

# Be heart smart.



## Heart Healthy Cookbook

### Week 4 Menus

#### Sunday

*Roast Turkey Breast with Apple-Cornbread Stuffing - page 1*

Cranberry Sauce

Mashed Potatoes

*Ranch Style Vegetables - page 2*

*Peach Crisp - page 2*

Per serving: 581 calories, 82 g carbohydrates, 34 g protein, 13 g fat. Portion sizes for non-recipe items: cranberry sauce – 1/4 cup; mashed potatoes – 1/2 cup; ranch style vegetables – 1/2 cup.

#### Monday

*Marinated Avocado Salad - page 2*

*Vegetable Stroganoff - page 2*

Sourdough Bread

*Chocolate Cream Pie - page 3*

Per serving: 548 calories, 84 g carbohydrates, 17 g protein, 16 g fat. Portion sizes for non-recipe items: sourdough bread – 1 slice.

#### Tuesday

*Fajita Salad with Creamy Cilantro-Lime Sauce - page 3*

Sherbet

Per serving: 582 calories, 65 g carbohydrates, 31 g protein, 22 g fat. Portion sizes for non-recipe items: sherbet – 1/2 cup.

#### Wednesday

*Pork with Apples and Grapes - page 3*

Acorn Squash (microwave)

*Crispy Oven Fries - page 3*

*Cinnamon Flats - page 4*

Per serving: 553 calories, 86 g carbohydrates, 32 g protein, 9 g fat. Portion sizes for non-recipe items: acorn squash – 1/2 cup with 1 teaspoon margarine.

#### Thursday

*Stuffed French Toast with 1/2 cup Strawberries - page 4*

Lean Ham

Light Yogurt

Per serving: 584 calories, 79 g carbohydrates, 31 g protein, 16 g fat. Portion sizes for non-recipe items: lean ham – 1 (2 ounce) slice; light yogurt – 6 ounces.

#### Friday

*Stuffed Fish Fillet with Cheese Sauce - page 4*

*Herb Rice Blend - page 4*

Green Beans (saute)

*Baked Pears with Chocolate Sauce - page 5*

Per serving: 507 calories, 77 g carbohydrates, 36 g protein, 7 g fat. Portion sizes for non-recipe items: green beans – 1/2 cup.

#### Saturday

*Pizza with Sweet Peppers and Mozzarella - page 5*

*Tossed Green Salad*

*Quick Apple Cake - page 5*

Per serving: 590 calories, 83 g carbohydrates, 20 g protein, 20 g fat. Portion sizes for non-recipe items: tossed green salad – 1 1/2 cups with 2 tablespoons lite ranch dressing.

### Roast Turkey Breast with Apple-Cornbread Stuffing

Nonstick cooking spray

1 onion, chopped

1 1/4 cups reduced-sodium chicken broth

1 package (8 ounces) prepared cornbread stuffing mix

1 Granny Smith apple, diced

3/4 teaspoon dried sage, divided

3/4 teaspoon dried thyme, divided

1 pound boneless turkey breast

1 teaspoon paprika

1/4 teaspoon black pepper

Preheat oven to 450 degrees. Coat 1 1/2-quart casserole with cooking spray; set aside. Coat large saucepan with cooking spray; heat over medium heat. Add onion; cook and stir 5 minutes. Add broth; bring to a simmer. Stir in stuffing mix, apple, 1/4 teaspoon sage and 1/4 teaspoon thyme. Transfer mixture to casserole dish. Coat roasting pan with cooking spray. Place turkey breast in pan, skin side up; coat with cooking spray. Mix paprika, remaining 1/2 teaspoon sage, 1/2 teaspoon thyme and pepper in small bowl; sprinkle over turkey. Spray lightly with cooking spray. Place turkey in preheated oven; roast 15 minutes. Reduce oven temperature to 350 degrees. Place stuffing in oven alongside turkey; continue to roast 35 minutes or until internal temperature reaches 165 degrees when tested with meat thermometer inserted into the thickest part of the breast. Transfer turkey to cutting board; cover with foil and let stand 10 to 15 minutes before carving.

Remove stuffing from oven; cover to keep warm. Carve turkey into thin slices; serve with stuffing and cranberry sauce if desired.  
Yield: 4 servings.

### Ranch-Style Vegetables

1 cup cauliflower, bite-sized pieces  
1 cup broccoli, bite-sized pieces  
3/4 cup sliced carrots  
1/2 cup sliced celery  
1/3 cup chopped onion  
1/4 teaspoon dried dill weed  
1 1/2 tablespoons lemon juice  
2 tablespoons nonfat or reduced-fat ranch-style dressing

Fill a 1 1/2 quart casserole, or microwave-safe dish, with vegetables. Add dill and lemon juice. Follow directions below for microwave or conventional oven.

**Microwave Oven:** Cover and microwave 5 to 8 minutes or until vegetables are done to your liking. Be sure to stir vegetables every 2 minutes. Drain. Mix in dressing.

**Conventional Oven:** Preheat oven to 350 degrees. Cover and bake 20-30 minutes until vegetables are done to your liking. Drain. Mix in dressing.

Yield: 4 servings (serving size: 1/2 cup).

### Peach Crisp

4 cups canned sliced peaches in own juice or light syrup  
1/4 cup water  
4 teaspoons firmly packed brown sugar  
2 teaspoons lemon juice  
1 teaspoon cinnamon  
1/2 cups oats (quick or old fashioned)  
1 tablespoon firmly packed brown sugar  
1 tablespoon soft margarine

Preheat oven to 375 degrees. Combine first 5 ingredients and mix well. Arrange peach mixture in an 8x8-inch baking dish that has been sprayed with non-stick coating. Combine remaining ingredients and sprinkle over peaches. Bake for 20-30 minutes or until peaches are tender and topping is lightly browned. If desired, serve with a dollop of free whipped topping.  
Yield: 8 servings.

### Marinated Avocado Salad

2 tablespoons orange juice  
1 tablespoon lemon juice  
2 teaspoons olive oil  
1 teaspoon sugar  
2 oranges, peeled and sectioned  
1/2 avocado, peeled and sliced  
1/2 small red onion, thinly sliced  
1/2 head butter lettuce

In a large bowl, combine juices, olive oil, and sugar. Add 1/2 teaspoon salt, if desired. Stir in oranges, avocado, and onion. Cover and refrigerated while flavors blend. Tear lettuce into bite-size pieces. Store sealed and refrigerated until ready to serve. To serve: combine mixtures. Gently toss to mix well.  
Yield: 4 servings.

### Vegetable Stroganoff

1/2 cup light cream  
1/3 cup plain low-fat yogurt  
2/3 cup carrots, sliced  
2/3 cup broccoli florets  
2/3 cup cauliflower florets  
1/2 pound flat noodles  
1 onion, finely chopped  
1/2 pound mushrooms, diced  
2 teaspoons olive oil  
2 cloves garlic, crushed  
3 dashes Worcestershire sauce (optional)

Garnish: dried parsley, dried tarragon leaves, and Parmesan cheese, grated

Blend cream and yogurt until smooth. Set aside. Microwave vegetables in a microwave-safe bowl on HIGH for 4 to 5 minutes until cooked through. Cook noodles until tender; drain. Keep vegetables and noodles warm by placing in a 200 degree oven in a covered dish. Saute onion and mushrooms in oil until onion turns translucent. Add garlic; cook for another 3 minutes. Stir in Worcestershire sauce. Add 1/4 teaspoon salt and pepper, if desired, or to taste. Reduce heat to low. When ready to serve, stir cream-yogurt mixture into sauteed mixture to make sauce; heat through. Toss vegetables with noodles; place on serving platter; spoon sauce over top. Garnish with mixture of parsley, tarragon and fresh Parmesan cheese.  
Yield: 4 servings.

## Chocolate Cream Pie

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2 packages (1.3 ounce each)  
sugar-free chocolate pudding  
(NOT instant)  
3 1/3 cups skim milk  
33 vanilla wafers  
1 cup light whipped topping

Prepare according to package directions, except use only 3 1/3 cups of milk. Line the bottom of a 9-inch pie pan with 17 vanilla wafers (not crushed). Place remaining 16 vanilla wafers standing up around the rim of the pan. Pour in pudding. Top with light whipped topping. Refrigerate for two hours before serving so the pudding will be firm. When serving, cut each piece to include two of the standing up vanilla wafers.

Yield: 8 servings.

## Fajita Salad with Creamy Cilantro-Lime Sauce

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1 tablespoon olive oil  
1 teaspoon ground cumin  
1 teaspoon paprika  
1 teaspoon chili powder  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1 pound skinned, boned chicken breast, cut into thin strips  
Cooking spray  
6 cups shredded romaine lettuce  
1 1/3 cups thinly sliced green bell pepper rings  
1 cup sliced red onion, separated into rings  
1/2 cup (2 ounces) shredded reduced-fat Monterey Jack cheese  
2 tablespoons sliced ripe olives  
1 (15 ounce) can pinto beans, rinsed and drained  
1 medium tomato, cut into 8 wedges  
Creamy Cilantro-Lime Sauce:

Combine first 6 ingredients in a medium bowl. Add chicken; toss to coat. Place a large nonstick skillet coated with cooking spray over medium heat until hot. Add chicken mixture; saute 8 minutes or until chicken is done. Set aside. Divide lettuce and next 6 ingredients (lettuce through tomato) among 4 bowls; top with chicken mixture. Serve with Cilantro-Lime Sauce.

Yield: serving size: 1 serving salad = 3 ounces chicken and 1/3 cup sauce.

### Creamy Cilantro-Lime Sauce

1/2 cup fat-free sour cream  
1/2 cup light mayonnaise  
1/3 cup skim milk  
3 tablespoons lime juice  
2 tablespoons chopped fresh cilantro  
1 tablespoon balsamic vinegar  
2 large garlic cloves, minced

Combine all ingredients, and stir well with a whisk. Cover sauce, and chill.

## Pork with Apples and Grapes

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1 pound pork tenderloin, cut into 1/2-inch cubes  
2 small apples, cut in bite-size pieces  
1/2 cup apple cider  
1 tablespoon brown sugar (or the equivalent in artificial sweetener)  
1/2 teaspoon allspice  
1/4 teaspoon cinnamon  
1 tablespoon cornstarch  
1 tablespoon water  
2 cups red seedless grapes

Spray a skillet with non-stick spray. Stir-fry pork until browned. Add apples, cider, sugar, allspice and cinnamon. Cover and simmer for 5 minutes or until meat is tender. Meanwhile, mix cornstarch with water and stir into meat mixture. Simmer, stirring constantly, until thickened. Add grapes and cook for 1-2 minutes until grapes are heated.

Yield: 4 servings (serving size: 1 cup).

## Crispy Oven Fries

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4 medium potatoes (5 ounces each)  
1 tablespoon oil (canola or olive)  
Salt to taste (optional)  
Malt vinegar to taste

Preheat oven to 475 degrees. Scrub potatoes but don't peel. Cut into half inch slices or strips. Place potato slices in a plastic bag with the oil and shake well to coat potatoes evenly. Spray baking sheet with a non-stick cooking spray. Arrange potatoes in a single layer and bake for 30 minutes, or until golden brown, turning potatoes every 10 minutes. Sprinkle with salt (optional), and serve with malt vinegar  
Yield: 4 servings.

## Cinnamon Flats

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1 3/4 cups all-purpose flour  
1/2 cup granulated sugar  
1 1/2 teaspoons ground cinnamon  
1/4 teaspoon salt  
1/4 teaspoon ground nutmeg  
8 tablespoons cold margarine  
3 egg whites, divided  
1 teaspoon vanilla  
1 teaspoon water  
Sugar Glaze

Preheat oven to 350 degrees.  
Combine flour, sugar, cinnamon, salt and nutmeg in medium bowl. Cut in margarine with pastry blender or two knives until mixture forms coarse crumbs. Beat in 2 egg whites and vanilla, forming crumbly mixture; mix with hands to form soft dough.

Divide dough into 6 equal pieces and place, evenly spaced, on greased 15x10-inch jelly-roll pan. Spread dough evenly to edges of pan using hands; smooth top of dough with metal spatula or palms of hands. Mix remaining egg whites and water in small cup; brush over top of dough. Lightly score dough into 2x1 1/2-inch squares.

Bake 20 to 25 minutes or until lightly browned and firm when lightly touched with fingertip. While still warm, cut into squares; drizzle or spread Sugar Glaze over squares. Let stand 15 minutes or until glaze is firm before removing from pan.

### Sugar Glaze

Combine 1 1/2 cups powdered sugar, 2 tablespoons milk and 1 teaspoon vanilla in small bowl. If glaze is too thick, add additional 1 tablespoon milk. Makes about 3/4 cup.

Yield: 50 cookies (serving size: 1 cookie).

## Stuffed French Toast

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8 slices white bread  
1/4 cup (2 ounces) Philadelphia fat-free cream cheese  
1/4 cup strawberry jam  
2 eggs or equivalent in egg substitute  
2 tablespoons skim milk  
1/2 teaspoon vanilla extract

Spread 1 teaspoon cream cheese onto each slice of bread. Spread 1 teaspoon strawberry jam over top of each. Put bread together to form 4 sandwiches. In a medium bowl, combine eggs, skim milk, and vanilla extract. Beat well, using a fork. Spray a griddle or large skillet with butter-flavored cooking spray. Dip each sandwich into egg mixture, coating both sides evenly. Place on griddle and cook 2 to 3 minutes on each side or until golden brown. Serve at once.

Yield: 4 servings.

## Stuffed Fish Fillets with Cheese Sauce

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1/2 cup chopped onion  
1/2 cup chopped celery  
3/4 cup chicken broth, fat removed  
3 cups (3 ounces) packaged unseasoned stuffing mix (cube type)  
1/4 teaspoon dried sage  
1/4 teaspoon dried thyme  
1 pound fish fillets, such as fillet of sole, halibut or flounder  
1/4 teaspoon paprika

Preheat oven to 350 degrees. In a medium saucepan, combine onion, celery and broth. Simmer, covered, on low until vegetables are soft. Add stuffing and seasonings. Mix well until blended. Place a heaping tablespoon of stuffing on each fish fillet. Roll the fillet around the stuffing and place seam side down in an 8x8-inch pan that has been sprayed with non-stick cooking spray. Sprinkle with paprika. Bake for 20 minutes or until fish flakes easily with a fork. Yield: 4 servings.

### Cheese Sauce

1 cup cold skim milk, divided  
2 tablespoon unbleached flour  
1/4 teaspoon salt (optional)  
1/8 teaspoon pepper  
2 ounces reduced-fat sharp cheddar cheese, cut in small pieces

Combine 1/2 cup milk with flour in covered container and shake well to prevent lumps. Pour into a 4-cup glass measuring cup along with the rest of the milk and seasonings. Cook in the microwave on high for 3 to 4 minutes, stirring with a wire whisk every 30 seconds until thickened. Add cheese and stir until melted.

Yield: about 1 cup (serving size: 1/4 cup).

### Herb Rice Blend

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2 teaspoons instant beef or chicken bouillon  
2 cups water  
1/8 teaspoon dried rosemary  
1/4 teaspoon dried marjoram  
1/4 teaspoon dried thyme  
1 teaspoon dried onion  
1 cup quick cooking brown rice

Mix first six ingredients in a saucepan. Bring to a boil. Add rice and reduce heat to low. Cover and simmer for 12-14 minutes. Yield: 4 servings (serving size: 1/2 cup).

### Baked Pears with Chocolate Sauce

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4 small pears with stem intact  
2 tablespoons orange juice  
4 teaspoons nonfat chocolate sauce (such as Hershey's)

Peel pears. Partially core from bottom, leaving the stem intact. If necessary, take a small slice off the bottom to make it flat so the pear can stand without tipping. Pour orange juice onto a plate and roll the pears in the juice to coat. This will prevent browning. Arrange pears in a covered 2-quart microwave-safe casserole dish. Microwave on high for 3 minutes, rotating 1/4 turn halfway through cooking time. Let sit 5 minutes. Cool in refrigerator until chilled. To serve, place a pear on a plate with the stem up and drizzle with chocolate sauce. Yield: 4 servings.

### Pizza with Sweet Peppers and Mozzarella

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1 package dry yeast (about 2 1/4 teaspoons)  
3/4 cup warm water (105 to 115 degrees)  
1 3/4 cups all-purpose flour, divided  
2 tablespoons cornmeal, divided  
1 teaspoon olive oil  
1 teaspoon salt  
Cooking spray  
1 cup (4 ounces) shredded part-skim mozzarella cheese, divided  
1/2 cup (2 ounces) finely grated fresh Parmesan cheese, divided  
2 red bell peppers, roasted, peeled, and cut into strips  
2 orange bell peppers, roasted, peeled, and cut into strips  
1 tablespoon minced fresh parsley  
2 teaspoons minced fresh oregano  
2 teaspoons olive oil  
1/2 teaspoon crushed red pepper  
4 garlic cloves, minced

Dissolve yeast in warm water in a large bowl; let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with a knife. Add 1 1/2 cups flour, 1 tablespoon cornmeal, oil, and salt to yeast mixture; stir well until smooth (dough will be sticky). Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 10 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands.

Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85 degrees), free from drafts, 1 hour or until doubled in bulk. Punch dough down; cover and let rest for 5 minutes. Roll dough into a 10x8-inch rectangle on a lightly floured surface. Place dough on a baking sheet coated with cooking spray and sprinkled with 1 tablespoon cornmeal. Cover and let rise 20 minutes or until puffy.

Preheat oven to 475 degrees.

Sprinkle dough with 3/4 cup mozzarella and 1/4 cup Parmesan cheese, leaving a 1-inch margin around the edges. Combine bell peppers and remaining ingredients; spoon evenly over cheese. Sprinkle 1/4 cup mozzarella and 1/4 cup Parmesan cheese over the bell pepper mixture. Bake at 475 degrees for 18 minutes or until cheese melts. Yield: 4 servings.

### Quick Apple Cake

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3/4 cup sugar  
2 teaspoons baking powder  
2 tablespoons canola oil  
3 apples, peeled, cored and sliced  
1/4 cup egg substitute or 2 egg whites  
1 teaspoon cinnamon  
1/4 cup skim milk  
2 tablespoons sugar  
1 1/2 cup flour, sifted

Combine all ingredients except apples, cinnamon and sugar. Spread batter in greased and floured 9-inch square pan. Arrange apple slices in fancy design on top, lightly pressing them into the batter. Sprinkle top with cinnamon mixed with sugar. Bake at 375 degrees for 25 minutes. Yield: 9 servings.