

Heart-healthy Recipe Book

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In an effort to provide you
the necessary information
to make healthier food
choices, we have selected
a variety of delicious
heart-healthy recipes.

The American Heart Association recommends that you:

- Eat a variety of fruit and vegetable servings every day. Dark green, deep orange, or yellow fruits and vegetables are especially nutritious. Examples include spinach, carrots, peaches and berries.
- Eat a variety of grain products every day. Include whole-grain foods that have lots of fiber and nutrients. Examples of whole grains include oats, whole wheat bread and brown rice.
- Eat fish at least two times each week. Oily fish, which contain omega-3 fatty acids, are best for your heart. These fish include tuna, salmon, mackerel, lake trout, herring and sardines.
- Stay at a healthy weight by balancing the amount of calories you eat with the activity you do every day. If you want to lose weight, increase your activity level to burn more calories than you eat.
- Eat foods low in saturated fat and trans fat. Try to choose the following foods:
 - Lean meats and meat alternatives like beans or tofu
 - Fish, vegetables, beans, and nuts
 - Nonfat and low-fat dairy products
 - Polyunsaturated or monounsaturated fats, like canola and olive oils, to replace saturated fats, such as butter
- Read food labels and limit the amount of trans fat you eat. Trans fat raises the levels of LDL (“bad”) cholesterol and also lower high-density lipoprotein (HDL, or “good”) cholesterol in the blood. Trans fat is found in many processed foods made with shortening or with partially hydrogenated or hydrogenated vegetable oils. These foods include cookies, crackers, chips, and many snack foods.
- Limit sodium. Most people get far more sodium than they need. Try to limit how much sodium (salt) you eat. For good health, less is best. This is especially important for people who are at risk for or already have high blood pressure. Try to limit the amount of sodium you eat to less than 2,400 milligrams (mg) a day. If you limit your sodium to 1,500 mg a day, you can lower your blood pressure even further. If you cannot reach these goals, immediately try to eat 1,000 mg less sodium a day than you are now eating.
- Limit alcohol intake to two drinks a day for men and one drink a day for women.
- Limit drinks and foods with added sugar.

When you are eating away from home, try to follow these heart-healthy guidelines.

Have fun and Bon Appétit!

Nutrition & Food Services

Good Samaritan Hospital

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Salmon Florentine



Makes 4 servings

Ingredients

2 pkg (10 oz. ea.) frozen spinach, thawed
1 tbsp olive oil
1/4 cup minced shallots
2 tsp minced garlic
5 sun-dried tomatoes, chopped
1/4 tsp red pepper flakes
1/4 tsp freshly ground black pepper, plus more to taste
1/2 cup part-skim ricotta
4 skinless salmon fillets (6 oz. each) rinsed and patted dry



Directions

Heat oven to 350° F. Squeeze spinach of all excess liquid. Set aside.
Heat oil in a large skillet over medium heat. Add shallots; cook, stirring, until soft, about 3 minutes.
Add garlic; cook 1 min more.
Add spinach, tomatoes, salt, pepper flakes and pepper; cook, stirring, 2 minutes more.
Remove from heat; let cool about 15 minutes.
Add ricotta; stir to combine. Season with pepper.
Pack about 1/2 cup spinach mixture on top of each fillet, matching the shape of the fillet.
Place fillets on a rimmed baking sheet or in a glass baking dish. Bake until cooked through, approximately 15 minutes.

Per serving: 371 calories, 43 g protein, 11 g carbohydrates, 18 g fat, 3 g saturated fat, 218 mg sodium and 91 mg cholesterol

Seared Salmon with Tomato and Spinach



Makes 1 serving

Ingredients

1 (4 oz.) salmon fillet
1 tbsp olive oil
2 oz. corn
2 oz. fresh spinach
1 oz. plum tomato, diced
1/2 tsp shallots
1 oz. lemon juice

Directions

Pan sear salmon in olive oil until golden brown on each side and salmon is cooked all the way. Set aside. Add shallots & tomato to same hot pan and sauté for 1 minute. Add corn and spinach. Sauté for 3 minutes. Combine all ingredients. Top with lemon juice.

Per serving: 360 calories, 26 g protein, 17 g carbohydrates, 22 g fat, 2 g saturated fat, 97 mg sodium and 62 mg cholesterol



Chicken Marsala



Makes 4 servings

Ingredients

4 chicken breasts, skinless & boneless
All purpose flour, for dredging
1/4 tsp salt & black pepper, fresh ground
1/4 cup extra virgin olive oil
1/2 cup Marsala wine
8 oz. Crimini or Porcini Mushrooms,
stemmed and quartered
1/2 cup low-sodium chicken stock
1 tbsp unsalted butter or butter/oil blend
1/4 cup flat leaf parsley, chopped



Directions

Put the chicken breasts side by side on a cutting board and lay a piece of plastic wrap over them; pound flat with a meat mallet, until they are about 1/4 inch. Put flour in a shallow platter with salt and pepper; mix with a fork to distribute evenly.

Heat the oil over med-high flame in a large skillet. When the oil is nice and hot, dredge both sides of the chicken cutlets in the seasoned flour, shaking off the excess. Slip the cutlets into the pan and fry for 5 minutes on each side until golden, turning once. Do this in batches if the pieces do not fit comfortably in the pan. Remove the chicken to a large platter in a single layer to keep warm.

Lower the heat to medium. Add the mushrooms and sauté until they are nicely browned and their moisture has evaporated about 5 minutes. Season with salt and pepper. Pour the Marsala in the pan and boil down for a few seconds to cook the alcohol. Add the chicken stock and simmer for a minute to reduce the sauce slightly. Stir in the butter and return the chicken to the pan. Simmer gently for 1 minute to heat the chicken through. Garnish with chopped parsley before serving.

Per serving: 369 calories, 29 g protein, 13 g carbohydrates, 12 g fat, 3 g saturated fat, 124 mg sodium and 98 mg cholesterol

Cod Provencale



Makes 2 servings

Ingredients

2 cod filet, 4 oz. each
1/2 cup small diced tomatoes
1 tbsp chopped shallots
1 tsp chopped garlic
2 tbsp chopped parsley
1/4 cup white wine
1/2 tsp oregano
1/2 tsp basil
1 tbsp olive oil

Directions

Sweat shallots and garlic in oil, add tomatoes and white wine for few minutes with parsley, oregano, and basil and remove from heat. Top fish with 1/4 cup of topping and bake 350° until internal temp of 140° degrees.

Per serving: 192 calories, 21 g protein, 4 g carbohydrates, 8 g fat, 2 g saturated fat, 67 mg sodium and 49 mg cholesterol



Garlic Citrus Grilled Shrimp



Makes 4 servings

Ingredients

1 lb. large shrimp (21-25 shrimp per pound)

1/8 cup cilantro leaves chopped

1/2 garlic clove chopped

1 1/2 tsp lime juice

1 tsp olive oil

1/8 tsp kosher salt

Directions

Mix the lime juice, kosher salt, 1/2 the cilantro leaves and chopped garlic together. Let stand for 20 minutes at room temperature. On a sheet pan, place some olive oil and heat under the broiler. Place some of the shrimp on the sheet pan so that they are NOT too crowded. Broil on one side for 2 minutes, until the shrimp start to turn pink, and then turn them over and grill the other side for 1 more minute. Serve 5 shrimp per person and garnish with additional chopped cilantro.

Per serving: 140 calories, 15 g protein, 13 g carbohydrates, fat 3.19 g,
1 g saturated fat, 188 mg sodium and 62 mg cholesterol



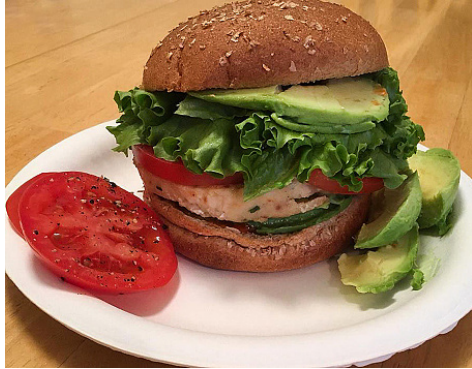
Turkey Burger



Makes 6 servings

Ingredients

1.5 lb. ground meat
1/4 tbsp chopped garlic
1/2 large onion
1/8 head celery
1/8 tbsp Hp Sauce
1/8 tbsp Worcester sauce
1/8 tsp cumin powder
1/8 tsp chili powder
1/8 tsp paprika
Vegetable oil spray



Directions

Spray pan with vegetable oil spray, soften and caramelize the chopped onion, garlic and celery on low heat.

Mix all the ingredients and then season. Shape the burgers into 4 oz. servings and grill the burgers. Burgers should be cooked until an internal temperature of 165° is reached. Serve on multigrain bun with lettuce, tomato, and onions.

Per serving (does not include bun and garnishes): 134 calories, 27 g protein, 2 g carbohydrates, 7 g fat, 2 g saturated fat, 126 mg sodium and 62 mg cholesterol

Grilled Marinated Chicken Leg/Thigh



Makes 5 servings

Ingredients

1/2 lemon

5 (4 oz.) pieces of chicken on bone (without skin)

1/3 cup canola oil or olive oil

1/8 tsp salt and pepper

1 tbsp chopped garlic

1 tbsp fresh parsley

Directions

Mix together the canola oil, chopped garlic, fresh parsley, salt and pepper. Squeeze the lemon into the marinade. Let the chicken marinade an hour. Grill chicken until golden brown, and let it reach an internal temperature of 165° degrees.

Per serving: 254 calories, 22 g protein, 1 g carbohydrates, 6 g fat, 1 g saturated fat, 260 mg sodium and 62 mg cholesterol



Roast Turkey



Makes 4 servings

Ingredients

12 oz. (3/4 pound) light meat roasted turkey

1 oz. unsalted butter melted

1/8 tsp salt and pepper

Directions

Preheat oven to 375°. Pour butter over turkey and bake in the oven until golden brown. Season with salt and pepper.

Per serving: 176 calories, 26 g protein, < 1 g carbohydrates, 8 g fat, 4 g saturated fat, 117 mg sodium, 83 mg cholesterol



Chicken Picatta



Makes 4 servings

Ingredients

4 (4 oz.) chicken breasts
1/2 cup low sodium chicken broth
1 1/2 tbsp olive oil
2 tbsp butter/oil blend
1/4 cup lemon juice
1/8 tsp black pepper
1/4 tsp salt
1/4 cup fresh parsley
Vegetable cooking spray

Directions

Heat a pan to medium and sauté the chicken breasts in olive oil. Remove chicken breasts and set aside. Add chicken broth, butter, lemon juice, and white wine to pan. Reduce heat to medium-low, and reduce sauce for about 5 minutes. Add chicken breasts and cook for an additional 3 minutes per side. Season chicken breasts with salt and pepper and top with chopped parsley and remaining sauce. Serve over whole wheat pasta.

Per serving: 219 calories, 26 g protein, 2 g carbohydrates, 12 g fat, 4 g saturated fat, 214 mg sodium and 93 mg cholesterol



Marinated Pork Medallion



Makes 4 servings

Ingredients

1 pork (16 oz.) tenderloin
1/3 cup reduced-sugar orange marmalade
2 tsp cider vinegar
2 tsp Worcestershire sauce
1/2 tsp minced fresh ginger root
1/8 tsp crushed red pepper flakes
Cooking spray

Directions

Cut pork into 1 inch slices and flatten to 1/4 inch thickness. Spray large nonstick skillet with cooking spray and cook pork in batches over medium high-heat. When juices run clear, reduce heat to low and return all meat to the pan. Combine the remaining ingredients and pour over the pork, turn to coat. Heat through.

Per serving: 155 calories, 24 g protein, 8 g carbohydrates, 3 g fat, 1 g saturated fat, 88 mg sodium and 74 mg cholesterol



Baked Flounder Filet



Makes 6 servings

Ingredients

2/3 cup sliced green onions
1/2 cup sliced fresh mushrooms
2 lbs of flounder (6) 5-ounce filets
1/4 tsp salt
1/8 tsp pepper
2 tbsp dry white wine or low-sodium chicken broth
2 tsp lemon juice
1/4 cup reduced-fat Mexican cheese blend
1/2 cup soft whole wheat bread crumbs
2 tbsp unsalted butter/oil blend, melted

Directions

Sprinkle the green onions and mushrooms into a 13" x 9" baking dish coated with cooking spray. Arrange the fish over the green onions and mushrooms. Over lap the thickest end of the filets over the thin end. Sprinkle with salt and pepper. Pour wine and lemon juice over fish. Cover with cheese and bread crumbs and then drizzle with butter. Bake uncovered at 400° for 10-12 minutes or until fish flakes easily.

Per serving: 169 calories, 21 g protein, 3 g carbohydrates, 8 g fat, 2 g saturated fat, 161 mg sodium and 82 mg cholesterol



Panko Encrusted Cod



Makes 6 servings

Ingredients

2 lb. cod, cut into serving size pieces

2 cups panko breadcrumbs

1 egg

1 egg white

1/2 tsp garlic powder

1/4 tsp salt

1/2 tbsp onion powder

1/8 tbsp black pepper

Cooking spray

Directions

Heat oven to 450° F. Spray large cookie sheet with cooking spray. Beat egg and egg white into bowl. Place panko in bowl with seasonings. Dip fish into egg, then into panko, pressing panko into fish. Place fish on cookie sheet. After all fish is coated, spray with cooking spray. Bake for approximately 15 minutes until coating is nicely browned and fish flakes easily.

Per serving: 207 calories, 36 g protein, 9 g carbohydrates, 3 g fat, <1 g saturated fat, 206 mg sodium and 115 mg cholesterol



Baked Chicken and Wild Rice with Onion and Tarragon



Makes 6 servings

Ingredients

1 lb. boneless, skinless chicken breast halves
1 1/2 cups chopped celery
1 1/2 cups whole pearl onions
1 tsp fresh tarragon
2 cups unsalted chicken broth
1 1/2 cups dry white wine
3/4 cup uncooked long grain rice
3/4 cup uncooked wild rice



Directions

Preheat the oven to 300° F. Cut chicken breasts into 1/2- to 1-inch pieces. Combine the chicken, celery, pearl onions and tarragon plus 1 cup of the unsalted chicken broth in a nonstick frying pan. Cook on medium heat until the chicken and vegetables are tender, about 10 minutes. Set aside to cool.

In a baking dish, combine the wine, remaining 1 cup chicken broth and rice. Let soak for 30 minutes. Add the cooked chicken and vegetables to the baking dish. Cover and bake for 60 minutes. Check periodically and add more broth if the rice is too dry. Serve immediately.

Per serving: 330 calories, 3 g total fat, 1 g saturated fat, 180 mg sodium, 21 g protein, 37 g carbohydrates and 73 mg cholesterol

Bow Tie Pasta with Broccoli, Garlic and Lemon



Makes 4 servings

Ingredients

1/4 cup extra virgin olive oil
3 cloves, garlic
3 tbsp freshly squeeze lemon juice
1/8 tsp ground black pepper
1 (8 oz.) package bow tie pasta
1 head broccoli
1/4 cup grated parmesan cheese



Directions

Warm olive oil in a small frying pan over low heat. Slowly cook garlic in oil until golden, about 2 to 3 minutes. Be very careful not to burn garlic. Stir in lemon juice and season with pepper.

Meanwhile, cook pasta in a large pot of boiling water. About 5 minutes before pasta is done, drop broccoli into the pasta water. Continue to cook until pasta is cooked and broccoli is crisp-tender. Drain.

Toss pasta, broccoli and lemon sauce in a large bowl. Sprinkle with grated Parmesan cheese.

Per serving: 380 calories, 47 g carbohydrates, 4 mg cholesterol, 17 g total fat, 12 g protein and 250 mg sodium

Shrimp Pomodoro



Makes 4 servings

Ingredients

1 (16 oz.) package whole-wheat penne
1 lb. cooked cleaned medium shrimp
1/4 cup olive oil
1/2 onion, chopped
4 cloves garlic, minced
2 cups roma (plum) tomatoes, diced
2 tbsp balsamic vinegar
1 (10.75 oz.) can low-sodium chicken broth
Crushed red pepper to taste
Freshly ground black pepper to taste
2 tbsp chopped fresh basil
1/2 cup grated parmesan cheese



Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 minutes or until al dente; drain.

Pour olive oil in a large deep skillet over high-heat. Sauté onions and garlic until lightly browned. Reduce heat to medium-high and add tomatoes, vinegar and chicken broth; simmer for about 8 minutes.

Add shrimp to sauce in skillet; cook 2 min. or until heated through. Stir in red pepper, black pepper, basil and cooked pasta, tossing thoroughly with sauce. Simmer for about 5 more minutes and serve topped with grated cheese.

Per serving: 545 calories, 42 g protein, 50 g carbohydrates, 20 g fat, 4 g saturated fat, 275 mg sodium and 43 mg cholesterol

Grilled Chicken Breast with Black Bean and Roasted Corn Salsa



Makes 5 servings

Ingredients

5 (6 oz.) chili rubbed chicken or turkey breast
5 oz. roasted corn
3 oz. red onion, chopped
2 oz. red pepper, diced
1/2 tsp ground cumin
3 fl oz. lime juice
1/2 oz. cilantro, chopped
1 avocado, sliced

Directions

Grill or pan sear chicken. Prep all ingredients and mix. Garnish with sliced avocado.

Per serving: 407 calories, 19 g carbohydrates, 57 g protein, 11 g total fat, 2 g saturated fat, 132 mg sodium and 68 mg cholesterol



Salmon with Watermelon Cucumber Salsa



Makes 5 servings

Ingredients

5 skinless salmon fillets (6 oz. ea)
10 oz. fresh watermelon, diced
5 oz. cucumber, diced
3 oz. red onion, diced
2 oz. red pepper, diced
1/5 jalapeño pepper, sliced
3 fl oz. lime juice
1/2 oz. cilantro, chopped

Directions

Grill or pan sear salmon. Prep all ingredients and mix.

Per serving: 273 calories, 35 g protein, 7g carbohydrates, 11 g fat, 2 g saturated fat, 81 mg sodium and 94 mg cholesterol



Three Bean Vegetarian Chili



Makes 6 servings

Ingredients

- 2 red bell peppers
- 3 tbsp extra virgin oil
- 1 cup chopped onion
- 2 tsp ground cumin
- 1 tsp paprika
- 4 garlic cloves, thinly sliced
- 2 cups non salted vegetable broth
- 1 1/2 cup cube peeled butternut squash
- 1 (28 oz.) can no salt-added tomatoes, undrained and chopped
- 1 (15 oz.) can pinto beans, no salt added, rinsed and drained
- 1 (15 oz.) can cannellini beans, no salt added, rinsed and drained
- 1 (15 oz.) can red kidney beans, no salt added, rinsed and drained
- 1/2 cup thinly sliced green onions



Directions

Preheat broiler.

Cut bell peppers in half lengthwise. Remove and discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet. Broil 15 minutes or until blackened. Place pepper halves in a zip-top plastic bag; seal. Let stand 15 minutes. Peel and chop peppers.

Heat a Dutch oven over medium-low heat. Add oil to pan; swirl to coat. Add onion; cook 15 minutes, stirring occasionally. Stir in cumin and next 3 ingredients (through garlic); cook 2 minutes, stirring frequently. Add bell peppers, broth, squash, and tomatoes; bring to a simmer. Cook 20 minutes, stirring occasionally. Add beans; simmer 25 minutes or until slightly thick, stirring occasionally. Sprinkle with green onions.

Per serving: 332 calories, 50 g carbohydrates, 15 g protein, 8 g fat, 1 g saturated fat, 94 mg sodium and 0 mg cholesterol

Grilled Chicken or Roasted Turkey Breast Charred Tomato Salad



Makes 5 servings

Ingredients

5 (4 oz.) chicken breast
3 plum tomato
3 oz. red onion, diced
3 oz. green pepper, diced
1/2 oz. jalapeño pepper, diced
1/2 oz. basil, chopped
1/4 cup balsamic vinegar
2 tbsp lime juice

Directions

Season chicken and grill or pan sear. Slice plum tomatoes 1/2 inch thick, spray grill, and grill tomatoes on hot grill until they are lightly charred. Remove and cool. Mix all ingredients together.

Per serving: 218 calories, 7 g carbohydrates, 4 g total fat, 36 g protein, 1 g saturated fat, 90 mg sodium and 66 mg cholesterol



Mashed Sweet Potato



Makes 5 servings

Ingredients

1 lb. sweet potato, peeled

1/2 cup vegetable stock, no added salt

1/4 cup & 2 tbs Smart Balance, melted

Directions

Boil sweet potato until tender. Mash potatoes. Add (light) vegetable stock to desired consistency. Whip potatoes and add melted Smart Balance.

Per serving: 190 calories, 16 g carbohydrates, 2 g protein, 13 g total fat, 6 g saturated fat and 119 mg sodium



Herbed Olive Oil Mashed Potatoes



Makes 5 servings

Ingredients

1 lb. potato, peeled
1 tbsp olive oil
1/2 cup vegetable stock, no salt added
1 tsp fresh tarragon
1 tsp parsley, chopped
1 tsp chives, chopped
1 tsp fresh lemon juice

Directions

Boil peeled potatoes until tender. Mash potatoes. Whip olive oil into potato. Add (light) vegetable stock to desired consistency. Add chopped herbs and lemon juice.

Per serving: 111 calories, 19 g carbohydrates, 1 g protein, 3 g total fat, 0 g saturated fat, 24 mg sodium and 0 mg cholesterol



Grilled Prawns with Tropical Jicama Salad



Makes 5 servings

Ingredients

1 lb. extra jumbo shrimp
1 1/4 cup pineapple, diced
Vanilla oil (vanilla bean infused grapeseed oil)
Cilantro oil (cilantro infused grapeseed oil)
4 tbsp red onion, diced
4 tbsp red peppers, diced
1 tbsp jalapeño peppers, diced
1 cup jicama, diced
1 1/2 tsp cilantro, chopped
1/2 cup papaya, peeled and diced

Directions

Season shrimp and cook on grill or pan sear. Mix pineapple, papaya, onion, peppers and jicama. Set aside. To make vanilla oil, heat grapeseed oil to 150° F, cut vanilla bean in half and place in oil. Let sit for 24 hours. To make cilantro oil, blanch cilantro, puree cilantro in food processor. Let stand for 2 hours and strain through cheesecloth. Mix oils with salad and shrimp.

Per serving: 239 calories, 11 g carbohydrates, 25 g protein, 10 g total fat, 1.2 g saturated fat, 180 mg sodium and 129 mg cholesterol



Meatloaf



Makes 6 servings

Ingredients

1 lb. ground beef, 80% lean
1 lb. ground turkey
3 eggs
1/2 cup ketchup
1 tbsp parsley, chopped
6 tbsp onion, chopped
1 tsp powdered mustard
2 tbsp Worcestershire sauce
1/2 cup panko bread crumbs
2 tbsp olive oil
1–2 tbsp Mrs. Dash seasoning

Directions

Preheat oven to 325° F. Sauté onions in olive oil and cool. Mix ground meats, eggs, onions, parsley, mustard, Worcestershire sauce, and Mrs. Dash. Add panko and mix thoroughly. Bake meatloaf for 45-60 minutes. Allow to rest for 20 minutes before serving.

Per serving: 423 calories, 10 g carbohydrates, 32 g protein, 27 g total fat, 9 g saturated fat, 206 mg sodium and 200 mg cholesterol



Turkey Shepherd's Pie



Makes 10 servings

Ingredients

3 large potatoes, peeled
2 tbsp butter/oil blend
1/4 cup milk
1 tbsp olive oil
1 onion, chopped
1 pound ground turkey
1 large carrot, shredded
1 tbsp fresh parsley, chopped
1/4 tsp dried thyme
1 clove garlic, minced
1 tsp chicken bouillon powder
1 tbsp all-purpose flour
ground black pepper to taste
1 (4.5 oz.) can sliced mushrooms



Directions

Boil potatoes until tender. Mash potatoes with butter/oil blend and milk. Season with pepper to taste. Set aside. Sauté onions in olive oil until soft. Stir in ground turkey, carrot, mushrooms, parsley, thyme, garlic and chicken bouillon. Pepper to taste. Cook and stir until meat is broken up and cooked through. Drain. Stir in flour. Transfer meat mixture to a deep dish pie pan or casserole. Spread potatoes over meat and swirl with a fork. Bake at 375° F for 30 minutes or until potatoes are lightly browned.

Per serving: 203 calories, 23 g carbohydrates, 7.7 g total fat, 205 mg sodium, 11 g protein and 43 mg cholesterol

Vegetable Stuffed Portobello Mushroom



Makes 4 servings

Ingredients

1 cup balsamic vinegar
1/2 tsp garlic powder
1/2 tsp onion powder
4 large Portobello mushrooms,
cleaned and caps removed
6 oz. corn
2 tsp olive oil
1 cup spinach
1/2 cup low fat mozzarella cheese,
shredded
2 plum tomatoes, diced
6 oz. potatoes, peeled and diced



Directions

Stir the balsamic vinegar, garlic powder and onion powder in a small bowl until blended. Place the mushrooms into a large resealable plastic bag. Pour in the balsamic mixture, seal bag and turn gently to coat mushrooms evenly. Place in refrigerator for one hour. Place the olive oil into a skillet and heat over medium-high heat. Stir in the spinach, corn, and potatoes; cook and stir about 5 minutes. Preheat oven to 350° F. Lightly grease 9 x 13 inch baking sheet. Remove mushrooms from marinade, shake off any excess and discard marinade. Place mushrooms in prepared dish, top side down. Sprinkle with mozzarella cheese. Divide the tomatoes evenly between the mushrooms. Place in preheated oven and bake until cheese melts, about 12 minutes. Serve hot.

Per serving: 211 calories, 9 g protein, 32 g carbohydrates, 5 g fat, 1 g saturated fat, 119 mg sodium and 5 mg cholesterol

Lemon Garlic Tilapia



Makes 4 servings

Ingredients

4 Tilapia filets
3 tbsp lemon juice
1 clove garlic, finely chopped
1 tsp dried parsley
Pepper, to taste

Directions

Preheat oven to 375°. Spray baking dish with non-stick cooking spray. Rinse tilapia filets under cool water and pat dry with paper towels. Place filets in baking dish. Pour lemon juice over filets, then drizzle butter on top. Sprinkle with garlic, parsley, and pepper to taste. Bake in preheated oven until fish is white and flakes when pulled apart with a fork, about 30 minutes.

Per serving: 142 calories, 3 g carbohydrates, 4 g total fat, 93 mg sodium, 23 g protein and 49 mg cholesterol



Turkey Chipotle Sandwich



Makes 1 serving

Ingredients

2 whole wheat bread slices
2 oz. turkey breast, low sodium
1 oz. Swiss cheese, low sodium, reduced fat
1 tbsp light chipotle mayo
2 oz. fresh arugula

Directions

Spread chipotle mayo on both slices of bread. Layer all ingredients between bread slices.

Per serving: 364 calories, 24 g carbohydrates, 15 g fat, 32 g protein, 390 mg sodium and 77 mg cholesterol



Grilled Chicken Platter with Orange Ginger Vinaigrette Salad



Makes 1 serving

Ingredients

1 (4 oz.) grilled chicken breast, cut into strips
3 oz. mesclun greens
2 radishes, sliced
1 apple, sliced
3 grape tomatoes, sliced

For the vinaigrette

2 oz. orange juice
1 oz. avocado oil
1/2 tsp ginger, chopped
1 tsp honey
Salt & pepper to taste



Directions

Place greens on plate. Slice chicken breast, place on top. Add tomatoes, radishes and apple slices. Drizzle vinaigrette over salad.

Per serving: 306 calories, 28 g protein, 8 g carbohydrates, 18 g fat, 3 g saturated fat, 66 mg cholesterol and 99 mg sodium

Spaghetti Squash with Turkey Meat Sauce



Makes 6 servings

Ingredients

1 medium spaghetti squash
3 tbsp olive oil
1/2 tsp sea salt
1/2 tsp freshly ground pepper
14.5 oz. canned low sodium diced tomatoes, with the juice
1/2 cup dry white wine
2 cloves garlic, minced
1 lb. 95% lean ground turkey
freshly grated parmesan cheese, for garnish



Directions

For the squash: preheat the oven to 350°. Cut the squash lengthwise in half, avoiding the stem. Place the halves cut sides up in a baking dish. Bake for about 45 minutes or until the flesh is easily pierced with a knife. Cool completely. Next, make the sauce: Heat 2 tablespoons of the oil in a large sauté pan over medium heat. Add the onions, half the salt and half the pepper, stirring to coat. Cook for 10 minutes, stirring occasionally. Stir in the tomatoes and their juices, the wine and garlic; cover and cook for 10 minutes to create a chunky sauce, breaking up the tomatoes as they cook. Heat the remaining tablespoon of oil in a separate medium skillet over medium heat. Once the oil shimmers, add the meat. Season with remaining salt and pepper. Cook for 15 minutes, using a wooden spoon to break up clumps. The meat should be completely browned. Stir into the sauce until well incorporated and heated through. Scoop out the squash seeds. Discard or reserve for another use. Transfer the resulting strands to a mixing bowl or serving platter. Discard the empty skins. Spoon the sauce over the squash and toss to incorporate or spoon evenly over the squash. Garnish with a sprinkling of the cheese, if desired. Serve right away.

Per serving: 216 calories, 20 g protein, 11 g carbohydrates, 9 g fat, 2 g saturated fat, 180 mg sodium and 44 mg cholesterol

Chicken Thighs with Escarole & White Beans

Makes 4 servings

Ingredients

1 cup cannellini beans (dried)
Salt & pepper to taste
1 bay leaf
2 medium onions, 1 halved & 1 chopped
6 cloves garlic, 2 crushed & 4 sliced
3 sprigs rosemary
8 pieces skinless chicken thighs,
trimmed of fat
2 tbsp olive oil
2 tsp lemon zest
1 large head escarole, cleaned & chopped



Directions

Boil enough water to cover the beans. Pour the water over the beans in a bowl and let stand for 1 hour. Rinse and drain, then place the beans in a 4-5 quart pot. Cover with water by about 2 inches and bring to gentle boil. Salt the water and turn down to low boil. Add the bay leaf, halved onion, crushed garlic and the rosemary and simmer until tender, 30-35 minutes. Drain and discard the onion and bay leaf. Remove the rosemary stems (the leaves will fall into the beans). Season the chicken with salt and pepper. Heat the olive oil until the skin is crispy and the meat is browned, 8 minutes or so, turning once. Transfer the chicken to a plate and reduce the heat a bit. Add the chopped onion, sliced garlic and a teaspoon of lemon zest and cook to soften, 8-10 minutes, stirring often. Wilt the escarole into the pan and then add the beans and their stock. Nest the chicken in the greens and beans and transfer the pan to the oven to finish cooking, 15-18 minutes at a low simmer. Stir in squeeze of lemon juice and serve the chicken, escarole, beans and broth in shallow bowls.

Per serving: 284 calories, 22 g protein, 23 g carbohydrates, 12 g fat, 2 g saturated fat, 92 mg sodium and 82 mg cholesterol

Tabbouleh-Style Amaranth Salad



Makes 4 servings

Ingredients

- 1 1/2 cups cold water
- 1/2 cup uncooked whole-grain amaranth (such as Arrowhead Mills)
- 2 cups unpeeled English cucumber, diced
- 1/2 cup thinly sliced celery
- 1/2 cup red onion, finely chopped
- 1/4 cup fresh mint, chopped
- 1/4 cup chopped fresh flat-leaf parsley
- 1/4 cup pine nuts, toasted
- 2 tbsp extra-virgin olive oil
- 1 tsp grated lemon rind
- 2 tbsp fresh lemon juice
- 1/4 tsp crushed red pepper
- 1/2 cup drained no-salt-added canned chickpeas (garbanzo beans)
- 1 cup (4 oz.) feta cheese, low sodium, crumbled
- Lemon wedges (optional)



Directions

Bring 1 1/2 cups cold water and amaranth to a boil in a medium saucepan. Reduce heat, cover and simmer 20 minutes or until water is almost absorbed (it will have the appearance of mush). While amaranth cooks, combine cucumber and next 10 ingredients in a large bowl. Place amaranth in a sieve and rinse under cold running water until room temperature. Drain well, pressing with the back of a spoon. Add to cucumber mixture; toss to blend. Add cheese; toss gently. Garnish with lemon wedges, if desired.

Per serving: 323 calories, 39 g carbohydrates, 21 g total fat, 6 g saturated fat, 11 g protein and 348 mg sodium

Bulgur with Ginger & Orange



Whole Grain
Recipes

Makes 4 servings

Ingredients

2 oranges
2 tsp canola oil
2 cloves garlic, minced
2 tbsp fresh ginger, minced
1 cup bulgur, rinsed
2 tsp brown sugar
1/4 tsp salt
1/3 cup slivered almonds
2/3 cup chopped scallions
1 tbsp reduced-sodium soy sauce



Directions

Zest 1 orange; reserve the zest. Juice both oranges. If necessary, add enough water to the juice to measure 1 1/2 cups total. Heat oil in a large heavy saucepan over medium-high heat. Add garlic and ginger. Cook, stirring until fragrant, about 30 seconds. Add bulgur and stir to coat. Add the orange juice, brown sugar and salt. Bring to a simmer. Reduce heat to maintain a gentle simmer, cover and cook until the bulgur is tender and most of the liquid has been absorbed, 15 to 25 minutes. Meanwhile, toast almonds in a small dry skillet over medium-low heat, stirring frequently, until light golden and fragrant, 2 to 3 minutes. Add scallions, soy sauce and the reserved orange zest to the bulgur. Mix gently and fluff with a fork. Serve sprinkled with the almonds.

Per serving: 234 calories, 38 g carbohydrates, 5 g total fat, 1 g saturated fat, 7 g protein and 295 mg sodium

Rigatoni Primavera with Grilled Chicken



Makes 6 servings

Ingredients

12 oz. rigatoni
2 tbsp olive oil
9 oz. fresh stir-fry vegetables
10 oz. cooked chicken strips
1 tbsp garlic, chopped
1 cup low sodium chicken broth
1/2 cup grated parmesan cheese
1/4 cup fresh basil

Directions

Boil rigatoni as package directs, reserving 1 cup cooking water before draining. Meanwhile, heat olive oil in large skillet over medium-high heat. Add stir-fry vegetables and chicken strips, sauté for 2 minutes. Add garlic; cook 1 minute. Stir in broth, reduce heat, cover and simmer 3 minutes or until vegetables are just tender. Toss with drained pasta, parmesan, basil, and reserved cooking water as needed.

Per serving: 370 calories, 26 g protein, 46 g carbohydrates, 9 g fat, 2 g saturated fat, 170 mg sodium and 46 mg cholesterol



Food substitutions & other tips



Food substitutions

Ingredient	Substitution
Fruit, canned in heavy syrup	Fruit canned in water or fresh fruit
Lettuce, iceberg	Arugula, chicory, collard greens, dandelion greens, kale, mustard greens, spinach or watercress
Flour, bleached, all purpose	Whole wheat flour for half of the called for bleached flour in baked goods. *whole wheat pastry flour is less dense and works well in softer products like cakes and muffins
White bread	Whole wheat bread
White rice	Brown rice, quinoa, barley or bulgur
Dairy	
Yogurt, fruit flavored	Plain, fat-free yogurt with fresh fruit slices
Whole milk	Fat-free or 1%
Cream	Fat-free half and half, evaporated skim milk
Cream cheese, full fat	Fat-free, low-fat cream cheese or Neufchatel, low-fat cottage cheese pureed until smooth
Butter, margarine, shortening or oil to prevent sticking	Cooking spray or non-stick pans

Food substitutions

Ingredient	Substitution
Protein	
Ground beef	Extra lean, lean ground beef, ground turkey or ground chicken
Chicken, with skin	Chicken or turkey breast, skinless
Eggs	Two egg whites or 1/4 cup egg substitute for each whole egg
Condiments	
Mayonnaise	Reduced calorie, reduced fat mayonnaise
Soy sauce	Sweet and sour sauce, hot mustard sauce, balsamic vinegar or low-sodium soy sauce
Sugar	In most baked goods, you can reduce the amount of sugar by half; intensify sweetness by adding vanilla, nutmeg, or cinnamon
Syrup	Pureed fruit, such as applesauce or low calorie, sugar-free syrup
Table salt	Herbs, spices, citrus juices (lemon, lime, orange), rice vinegar, salt-free seasoning mixes
Cream cheese, full fat	Fat-free, low-fat cream cheese or Neufchatel, low-fat cottage cheese pureed until smooth
Butter, margarine, shortening or oil to prevent sticking	Cooking spray or non-stick pans

Sodium-free flavoring tips

Ingredient	Substitution
Beef	Basil, bay leaf, caraway, curry, dill, dry mustard, garlic, grape jelly, green pepPer, mace, marjoram, mushrooms (fresh), nutmeg, onion or onion powder, parsley, pepPer, rosemary, sage
Chicken	Basil, cloves, cranberries, mace, mushrooms (fresh), nutmeg, oregano, paprika, parsley, pineapple, saffron, sage, savory, tarragon, thyme, tomato, turmeric
Egg	Chervil, curry, dill, dry mustard, garlic or garlic powder, green pepPer, jelly, mushrooms (fresh), nutmeg, onion powder, paprika, parsley, rosemary, tarragon, tomato
Fish	Basil, bay leaf, chervil, curry, dill, dry mustard, green pepPer, lemon juice, marjoram, mushrooms (fresh), paprika, pepPer, tarragon, tomato, turmeric
Lamb	Cloves, curry, dill, garlic or garlic powder, mace, mint, mint jelly, onion, oregano, parsley, pineapple, rosemary, tarragon, thyme
Pork	Applesauce, basil, caraway, chives, cloves, garlic or garlic powder, onion or onion powder, rosemary, thyme
Veal	Apricots, basil, bay leaf, currant jelly, curry, ginger, marjoram, mushrooms (fresh), oregano, paprika
Vegetables	Basil, dill, garlic or garlic powder, ginger, lemon juice, mace, marjoram, nutmeg, onion or onion powder, tarragon, tomato, sugar or sugar substitute, salt-free salad dressing, vinegar
Desserts	Allspice, anise, cinnamon, cloves, ginger, mace, nutmeg, vanilla extract, other extracts

Whole grains & fiber

Any food made from wheat, rice, oats, corn or another cereal is a grain product. Bread, pasta, oatmeal and grits are all grain products. There are two main types of grain products: whole grains and refined grains.

- **Whole grains** contain the entire grain – the bran, germ and endosperm. Examples include whole-wheat flour, oatmeal, whole cornmeal, brown rice and bulgur.
- **Refined grains** have been milled (ground into flour or meal) with the bran and germ being removed. This process removes much of the B-vitamins, iron and dietary fiber. Some examples of refined grains are wheat flour, enriched bread and white rice.

Most refined grains are enriched, which means that some of the B vitamins and iron are added back after processing. Fiber, however, is not added back to enriched grains. Some examples of enriched grains are wheat flour, enriched bread and white rice.

Whole grain health benefits:

Whole grains are generally good sources of dietary fiber; most refined (processed) grains contain little fiber.

- Dietary fiber from whole grains, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease.
- Fiber-containing foods such as whole grains help provide a feeling of fullness with fewer calories and so may help with weight management.
- Compared to refined grains, whole grains help keep your blood glucose from spiking, which can reduce your risk of type 2 diabetes.
- Grains are important sources of many nutrients, several B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).

Whole grains cannot be identified by the color of the food. Bread, for example, can be brown because of molasses or other ingredients, not necessarily because it contains whole grains. That's why it's important to read the ingredient list on the food nutrition label. For many whole-grain products, you will see the words "whole" or "whole grain" before the grain's name in the ingredient list. The whole grain should be the first ingredient listed.

Choose foods that contain one of the following ingredients first on the label's ingredient list:

- whole wheat
- oatmeal
- brown rice
- whole-grain corn
- whole-wheat bulgur
- graham flour
- whole oats
- wild rice
- whole-grain barley
- whole rye



This mark on a whole-grain food product means that it:

- Is limited in saturated fat, trans fat, sodium and sugars.
- Is a good source of dietary fiber.
- Does not contain partially hydrogenated oils.

Getting the right amount counts

The number of servings of grains that you need each day depends upon your age, gender and calorie needs. The recommended amount of grains that a particular person should consume daily is expressed in terms of “ounce-equivalents” but is commonly referred to as “ounces” (or servings) of grains.

A person who needs 2,000 calories each day to maintain a healthy body weight could eat six to eight servings of grains (at least half of the servings should be whole-grain foods) and eight to ten servings total of vegetables and fruits (about 1/2 cup counts as a serving).

We recommend obtaining fiber from foods rather than from fiber supplements. Check the Nutrition Facts Label on food packages to find foods with a higher amount of fiber. Try to get about 25 grams of fiber each day.

Serving size

The following count as 1 oz.-equivalent (or 1 serving) of whole grains:

- 1 slice whole-grain bread (such as 100% whole-wheat bread)
- 1 cup ready-to-eat, whole-grain cereal
- 1/2 cup cooked whole-grain cereal, brown rice, or whole-wheat pasta
- 5 whole-grain crackers
- 3 cups popped popcorn
- 1 6-inch whole-wheat tortilla

Source: www.heart.org

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