



HEART HEALTHY COOK BOOK

Inspired by the AHA

Local Foods Team



*@HighRocksRubyGrow
on facebook*

Gazpacho



Ingredients:

- 6 small ripe tomatoes, peeled and seeded
- 2 cups low-sodium tomato juice OR 2 14.5-ounce cans no-salt-added tomatoes, undrained
- 1 medium cucumber, peeled and seeded
- 3 medium ribs of celery, chopped
- 1 medium bell pepper (red or green), finely chopped
- 1 small red onion, finely chopped
- 2 medium green onions, finely chopped
- 1/4 cup red wine vinegar
- 2 tablespoons chopped fresh parsley OR 2 teaspoons dried parsley, crumbled
- Juice from 1 medium lemon 1 medium garlic clove, chopped OR 1/2 teaspoon bottled minced garlic
- 1/2 teaspoon crushed red pepper flakes (optional)
- 1/4 teaspoon pepper
- 1/4 teaspoon dried Italian seasoning, crumbled

Directions:

In a food processor or blender, process all the ingredients until combined, but slightly chunky. Transfer the soup to an airtight container. Refrigerate for up to 2 hours to overnight before serving.

no-bake overnight banana oatmeal

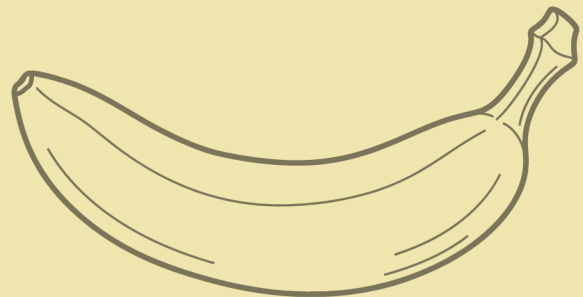
Ingredients

- 2 1/2 cups fat-free milk
- 1 tablespoon honey
- 1 teaspoon vanilla extract
- 3 1/2 cups uncooked oatmeal (not instant or quick-cooking)
- 2 medium bananas, peeled, halved lengthwise, and sliced crosswise
- 1/4 cup chopped unsalted pecans or walnuts



Directions

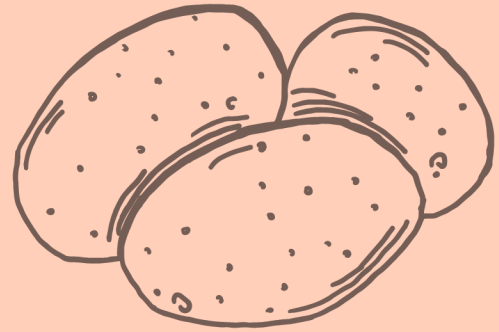
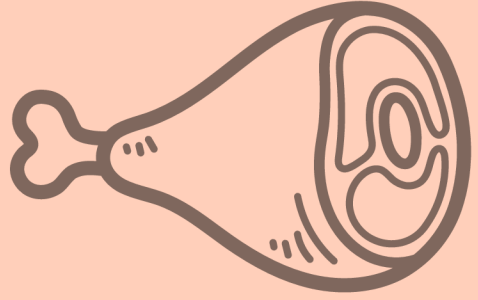
In a large, resealable container or bowl, stir together the milk, honey, and vanilla. Stir in the oatmeal. Cover and refrigerate overnight. Remove the oatmeal from the refrigerator. Spoon it into bowls. Top each serving with the bananas and pecans.



Skillet ham hash

Ingredients

- 2 tsp. olive oil
- 1 large green bell pepper (diced)
- 1 large red bell pepper (diced)
- 1 medium onion (diced)
- 1/2 cup uncured lower-sodium, low-fat, diced ham (about 4 ounces), all visible fat discarded
- 3 cups frozen, fat-free southern-style diced hash brown potatoes, thawed
- 1/2 tsp. salt-free Cajun or Creole seasoning blend
- 2 Tbsp. chopped, fresh parsley
- 1/4 tsp. salt
- 1/4 tsp. pepper



Directions

In a large nonstick skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the bell peppers and onion for 4 to 5 minutes, or until the onion is soft and the bell pepper is tender, stirring occasionally. Stir in the ham. Cook for 1 to 2 minutes, or until heated through, stirring occasionally. Stir in the hash browns and seasoning blend. Cook without stirring for 4 minutes, or until the bottom is golden brown. Stir (the golden-brown pieces will be redistributed). Cook without stirring for 4 minutes, or until the bottom is golden brown and the mixture is heated through. Stir in the parsley, salt, and pepper.

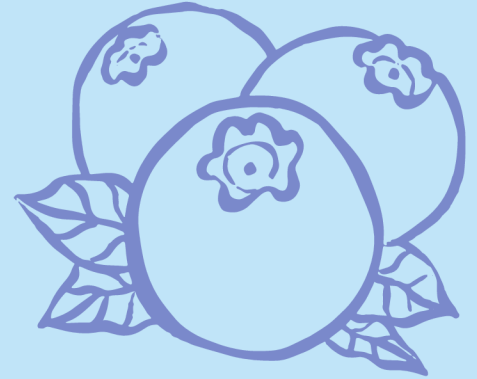
Pancakes with Blueberry

Ingredients

Vanilla Sauce

Sauce

- 2 teaspoons cornstarch
- 1/3 cup water
- 1 cup blueberries
- 1 tablespoon sugar
- 1 1/2 teaspoons vanilla extract



Pancakes

- 1/2 cup quick-cooking rolled oats
- 1/2 cup whole grain sorghum flour
- 1 1/2 tablespoons firmly packed light brown sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon ground cinnamon
- 1/2 cup fat-free milk
- 1/2 cup unsweetened applesauce
- 1 large egg
- 1 tablespoon canola or corn oil
- 1/2 cup fat-free, plain Greek yogurt

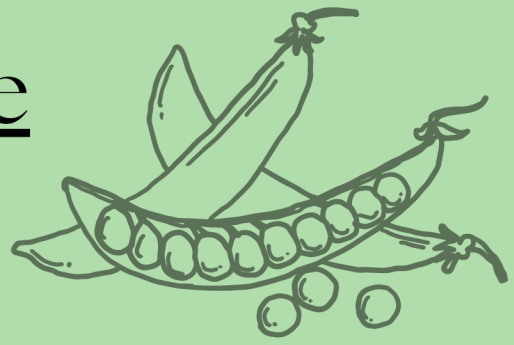
If your griddle isn't large enough to cook 8 pancakes, preheat the oven to 200°F. Place a cooling rack on a baking sheet. Set aside. Put the cornstarch in a medium saucepan. Add the water, stirring to dissolve. Stir in the blueberries and 1 tablespoon sugar. Bring to a boil over medium-high heat. Boil for 1-2 minutes, or until the sauce has slightly thickened. Remove from the heat. Stir in the vanilla. Cover to keep warm. Set aside.

Pancakes cont.

In a medium bowl, stir together the oats, sorghum flour, brown sugar, baking powder and cinnamon. In a small bowl, whisk together the milk, applesauce, egg and oil. Stir into the flour mixture until the batter is just moistened but no flour is visible. (Don't overmix or the pancakes will be tough.) Heat a nonstick griddle over medium heat. Test the temperature by sprinkling a few drops of water on the griddle. If the water evaporates quickly, the griddle is ready. Pour $\frac{1}{4}$ cup batter for each pancake onto the griddle. Cook for 2 to 3 minutes, or until tiny bubbles appear on the surface and the bottoms are golden brown. Turn the pancakes over. Cook for 1 to 2 minutes, or until cooked through and golden brown on the bottoms. (The USDA recommends cooking egg dishes to 160°F.) If you have more batter to use, place the pancakes in a single layer on the cooling rack, leaving some space between them. Transfer to the oven to keep warm. Repeat with the remaining batter (you should have a total of 8 pancakes). Transfer the pancakes to plates. Spoon the sauce over the pancakes. Top each serving with 2 tablespoons yogurt.



Simple Chicken Pot Pie



Ingredients

- 1 lb. boneless, skinless chicken tenderloins (all visible fat discarded, cut into 1-inch cubes)
- 1 small Idaho potato (about 3/4 cup), peeled, cut into bite-size pieces
- 2 clove minced, fresh garlic OR 2 tsp. jarred, minced garlic
- 3/4 cup frozen peas (thawed)
- 1/2 small onion (chopped)
- 3/4 cup chopped carrots (about 2 small carrots)
- 1 cup fresh corn, cut off cob (about one ear) OR 8 oz. canned, no-salt-added corn
- 1/2 cup celery (about 2 stalks), chopped
- 1/2 cup low-sodium chicken broth
- 1/2 tsp. dried, salt-free Italian blend herbs
- 1/4 cup skim milk
- 1 & 1/2 cup fat-free, plain Greek yogurt
- 1 tsp. extra virgin olive oil
- 7.5 oz. canned, low-fat 10-count refrigerated buttermilk biscuits (try to look for whole wheat)
- Non-stick cooking spray

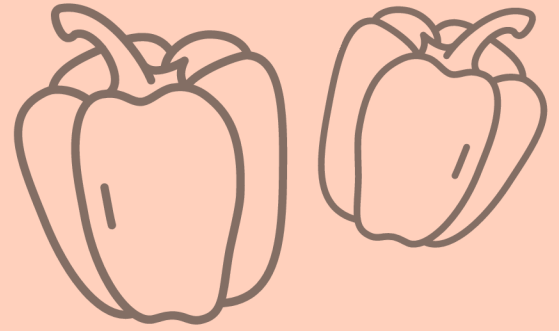
Directions



Preheat oven to 350° F. Place chicken in medium saucepot and fill about halfway with water (enough to completely cover chicken). Bring to a boil, cover and reduce heat to a simmer and cook about 20 minutes. Remove from water, cool slightly and dice into bite size pieces cover and place in refrigerator. (Can be prepared a day ahead.) In a medium saucepot, place potato pieces in cold water, turn heat on high and bring to a boil. Boil potatoes until fork tender, about 20 minutes. Remove from water and set aside. Heat olive oil in a large saucepot, over medium low heat. Add garlic, peas, onion, carrots, corn, and celery. Cook, stirring frequently, for 5 minutes. Add chicken broth and herbs and continue cooking for 5-7 more minutes, until most of cooking liquid has been absorbed.

In a medium mixing bowl, stir together milk, yogurt, chicken and potatoes. Add yogurt mixture to hot vegetable mixture and remove from heat. Keep biscuits cold until ready to use. Cut 5 biscuits into small ½ inch cubes. Place mixture in a 9 x 9 baking dish coated with cooking spray. Scatter biscuit pieces, evenly spaced, over top of pot pie mixture. Bake for about 20 minutes, or until biscuit dough is golden brown.

Sweet and Sour Chicken



Ingredients

- 4 bell peppers, 1 each of red, yellow, green, and orange if possible, seeded and cut into 1-inch strips (about 5 cups)
- 1/8 teaspoon ground black pepper
- 4 teaspoons canola oil (divided)
- 1 1/4 pounds skinless, boneless, thinly sliced chicken breast (cut into 1-inch strips)
- 1/4 cup cider vinegar 4 teaspoons cornstarch (divided)
- 1 large egg white
- 1/2 cup pineapple juice + 1 cup pineapple chunks from 1 (20-ounce) can pineapple chunks in juice, divided
- 1/8 teaspoon salt
- 2 teaspoons low-sodium soy sauce
- 3 tablespoons sugar substitute (granulated)
- 3 tablespoons tomato paste
- 2 teaspoons freshly grated ginger
- 1/4 cup chopped scallions, to garnish
- 2 cups cooked brown rice (from 1/2 cup uncooked brown rice), to serve



Directions

Halve each bell pepper lengthwise. Remove and discard the seeds; slice each one into 1-inch strips. Prepare the sweet and sour sauce: into a small bowl, add ½ cup pineapple juice, cider vinegar, tomato paste, sugar substitute, soy sauce, salt, pepper, and 2 teaspoons cornstarch. Stir together to combine. Place the chicken breast pieces lengthwise onto a cutting board and cut 1-inch strips of chicken. Add to a bowl with egg whites and 2 teaspoons cornstarch. Stir together to combine. Warm a large nonstick pan with 2 teaspoons oil over medium-high heat. Add chicken; stirring frequently, sauté until chicken is fully-cooked, about 5 to 7 minutes depending on thickness. Remove from heat, transfer chicken to a plate, and cover with foil to keep warm.

Again warm the nonstick pan with 2 teaspoons oil over medium-high heat. Add bell pepper strips and stir constantly, cook until pepper are soft and tender, about 5 minutes. Add in the ginger, stirring and cooking for 30 seconds, before stirring in the reserved sweet and sour sauce and 1 cup pineapple chunks. Stir until sauce slightly thickens, about 1 to 2 minutes. Stir in reserved chicken and cook another minute. Remove from heat and garnish with scallions. Serve sweet and sour chicken over the brown rice.

Cauliflower-Crust Pizza with Vegetable

Topping

Ingredients



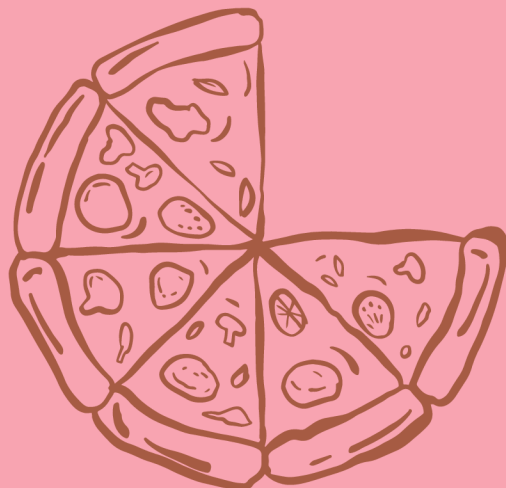
- Cooking spray
- 1 large head cauliflower, coarsely chopped (4 cups worth)
- 4 large egg whites
- 1/4 cup shredded fat-free mozzarella cheese
- 1/4 cup shredded or grated reduced-fat Parmesan cheese
- 1/4 teaspoon garlic powder
- 1/4 teaspoon pepper
- 1/2 to 1 cup no-salt-added tomato puree
- 1 teaspoon dried basil, crumbled
- 1 teaspoon dried oregano, crumbled
- 1/2 teaspoon garlic powder
- 2 cups chopped button mushrooms
- 1 cup chopped zucchini
- 1 cup chopped red or green bell pepper
- 1/2 cup finely chopped red onion
- 1/4 cup basil leaves, coarsely torn
- 1/4 cup shredded fat-free mozzarella cheese

Directions

- Preheat the oven to 450°F. Line a baking sheet with parchment paper. Lightly spray with cooking spray.
- Working in batches, put the cauliflower in a food processor. Pulse until the mixture resembles couscous. Measure out 4 cups of the processed cauliflower. Transfer it to a medium bowl. Microwave cauliflower for 5 mins, then squeeze water out using cheesecloth or towel.
- Stir in the egg whites, 1/4 cup mozzarella, the Parmesan, 1/4 teaspoon garlic powder, and the pepper until combined.
- Using your hands, spread the mixture on the baking sheet, forming an oval or circle. Bake the crust for 30 minutes, or until the edges are completely golden brown. Remove from the oven.

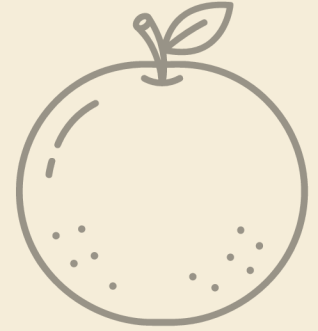
Directions cont.

- Reduce the oven temperature to 425°F.
- In a small bowl, whisk together the sauce ingredients. Set aside.
- In a medium nonstick saucepan, heat the oil over medium-high heat, swirling to coat the bottom. Cook the mushrooms, zucchini, bell peppers, and onion for 5 to 7 minutes, or until the mushrooms and onion are soft and the zucchini and bell peppers are tender, stirring constantly.
- Using the back of a spoon, spread the sauce over the crust. Top with, in order: the basil leaves and the cooked vegetables. Sprinkle with the remaining 1/4 cup mozzarella. Bake for 5 to 7 minutes, or until the mozzarella has melted.
- Remove from the oven. Using a large spatula, carefully lift the pizza off the parchment paper. Transfer to a large cutting board. Cut the pizza into eight slices.



Valencia Orange Vanilla Frozen Yogurt

Ingredients



- 1 cup fat-free, plain Greek yogurt
- 1 small banana (sliced)
- 1 teaspoon grated orange zest and 1 teaspoon grated orange zest, divided use
- 1 tablespoon fresh lemon juice
- 1/8 teaspoon grated fresh nutmeg or ground nutmeg and 1/8 teaspoon grated fresh nutmeg or ground nutmeg, divided
- use 1 teaspoon stevia sweetener OR 2 stevia sweetener packets
- 5 drops vanilla crème-flavored liquid stevia sweetener
- 5 drops Valencia orange-flavored liquid stevia sweetener
- 2 small oranges, halved and squeezed (about 1/2 cup juice)



Directions

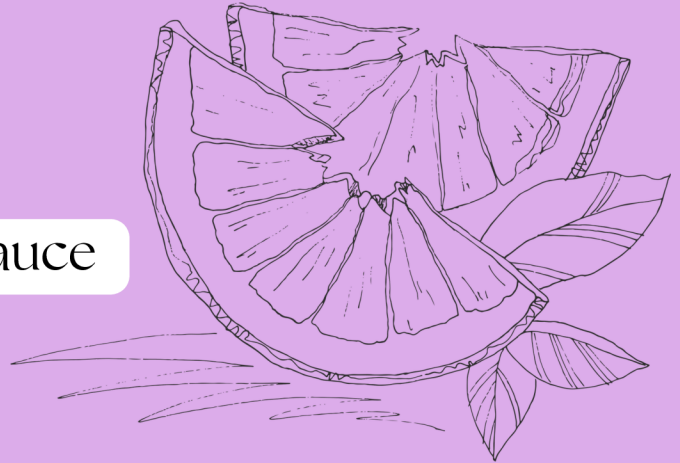
In a food processor or blender, process the yogurt, banana, 1 teaspoon orange zest, orange juice, lemon juice, and 1/8 teaspoon nutmeg for 1 to 2 minutes, or until smooth, scraping the sides as needed. Add the stevia sweetener and both flavors of the liquid stevia sweetener. Process the mixture for 30 seconds, or until all the ingredients are well blended. Pour the mixture into an electric ice cream maker. Freeze according to the manufacturer's directions. Or, put the mixture in a 1- quart bowl. Freeze, covered, for 4 to 6 hours, or until frozen, stirring every hour. Garnish with the remaining 1 teaspoon orange zest and 1/8 teaspoon nutmeg.



Blackberry Lemon Drop Cupcakes

Cupcake Ingredients

- 1 1/4 cups all-purpose flour
- 1/4 cup almond flour
- 1 teaspoon baking powder
- 1/2 cup unsweetened applesauce
- 1/2 cup fat-free milk
- 2 large eggs
- 1 tablespoon olive oil
- 2 teaspoons grated lemon zest
- 1 tablespoon fresh lemon juice
- 5 drops lemon-flavored liquid stevia sweetener
- 1/8 teaspoon salt
- 1 cup frozen blackberries, each cut in half
- 3 tablespoons stevia sugar blend



Frosting Ingredients

- 2 ounces low-fat cream cheese
- 2 ounces fat-free cream cheese
- 1 teaspoon stevia sweetener OR 2 stevia sweetener packets
- 8 drops lemon-flavored liquid stevia sweetener
- 8 drops vanilla crème-flavored liquid stevia sweetener
- 1 teaspoon grated lemon zest
- 1/2 cup fat-free, plain Greek yogurt

Directions



Preheat the oven to 350°F. Lightly spray a 12-cup muffin pan with cooking spray. In a large bowl, stir together both the flours, stevia sugar blend, and baking powder. Make a well in the center of the flour mixture. Add the applesauce, milk, eggs, oil, 2 teaspoons lemon zest, lemon juice, 5 drops lemon-flavored liquid stevia sweetener, and salt, stirring just until moistened but no flour is visible. Gently fold in the 1 cup frozen blackberries. Spoon the mixture into the muffin cups. Bake for 22 to 24 minutes, or until a wooden toothpick inserted into the center comes out clean. Transfer two a cooking rack. Let cool for 30 minutes before frosting.

Meanwhile, in a medium bowl, using an electric mixer on medium-high speed, beat the frosting ingredients except the yogurt, for 1 to 1½ minutes, or until smooth, scraping the sides of the bowl as needed. Add the yogurt and beat on medium-high speed for 20 to 30 seconds, or until smooth and creamy. Spread 2 tablespoons of the frosting on top of each cupcake. Garnish each with a blackberry.

Coffee Frappe



Ingredients

- $\frac{3}{4}$ cup strongly-brewed chilled coffee
- 1 cup ice cubes
- $\frac{1}{4}$ cup 1 percent milk
- 3 tablespoon granulated sugar substitute
- $\frac{1}{2}$ teaspoon vanilla extract
- Dash of unsweetened cocoa powder or ground cinnamon to garnish (optional)

Directions

Into a blender, add coffee, milk, 2 tablespoons sugar substitute, vanilla extract, and ice. Puree mixture until smooth, about 1 minute. Taste, adding 1 more tablespoon of sugar substitute, depending on desired sweetness. Purée again. Pour drink into a large glass. Sprinkle with dash of unsweetened cocoa or ground cinnamon, if desired, and drink immediately.



Banana Bread Smoothie

Ingredients

- 2 medium bananas, peeled and sliced
- 1 1/2 cups ice cubes
- 3/4 cup fat-free plain Greek yogurt
- 1/4 cup fat-free milk
- 2 tablespoons rolled oats
- 2 teaspoons pure maple syrup
- 1 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon and (optional) pinch of ground cinnamon (for garnish), divided use
- 1 tablespoon finely chopped unsalted pecans or walnuts (optional)

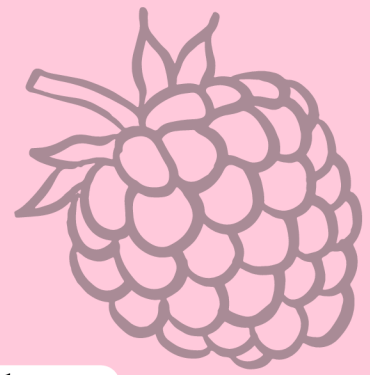


Directions

In a food processor or blender, process the bananas, ice cubes, yogurt, milk, oats, maple syrup, vanilla, and 1/4 teaspoon cinnamon until smooth. Pour into 2 glasses. Garnish with the chopped pecans and the remaining pinch of cinnamon. Serve immediately.



Raspberry Basil Iced Tea



Ingredients

- 8 cups unsweetened decaffeinated iced tea
- 2 cups raspberries and 1/2 cup raspberries (optional), divided use
- 1/4 cup low-calorie sweetener
- 8 fresh basil leaves and 16 (or more) fresh basil leaves (optional), divided use
- 4 cups ice cubes (optional)

Directions

In a 2-quart water pitcher, gently stir together the tea, 2 cups raspberries, sweetener, and 8 basil leaves. Refrigerate for several hours or overnight. To serve, using a slotted spoon, remove and discard the raspberries and basil leaves. Garnish each glass with 1 tablespoon raspberries and 2 basil leaves (or more). Pour the infused tea into glasses over ice.

