



Recipes for *Heart Health*

Mexican-Style Red Beans and Rice¹

Serves 6

1 tablespoon oil (safflower)
1 cup regular long-grain white rice, uncooked
7.25 ounces condensed chicken broth
2 cups water
¾ cup salsa
1 teaspoon chili powder
1 can (15 oz.) red kidney beans, drained
1 cup shredded cheddar cheese (low-fat)
4 tablespoons non-fat sour cream
¼ cup sliced ripe olives

In skillet over medium heat, heat oil. Add rice and cook until lightly browned, stirring occasionally. Stir in broth, water, salsa and chili powder. Heat to a boil. Cover and cook over low heat for 15 minutes. Add beans and sprinkle with cheese. Cover and cook 5 minutes or until rice is done. Serve with sour cream and olives.

Nutritional Information: 285 Calories; 8g dietary fiber; <1g soluble fiber; 5g total fat; 4 mg cholesterol; .13mg vitamin B-6; .20mcg vitamin B-12; 61mcg folate; 123mg calcium; 478mg sodium; .15g omega 3 fatty acids.

Crispy Yogurt-Baked Skinless Chicken²

Serves 6

¾ cup low-fat plain yogurt
1 teaspoon salt
2 teaspoons Worcestershire Sauce
½ teaspoon paprika
¼ teaspoon hot pepper sauce
¼ teaspoon garlic powder
2¾ pounds whole chicken, skinless, cut-up
½ cup dry bread crumbs
½ cup rolled oats, dry
Pre-heat oven to 350°. Coat a 9 by 13-inch pan

with non-stick cooking spray. Mix yogurt, salt, Worcestershire Sauce, paprika, hot sauce, and garlic powder. Set aside. Mix bread crumbs and oats. Dip chicken in yogurt mixture; roll in dry mixture. Place chicken pieces in pan. Bake uncovered until thickest pieces are done, about 1 hour.

Nutritional Information: 330 Calories; 1g dietary fiber; <1g soluble fiber; 8g total fat; 147 mg cholesterol; 1mg vitamin B-6; 1mcg vitamin B-12; 23mcg folate; 108mg calcium; 671mg sodium; .15g omega 3 fatty acids.

Catfish Supreme⁴

Serves 8

2 pounds catfish fillets
1 teaspoon paprika
8 ounce-can tomato sauce
1 teaspoon lemon pepper
1 teaspoon garlic powder
½ teaspoon celery salt
1 tablespoon Parmesan cheese

Preheat oven to 350°. Sprinkle fish with paprika. Place in baking dish. Combine tomato sauce with seasonings. Spoon evenly over fish, covering well. Cover dish with foil. Bake 20 to 25 minutes. Uncover. Sprinkle with cheese and bake 5 minutes longer to lightly brown cheese.

Nutritional Information: 168 Calories; ½g dietary fiber; <1g soluble fiber; 9g total fat; 54mg cholesterol; .27mg vitamin B-6; 3mcg vitamin B-12; 14mcg folate; 27mg calcium; 397mg sodium; .70g omega 3 fatty acids.

Variation: Substitute 2 pounds orange roughy fish. *Nutritional Information:* 93 Calories; ½g dietary fiber; <1g soluble fiber; 1g total fat; 23mg cholesterol; .40mg vitamin B-6; 2mcg vitamin B-12; 11mcg folate; 51mg calcium; 408mg sodium; .01g omega 3 fatty acids.

Stir-Fry Garlic Chicken⁵

Serves 4

1 tablespoon cornstarch
1 tablespoon lite soy sauce
2 garlic cloves chopped (or 1 tsp garlic powder)
¾ boneless, skinless chicken breast strips
1 tablespoon canola oil
16 oz. package mixed frozen vegetables
¼ cup water
1½ teaspoons lite soy sauce
2 teaspoons corn starch

Combine first three ingredients. Coat chicken strips in mixture. Stir-fry in hot oil for 2 minutes. Add vegetables. Stir-fry 2-3 minutes or until vegetables are heated through. In separate pan, combine last three ingredients until sauce boils, stirring constantly. Add sauce to chicken mixture. Serve over hot rice or pasta (not included in nutritional information).

Nutritional Information: 217 Calories; 5g dietary fiber; 0g soluble fiber; 5g total fat; 49mg cholesterol; .60mg vitamin B-6; .32mcg vitamin B-12; 36mcg folate; 42mg calcium; 299mg sodium; .41g omega 3 fatty acids.

Mediterranean Baked Fish³

Serves 4

2 teaspoons olive oil
1 large onion, sliced
16-ounce can whole tomatoes, drained (save juice)
1 bay leaf
1 garlic clove, minced
½ cup reserved tomato juice from tomatoes
¼ cup lemon juice
1¼ cup orange juice
1 tablespoon grated orange peel
1 teaspoon fennel seeds
½ teaspoon ground oregano
½ teaspoon ground thyme
½ teaspoon ground basil
¼ teaspoon black pepper
1 pound fish fillets (sole or flounder)

Heat oil in large non-stick skillet. Add onion. Sauté over moderate heat 5 minutes or until soft. Add all remaining ingredients, except fish. Stir well and simmer 30 minutes, uncovered. Arrange fish in 10x6" baking dish; cover with sauce.

Bake, uncovered, at 375° about 15 minutes or until fish flakes easily. Remove bay leaf before serving.

Nutritional Information: 209 Calories; 3g dietary fiber; 1g soluble fiber; 4g total fat; 54mg cholesterol; .45mg vitamin B-6; 2mcg vitamin B-12; 52mcg folate; 95mg calcium; 263mg sodium; .42g omega 3 fatty acids.

Garden Vegetable Rice²

Serves 6

½ pound fresh green beans, cut in 1-inch pieces
1 cup small cauliflower florets
2 cloves garlic, minced
2 tablespoons corn oil margarine
2⅔ cups water
1 cup brown rice, uncooked
½ teaspoon salt
½ teaspoon paprika
⅛ teaspoon cayenne pepper
¼ cup low-fat plain yogurt (room temperature)
Sauté green beans, cauliflower and garlic in margarine for about 7 to 10 minutes. Remove vegetables and set aside. Add water to the skillet and bring to a boil. Then stir in the rice and seasonings. Cover tightly and cook over low heat for 45 minutes. Add the vegetables and cook over low heat until all water is absorbed (about five minutes). Just before serving, stir in yogurt.
Nutritional Information: 172 Calories; 3g dietary fiber; 1g soluble fiber; 5g total fat; <1mg cholesterol; .24mg vitamin B-6; .06mcg vitamin B-12; 31mcg folate; 48mg calcium; 252mg sodium; .04g omega 3 fatty acids.

Almond Rice Pilaf⁷

Serves 6

¼ cup blanched slivered almonds
1 medium red apple, with peel, cored & sliced
1 cup chopped onion
1 cup chopped celery
3 cups medium grain brown rice, cooked
½ teaspoon poultry seasoning
½ teaspoon ground thyme
¼ teaspoon black pepper
¼ cup chicken broth
Lightly coat a large skillet with non-stick cooking spray and heat over medium-high heat. Swirl the almond slices around in the pan until

they are golden. Add the apple, onion and celery. Cover the pan and sauté until the contents are tender and slightly golden. Add the rice, seasonings and broth. Place in an oiled casserole dish; cover and bake at 350° for 20-30 minutes. Serve hot.

Nutritional Information: 174 Calories; 4g dietary fiber; 1g soluble fiber; 4g total fat; <1mg cholesterol; .22mg vitamin B-6; .02mcg vitamin B-12; 18mcg folate; 43mg calcium; 85mg sodium; .02g omega 3 fatty acids.

Bran Muffins²

Makes 12 muffins

1 cup all-bran cereal
1 cup 1% milk
¼ cup soybean oil
2 egg whites
1¼ cups all-purpose white flour
¼ cup sugar
¼ cup honey
2 teaspoons baking powder
½ teaspoon salt

Pre-heat oven to 400°. Grease 12 medium muffin cups or line with paper baking cups. Mix cereal and milk in large bowl; let stand 5 minutes. Beat in oil, egg whites and honey. Stir in rest of ingredients, just until moistened. Divide batter evenly among muffin cups. Bake until light brown, 20 to 25 minutes. Immediately remove from pan.

Nutritional Information: 156 Calories; 3g dietary fiber; .5g soluble fiber; 5g total fat; <1g cholesterol; .14mg vitamin B-6; .44mcg vitamin B-12; 30mcg folate; 98mg calcium; 264mg sodium; .33g omega 3 fatty acids.

Whole-Wheat Blueberry Muffins⁶

Makes 15 muffins

1 cup whole-wheat flour
¾ cup all-purpose white flour
¼ cup firmly packed light brown sugar
1 tablespoon plus 1 teaspoon baking powder
1 teaspoon ground cinnamon
½ teaspoon ground allspice
¼ teaspoon salt
1 cup buttermilk
2 tablespoons canola oil
2 tablespoons unsweetened applesauce
1 egg, lightly beaten

1 16½-ounce can blueberries, drained
Preheat oven to 400°. Lightly grease 15 standard-size muffin pan cups. In a large bowl, combine flours, brown sugar, baking powder, cinnamon, allspice and salt. In another bowl, whisk together buttermilk, oil, applesauce and egg. Make a well in the center of dry ingredients. Pour in buttermilk mixture, stirring until just combined (do not overmix). Stir in blueberries. Spoon batter evenly into prepared muffin cups. Bake until tops are golden, about 25 minutes. Transfer pan to a wire rack to cool slightly. Then transfer muffins to rack to cool completely or serve warm.

Nutritional Information: 104 Calories; 2g dietary fiber; <1g soluble fiber; 3g total fat; 15mg cholesterol; .05mg vitamin B-6; .07mcg vitamin B-12; 9mcg folate; 103mg calcium; 192mg sodium; .20g omega 3 fatty acids.

Note: You may use 2 cups fresh or frozen blueberries. Also, you may use egg substitute.

Winter Crisp³

Serves 6

½ cup sugar
3 tablespoons all-purpose white flour
1 teaspoon lemon peel
1 teaspoon lemon juice
5 cups apples, unpeeled, sliced*
1 cup fresh, raw cranberries*

For the Topping

⅔ cup dry rolled oats
⅓ cup brown sugar, packed
¼ cup whole wheat flour
2 teaspoons ground cinnamon
1 tablespoon soft margarine, melted

To **prepare filling**, in a medium bowl combine sugar, flour, and lemon peel; mix well. Add lemon juice, apples (or pears) and cranberries; stir to mix. Spoon into a one-quart oven-proof baking dish.

To **prepare topping**, in a small bowl, combine oats, brown sugar, flour and cinnamon. Add melted margarine; stir to mix. Sprinkle topping over filling.

Bake in a 350° oven for about 40-50 minutes until filling is bubbly and top is brown. Serve warm or at room temperature.

Nutritional Information: 257 Calories; 5g dietary fiber; 2g soluble fiber; 3g total fat; 0mg cholesterol; .09mg vitamin B-6; 0mcg vitamin B-12; 9mcg folate; 35 mg calcium; 31mg sodium; .06g omega 3 fatty acids.

***Variation:** Use 3½ cups canned lite pears, sliced and drained, in place of apples. Also replace cranberries with sweetened dried cranberries. *Nutritional Information:* 284 Calories; 5g dietary fiber; 1g soluble fiber; 3g total fat; 0mg cholesterol; .05mg vitamin B-6; 0mcg vitamin B-12; 14mcg folate; 40mg calcium; 32mg sodium; .04g omega 3 fatty acids.

Sources of Information

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6. *Moving Toward a Plant-Based Diet: Menus and Recipes for Cancer Prevention*. American Institute for Cancer Research.
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Recipes compiled by
Myrna Herron, Monroe County Extension Agent
for Family & Consumer Sciences and
Darlene Forester, Extension Specialist for Nutrition