



*The Utah Heart Disease & Stroke Prevention Program and the Utah Department of Health Present:*

# HEART-HEALTHIEST 2011

*Utah's Healthiest + Tastiest Recipes*



# HEART-HEALTHIEST 2011 *Utah's healthiest + tastiest recipes*

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**HEART DISEASE &  
STROKE PREVENTION PROGRAM**  
UTAH DEPARTMENT OF HEALTH





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## BREAKFAST & BEVERAGE





## *Strawberry Banana Breakfast Bars* by Sarah Robinson

- |         |   |   |
|---------|---|---|
| 3       | bananas   | Mix together and let sit for 5-10 minutes to soften the oatmeal. Bake in square pan for 50 minutes at 350 degrees. Let sit for 15 minutes to cool. Serve hot or cold, with milk or plain. |
| 1 Cup   | chopped strawberries  |   |
| 2       | small granny smith apples, cooked and pureed (or use 1/2 Cup sugar free applesauce) | 4 servings  |
| 1 Cup   | oatmeal   |   |
| 1 tsp   | vanilla   |   |
| 1/2 tsp | cinnamon  |   |
| 1 Tbs   | honey   |   |

## *Tofu Fruit Smoothie* by Lena Dibble

- |              |  |  |
|--------------|--|--|
| 1 pkg (6 oz) | silken tofu, extra soft                    | Drain the tofu, peel the banana, then add all the ingredients and blend! |
| 1            | banana                                     |  |
| 1 Cup        | raspberries (or your favourite soft fruit) | 2 servings   |
| 1 Cup        | orange juice                               |  |
| 2 Tbs        | honey                                      |  |
| 1/2 Cup      | ice  |  |



## *Crustless Zucchini Quiche* by Sarah Robinson

- 3 medium zucchini
- 16 oz soft tofu
- 2 eggs
- 1 clove garlic
- 3 Tbs green onion
- ½ Cup bread crumbs
- 4 oz shredded low moisture part skim mozzarella cheese
- 1 tsp basil
- 1 tsp oregano
- ½ tsp salt
- ½ tsp pepper

Slice the zucchini thinly and steam. Mash tofu and add slightly beaten eggs. Continue to stir in the rest of the ingredients until well combined. Finally, gently stir in the cooked zucchini. Bake in 1 1/2 qt casserole dish at 350 for 30 minutes until set. Time may vary depending on size and depth of baking dish.

6 servings



SOUPS & SALADS





## Green Enchilada Chili *by Aly Steele Larsen*

2 Cups	cooked chicken, cubed	2 cans	white beans, drained and rinsed
1 lg. can	green enchilada sauce	8 oz	sour cream ( I prefer fat-free for less calories, but do what you like)
2 cans	low-sodium chicken broth	8 oz	low fat grated pepper jack cheese
2 cans	black beans, drained and rinsed		

Combine chicken and sauce in a large pot at medium heat. Add broth and beans. Simmer 10+ minutes. Add sour cream and let the chili get nice and hot. Gradually grate cheese into chili (if you add it all at once, you will have gooey chili instead of creamy). Serve and enjoy!

12 servings

## Red Lentil and Chard Stew *Marie Thatcher*

2 Tbs	olive oil	½ tsp	ground cumin
1 lg.	onion, thinly sliced	½ tsp	coriander
4	carrots, peeled and diced	¼ tsp	cayenne pepper
1 lg.	bunch Swiss chard, deribbed, leaves coarsely chopped, stems cut into 1/4" strips and set aside	42 oz	vegetable broth
		2 ¼ Cups	red lentils
		1 can (15 oz)	chickpeas, rinsed and drained
		2-3 Tbs	lemon juice
4	clovesgarlic, minced	1 Cup	plain yogurt
5 tsp	curry powder		

Heat oil in heavy large saucepan over medium-high heat. Add onion and sauté about 8 minutes. Add carrots, chard stems, and garlic and sauté another 4-5 minutes. Mix in curry, cumin, coriander, and cayenne. Add broth and chard leaves. Increase heat and bring to boil. Add lentils and chickpeas and reduce heat to medium.

Cover and simmer until lentils are tender, stirring twice, about 10 minutes. Stir in lemon juice. Top each serving with yogurt.

(Tastes best if made a day or two ahead.)

6 servings



## *Quinoa Pea Salad* by Sarah Robinson

- 1 acorn squash
- 1 Cup quinoa
- 2 Cups low sodium chicken broth
- 1 white onion
- 1 Cup frozen peas
- 2/3 Cup sunflower seeds
- ½ Cup olive oil
- 1 Tbs lemon juice
- 1 Tbs honey
- ¼ Tbs salt
- ¼ Tbs pepper
- 3 Tbs warm water
- 1 Tbs fresh thyme

Cook quinoa according to directions, using the chicken broth. Chop onion into roughly bite sized pieces. Peel and chop squash into bite sized pieces. Spray baking sheet with non-stick spray and scatter onion and squash pieces evenly on pan. Spray again, and lightly salt and pepper. Bake onion and squash at 400 degrees until tender, about 45 minutes. Meanwhile, in food processor, blend the sunflower seeds until fine. Add oil, lemon juice, honey, salt, pepper, warm water, and thyme. Blend until smooth. Mix cooked quinoa, onions, squash, and peas together. Add “dressing” and stir until coated. Serve warm or chilled.

4 servings



## *Corn and Black Bean Salad* by Kelli Fratto Bland

### **DRESSING**

½ Cup fresh lime juice  
½ Cup olive oil  
1 clove garlic, minced  
to taste salt and pepper  
1/8 tsp ground cayenne pepper

### **INGREDIENTS**

2 cans black beans,  
(15 oz.) rinsed and drained  
1 bag frozen corn kernels  
(16 oz.) (sweet white corn,  
preferred)  
1 avocado, peeled,  
pitted and diced  
1 red bell pepper,  
chopped  
½ Cup grape tomatoes,  
halved  
¼ Cup thinly sliced  
green onions  
½ Cup chopped fresh  
cilantro

Mix dressing ingredients and set aside. In a bowl, add remaining ingredients. Pour dressing over the mixture and stir to coat. Can be served immediately.

(adapted from recipe on [allrecipes.com](http://allrecipes.com))



# MAIN MEALS





## Ashley's Greek Shrimp *by Ashley Winters Burrage*

7	raw shrimp, peeled & deveined and tails removed	2 cloves	garlic, sliced
		1 tsp	white cooking wine (optional)
4	artichoke hearts, chopped	1 tsp	olive oil
		½ tsp	greekseasoning
8	grape tomatoes, halved	½ tsp	oregano
		½ tsp	kosher salt
10	kalamata olives, pitted and chopped	to taste	black pepper

Peel and devein shrimp. Ingredients listed are for one packet. Multiply it for how many packets you are making. Place all ingredients in center of a piece of heavy-duty foil. (If you are using the \$1 store stuff double it.)

Fold over and seal each packet. BBQ for 15 minutes in a covered grill. Or 350 degrees for 30 min.

## Shoshana's Spring Harvest Packs *by Shoshana Jansen*

5	carrots, cut into strips	2	zucchini, sliced into strips
2	celery stalks, cut into chunks	1	red or orange bell pepper, seeded and cut into strips
3	red potatoes, peeled and cut into squares	to taste	salt and pepper
2 Tbs	any white wine	3	chili pepper (fresh or dried), seeded and chopped finely
4 tsp	olive oil		

Rinse all of the vegetables. Slice them according to the instructions. Stir all ingredients into a large bowl. Make four foil packets adding the mixture to each packet. Bake in a pan at 375° F or 190° C for 30 Minutes so that the veggies are not mushy. Guests at your dinner party can open up their own foil packet for a scrumptious and fragrant vegetable main course or side dish.

4 servings



## Cheddar Pepper Stuffed Portobello Burger by William George

- 1 portobello mushroom, medium to large
- 1 tsp olive oil
- 1 Tbs balsamic vinegar
- ¼ tsp garlic powder
- ¼ tsp dried thyme
- 1 Pinch kosher salt and pepper
- 1 slice sweet onion chopped
- ¼ large bell pepper chopped
- ½ Cup baby spinach chopped
- ¾ oz cheddar cheese
- non-stick cooking spray

Preheat the oven to 450 degrees In a bowl large enough to marinate the mushroom, mix the olive oil, vinegar, garlic powder, thyme, salt and pepper. Wash the mushroom and remove the stem. You can also peel a few pieces away from the cap. This will help the marinade penetrate a little easier. Coat the mushroom in the marinade and let it sit while you prepare the rest of the ingredients. Preheat a small skillet over medium-high heat and spray with non-stick cooking spray. Add the onion and let it scorch a little while cutting the rest of the ingredients. Chop the stem of the mushroom, pepper and spinach. Add the mushroom and peppers next. Again, cooking until just scorched. Finally, add the chopped spinach and cook until it wilts. Remove the mushroom from the marinade and place upside down on a cookie sheet lined with aluminum foil. Dice up the cheddar cheese and add it to the bowl with the marinade. Add the cooked the veggies from the skillet. Mix to make the filling. Pile the filling onto the mushroom cap. Bake for 10-12 minutes until the cheese is oozing and just starting to brown. Put it on your favorite whole wheat bun or thin. Add a squirt of ketchup and dig in!

1 serving





## Veggie Lasagna *by Carolyn Lund*

- 16 oz shredded fat free mozzarella cheese
- 2 eggplant, peeled (yield from 1-1/4 lb.)
- 1 lg. green bell pepper
- 1 lg. red bell pepper
- 10 oz whole wheat lasagna noodles (I generally use only 6-9 noodles)
- 30 oz fire-roasted tomato & garlic
- 2 Cups sliced mushrooms
- 2 Cups sliced zucchini
- 2 Cups sliced summer squash

Pre-cook lasagna noodles. Roast all vegetables at 370° for 10 minutes on each side. Put a layer of lasagna noodles, layer of sauce, layer of cheese, and a layer of each type of vegetable and repeat until the pan is full. Cook at 350° for 20-25 minutes.

6 servings





## *Cauliflower Steak* by Sarah Robinson

1 head cauliflower  
 1 Tbs olive oil  
 1 Tbs worcestershire sauce  
 1/3 Cup plain yogurt  
 1 Tbs butter  
 ¼ tsp salt  
 ¼ tsp black pepper  
 1/3 Cup chopped green onion

Slice the cauliflower head down the middle, creating two 1/2-1" wide slices. Mix oil and sauce and spread on a plate, large enough for both "steaks" to sit side by side. Allow them to marinate for 10-15 minutes. In hot non-stick frying pan on medium heat, cook the cauliflower on both sides for about 3 minutes, until browned. Chop in small pieces of the remaining cauliflower and steam until soft. Add yogurt, butter, and pepper to the steamed cauliflower. Using food processor or immersion blender, puree the cauliflower until well blended and smooth. Chop the green onion into small pieces and stir into the steamed cauliflower. Serve the "steaks" on top of the mashed cauliflower.

2 servings

## *Feta and Sun Dried Tomato Meatloaf* by Carolyn Lund

1 lb ground turkey  
 93% fat free  
 2 Tbs 1% milk  
 1/3 Cup dried bread crumbs  
 1/3 Cup parsley  
 ½ Cup crumbled feta cheese

2 Tbs minced garlic  
 1 small raw chopped onion  
 ¼ Cup sun dried tomatoes  
 ½ Cup egg whites/egg substitute

Mix all ingredients together and bake at 375° for 40-45 minutes.

4 servings



## Summertime Couscous *by Nicole Fratto*

- ¼ Cup dry couscous
- 1 tsp minced garlic
- ¼ Cup chopped green onion
- ¼ Cup black beans
- ¼ Cup fresh cilantro
- ¼ Cup chopped bell peppers
- 1 Cup water
- 2 Tbs olive oil
- 1 tsp herbes de provence
- 1 tsp rosemary
- ½ tsp ground pepper
- 2 Tbs dried cranberries

Place water and couscous in a skillet for about 10 minutes before placing over low heat with 1 Tbs of olive oil.

In a small bowl, combine the seasonings, dried cranberries, cilantro, peppers, onions, garlic and 1 Tbs of olive oil. Mix well then cook in a skillet on low heat for 5-8 minutes.

Add this mixture to the couscous along with the beans and cover for about 5-8 minutes, stirring constantly. Top it off with parmesan cheese if desired! Serve it warm with grilled chicken for a delicious and healthy dinner, or eat it on its own for lunch!





## *Spinach Stuffed Pitas* by Sarah Robinson

4	whole wheat pitas	1 tsp	cumin
1 Tbs	olive oil	½ tsp	coriander
½	onion, diced	½ tsp	paprika
10 oz	spinach	½ Cup	chicken broth
12 oz	cooked garbanzo beans		

Heat olive oil in heavy pot on medium heat. Add onion and garlic and cook for 10-15 minutes until onion begins to caramelize. Add the remaining ingredients and stir. Cover and let cook for another 5-10 minutes, stirring occasionally, until the spinach is cooked. Serve hot or cold in pitas.

4 servings

## *Mexican Rice Bowls* by Patrick 'Angie' Struhs

•	brown rice	1	avocado, diced
2 cans	black beans	•	salsa (jarred or homemade)
1 sm. bag	frozen corn or 4 cobs of corn cooked and kernels removed	•	cilantro
4	roma tomatoes, diced		

Layer all ingredients, starting with rice then corn and beans, tomatoes, salsa then avocado. Top with cilantro.



## Rice Wraps *by Aly Steele Larsen*

1/3	cucumber, large hothouse	<b>DIPPING SAUCE</b>	
1/3 bunch	spinach/lettuce, cut into strips	3 Tbs	rice vinegar
1/4	bell pepper, cut in strips	1/4 Cup	soy sauce
1/2	avocado, medium	1/2 tsp	sugar
2	carrots, cut into thin strips	1	green onion, finely sliced
1 Cup	chicken, cut into chunks or shredded	splash	sesame oil
•	sprouts		
•	shrimp		
•	cooked rice		
•	rice paper		

Take rice paper and dip into warm water for 10-30 seconds or until flexible without cracking or breaking. (Some packages differ from others, so just keep an eye out for cracking.)

Fill with veggies and meat. Roll like a burrito or egg roll and press together to seal ingredients in.

Let the rolls sit for a few minutes and cut diagonally down the center and put on a plate, careful not to let them touch. (Sometimes the wrappers stick to each other.)

“The hardest part of making this for me was keeping my wrappers from cracking. If there is a little crackage, its ok. These rolls don’t look that great until you cut them down the middle anyway. ENJOY!!!”



### *Curried Yams and Chickpeas by Marie Thatcher*

2 Tbs	olive oil
2 tsp	cumin seed
1 tsp	garam masala
½ tsp	ground cardamom
¼ tsp	cayenne pepper
1 tsp	black mustard seed
½ tsp	salt
2 cloves	garlic, minced
1 lg.	yam, diced
2 sm.	tomatoes, diced
1 bunch	swiss chard, de-ribbed, leaves coarsely chopped, stems cut into ¼” strips and set aside
1 can (15 oz)	chickpeas, rinsed and drained
8 oz	plain yogurt

Heat olive oil in large skillet over medium heat. Cook cumin seeds, garam masala, cardamom, cayenne pepper, mustard seeds, salt, and garlic until cumin seeds start to pop. Add yams and chard stems. Cook, covered (stirring once or twice) for 10 minutes, or until yams are barely tender. Stir in tomatoes, chard leaves, yogurt, and chickpeas. Cover and cook about 10 minutes more, or until yams and chard stems are tender.





## Spaghetti Squash Lasagna *by KaRyn Daley*

1 whole medium spaghetti squash uncut  
 1 chopped med. onion  
 2-3 cloves diced fresh garlic  
 2 tsp olive oil  
 16 oz sliced baby portobella mushrooms  
 4 Cups fresh spinach  
 1 chopped red pepper  
 1 egg  
 16 oz low-fat ricotta cheese  
 2 Cups low-fat or fat-free shredded mozzarella cheese  
 ½ Cup shredded low-fat parmesan cheese  
 1 Tbs oregano/Italian seasoning/basil  
 1-2 tsp lemon pepper (to taste)  
 4 Cups natural tomato basil pasta sauce with low sodium, if possible  
 1 Cup (optional) dry potato gnocchi (like trader joe's)

First, boil the entire spaghetti squash uncut in a large stock pot until a fork can be easily inserted into the rind. Make sure to rotate the squash half way through so it cooks evenly. While the squash is boiling, mix the ricotta, parmesan and 1 ½ cups of the mozzarella cheese with the Italian seasoning, lemon pepper and egg to create a paste. Set aside. After the Spaghetti squash has cooled a bit, cut the squash in half and remove the seeds with a spoon. Remove the meat of the squash by using a fork to scrape along the grain so that the squash is in large spaghetti-like strands. Place on a plate and set aside. In a large skillet, sauté the chopped onion and garlic in the olive oil over medium heat until glassy and clear. Add the mushrooms and red pepper and cook until they are tender. Remove from heat and let sit. Now it's time to layer your lasagna! First, preheat the oven to 375°. In a large casserole dish, spread one cup of the tomato sauce on the bottom. Next, use half the spaghetti squash to create the second layer. Spread the uncooked spinach on top of the spaghetti squash. Drop the cheese mixture in large clumps as evenly as possible using a spoon to spread it out over the spinach. Add one more cup of the tomato sauce and then layer on the mushroom mixture. If you are using the gnocchi, sprinkle them on top of the mushroom layer. Finally, using the rest of the spaghetti squash, create the final lasagna layer, topping it off with 1-2 cups of tomato sauce and sprinkling the final ½ cup of mozzarella on top. Cover with foil and bake in the oven for 45 minutes or until the sauce is bubbling in the middle of the lasagna. Take the foil off for the last 10 minutes of baking so the mozzarella can brown and then let it sit for 15-20 minutes after it comes out of the oven.

9 servings



