

Heart-Healthy Recipes From the Choose to Move Program

Strawberry-Spinach Salad with Champagne Dressing

Serves 4; 1 1/4 cups per serving

Serve this vibrantly colored dish with dinner on a very special occasion.

3 tablespoons brut champagne, champagne vinegar, or white wine vinegar
1 tablespoon strawberry spreadable fruit or reduced-sugar preserves
1 teaspoon acceptable vegetable oil
5 cups rinsed and trimmed fresh spinach
2 cups halved fresh strawberries, hulled
1/4 cup sliced unsalted, dry-roasted almonds

In a small jar with a tight-fitting lid, combine champagne, strawberry spreadable fruit, and oil. Cover and shake until ingredients are well combined. Place in the refrigerator until serving time. Tear spinach into bite-size pieces. Place in a large salad bowl and add strawberries. Shake dressing, pour over spinach mixture, and toss to coat. Sprinkle with almonds.

Cook's Tip: *If you have the time to toast the sliced almonds, place them on a baking sheet in a single layer and bake in a preheated 350°F oven for 5 to 10 minutes or until lightly browned, stirring once. This will give them an even nuttier taste and more crunch.*

Nutrition Analysis (per serving)

Calories	113
Protein	4 g
Carbohydrates	11 g
Cholesterol	0 mg
Sodium	58 mg
Total Fat	6.0 g
Saturated	1.0 g
Polyunsaturated	2.0 g
Monounsaturated	3.0 g

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Toasted Ravioli with Italian Salsa

Serves 10

These tempting tidbits, traditionally deep-fried but baked in this recipe, boast an interesting fusion twist—a salsa flavored with herbs common to the Italian kitchen.

1 pound frozen beef ravioli (30 pieces)
Vegetable oil spray
1/4 cup fat-free or light Italian salad dressing
1/2 cup plain dry bread crumbs
1 1/2 teaspoons salt-free Italian herb seasoning

Italian Salsa

14.5-ounce can no-salt-added tomatoes with juice
1/2 small red onion, quartered
1 hot banana pepper or 1/2 small green bell pepper, seeds and ribs discarded
1 tablespoon chopped fresh oregano or 1 teaspoon dried, crumbled
1 tablespoon fresh basil or 1 teaspoon dried, crumbled
1 medium garlic clove, halved
1 teaspoon balsamic or red wine vinegar
1/4 teaspoon sugar

Prepare the ravioli using the package directions, omitting the salt and oil. Drain in a colander. Cool for at least 10 minutes.

Meanwhile, lightly spray two baking sheets with vegetable oil spray. Using a pastry brush, lightly coat the top of each ravioli with the dressing. Put the ravioli on the baking sheets.

In a small bowl or cup, combine the bread crumbs and herb seasoning. Sprinkle over the ravioli. (The ravioli can be refrigerated for up to 8 hours at this point.)

In a food processor or blender, process the salsa ingredients for 15 to 20 seconds. (Salsa will keep in the refrigerator for up to four days.)

Preheat the oven to 400°F.

Lightly spray the tops of the ravioli with vegetable oil spray. Bake the ravioli for 9 to 11 minutes. Drizzle the salsa over the ravioli or use the salsa for dipping.

Cook's Tip: *Some prepared ravioli may be high in sodium and saturated fat. When shopping, select the one with the lowest sodium and fat values.*

Nutrition Analysis (per serving)

Calories	133	
Total Fat	2.0 g	
Saturated Fat		1.0 g
Polyunsaturated Fat		0.0 g
Monounsaturated Fat		0.0 g
Cholesterol	8 mg	
Sodium	259 mg	
Carbohydrates	24 g	
Fiber	2 g	
Protein	6 g	

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Tomato-Artichoke Toss

Serves 6; 1/2 cup per serving

A sprinkling of crumbled feta tops this mix of fresh spinach, sweet grape tomatoes, artichokes, and basil.

7 ounces grape tomatoes, halved (about 1 1/2 cups)
1 ounce fresh spinach leaves, coarsely chopped (about 1 cup)
1/2 14-ounce can quartered artichoke hearts, rinsed, drained, and coarsely chopped
1/4 cup finely chopped red onion
1/4 cup chopped fresh basil leaves (about 1/3 ounce)
2 tablespoons balsamic vinegar
1/2 teaspoon sugar
1/4 teaspoon pepper
1/4 teaspoon salt
1/8 teaspoon crushed red pepper flakes (optional)
1 ounce fat-free or reduced-fat feta cheese, rinsed and drained, crumbled

In a large bowl, toss together all the ingredients except the feta. Sprinkle with the feta.

Nutrition Analysis (per serving)

Calories	30
Total Fat	0.0 g
Saturated	0.0 g
Polyunsaturated	0.0 g
Monounsaturated	0.0 g
Cholesterol	0 mg
Sodium	233 mg
Carbohydrates	6 g
Fiber	1 g
Sugars	3 g
Protein	2 g
Calcium	12 mg
Potassium	122 mg

Dietary Exchanges

1 vegetable

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Flank Steak Salad with Sesame-Lime Dressing

Serves 4; 1 1/2 cups salad, 2 ounces steak, and 2 tablespoons dressing per serving

The dressing in this recipe is a fine complement for grilled steak saved from a previous meal.

Salad

3 cups shredded napa cabbage (about 1/2 medium)
2 cups torn mixed salad greens (spring greens preferred)
8-ounce can sliced water chestnuts, rinsed and drained
7-ounce jar pickled baby corn, rinsed and drained
8 grape tomatoes or cherry tomatoes
4 medium green onions (green and white parts), sliced

Dressing

1/4 teaspoon grated lime zest
1/3 cup fresh lime juice
2 tablespoons honey
1 tablespoon plain rice vinegar
2 teaspoons sesame seeds, dry-roasted
Dash of cayenne

12 ounces grilled flank steak, thinly sliced on the diagonal, warmed if desired
1/4 cup slivered almonds, dry-roasted

In a large bowl, toss together the salad ingredients.

In a small bowl, whisk together the dressing ingredients. Pour over the salad. Toss gently.

To assemble, put the salad on plates. Arrange the steak slices over the salad. Sprinkle with the almonds.

Nutrition Analysis (per serving)

Calories	271
Total Fat	9.5 g
Saturated	2.5 g
Polyunsaturated	1.5 g
Monounsaturated	4.5 g
Cholesterol	33 mg
Sodium	170 mg
Carbohydrates	26 g
Fiber	6 g
Sugar	16 g
Protein	22 g

Dietary Exchanges

3 vegetable
1/2 other carbohydrate
2 1/2 lean meat
1/2 fat

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Cornmeal-Crusted Catfish with Lemon-Ginger Tartar Sauce

Serves 4; 3 ounces fish and 1 tablespoon tartar sauce per serving

Catfish goes from common to chic with this classy dish. The fillets are dusted with a lemon-pepper cornmeal coating, pan-seared until crisp, and topped with a zesty tartar sauce. A carrot, cabbage, and broccoli slaw is a good choice for a side dish.

Lemon-Ginger Tartar Sauce

1/4 cup fat-free or light mayonnaise dressing

1 tablespoon sweet pickle relish

1 teaspoon grated peeled gingerroot

1 teaspoon grated lemon zest

1 teaspoon fresh lemon juice

4 catfish fillets (about 4 ounces each)

1/4 cup fat-free or low-fat buttermilk

1/2 teaspoon salt-free lemon-pepper

1/4 cup whole-wheat flour

1/4 cup yellow cornmeal

Vegetable oil spray

1 teaspoon canola or corn oil

In a small bowl, stir together the tartar sauce ingredients. Cover and refrigerate until ready to serve. (The tartar sauce will keep for up to three days in the refrigerator.)

Rinse the fish and pat dry with paper towels.

In a large, shallow bowl, stir together the buttermilk and lemon pepper. Dip the fish in the buttermilk, turning to coat. Let the fillets soak for 10 minutes at room temperature or up to 4 hours covered in the refrigerator.

In a medium, shallow bowl, stir together the flour and cornmeal. Remove one fillet from the buttermilk. Coat on both sides with the cornmeal mixture, shaking off any excess. Place the fillet on a flat work surface. Repeat with the remaining fillets.

Heat a large nonstick skillet over medium-high heat. Remove from the heat and lightly spray with vegetable oil spray (being careful not to spray near a gas flame). Pour the oil into the skillet and swirl to coat the bottom. Cook the fillets for 4 to 5 minutes, or until browned on one side. Remove the pan from the heat and lightly spray the top of the fillets with vegetable oil spray. Turn the fillets. Cook for 4 to 5 minutes, or until the fish is golden brown and flakes easily when tested with a fork.

To serve, transfer the fillets to plates. Serve with the tartar sauce on the side or spoon a dollop of sauce onto each fillet.

Nutrition Analysis (per serving)

Calories	201
Total Fat	5.0 g
Saturated	1.0 g
Polyunsaturated	1.5 g
Monounsaturated	2.0 g
Cholesterol	66 mg
Sodium	222 mg
Carbohydrates	17 g
Fiber	2 g
Sugar	3 g
Protein	21 g

Dietary Exchanges

1 starch

3 lean meat

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Grilled Lemon-Sage Chicken

Serves 6

Fresh sage and rosemary impart a different flavor to grilled chicken. Tomato halves and corn on the cob can grill along with the chicken.

Marinade

1 teaspoon olive oil
1 teaspoon grated lemon zest
1/4 cup fresh lemon juice
1/4 cup chopped fresh sage leaves
1 tablespoon chopped fresh rosemary or 1 teaspoon dried, crushed
2 or 3 medium garlic cloves, minced
1 teaspoon black peppercorns, cracked
1/2 teaspoon salt

6 boneless, skinless chicken breast halves (about 4 ounces each)

6 lemon slices, cut in half (optional)

Fresh sage leaves (optional)

In a large resealable plastic bag, combine the marinade ingredients.

Discard all the visible fat from the chicken. Put the chicken with the smooth side up between two sheets of plastic wrap. Using a tortilla press, the smooth side of a meat mallet, or a rolling pin, lightly flatten the chicken to a thickness of 1/8 inch, being careful not to tear the meat. Add to the marinade. Seal the bag and turn to coat. Refrigerate for 30 minutes to 8 hours, turning occasionally. Discard the marinade.

Preheat the grill on medium-high.

Grill the chicken for 6 to 7 minutes on each side, or until no longer pink in the center.

To serve, garnish with the lemon slices and sage leaves.

Nutrition Analysis (per serving)

Calories	125
Protein	26 g
Carbohydrates	0 g
Fiber	0 g
Sugars	0 g
Cholesterol	66 mg
Total Fat	1.5 g
Saturated	0.5 g
Polyunsaturated	0.5 g
Monounsaturated	0.5 g
Sodium	268 mg

Dietary Exchange

3 very lean meat

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Peach-Raspberry Cobbler

Serves 8

Cobblers get their names from the cobbled or bumpy appearance of the biscuitlike topping that bakes on a bubbly fruit filling. Serve this one warm on its own or with a scoop of fat-free or low-fat vanilla frozen yogurt or ice milk.

Topping

1/3 cup all-purpose flour

1/4 cup whole-wheat flour

2 tablespoons light brown sugar

1 tablespoon wheat germ

1 teaspoon baking powder

2 tablespoons light stick margarine

Filling

1/2 cup sugar

2 tablespoons all-purpose flour

1/2 teaspoon ground ginger

3 cups fresh or frozen unsweetened sliced peaches or nectarines

3 cups fresh or frozen raspberries

3 tablespoons water

Egg substitute equivalent to 1 egg, or 1 egg

2 tablespoons fat-free milk

Preheat the oven to 400°F.

In a medium bowl, stir together all the topping ingredients except the margarine.

Using a pastry blender, cut in the margarine until the mixture resembles coarse crumbs. Make a well in the center. Set aside.

For the filling, in a small bowl, stir together the sugar, 2 tablespoons all-purpose flour, and ginger.

In a large saucepan, bring the peaches, raspberries, and water to a boil over high heat (it's not necessary to thaw frozen fruit). Reduce the heat and simmer, covered, for 5 minutes, or until soft, stirring often.

Stir in the flour-ginger mixture. Cook until thickened and bubbly, stirring constantly. Reduce the heat; keep the filling hot.

In a small bowl, stir together the egg substitute and milk. Using a fork, stir into the topping mixture just until moistened.

Pour the hot filling into an ungreased 1 1/2-quart baking pan. Immediately spoon the topping in small mounds onto the hot filling.

Bake, uncovered, for 20 to 25 minutes, or until a wooden toothpick inserted into one of the biscuit mounds comes out clean. Serve warm.

Nutrition Analysis (per serving)

Calories	172	
Total Fat	2.0 g	
Saturated Fat		0.5 g
Polyunsaturated Fat		0.5 g
Monounsaturated Fat		0.5 g
Cholesterol	0 mg	
Sodium	99 mg	

Carbohydrates	38 g
Fiber	5 g
Protein	3 g

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