



Heart-Healthy Cooking for Your Loved Ones

Spiced Toasted Almonds



1 Tbsp. dried thyme leaves
1 tsp. kosher or sea salt
1/4 tsp. red (cayenne) pepper, or to taste
2 tsp. canola oil
2 cups whole, unblanched almonds
Canola oil spray

Preheat oven to 400 degrees. In large, shallow bowl, combine thyme, salt, pepper and oil. Set aside.

Place nuts in medium bowl. While tossing with fork, lightly spray with canola oil so all surfaces are coated.

Lightly coat baking sheet with canola oil spray. Turn nuts onto sheet and spread evenly across surface. Place baking sheet in center of the oven.

Toast until nuts are lightly browned and fragrant - about 8 minutes. Occasionally, shake pan to shift nuts and prevent scorching. (Be careful not to let nuts get too dark or they'll taste burned.)

Remove from oven and immediately add hot nuts to spice mixture. Stir for a few minutes to coat the nuts thoroughly. Taste and adjust the seasonings.

Serve warm or at room temperature. Nuts can be sealed and stored for up to two weeks. Reheat in a hot oven. Makes 2 cups or 8 servings.

Nutritional Information Per serving: 223 calories, 19 g. total fat (1 g. saturated fat), 7 g. carbohydrate, 7 g. protein, 4 g. dietary fiber, 235 mg. sodium.

Source: American Institute of Cancer Research www.aicr.org

Fall Pear Salad



8 cups mixed greens, washed and ready to serve

2 sliced Red Bartlett pears

1/4 cup sliced dried figs

1/4 cup mixed dried fruit: golden raisins, blueberries, cranberries

2 tablespoons toasted walnut pieces

Balsamic vinegar to taste

Place the greens in a large bowl and top with sliced pears, sliced figs, dried fruit and walnut pieces. Serve with the vinegar on the side. Olive oil and black pepper are welcome, too. 8 servings (about 1 cup each)

Nutrition Facts per Serving: 110 Calories 1.5g fat 0g sat. fat 0mg cholesterol
20mg sodium

Source: Food and Health Communications www.foodandhealth.com

Chicken Noodle Skillet Soup

2 tsp vegetable oil

1 cup onion, chopped

2 cups cooked chicken breast, without skin, cubed

2 cups frozen mixed vegetables (peas and carrots or vegetable soup combo)

2 cups uncooked ribbon noodles

2-3 cups chicken broth (low sodium if possible)

1/2 teaspoon garlic powder

1 teaspoon oregano

black pepper to taste

Heat vegetable oil in large nonstick skillet over medium-high heat. Sauté the onion for a few minutes; then add the rest of the ingredients. Bring to a boil. Lower heat and cover the pan. Simmer until the noodles are tender, about 8 to 10 minutes. Serve hot.

Nutrition Facts Per Serving: Calories: 291, Total Fat: 6.5g, Saturated Fat: 1g, Sodium: 213mg, Fiber: 5g
Source: Food and Health Communications www.foodandhealth.com

Seafood Cioppino

This Italian-American classic features two types of fish plus shrimp. You can use 2 pounds of one type of fish, if you like.



- 1 pound fresh or frozen firm white fish (such as orange roughy or cod), cut into 1-inch pieces
- 1 pound fresh or frozen monkfish, cut into 1-inch pieces
- 8 ounces fresh or frozen medium shrimp in shells
- 2 dried pasilla chile peppers
- 3/4 teaspoon chili powder
- 4 teaspoons olive oil
- 1 large onion, chopped
- 1 cup loose-pack frozen whole kernel corn
- 6 cloves garlic, minced
- 1 15- to 19-ounce can white kidney beans (cannellini beans), rinsed and drained
- 1 14-1/2-ounce can diced tomatoes, undrained
- 1 8-ounce bottle clam juice
- 1 cup dry white wine or reduced-sodium chicken broth
- 2 tablespoons canned diced green chile pepper
- 1/3 cup snipped fresh cilantro (optional)

Thaw fish and shrimp, if frozen. Peel and devein shrimp, leaving tails intact if desired. Rinse fish and shrimp; pat dry with paper towels. Set aside.

Place pasilla chile peppers in a small bowl. Add enough boiling water to cover. Let stand for 20 minutes. Remove chile peppers with a slotted spoon, reserving 1/4 cup of the soaking liquid. Remove and discard seeds and stems from chile peppers. In a blender combine chile peppers and reserved soaking liquid; cover and blend until smooth. Set aside.

Meanwhile, in a large shallow bowl combine fish and shrimp. In a small bowl combine 1/2 teaspoon salt and the chili powder; sprinkle over fish.

In a 4-quart nonstick Dutch oven heat 2 teaspoons of the oil over medium-high heat. Add half of the fish and half of the shrimp; cook about 4 minutes or just until fish flakes easily when tested with a fork and shrimp are opaque, gently turning mixture with a spatula occasionally. Using a slotted spatula, transfer cooked fish and shrimp to a clean bowl. Repeat with remaining seafood. (Add additional oil during cooking, if necessary.) Chill bowl of seafood until needed (up to 2 hours).

In the Dutch oven heat remaining 2 teaspoons oil. Add onion, corn, and garlic; cook for 3 minutes, stirring occasionally. Stir in pureed chile mixture, beans, undrained tomatoes, clam juice, wine, 1 cup water, green chile pepper, and 1/2 teaspoon salt. Bring to boiling; reduce heat. Cover and simmer for 20 minutes. Uncover; add seafood. Simmer, uncovered, for 5 minutes more. If desired, sprinkle with cilantro. Makes 6 (1-3/4 cup) servings.

Nutrition Facts Per serving: 302 cal., 6 g fat, 777 mg sodium, 5 g fiber

Source: University of Nebraska Lincoln Extension Live Healthy Nebraska www.livehealthynebraska.org

Ginger Beef Stir-Fry

When you crave steak but not the high fat and calories that go with it, try this stir-fry. Lean beef and crispy spring vegetables make up a full-flavored dinner you can toss together in minutes.

8 ounces beef top round steak
1/2 cup reduced-sodium beef broth
3 tablespoons reduced-sodium soy sauce
2 1/2 teaspoons cornstarch
1 teaspoon sugar
1 teaspoon grated fresh ginger
Nonstick cooking spray
1 1/4 pounds fresh asparagus spears, trimmed and cut into 2-inch pieces (3 cups), or
3 cups small broccoli florets
1 1/2 cups sliced fresh mushrooms
4 green onions, bias-sliced into 2-inch lengths (1/2 cup)
1 tablespoon cooking oil
2 cups hot cooked rice

If desired, partially freeze beef for easier slicing. Trim fat from beef. Thinly slice beef across the grain into bite-size strips. Set aside. For the sauce, in a small bowl stir together the beef broth, soy sauce, cornstarch, sugar, and ginger; set aside.

Lightly coat an unheated wok or large skillet with nonstick cooking spray. Preheat over medium-high heat. Add asparagus or broccoli, mushrooms, and green onions. Stir-fry for 3 to 4 minutes or until vegetables are crisp-tender. Remove from wok or skillet.

Carefully add the oil to wok or skillet. Add beef; stir-fry for 2 to 3 minutes or until brown. Push the beef from center of the wok or skillet. Stir sauce. Add sauce to center of wok or skillet. Cook and stir until thickened and bubbly.

Return vegetables to wok or skillet. Stir all ingredients together to coat with sauce; heat through. Serve immediately over hot cooked rice. Makes 4 servings.

Nutrition Facts per serving: 258 cal., 7 g total fat (2 g sat. fat), 523 mg sodium, 3 g fiber

Source: University of Nebraska Lincoln Extension Live Healthy Nebraska www.livehealthynebraska.org

Late Summer Vegetable Medley



- 1 Tbsp. margarine
- 1 cup fresh broccoli crowns
- 1 medium red potato, cut into ½ inch slices
- ½ cup tomato slices
- ½ cup sliced carrots (or baby-cut carrots)
- ½ cup sliced mushrooms
- ¼ tsp. dried rosemary or basil
- ¼ tsp. onion and/ or garlic powder
- 1/8 tsp. pepper
- ¼ tsp. salt (optional)

Lay sliced potatoes in bottom of microwave-safe casserole dish. Spread carrot slices around evenly on top of potatoes. Cover dish with a microwave-safe plastic wrap. Fold back a small corner of the plastic wrap to vent. Microwave on high for 2 minutes. Rotate dish 1/4 turn. Add the rest of the ingredients to the dish and microwave on high for 3-4 minutes. Stir and cook for another 5-6 minutes until desired tenderness. Let stand 2 -3 minutes before serving. Makes about 4 servings.

Nutrient info per serving:

Calories 105 Fiber 3g
Fat 5g Sodium 146mg
Source: CCE Rensselaer County www.ccerensselaer.org

Pad Thai (Thai noodles, Sprouts, eggs)

- 1 cup fresh bean sprouts (3 oz.)**
- 1 jar OR can (7 to 8-3/4 oz.) whole baby corn, drained**
- 1/2 cup sliced green onions**
- 1/4 cup chopped peanuts**
- 1/2 cup fresh straw mushrooms (2 oz.)**
- 4 EGGS**
- 3/4 tsp. garlic powder**
- 4 oz. uncooked rice noodles OR vermicelli pasta, cooked, drained**
- 1/2 cup bottled Pad Thai sauce**

COMBINE bean sprouts, baby corn, green onions and peanuts in medium bowl; toss. **COAT** large nonstick saucepan with cooking spray; heat over medium heat until hot. **ADD** mushrooms; sauté until tender, 3 to 4 minutes. **BEAT** eggs and garlic powder in small bowl until blended; pour over mushrooms. **COOK**, stirring to break up eggs, until eggs are still moist but no visible liquid egg remains. **ADD** noodles, sauce and bean sprout mixture. **COOK**, tossing gently with 2 spoons, until heated through.

calories: 450 total fat: 15g saturated fat: 3g sodium: 286mg dietary fiber: 7g
American Egg Board incredibleegg.org

Superbowl Chili Mac



1 Tbsp. canola oil
1 large onion, chopped
1 green bell pepper, seeded and chopped
3 garlic cloves, chopped
3/4 lb. 93% lean ground sirloin
2 Tbsp. chili powder
1 Tbsp. ground cumin
1 Tbsp. dried oregano
Salt, to taste
1 can (28 oz.) tomatoes, drained
1 cup chopped cilantro
1 can (15 oz.) pink beans, rinsed and drained
4 cups cooked whole-wheat macaroni (4 oz. dry)
1 cup (2 oz.) shredded reduced-fat Cheddar cheese

Heat the oil in a large Dutch oven over medium-high heat. Sauté the onion, green pepper and garlic until the onion softens, about 5 minutes. Add the meat and, breaking up the meat with a wooden spoon, cook until it is browned, about 4 minutes.

Mix in the chili powder, cumin, oregano and salt. Add the tomatoes, breaking them up with the spoon. Mix in the cilantro. Simmer 20 minutes, until the chili is moist and the meat is soft. Mix in the beans.

Just before serving, mix in the pasta. Divide the Chili Mac among six deep bowls, sprinkle with the cheese and serve. Makes 6 servings.

Nutrition Facts Per serving: 365 calories, 10 g. total fat (4 g. saturated fat), 8 g. dietary fiber, 331 mg. sodium. Source: Unknown

Scalloped Potatoes and Ham

No need for dieters to abandon well-loved side dishes like this one. Grilled chicken and steak wouldn't be the same without a potato partner.

Makes: 8 side-dish servings

- 1/2 cup chopped onion (1 medium)
- 2 cloves garlic, minced
- 2 tablespoons butter or margarine
- 3 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 1/2 cups reduced-fat milk
- 2 teaspoons snipped fresh thyme or
1/2 teaspoon dried thyme, crushed
- 1 1/2 pounds potatoes (4 to 5 medium)
- 5 ounces low-fat, reduced-sodium cooked ham, cut into thin strips



For sauce, in a medium saucepan cook onion and garlic in hot butter over medium heat until tender. Stir in flour, salt, and pepper. Add milk all at once. Cook and stir over medium heat until thickened and bubbly. Stir in thyme.

Scrub and thinly slice potatoes. Arrange two-thirds of the potato slices in a 2-quart casserole; cover with two-thirds of the sauce. Top with ham. Top with remaining potatoes and remaining sauce.

Bake, covered, in a 350° oven for 55 minutes. Uncover and bake for 10 to 15 minutes more or until the potatoes are tender. Let potatoes stand 10 minutes before serving.

Nutrition Facts per serving: 145 cal., 5 g total fat (3 g sat. fat), 399 mg sodium, 2 g fiber

Source: University of Nebraska Lincoln Extension Live Healthy Nebraska www.livehealthynebraska.org

Brown Rice Pilaf with Sage, Walnuts and Dried Fruit

- 1 medium onion, chopped
- 1 medium stalk celery, ends trimmed and chopped
- 2 cups uncooked brown rice
- 2 1/2 cups water
- 2 cups fat-free, reduced-sodium chicken or vegetable broth
- 1/4 cup dark raisins
- 1/4 cup chopped dried apricots
- 1/4 cup chopped walnuts (optional)
- 1 tsp. dried sage
- 2 Tbsp. chopped fresh sage

Spray large skillet with canola oil cooking spray. Heat skillet over medium heat. Saute onion and celery until tender, about 5 minutes. Add brown rice, and saute for 5 minutes. Add water, broth, raisins and apricots; heat to boiling. Reduce heat to low, cover and simmer until rice is tender and liquid is absorbed, about 50 minutes. Stir in walnuts if desired, sage, salt and pepper. Transfer to serving dish. Garnish with fresh sage and serve immediately. Makes 8 servings.

Per serving: 213 calories, 1 g total fat (<1 g saturated fat), 4 g dietary fiber, 150 mg sodium.

Source: American Institute of Cancer Research www.aicr.org

Apple, Cranberry, and Walnut Frozen Yogurt Topper

- 2 apples, any variety
- 1/4 cup dried cranberries
- 1/4 cup walnuts, chopped
- 1 Tbsp. brown sugar
- 1/2 tsp. cinnamon
- 1 tsp. lemon juice



Peel, core and dice apples into 1/2 inch pieces. In a medium, microwave-safe bowl, combine all ingredients. Cover with microwave-safe plastic wrap, leaving a small corner rolled back to vent. Microwave on high 6 minutes, or until apples are tender. Stir twice during cooking. Serve warm over frozen yogurt or enjoy by itself. Makes about 5 servings.

Nutrient info per serving:

Calories 100 Sodium 0mg
Fat 4g Fiber 3g

Adapted from Ziploc.com

Pear Crisp

1/4 cup rolled oats
1 Tbsp. walnuts
3 Tbsp. all-purpose flour
3 Tbsp. whole wheat flour
2 1/2 Tbsp. packed light brown sugar
1/8 tsp. cinnamon
1 Tbsp. plus 2 tsp. canola oil
6 firm, yet ripe pears, peeled (if desired), cored and cubed
1/4 cup raisins
1 Tbsp. lemon juice
2 Tbsp. sugar
2 Tbsp. flour
1/8 tsp. nutmeg
Pinch of cloves
Caramel pecan or vanilla nonfat frozen yogurt or lowfat ice cream (optional)



Preheat oven to 375 degrees. Lightly spray 8- or 9- inch round cake pan.

In food processor, pulse oats and walnuts 15 seconds. Add flour, brown sugar and cinnamon. Blend 15 more seconds. While running, drizzle oil and blend 30 seconds. Transfer to bowl and set aside.

In another bowl, toss pears with next 6 ingredients. Spoon pears into prepared cake pan. Cover with oat mixture, pressing down gently. Bake 45-50 minutes, until topping is brown and pears are bubbling. Serve hot, topped with nonfat frozen yogurt or lowfat ice cream, if desired. Makes 9 servings.

Per serving: 164 calories, 4 g. total fat (<1 g. saturated fat), 4 g. dietary fiber, 3 mg. sodium.

Source: American Institute of Cancer Research www.aicr.org

Cranberry Coleslaw

Choose fresh cranberries or more readily-available dried cranberries when putting together this simple coleslaw made with honey dressing.

Makes: 6 servings

1/4 cup low-fat mayonnaise dressing or mayonnaise

1 to 2 tablespoons honey

1 tablespoon vinegar

1/4 cup chopped fresh cranberries or snipped dried cranberries

5 cups shredded cabbage or packaged shredded cabbage with carrot (coleslaw mix)

Cabbage leaves (optional)



For dressing, in a small bowl stir together mayonnaise, honey, and vinegar. Stir in the cranberries.

In a large bowl pour dressing over cabbage; toss to combine. Cover and chill up to 45 minutes. If desired, line a serving bowl with a few cabbage leaves and spoon in coleslaw mixture.

Nutrition Facts per serving: 44 cal., 1 g total fat (0 g sat. fat), 103 mg sodium, 2 g fiber,

Source: University of Nebraska Lincoln Extension Live Healthy Nebraska www.livehealthynebraska.org

2-Minute Banana Pie Cups

To make 2 servings:

2 dessert dishes

1/2 banana, thinly sliced

1/2 cup small shortbread cookies such as 100-Calorie-Pack shortbread cookies

2 vanilla sugar-free pudding snacks

2 Tbsp. lite whipped topping

Layer half each of the banana and cookies alternately with 1 pudding snack in each dessert dish. Top with 1 Tbsp. each of the whipped topping.

Nutrition Facts per serving: 150 Calories 3.5g fat 2.5g saturated fat 250mg sodium 1g fiber

Source: Kraft Good Eating Good Living www.goodeatinggoodliving.com

Crispy Potato Chicken

1 medium (5 oz.) potato, not peeled
2 Tbsp. Dijon mustard
½ tsp. chopped garlic
1 lb. boneless, skinless chicken breasts
1 tsp. canola or olive oil
¼ tsp. lemon juice
1 tsp. pepper



Preheat oven to 425°F. Arrange chicken in a 9” by 9” baking dish that’s been sprayed with cooking spray. Mix mustard and garlic. Spread over chicken. Scrub potato, grate and mix well with oil and lemon juice. Spread over chicken. Sprinkle with pepper. Bake for 25 to 35 minutes until chicken is done and potatoes are golden. 4 servings.

Nutrition Facts per serving: 205 Calories 3.5g fat 0.5g sat. fat 260mg sodium 0g fiber
Source: unknown

Black Beans and Corn Chili

2 16-oz. jars mild picante sauce
3 16-oz. cans black beans
2 8-oz. cans tomato sauce
2 cups frozen corn
8 oz. low-fat cheddar cheese
1 tsp. ground cumin

Drain and rinse beans. In skillet or saucepan, combine beans, picante sauce, corn and cumin. Bring to a boil and reduce heat and simmer for 5-10 minutes. Grate cheese. Serve chili topped with grated cheese.

Nutrition Facts per Serving (per 1 cup serving): 227 Calories 5g fat 2g sat. fat 743 mg sodium 5g fiber
Source: unknown

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