Makes 4 servings.

240 cal; 10g fiber; 11g protein; 35g carbohydrates; 1g saturated fat; 180mg sodium

Grilled Orange Chicken Breasts



Ingredients

- 1.5-2 lbs. boneless, skinless chicken breasts
- 3 tablespoons chopped orange sections
- 1/3 cup orange juice (fresh squeezed)
- 1/4 cup olive oil
- 3 teaspoons lime juice
- 4-5 garlic cloves, minced
- 1 tsp. dried thyme
- 2 tsp. dried oregano
- 2 teaspoons ground cumin
- 1/2 teaspoon salt

Directions

- Combine all ingredients except the chicken in a large re-sealable plastic bag. Seal then lightly shake to mix.
- Add the chicken to the bag. Reseal, turn to coat well and refrigerate 1-2 hours.
- Drain and discard marinade.
- Grill chicken uncovered, over medium-hot coals, turning often, 10-15 minutes or until juices run clear.
- Serve with salads or over brown rice or quinoa.
- Makes 6-8 servings.

225.5 cal; .5g fiber; 24.6g protein; 3.6g carbs; 1.9g saturated fat; 327.6mg sodium



Lemon Oregano Grilled Chicken Thighs

Ingredients

- 4 ea. 4 oz. Chicken Thigh, Boneless, Skinless
- 1 tsp. Extra Virgin Olive Oil
- 2 tsp. Lemon Juice, Fresh
- 1/2 tsp. Garlic, Minced
- 1 tsp. Oregano, Chopped
- 1/8 tsp. Kosher Salt
- 1/8 tsp. Ground Black Pepper

Directions

- Trim chicken thighs of excess fat.
- Mix together remaining ingredients, and pour over chicken. Coat well.
- Marinate for at least 2 hours to overnight. Remove chicken from marinade, and cook on a hot grill until cooked through.
Optional Step: Bake thighs in 400°F oven for 35-46 minutes.
- Makes 4 servings.

159 calories; saturated fat 1.6g; sodium 190.5mg



Pan-Seared Salmon & Grapefruit Salsa

Ingredients

Grapefruit Salsa

1 lb. + 5-1/2 oz. Ruby Red Grapefruit
1-1/3 oz. Pitted Green Olives, Sliced
1 tbsp. + 1 tsp. Dark Brown Sugar
1/4 tsp. Red Pepper Flakes, Crushed
2 tbsp. + 2 tsp. Parsley, Fresh, Chopped
1/3 cup Scallions, Sliced
Kosher Salt to taste
Ground Black Pepper to taste

Salmon

4 Wild Salmon Loins
Kosher Salt & Ground Black Pepper to taste
1 tbsp. Canola Oil

Directions

To make the Grapefruit Salsa:

- Peel grapefruit and section, catching juices in a bowl or cup as you cut.

cont. ►

Pan-Seared Salmon & Grapefruit Salsa

Directions cont.

- Every pound of grapefruit should yield approximately 1/4 cup of juice.
- Place juice in a pot. Add olives, sugar and crushed red peppers. Bring to a boil then simmer until liquid is reduced by half and syrupy, approximately 5-15 minutes depending on volume being cooked. Remove from heat and cool.
- Cut grapefruit sections into thirds and place in a bowl. If a lot of juice is in bowl, strain it and add it to the sauce in the pot and reduce further.
- Add parsley, scallions, salt and ground black peppers to bowl of grapefruit sections. Pour in the cooled syrup mixture. Toss lightly without mashing the grapefruit. Let sit for 30 minutes so flavors blend. Best served at room temperature.

To make the Salmon:

- Season each fillet with salt and black pepper.
- In a pan, heat oil to medium hot. Pan sear fish 2 minutes on each side until cooked through.
- Top the salmon with the salsa.
- Makes 4 servings.

Serving Suggestion: Salsa also works well with chicken.

233 cal; 1g saturated fat; 423mg sodium



*Salads &
Salad
Dressings*

Baby Arugula Salad with Pumpkin & Goat Cheese



Ingredients

3 cups Pumpkin, Diced	1/2 cup dried cranberries
12 oz. Baby Arugula	2 tbsp. extra virgin olive oil
2/3 cup Sherry Vinaigrette	2 tbsp. balsamic syrup or glaze
4 oz. Goat Cheese, Crumbled	Salt and pepper to taste
1/2 cup Pumpkin Seeds, Toasted	

Directions

- Steam the pumpkin for 7-10 minutes until al dente. Season with salt and pepper to taste. Refrigerate until it's cold.
Alternate Preparation: Grill pumpkin until al dente. Season and chill.
- Toss the arugula, sherry vinaigrette, pumpkin and half of the goat cheese in a large mixing bowl.
- Pull out the arugula and mound on 6 different plates.
- Place the rest of the mix evenly over each mound of arugula.
- Sprinkle each salad with the pumpkin seeds and cranberries.
- Drizzle each salad with the olive oil and the balsamic syrup.
- Makes 6 servings.

385.60 calories; protein 10.47g; carbohydrates 39.17g; fat 22.64g; sodium 520mg.

Buttermilk Avocado Salad Dressing



Ingredients

- 1/4 cup Fat Free Buttermilk
- 1/4 Shallot
- 1/8 tsp. Garlic, Crushed
- 2 tsp. Italian Parsley, Fresh, Chopped
- 1/8 tsp. Ground Black Pepper
- 1/4 Avocado
- 1/8 tsp. Kosher Salt
- 1/2 tsp. Lime Juice, Fresh
- 1-2/3 oz. Plain Yogurt, Organic, Low Fat

Directions

- Place yogurt in mesh strainer. Place strainer over bowl to collect liquids that drip out. Cover yogurt and bowl and let sit for 2 hours in a refrigerator.
- Discard liquid. Peel, seed and chop the avocado. Combine yogurt and all ingredients in a blender and process until smooth.
- Makes 4 servings.

22 cal; .2g fat; 71.5mg sodium



Carrot & Fennel Slaw

Ingredients

- 2-3/4 oz. Carrots, Shredded
- 1-2/3 oz. Fennel, Fresh
- 4 oz. Orange Segments, Drained, 1/2" Pieces
- 2 tbsp. Basil, Fresh, Chiffonade Cut
- 1/4 tsp. Kosher Salt
- 1/8 tsp. Ground Black Pepper
- 1/2 tsp. Lemon Juice, Fresh
- 1-1/2 tsp. Orange Juice
- 1 tsp. Extra Virgin Olive Oil

Directions

- Wash and thinly slice the fennel bulb.
- Put all ingredients in a bowl and toss.
- Makes 4 servings.

35 calories; saturated fat .1g; sodium 173mg

Dark Chocolate Balsamic Reduction

Ingredients

- 1 qt. Balsamic Vinegar
- 4 oz. Dark Chocolate

Directions

- Pour vinegar into a medium sauce pan, and bring it to a boil. Reduce and simmer on low heat for 20-30 minutes or until vinegar has become thick enough to coat the back of a spoon. Vinegar should be reduced by 3/4.
- While the vinegar is still warm, incorporate the dark chocolate. Mix until the chocolate is smooth and both ingredients are fully combined. Hold at room temperature.
- Drizzle over salads, roasted vegetables, pizza or meats.
- Makes 4 servings.





Dinosaur Kale Salad with Beets

Ingredients

- 4 oz. Dinosaur or Tuscan Kale, Fresh
- 3 tbsp. + 1-3/4 tsp. Extra Virgin Olive Oil
- 1 tbsp. + 1 tsp. Lemon Juice, Fresh
- 1 tbsp. + 1 tsp. Orange Juice
- 1-1/4 tsp. Lime Juice
- 1/4 tsp. Kosher Salt
- 3-1/2 oz. Gold Beets, Fresh
- 2-3/4 tsp. Shallots, Peeled, Minced
- 1-3/4 oz. Red Bell Pepper, Diced
- 1-3/4 oz. Cucumber, 1/4", Small Diced
- 1 tbsp. + 2-1/4 tsp. Parsley, Fresh, Minced
- 2-1/4 oz. Fennel, Julienne Cut
- 1-1/4 tsp. Honey
- 1/8 tsp. Kosher Salt
- 1/8 tsp. Ground Black Pepper

Directions

- Remove kale from stems. Chiffonade (thinly slice) the leaves. Place in a bowl, and combine with olive oil, lemon, lime and orange juices and 1/4 tsp. salt. Toss to combine, and marinate for at least 2 hours.
- Cook whole beets (boil then simmer for 45 minutes or bake at 400°F for 45 minutes until tender. Peel. Cut into strips.
- Combine all ingredients together one hour before serving.
- Makes 4 servings.

145.5 calories; saturated fat 1.75g; sodium 194mg



Hillside Citrus Avo Salad

Ingredients

Pickled Fennel

- 1/3 cup Water
- 1 tbsp. + 1 tsp. Apple Cider Vinegar
- 1/4 tsp. Sea Salt
- 1/4 Bay Leaf
- 1/8 tsp. Fennel Seed
- 1/8 tsp. Mustard Seed
- 1/2 tsp. Dill Weed, Fresh, Chopped
- 1 clove Garlic, Minced
- 2 oz. Fennel, Fresh

Salad

- Tajín Clásico Seasoning
- 2 Avocados
- 1/4 cup Pickled Fennel
- 2 Blood Red Oranges
- 1 tbsp. + 1 tsp. Dill Pickle Relish
- 2 cups Baby Spinach

Can't find Tajin? Make your own!

- 1 tsp. Chili Powder
- 3/4 tsp. Ground Paprika
- 1/4 tsp. Ground Cumin
- 1/8 tsp. Cayenne Pepper
- 1/4 ea. Lime, Fresh
- 1/8 tsp. Kosher Salt
- 1/8 tsp. Granulated Sugar

Makes 6 tbsp.

Directions

To make the Pickled Fennel:

- To create a brine, bring water, vinegar, salt, bay leaf, mustard seeds and fennel seeds to a boil. Remove from heat and cool completely.

cont. ►

Hillside Citrus Avo Salad

Directions cont.

- Thinly slice the fresh fennel bulb. Place in a jar or plastic container, and pour in the chilled brine. Allow at least 2-3 hours before eating.
- Covered, this mixture will keep in the refrigerator for up to one week.

To make the Salad:

- Shave avocados thinly on a mandolin/hand slicer or manually slice thinly. Note: Each salad gets 1/2 an avocado.
- Set out 4 plates. On each plate, create a base layer of 1/4 shaved avocado.
- Add 1/2 cup of the baby spinach, 1 tbsp. of the fennel and 1 tsp. of the relish. The next layer should be 1/4 shaved avocado, 1/2 blood orange and 1 tbsp. of the fennel.
- Dress the plate with your choice of a vinaigrette (optional) and tajin seasoning.
- Makes 4 servings.

208 calories; saturated fat 1.88g; sodium 226mg



Orange Miso Salad Dressing

Ingredients

- 1-1/4 tsp. White Miso Paste
- 2-1/2 tsp. Orange Juice
- 1/2 tsp. Ginger Root, Fresh, Minced
- 1/4 tsp. Garlic, Fresh, Minced
- 2-1/2 tsp. Rice Wine Vinegar, Unseasoned
- 2-1/2 tsp. Canola Oil

Directions

- Place all ingredients into a blender and puree until smooth.
- Makes 4 servings.

30 cal; 22g fat; 64mg sodium

DID YOU KNOW . . .

- Pumpkin strengthens your immune system with iron, vitamin C, folate and vitamin E.
- Pumpkins are rich in carotenoids, which are associated with higher lung function and contain antioxidant & anti-inflammatory properties that promote overall health.
- Raw pumpkin has only 15 calories per 1/2 cup & is full of fiber and iron. It's also high in beta carotene, an essential vitamin at any age for cellular health and vision.
- One cup of pumpkin provides over 200% of the recommended daily intake of vitamin A.
- Pumpkin is a great source of vitamin C, which strengthens the immune system, fights infections, increases collagen production, increases white blood cell production and helps heal wounds faster.
- Pumpkins are also high in lutein and zeaxanthin, substances that may help prevent cataracts and reduce the risk of macular degeneration.
- Pumpkins are good for your skin. They have Vitamin A, C, and E and antioxidants that help fight wrinkles and sun damaging UV rays. Pumpkins also have fruit enzymes that help naturally exfoliate dead skin cells and zinc and potassium to combat redness.
- Pumpkin is a wonderful source of fiber, which is needed for healthy digestion. Fiber lowers cholesterol and leaves you feeling full longer.
- The potassium in pumpkin helps regulate blood sugar, blood pressure and weight. It also helps with bone health and decreases the risk of diabetes.
- Pumpkin seeds have a good dose of muscle building and mood elevating amino acids and protective compounds called phytosterols, which may play a role in men's health.
- Around 10% of your daily potassium is found in just a half-cup serving of canned pumpkin.





Desserts

Chocolate-Covered Strawberries, Tuxedo Style



Ingredients

- 4 oz. Dark Chocolate
- 4 oz. White Chocolate
- 16 Long-Stem Strawberries
- Parchment or Waxed Paper

Directions

- Rinse and drain the strawberries. Pat completely dry.
- Put the dark and white chocolate into two separate heat-proof medium bowls.
- Fill a medium sauce pan with 2 inches of water. Bring to a simmer over medium heat. Turn off the heat; set the bowls of chocolate over the water to melt. Stir until smooth. Once the chocolate is melted and smooth, remove the bowls from the heat. Line a sheet pan with parchment or waxed paper.
- Holding the strawberries by the stem, dip them into the white chocolate, twisting the strawberry so that the chocolate forms a “tail” at the end. Set the strawberries on the parchment paper and chill.

cont. ►

Chocolate-Covered Strawberries, Tuxedo Style

Directions cont.

- Using the dark chocolate, dip the strawberries on their side leaving a center V showing the white chocolate.
- Use a tooth pick or very small piping bag to draw the bow tie and the buttons. Make it look like the top of a tuxedo.
- Chill for at least 10 minutes in the refrigerator.
- For an even more elegant and decadent presentation, drizzle with the chocolate-balsamic reduction (see [Chocolate Balsamic Reduction](#) recipe).

Dark Chocolate Bark



Ingredients

- 1.5 lb. Dark Chocolate
- 8 tbsp. Pistachio Nuts, Shelled
- 8 tbsp. Cherries, Dried
- 1/2 tsp. Sea Salt
- Cooking Spray or Parchment Paper

Directions

- Melt chocolate in a bowl or pan over a double boiler of simmering water, continuously stirring the chocolate to a temperature of 110° F.
- Roughly chop pistachios and dried cherries.
- Lightly coat a cookie pan with cooking spray or line it with parchment paper.
- Pour in melted chocolate and smooth with a spatula into an even layer.
- Sprinkle pistachios, dried cherries and sea salt onto chocolate. Chill in the refrigerator for 30 minutes or until completely set.
- Peel chocolate off parchment paper, and break into pieces.



Pumpkin Cheesecake & Tartlets

Ingredients

Crust: *Alternate Preparation - Follow tartlet directions on the back.*

Non-stick cooking spray	3 tbsp. granulated sugar
1/2 cup pecan halves	1/2 tsp. salt
14 graham crackers, full sheets	1/2 cup butter, melted

Filling:

4 (8 oz. ea.) blocks cream cheese, softened	1 tbsp. vanilla extract
1/2 cup granulated sugar	1-1/2 tbsp. cornstarch
1/2 cup packed light brown sugar	1/4 tsp. salt
4 large eggs	1 tsp. ground cinnamon
1 (15 oz.) can pumpkin puree	1/2 tsp. ground ginger
1/3 cup sour cream	1/4 tsp. ground nutmeg

Directions

- **Crust:** Preheat the oven to 350° F. Wrap the bottom of a 9-inch springform pan with two layers of aluminum foil, allowing the foil to come a couple of inches up the insides of the pan to prevent water from seeping into the pan while the cheesecake is in the water bath.
- Lightly coat the inside of the pan with cooking spray.
- Place the pecan halves and the graham crackers in the bowl of a food processor and pulse until fine crumbs form. Add the sugar and salt and pulse to combine.
- Drizzle in the melted butter and process until well combined.
- Press the crumb mixture evenly along the bottom and partially up the sides of the pan. Bake the crust for 8-10 minutes. Transfer to a wire rack to cool.
- **Filling:** Beat the cream cheese and sugars in a large bowl with an electric mixer at medium-high speed for 2-3 minutes until combined and fluffy.

cont. ►

Pumpkin Cheesecake & Tartlets

Directions cont.

- Scrape down the sides and bottom of the bowl with a spatula.
- Reduce mixer speed. Beat in the eggs, one at a time, until just mixed. Beat in the pumpkin, sour cream and vanilla until combined. With the mixer on low, beat in the cornstarch, cinnamon, ginger, nutmeg and salt.
- Bring a pot of water to a boil for the cheesecake's water bath.
- Pour the filling into the crust. Place the cheesecake in the center of a large roasting pan. Transfer the pan to the oven, and carefully pour the boiling water into the roasting pan. The water should come about halfway up the sides of the pan.
- Bake the cheesecake for 65-75 minutes until it is firm around the edges but retains a slight jiggle in the center.
- Turn the oven off; crack the oven door slightly with a wooden spoon. Allow the cheesecake to rest in the oven for an hour.
- Remove the cheesecake from the bath. Place the springform pan on a cooling rack until it cools to room temperature. Cover and refrigerate for 12 hours.
- When ready to serve, remove the sides of the springform pan.

Tartlet Directions (no spring pan or hot water bath needed)

- Skip Crust directions and purchase 30 mini pie crust shells.
- Follow Filling directions. Using an ice cream scoop, put one scoop of filling into each shell. Place tartlets on a cookie sheet, and put them in the oven to cook. Bake the tartlets for 10 minutes.
- If the tartlet tops are golden brown and cracked, remove tartlets from the oven. If the tops are not golden brown, bake for another 5 minutes.
- Cool tartlets to room temperature before covering and refrigerating.

Serving suggestion

Garnish with chopped pecans, caramel sauce and/or whipped cream.

239 calories; protein 7.6g; carbohydrates 39.8g; fat 6.5g; sodium 445mg



Extras

Spiced Cranberry Relish



Ingredients

- 8 oz. Cranberries, Fresh
- 2-2/3 tbsp. Brown Sugar, Dark
- 1 tsp. Olive Oil
- 2-2/3 tbsp. Shallots, Peeled, Chopped
- 1/8 tsp. Cumin Seeds
- 1/8 tsp. Mustard Seeds
- 1/8 tsp. Kosher Salt

Directions

- Mix together cranberries and sugar. Set aside.
- Drizzle olive oil into a hot pan over medium heat. Add shallots, mustard seeds and cumin seeds, and cook until seeds start to pop.
- Add in the cranberry and sugar mixture. Cover and simmer for 5 minutes.
- Chill. Bring to room temperature before serving.
- Add as a topping to your salmon, turkey, pork, beef or chicken.

Be Heart Smart



GOOD FATS

ARE FOUND IN
OLIVE OIL SEEDS NUTS
AVOCADO & FISH



LEGUMES

ARE PLANTS WITH
SEED PODS SPLIT IN TWO



WHOLE GRAINS

AT LEAST 1/2 OF OUR GRAINS SHOULD BE WHOLE





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