

Heart Healthy Recipes



For Your
Heart Healthy
Lifestyle

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Beef & Bean Chili

- 2 lb lean beef stew meat, trimmed of fat, cut in 1-inch cubes
- 3 Tbsp vegetable oil
- 2 C water
- 2 tsp garlic, minced
- 1 large onion, finely chopped
- 1 Tbsp flour
- 2 tsp chili powder
- 1 green pepper, chopped
- 2 lb (or 3 C) tomatoes, chopped
- 1 Tbsp oregano
- 1 tsp cumin
- 2 C canned kidney beans*

*To cut back on sodium, try using “no salt added” canned kidney beans or beans prepared at home without salt.

1. Brown meat in large skillet with half of vegetable oil. Add water. Simmer covered for 1 hour until meat is tender.
2. Heat remaining vegetable oil in second skillet. Add garlic and onion, and cook over low heat until onion is softened. Add flour and cook for 2 minutes.
3. Add garlic-onion-flour mixture to cooked meat. Then add remaining ingredients to meat mixture. Simmer for 1/2 hour.

Yield: 9 servings
Serving size: 8 oz

Each serving provides:

Calories: 284
Total fat: 10 g
Saturated fat: 2 g
Cholesterol: 76 mg
Sodium: 162 mg
Total fiber: 4 g
Protein: 33 g
Carbohydrates: 16 g
Potassium: 769 mg

Beef Stroganoff

- 1 lb lean beef (top round), cubed
- 2 tsp vegetable oil
- 3/4 Tbsp onion, finely chopped
- 1 lb mushrooms, sliced
- 1/4 tsp salt
- to taste pepper
- 1/4 tsp nutmeg
- 1/2 tsp dried basil
- 1/4 C white wine
- 1 C plain low fat yogurt
- 6 C macaroni, cooked in unsalted water

1. Cut beef into 1-inch cubes.
2. Heat 1 teaspoon oil in nonstick skillet. Sauté onion for 2 minutes.
3. Add beef and sauté for 5 minutes more. Turn to brown evenly. Remove from pan and keep hot.
4. Add remaining oil to pan and sauté mushrooms.
5. Add beef and onions to pan with seasonings.
6. Add wine and yogurt, and gently stir in. Heat, but do not boil.*
7. Serve with macaroni.

* If thickening is desired, use 2 teaspoons of cornstarch. Calories are same as for flour, but cornstarch has double the thickening power. The calories for cornstarch are not included in the nutrients per serving given above. To add cornstarch, take small amount of wine and yogurt broth and put aside to cool. Stir in cornstarch. Add some of warm broth to cornstarch paste and stir. Then, add cornstarch mixture to pan.

Yield: 5 servings
Serving size: 6 oz

Each serving provides:

Calories: 499
Total fat: 10 g
Saturated fat: 3 g
Cholesterol: 80 mg
Sodium: 200 mg
Total fiber: 4 g
Protein: 41 g
Carbohydrates: 58 g
Potassium: 891 mg

Black Skillet Beef

- 1 lb top round beef
- 1 Tbsp paprika
- 1 1/2 tsp oregano
- 1/2 tsp chili powder
- 1/4 tsp garlic powder
- 1/4 tsp black pepper
- 1/8 tsp red pepper
- 1/8 tsp dry mustard
- 8 red-skinned potatoes, halved
- 3 C onion, finely chopped
- 2 C beef broth
- 2 cloves large garlic, minced
- 2 large carrots, peeled, cut into very thin, 2 1/2-inch strips
- 2 bunch (1/2 lb) mustard greens, kale, or turnip greens, stems removed, coarsely torn
- As needed nonstick cooking spray

1. Partially freeze beef. Thinly slice across grain into long strips 1/8-inch thick and 3 inches wide.

2. Combine paprika, oregano, chili powder, garlic powder, black pepper, red pepper, and dry mustard. Coat strips of meat with spice mixture.

3. Spray large, heavy skillet with nonstick coating. Preheat pan over high heat. Add meat and cook, stirring, for 5 minutes. Then add potatoes, onion, broth, and garlic, and cook covered over medium heat for 20 minutes. Stir in carrots, lay greens over top, and cook covered until carrots are tender, about 15 minutes.

4. Serve in large serving bowl with crusty bread for dunking.

Yield: 6 servings

Serving size: 7 oz

Each serving provides:

Calories: 340
Total fat: 5 g
Saturated fat: 2 g
Cholesterol: 64 mg
Sodium: 109 mg
Total fiber: 8 g
Protein: 30 g
Carbohydrates: 45 g
Potassium: 1,278 mg

Quick Beef Casserole

- 1/2 lb lean ground beef
- 1 C onion, chopped
- 1 C celery, chopped
- 1 C green pepper, cubed
- 3 1/2 C tomatoes, diced
- 1/4 tsp salt
- 1/2 tsp black pepper
- 1/4 tsp paprika
- 1 C frozen peas
- 2 small carrots, diced
- 1 C uncooked rice
- 1 1/2 C water

1. In skillet, brown ground beef and drain off fat.
 2. Add rest of ingredients. Mix well. Cover and cook over medium heat until boiling. Reduce to low heat and simmer for 35 minutes.
- Serve hot.

Yield: 8 servings

Serving size: 1 1/3 cups

Each serving provides:

Calories: 201
Total fat: 5 g
Saturated fat: 2 g
Cholesterol: 16 mg
Sodium: 164 mg
Total fiber: 3 g
Protein: 9 g
Carbohydrates: 31 g
Potassium: 449 mg

Baked Pork Chops

- 6 lean center-cut pork chops,
- 1/2-inch thick*
- 1 egg white
- 1 C evaporated skim milk
- 3/4 C cornflake crumbs
- 1/4 C fine dry bread crumbs
- 4 tsp paprika
- 2 tsp oregano
- 3/4 tsp chili powder
- 1/2 tsp garlic powder
- 1/2 tsp black pepper
- 1/8 tsp cayenne pepper
- 1/8 tsp dry mustard
- 1/2 tsp salt
- As needed nonstick cooking spray

*Try the recipe with skinless, boneless chicken or turkey parts, or fish—bake for just 20 minutes.

1. Preheat oven to 375 °F.
2. Trim fat from pork chops.
3. Beat egg white with evaporated skim milk. Place chops in milk mixture and let stand for 5 minutes, turning once.
4. Meanwhile, mix cornflake crumbs, bread crumbs, spices, and salt.
5. Use nonstick cooking spray on 13- by 9-inch baking pan.
6. Remove chops from milk mixture and coat thoroughly with crumb mixture.
7. Place chops in pan and bake at 375 °F for 20 minutes. Turn chops and bake for added 15 minutes or until no pink remains.

Yield: 6 servings

Serving size: 1 chop

Each serving provides:

Calories: 216
Total fat: 8 g
Saturated fat: 3 g
Cholesterol: 62 mg
Sodium: 346 mg
Total fiber: 1 g
Protein: 25 g
Carbohydrates: 10 g
Potassium: 414 mg

Shish Kabob

- 2 Tbsp olive oil
- 1/2 C chicken broth
- 1/4 C red wine
- 1 lemon, juice only
- 1 tsp chopped garlic
- 1/4 tsp salt
- 1/2 tsp rosemary
- 1/8 tsp black pepper
- 2 lb lean lamb, cut into 1-inch cubes
- 24 cherry tomatoes
- 24 mushrooms
- 24 small onions

1. Combine oil, broth, wine, lemon juice, garlic, salt, rosemary, and pepper. Pour over lamb, tomatoes, mushrooms, and onions. Marinate in refrigerator for several hours or overnight.

2. Put together skewers of lamb, onions, mushrooms, and tomatoes. Broil 3 inches from heat for 15 minutes, turning every 5 minutes.

Yield: 8 servings

Serving size: 1 kabob, with 3 oz of meat

Each serving provides:

Calories: 274
Total fat: 12 g
Saturated fat: 3 g
Cholesterol: 75 mg
Sodium: 207 mg
Total fiber: 3 g
Protein: 26 g
Carbohydrates: 16 g
Potassium: 728 mg

Barbecued Chicken

- 3 lb chicken parts (breast, drumstick, and thigh), skin and fat removed
- 1 large onion, thinly sliced
- 3 Tbsp vinegar
- 3 Tbsp Worcestershire sauce
- 2 Tbsp brown sugar to taste
- 1 Tbsp hot pepper flakes
- 1 Tbsp chili powder
- 1 C chicken stock or broth, fat skimmed from top

1. Place chicken in 13- by 9- by 2-inch pan. Arrange onions over top.
 2. Mix together vinegar, Worcestershire sauce, brown sugar, pepper, hot pepper flakes, chili powder, and stock.
 3. Pour mixture over chicken and bake at 350 °F for 1 hour or until done. While cooking, baste occasionally.
- *Don't forget to remove the skin and fat to keep this zesty dish heart healthy.

Yield: 8 servings

Serving size: 1 chicken part with sauce

Each serving provides:

Calories: 176
Total fat: 6 g
Saturated fat: 2 g
Cholesterol: 68 mg
Sodium: 240 mg
Total fiber: 1 g
Protein: 24 g
Carbohydrates: 7 g
Potassium: 360 mg

Chicken Marsala

- 1/8 tsp black pepper
- 1/4 tsp salt
- 1/4 C flour
- 4 (5 oz total) chicken breasts, boned, skinless
- 1 Tbsp olive oil
- 1/2 C Marsala wine
- 1/2 C chicken stock, fat skimmed from top
- 1/2 lemon, juice only
- 1/2 C mushrooms, sliced
- 1 Tbsp fresh parsley, chopped

1. Mix together pepper, salt, and flour. Coat chicken with seasoned flour.
2. In heavy-bottomed skillet, heat oil. Place chicken breasts in skillet and brown on both sides, then remove and set aside.
3. To skillet, add wine and stir until heated. Add juice, stock, and mushrooms. Stir, reduce heat, and cook for about 10 minutes, until sauce is partially reduced.
4. Return browned chicken breasts to skillet. Spoon sauce over chicken.
5. Cover and cook for about 5–10 minutes or until chicken is done.
6. Serve sauce over chicken. Garnish with chopped parsley.

Yield: 4 servings

Serving size: 1 chicken breast with 1/3 cup of sauce

Each serving provides:

Calories: 285
Total fat: 8 g
Saturated fat: 2 g
Cholesterol: 85 mg
Sodium: 236 mg
Total fiber: 1 g
Protein: 33 g
Carbohydrates: 11 g
Potassium: 348 mg

Crispy Oven-Fried Chicken

- 1/2 C skim milk or buttermilk
- 1 tsp poultry seasoning
- 1 C cornflakes, crumbled
- 1 1/2 Tbsp onion powder
- 1 1/2 Tbsp garlic powder
- 2 tsp black pepper
- 2 tsp dried hot pepper, crushed
- 1 tsp ginger, ground
- 8 pieces chicken, skinless (4 breasts, 4 drumsticks)
- A few shakes of paprika
- 1 tsp vegetable oil

1. Preheat oven to 350 °F.
2. Add 1/2 teaspoon of poultry seasoning to milk.
3. Combine all other spices with cornflake crumbs and place in plastic bag.
4. Wash chicken and pat dry. Dip chicken into milk, shake to remove excess, and then quickly shake in bag with seasoning and crumbs.
5. Refrigerate for 1 hour.
6. Remove from refrigerator and sprinkle lightly with paprika for color.
7. Evenly space chicken on greased baking pan.
8. Cover with aluminum foil and bake for 40 minutes. Remove foil and continue baking for an added 30-40 minutes or until meat can be easily pulled away from bone with fork. Drumsticks may require less baking time than breasts. (Do not turn chicken during baking.) Crumbs will form crispy “skin.”

Yield: 6 servings

Serving size: 1/2 breast or 2 small drumsticks

Each serving provides:

Calories: 256
Total fat: 5 g
Saturated fat: 1 g
Cholesterol: 82 mg
Sodium: 286 mg
Total fiber: 1 g
Protein: 30 g
Carbohydrates: 22 g
Potassium: 339 mg

Very Lemony Chicken

- 1 1/2 lb chicken breast, skinned, fat removed
- 1/2 C fresh lemon juice
- 2 Tbsp white wine vinegar
- 1/2 C fresh lemon peel, sliced
- 3 tsp fresh oregano, chopped (or 1 tsp dried oregano, crushed)
- 1 medium onion, sliced
- 1/4 tsp salt
- 1/2 tsp paprika

1. Place chicken in 13- by 9- by 2-inch glass baking dish.
2. Mix lemon juice, vinegar, lemon peel, oregano, and onions. Pour over chicken, cover, and marinate in refrigerator several hours, turning occasionally, or overnight.
3. Sprinkle with salt, pepper, and paprika.
4. Cover and bake at 300 °F for 30 minutes. Uncover and bake for added 30 minutes or until done.

Yield: 4 servings

Serving size: 1 breast with sauce

Each serving provides:

Calories: 179
Total fat: 4 g
Saturated fat: 1 g
Cholesterol: 73 mg
Sodium: 222 mg
Total fiber: 2 g
Protein: 28 g
Carbohydrates: 8 g
Potassium: 350 mg

Spaghetti with Turkey Meat Sauce

- 1 lb ground turkey, lean
- 1 can (28 oz) tomatoes, cut up
- 1 C green pepper, finely chopped
- 1 C onion, finely chopped
- 2 cloves garlic, minced
- 1 tsp dried oregano, crushed
- 1 tsp black pepper
- 1 lb spaghetti, uncooked as needed

nonstick cooking spray

1. Coat large skillet with nonstick spray. Preheat over high heat.
2. Add turkey and cook, stirring occasionally, for 5 minutes. Drain and discard fat.
3. Stir in tomatoes with juice, green pepper, onion, garlic, oregano, and black pepper. Bring to boil. Reduce heat and simmer covered for 15 minutes, stirring occasionally. Remove cover and simmer for added 15 minutes. (For creamier sauce, give sauce a whirl in blender or food processor.)
4. Meanwhile, cook spaghetti in unsalted water. Drain well.
5. Serve sauce over spaghetti.

Yield: 6 servings

Serving size: 5 oz of sauce with, 9 oz of cooked spaghetti

Each serving provides:

Calories: 455
Total fat: 6 g
Saturated fat: 1 g
Cholesterol: 51 mg
Sodium: 248 mg
Total fiber: 5 g
Protein: 28 g
Carbohydrates: 71 g
Potassium: 593 mg

Turkey Meat Loaf

- 1 lb lean turkey, ground
- 1/2 C regular oats, dry
- 1 large egg
- 1 Tbsp onion, dehydrated
- 1/4 C catsup

1. Combine all ingredients and mix well.
2. Bake in loaf pan at 350 °F or to internal temperature of 165 °F for 25 minutes.
3. Cut into five slices and serve.

Yield: 5 servings

Serving size: 1 slice (3 oz)

Each serving yields:

Calories: 192
Total fat: 7 g
Saturated fat: 2 g
Cholesterol: 103 mg
Sodium: 214 mg
Total fiber: 1 g
Protein: 21 g
Carbohydrates: 23 g
Potassium: 292 mg

Baked Salmon Dijon

- 1 C fat free sour cream
- 2 tsp dried dill
- 3 Tbsp scallions, finely chopped
- 2 Tbsp Dijon mustard
- 2 Tbsp lemon juice
- 1 1/2 lb salmon fillet with skin, cut in center
- 1/2 tsp garlic powder
- 1/2 tsp black pepper
- As needed fat free cooking spray

1. Whisk sour cream, dill, onion, mustard, and lemon juice in small bowl to blend.
2. Preheat oven to 400 °F. Lightly oil baking sheet with cooking spray.
3. Place salmon, skin side down, on prepared sheet. Sprinkle with garlic powder and pepper, then spread with the sauce.
4. Bake salmon until just opaque in center, about 20 minutes.

Yield: 6 servings

Serving size: 1 piece (4 oz)

Each serving provides:

Calories: 196
Total fat: 7 g
Saturated fat: 2 g
Cholesterol: 76 mg
Sodium: 229 mg
Total fiber: less than 1 g
Protein: 27 g
Carbohydrates: 5 g
Potassium: 703 mg

Oven-Fried Fish

- 2 lb fish fillets
- 1 Tbsp lemon juice, fresh
- 1/4 C skim milk or 1% buttermilk
- 2 drops hot pepper sauce
- 1 tsp fresh garlic, minced
- 1/4 tsp white pepper, ground
- 1/4 tsp salt
- 1/4 tsp onion powder
- 1/2 C cornflakes, crumbled, or regular bread crumbs
- 1 Tbsp vegetable oil
- 1 fresh lemon, cut in wedges

1. Preheat oven to 475 °F.
2. Wipe fillets with lemon juice and pat dry.
3. Combine milk, hot pepper sauce, and garlic.
4. Combine pepper, salt, and onion powder with cornflake crumbs and place on plate.
5. Let fillets sit briefly in milk. Remove and coat fillets on both sides with seasoned crumbs. Let stand briefly until coating sticks to each side of fish.
6. Arrange on lightly oiled shallow baking dish.
7. Bake for 20 minutes on middle rack without turning.
8. Cut into 6 pieces. Serve with fresh lemon.

Yield: 6 servings

Serving size: 1 cut piece

Each serving provides:

Calories: 183
Total fat: 2 g
Saturated fat: less than 1 g
Cholesterol: 80 mg
Sodium: 325 mg
Total fiber: 1 g
Protein: 30 g
Carbohydrates: 10 g
Potassium: 453 mg

Chillin' Out Pasta Salad

- 2 1/2 C (8 oz) medium shell pasta
- 1 C (8 oz) plain nonfat yogurt
- 2 Tbsp spicy brown mustard
- 2 Tbsp salt free herb seasoning
- 1 1/2 C celery, chopped
- 1 C green onion, sliced
- 1 lb small shrimp, cooked
- 3 C (about 3 large) tomatoes, coarsely chopped

1. Cook pasta according to directions—but do not add salt to water. Drain and cool.
2. In large bowl, stir together yogurt, mustard, and herb seasoning.
3. Add pasta, celery, and green onion, and mix well. Chill for at least 2 hours.
4. Just before serving, carefully stir in shrimp and tomatoes.

Servings: 12

Serving size: 1/2 cup

Each serving yields:

Calories: 140
Total fat: 1 g
Saturated fat: less than 1 g
Cholesterol: 60 mg
Sodium: 135 mg
Total fiber: 1 g
Protein: 14 g
Carbohydrates: 19 g
Potassium: 295 mg

Classic Macaroni and Cheese

- 2 C macaroni
- 1/2 C onions, chopped
- 1/2 C evaporated skim milk
- 1 medium egg, beaten
- 1/4 tsp black pepper
- 1 1/4 C (4 oz) low fat sharp cheddar cheese, finely shredded
- As needed nonstick cooking spray

1. Cook macaroni according to directions—but do not add salt to the cooking water. Drain and set aside.
2. Spray casserole dish with nonstick cooking spray.
3. Preheat oven to 350 °F.
4. Lightly spray saucepan with nonstick cooking spray. Add onions to saucepan and sauté for about 3 minutes.
5. In another bowl, combine macaroni, onions, and rest of the ingredients, and mix thoroughly.
6. Transfer mixture into casserole dish.
7. Bake for 25 minutes or until bubbly.
8. Let stand for 10 minutes before serving.

Servings: 8

Serving size: 1/2 cup

Each serving provides:

Calories: 200
Total fat: 4 g
Saturated fat: 2 g
Cholesterol: 34 mg
Sodium: 120 mg
Total fiber: 1 g
Protein: 11 g
Carbohydrates: 29 g
Potassium: 119 mg

Summer Vegetable Spaghetti

- 2 C small yellow onions, cut in eighths
- 2 C (about 1 lb) ripe tomatoes, peeled, chopped
- 2 C (about 1 lb) yellow and green squash, thinly sliced
- 1 1/2 C (about 1/2 lb) fresh green beans, cut
- 2/3 C water
- 2 Tbsp fresh parsley, minced
- 1 clove garlic, minced
- 1/2 tsp chili powder
- 1/4 tsp salt
- to taste black pepper
- 1 can (6 oz) tomato paste
- 1 lb spaghetti, uncooked
- 1/2 C Parmesan cheese, grated

1. Combine first 10 ingredients in large saucepan. Cook for 10 minutes, and then stir in tomato paste. Cover and cook gently for 15 minutes, stirring occasionally, until vegetables are tender.
2. Cook spaghetti in unsalted water according to package directions.
3. Spoon sauce over drained hot spaghetti. Sprinkle Parmesan cheese on top.

Yield: 9 servings

Serving size: 1 cup of spaghetti and 3/4 cup of sauce with vegetables

Each serving provides:

Calories: 271
Total fat: 3 g
Saturated fat: 1 g
Cholesterol: 4 mg
Sodium: 328 mg
Total fiber: 5 g
Protein: 11 g
Carbohydrates: 51 g
Potassium: 436 mg

Zucchini Lasagna

- 1/2 lb lasagna noodles, cooked in unsalted water
- 3/4 C part-skim mozzarella cheese, grated
- 1 1/2 C fat free cottage cheese*
- 1/4 C Parmesan cheese, grated
- 1 1/2 C raw zucchini, sliced
- 2 1/2 C no salt added tomato sauce
- 2 tsp basil, dried
- 2 tsp oregano, dried
- 1/4 C onion, chopped
- 1 clove garlic
- 1/8 tsp black pepper

*Use unsalted cottage cheese to reduce the sodium content. New sodium content for each serving is 196 mg.

1. Preheat oven to 350 °F. Lightly spray 9- by 13-inch baking dish with vegetable oil spray.
2. In small bowl, combine 1/8 cup mozzarella and 1 tablespoon Parmesan cheese. Set aside.
3. In medium bowl, combine remaining mozzarella and Parmesan cheese with all of the cottage cheese. Mix well and set aside.
4. Combine tomato sauce with remaining ingredients. Spread thin layer of tomato sauce in bottom of baking dish. Add a third of noodles in single layer. Spread half of cottage cheese mixture on top. Add layer of zucchini.
5. Repeat layering. Add thin coating of sauce. Top with noodles, sauce, and reserved cheese mixture. Cover with aluminum foil.
6. Bake for 30–40 minutes. Cool for 10–15 minutes.
Cut into 6 portions.

Yield: 6 servings
Serving size: 1 piece

Each serving provides:

Calories: 276
Total fat: 5 g
Saturated fat: 2 g
Cholesterol: 11 mg
Sodium: 380 mg
Total fiber: 5 g
Protein: 19 g
Carbohydrates: 41 g
Potassium: 561 mg

Garden Potato Salad

- 6 (about 3 lb) large potatoes, boiled in jackets, peeled, cut into 4-inch cubes
- 1 C celery, chopped
- 1/2 C green onion, sliced
- 2 Tbsp parsley, chopped
- 1 C low fat cottage cheese
- 3/4 C skim milk
- 3 Tbsp lemon juice
- 2 Tbsp cider vinegar
- 1/2 tsp celery seed
- 1/2 tsp dill weed
- 1/2 tsp dry mustard
- 1/2 tsp white pepper

1. In large bowl, place potatoes, celery, green onion, and parsley.
2. Meanwhile, in blender or food processor, blend cottage cheese, milk, lemon juice, vinegar, celery seed, dill weed, dry mustard, and white pepper until smooth. Chill for 1 hour.
3. Pour chilled cottage cheese mixture over vegetables and mix well.
Chill at least 30 minutes before serving.

Yield: 10 servings
Serving size: 1 cup

Each serving provides:
Calories: 145
Total fat: 1 g
Saturated fat: less than 1 g
Cholesterol: 2 mg
Sodium: 122 mg
Total fiber: 3 g
Protein: 6 g
Carbohydrates: 29 g
Potassium: 543 mg

Garlic Mashed Potatoes

- 2 (1 lb) large potatoes, peeled, quartered
- 2 C skim milk
- 2 cloves garlic, large, chopped
- 1/2 tsp white pepper

To use saucepan:

1. Cook potatoes, covered, in small amount of boiling water for 20–25 minutes or until tender. Remove from heat. Drain and recover.
2. Meanwhile, in small saucepan over low heat, cook garlic in milk until soft (about 30 minutes).
3. Add milk-garlic mixture and white pepper to potatoes. Beat with electric mixer on low speed, or mash with potato masher, until smooth.

To use microwave:

1. Scrub potatoes, pat dry, and prick with fork.
2. On plate, cook potatoes uncovered on 100 percent (high) power until tender (about 12 minutes), turning over once.
3. Let stand 5 minutes, then peel and quarter.
4. Meanwhile, in 4-cup measuring glass, combine milk and garlic. Cook, uncovered, on 50 percent (medium) power until garlic is soft (about 4 minutes).
5. Continue as directed above.

Yield: 4 servings

Serving size: 3/4 cup

Each serving provides:

Calories: 142
Total fat: less than 1 g
Saturated fat: less than 1 g
Cholesterol: 2 mg
Sodium: 69 mg
Total fiber: 2 g
Protein: 6 g
Carbohydrates: 29 g
Potassium: 577 mg

New Potato Salad

- 16 (5 C) small new potatoes
- 2 Tbsp olive oil
- 1/4 C green onions, chopped
- 1/4 tsp black pepper
- 1 tsp dill weed, dried

1. Thoroughly clean potatoes with vegetable brush and water.
2. Boil potatoes for 20 minutes or until tender.
3. Drain and cool potatoes for 20 minutes.
4. Cut potatoes into fourths and mix with olive oil, onions, and spices.
5. Refrigerate and serve.

Yield: 5 servings

Serving size: 1 cup

Each serving provides:

Calories: 187
Total fat: 6 g
Saturated fat: 1 g
Cholesterol: 0 mg
Sodium: 12 mg
Total fiber: 3 g
Protein: 3 g
Carbohydrates: 32 g
Potassium: 547 mg

Banana-Nut Bread

- 1 C ripe bananas, mashed
- 1/3 C low fat buttermilk
- 1/2 C brown sugar, packed
- 1/4 C margarine
- 1 egg
- 2 C all-purpose flour, sifted
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 C pecans, chopped

1. Preheat oven to 350 °F. Lightly oil two, 9- by 5-inch loaf pans.
2. Stir together mashed bananas and buttermilk. Set aside.
3. Cream brown sugar and margarine together until light. Beat in egg. Add banana mixture and beat well.
4. Sift together flour, baking powder, baking soda, and salt. Add all at once to liquid ingredients. Stir until well blended.
5. Stir in nuts, and turn into prepared pans.
6. Bake for 50–55 minutes or until toothpick inserted in center comes out clean. Cool for 5 minutes in pans.
7. Remove from pans and complete cooling on a wire rack before slicing.

Yield: 2 loaves

Serving size: 1/2-inch slice

Each serving provides:

Calories: 133
Total fat: 5 g
Saturated fat: 1 g
Cholesterol: 12 mg
Sodium: 138 mg
Total fiber: 1 g
Protein: 2 g
Carbohydrates: 20 g
Potassium: 114 mg

Apple Coffee Cake

- 5 C tart apples, cored, peeled, chopped
- 1 C sugar
- 1 C dark raisins
- 1/2 C pecans, chopped
- 1/4 C vegetable oil
- 2 tsp vanilla
- 1 egg, beaten
- 2 C all-purpose flour, sifted
- 1 tsp baking soda
- 2 tsp ground cinnamon

1. Preheat oven to 350 °F.
2. Lightly oil 13- by 9- by 2-inch pan.
3. In large mixing bowl, combine apples with sugar, raisins, and pecans. Mix well and let stand for 30 minutes.
4. Stir in oil, vanilla, and egg. Sift together flour, soda, and cinnamon, and stir into apple mixture about a third at a time—just enough to moisten dry ingredients.
5. Turn batter into pan. Bake for 35–40 minutes. Cool cake slightly before serving.

Yield: 20 servings

Serving size: 1, 3 1/2-inch by 2 1/2-inch piece

Each serving provides:

Calories: 196
Total fat: 8 g
Saturated fat: 1 g
Cholesterol: 11 mg
Sodium: 67 mg
Total fiber: 2 g
Protein: 3 g
Carbohydrates: 31 g
Potassium: 136 mg

1-2-3 Peach Cobbler

- 1/2 tsp ground cinnamon
- 1 Tbsp vanilla extract
- 2 Tbsp cornstarch
- 1 C peach nectar
- 1/4 C pineapple juice or peach juice (if desired, use juice reserved from canned peaches)
- 2 can (16 oz each) peaches, packed in juice, drained, (or 13/4 lb fresh) sliced
- 1 Tbsp tub margarine
- 1 C dry pancake mix
- 2/3 C all-purpose flour
- 1/2 C sugar
- 2/3 C evaporated skim milk
- As needed nonstick cooking spray
- 1/2 tsp nutmeg
- 1 Tbsp brown sugar

1. Combine cinnamon, vanilla, cornstarch, peach nectar, and pineapple or peach juice in saucepan over medium heat. Stir constantly until mixture thickens and bubbles.
2. Add sliced peaches to mixture.
3. Reduce heat and simmer for 5–10 minutes.
4. In another saucepan, melt margarine and set aside.
5. Lightly spray 8-inch-square glass dish with cooking spray. Pour hot peach mixture into dish.
6. In another bowl, combine pancake mix, flour, sugar, and melted margarine. Stir in milk. Quickly spoon this over peach mixture.
7. Combine nutmeg and brown sugar. Sprinkle on top of batter.
8. Bake at 400 °F for 15–20 minutes or until golden brown.
9. Cool and cut into 8 pieces.

Yield: 8 servings
Serving size: 1 piece

Each serving provides:
Calories: 271
Total fat: 4 g
Saturated fat: less than 1 g
Cholesterol: less than 1 mg
Sodium: 263 mg
Total fiber: 2 g
Protein: 4 g
Carbohydrates: 54 g
Potassium: 284 mg



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