

Delicious Heart Healthy Delights
(Plus One That is Not So Healthy....)

The recipes that Carmen and Gail prepared utilize many aspects of heart healthy nutrition. When compared to the standard recipes for these foods, ours reduce sodium, sugar, saturated fat, Omega 6 oils, and calories while increasing fiber, antioxidants, and Omega 3 oils.

We hope you enjoy them!

Buffalo Chicken Strips

Buffalo Chicken is usually made with lots of butter. This recipe uses heart healthy olive oil instead.

Ingredients:

- 1 lb. boneless chicken breast cut in thin strips
- 2 Tbsp. olive oil
- $\frac{1}{4}$ cup hot sauce

Procedure:

1. Cook chicken strips in hot oil in your favorite skillet until golden brown. Turn often to brown all sides. Remove chicken from skillet.
2. Combine sauce ingredients (brown sugar, vinegar, ketchup) in the skillet in which the chicken was cooked.
3. Add chicken and cook on medium heat until all pieces are glazed with sauce.
4. Serve with celery sticks if you'd like.

Cocktail Meatballs

This recipe uses turkey instead of ground beef, and oatmeal replaces more than half of the bread crumbs.

Ingredients:

1.25 lb. ground turkey
 $\frac{1}{2}$ small onion, minced
 $\frac{3}{4}$ cup oatmeal
 $\frac{1}{2}$ cup bread crumbs
1 egg
1 tsp. paprika
1 tsp. oregano
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{8}$ tsp. black pepper
2 garlic cloves, pressed

Procedure:

1. Preheat oven to 350 degrees.
2. Mix all ingredients together and combine well with hands.
3. Form into 1 inch meatballs.
4. Place on baking sheet.
5. Bake for 16 to 18 minutes, turning after 8 minutes.

Sauce:

$\frac{1}{2}$ cup brown sugar
3 Tbsp. vinegar (I used apple cider vinegar but white or rice or a combination will work, as well)
1 Tbsp. ketchup
1 Tbsp. grape jelly

Procedure:

1. Combine ingredients in skillet.
2. Add meatballs.
3. Cook on medium heat until meatballs are hot and coated with sauce.

High Fiber, Lower Fat, Reduced Sodium Chili

This recipe uses half the meat and LOTS more beans than traditional chili. The refried beans add texture and you won't even notice the reduction in meat. The beans add lots of fiber, the tomato sauce adds disease-fighting antioxidants, and this chili tastes great!

Ingredients:

- $\frac{1}{2}$ lb. ground beef
- 1 small onion, chopped
- 1 can (16 oz.) chopped tomatoes
- 1 can (16 oz.) no salt added chili beans
- 1 can (16 oz.) cannellini or black beans, drained and rinsed
- 1 can (16 oz.) pinto beans
- 1 can (16 oz.) red or kidney beans, drained and rinsed
- 1 can (16 oz.) refried beans
- 1 can (8 oz.) no salt added tomato sauce
- 1 Tbsp. chili powder
- $\frac{1}{4}$ tsp. black pepper

Procedure:

1. Brown ground beef until no longer pink. Drain off excess fat.
2. Add onion and cook until transparent.
3. Add tomatoes, beans, tomato sauce, and spices.
4. Simmer on medium heat, stirring frequently, for 15 to 20 minutes.
5. Serve with brown rice or barley for added fiber.

Oatmeal Walnut Biscotti

Ingredients:

2 $\frac{1}{4}$ cups oat flour
1 Tbsp. cinnamon
 $\frac{1}{2}$ tsp. baking powder
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{2}$ cup honey
2 large eggs
1 tsp. vanilla extract
 $\frac{1}{2}$ cup raisins or craisins
1 cup chopped walnuts
1 Tbsp. old fashioned rolled oats

Procedure:

1. Preheat the oven to 325 degrees.
2. In a large bowl, mix together oat flour, cinnamon, baking powder, and salt.
3. In another mixing bowl, mix completely the honey, eggs, and vanilla extract.
4. Slowly pour the egg mixture into the flour mixture. Mix thoroughly with a spoon.
5. Gently fold in raisins or craisins and nuts.
6. Line your baking sheet with parchment paper, then place the dough onto the paper, forming a loaf that is 2 inches wide.
7. Sprinkle 1 Tbsp. of rolled oats on top and gently press into the dough.
8. Bake for 20-25 minutes.
9. Remove from the oven and let cool.
10. Slice into 1 inch pieces and lightly toast for 5 minutes.
11. Flip biscotti and toast for an additional 5 minutes.

Angelina's Biscotti

This is the recipe that Gail grew up enjoying in Nutley, NJ. They break all the heart health rules (unless the eggs are from pastured chickens) but they are delicious!

Ingredients:

2 sticks butter at room temperature
2 cups sugar
6 eggs
5 cups flour
5 tsp. baking powder
 $\frac{1}{2}$ tsp. salt
2 tsp. anise flavoring
1 cup chopped walnuts or nuts of your choice
1 cup chopped citron or candied fruit

Procedure:

1. In large bowl of stand mixer or with powerful hand mixer, cream butter and sugar until light and fluffy.
2. Add eggs, 2 at a time. Beat well after each addition.
3. Add flour and baking powder and mix well.
4. Add salt and anise and mix well.
5. Add walnuts and citron and mix well.
6. Spray 2 cookie sheets with non-stick spray.
7. Divide dough into 6 portions and place 3 on each cookie sheet.
8. Spray hands with non-stick spray and shape dough into loaves that are 2 inches wide and about 8 inches long.
9. Place trays side by side in center of preheated 350 degree oven.
10. Bake for 20 to 25 minutes or until toothpick inserted in center comes out dry.
11. Cool completely.
12. Cut into 1 inch slices on slight diagonal.
13. Place sliced side down on cookie sheet and toast in hot oven for 5 minutes.
14. Flip biscotti and toast other side for 5 minutes.

Skinny Chocolate Cupcakes

Ingredients:

Chocolate Cake Mix (Devil's Food)

5.3 oz vanilla Greek yogurt (I have also used plain Greek yogurt)

1 cup water

Procedure:

1. Put paper muffin cup liners in muffin pan.
2. Mix all ingredients together. Batter will be thick - almost like instant pudding.
3. Fill muffin cups.
4. Bake 350 degrees about 15 minutes. Makes 12 to 15 cupcakes

Snow Peak Frosting

Ingredients:

2 egg whites, beaten

1 1/4 cup light corn syrup, boiling

1 tsp. vanilla

Procedure:

1. Add the corn syrup to the beaten egg whites. Continue beating until frosting will hold a peak.
2. Add dash of salt
3. Add vanilla
4. Beat into frosting
5. Frost cupcakes.

Oatmeal Butterscotch Cookies

Ingredients:

3/4 cup Heart Beat spread
3/4 cup brown sugar
1/4 cup sugar
2 egg whites
1/4 cup molasses
1 tsp maple extract
1 cup flour
1 tsp cinnamon
1/2 tsp baking soda
3 cups oatmeal (regular or quick cooking)
1 cup butterscotch chips

Procedure:

1. Preheat oven to 350 degrees.
2. Spray cookie sheets with Pam.
3. Mix spread, sugars, egg whites, molasses, and extract thoroughly.
4. Stir in remaining ingredients.
5. Drop by teaspoonfuls of dough 1" apart on cookie sheet.
6. Bake 12 to 15 minutes.

Note: I was unable to find Heart Beat spread so I used Smart Balance which is a cholesterol friendly spread.

Cowboy Cookies

Ingredients:

2 cups canola oil
2 cups sugar
2 cups brown sugar
4 eggs
2 tsp vanilla
2 Tbsp light corn syrup
4 cups flour
1 tsp baking soda
2 tsp baking powder
1 tsp salt
4 cups oatmeal
1 cup chocolate chips
1 cup raisins

Procedure:

1. Preheat oven to 350 degrees.
2. Cream together oil and sugars.
3. Add eggs.
4. Add vanilla and corn syrup.
5. Mix in flour, baking soda, baking powder, and salt.
6. Stir in oatmeal, chocolate chips and raisins.
7. Drop by tablespoons onto baking sheet.
8. Bake 350 degrees for 10 to 13 minutes till lightly browned.

Makes 6 plus dozen cookies.

Morning Glory Muffins

Ingredients:

2 cups whole wheat flour or combination of whole wheat and white, or white whole wheat
2 tsp baking soda
2 tsp ground cinnamon
1/2 tsp ground ginger
1/2 tsp salt
1/3 cup ground flax (optional)
1/2 cup chopped nuts (pecans, walnuts, etc)
3 large eggs
1/2 cup packed light or dark brown sugar
1/4 cup honey
1/3 cup canola oil
1/3 cup applesauce, smooth
1 tsp orange zest
1/4 cup orange juice
1 tsp vanilla extract
1/2 cup raisins, soaked in warm water for 10 minutes then drained
2 cups shredded carrots, about 4 large
1 cup shredded apple, about 1 apple

Procedure:

1. Preheat oven to 425 degrees.
2. Spray the bottoms of muffin pan with nonstick spray or grease or use cupcake liners. Recipe makes about 16 muffins.
3. In a large bowl, whisk the flour, baking soda, cinnamon, ginger, salt, flax, and pecans together till combined. Set aside.
4. In a medium bowl, whisk the eggs, brown sugar, honey, oil, applesauce, orange zest, orange juice, and vanilla together until combined.
5. Pour the wet ingredients into the dry ingredients, stir a few times, then add raisins, carrots, and apple.
6. Fold everything together gently just until combined and no flour pockets remain.
7. Spoon batter into muffin cups, filling to the top.
8. Bake at 425 degrees for 5 minutes then, keeping muffins in the oven, reduce the oven temperature to 350 degrees.
9. Bake for an additional 18 minutes or until a toothpick inserted in the center comes out clean.
10. Allow muffins to cool for 10 minutes in the pan, then transfer to a wire rack to cool until ready to eat.

Muffins stay soft, fresh, and moist at room temperature for up to 5 days. Muffins freeze well for up to 2 months. Thaw overnight and heat if desired.