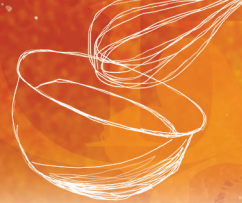


Heart Healthy Recipes



Vegetable Curry (4 servings)

Ingredients

- 1 Tbs. curry powder
- 1 tsp. ground cumin
- 1 tsp. garam masala
- 1 onion, chopped
- 4 cloves garlic, minced
- 1-inch piece of ginger, grated
- 1 can chickpeas, drained and rinsed
- 1 can diced tomatoes
- 1 sweet potato, cubed
- 1 cup frozen peas
- ¼ cup lime juice
- ½ cup coconut milk
- 1 cup brown rice (uncooked)
- salt & pepper to taste

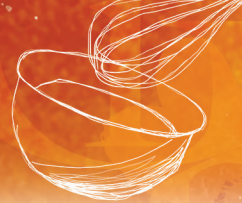


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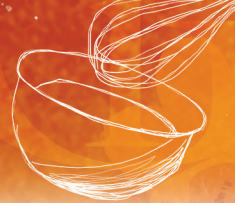


Instructions:

1. Cook brown rice in salted water according to package directions.
2. Sauté aromatics: Heat a large pot or Dutch oven over medium heat. Add onion and cook until softened. Add garlic and ginger and cook for another minute.
3. Add spices: Stir in curry powder, cumin, and garam masala. Cook for 30 seconds, stirring constantly.
4. Simmer vegetables: Add chickpeas, diced tomatoes, sweet potato, and frozen peas to the pot. Stir to combine. Add enough water to cover the vegetables by about an inch. Bring to a boil, then reduce heat to low, cover, and simmer for 20-25 minutes, or until sweet potato is tender.
5. Finish: Stir in lime juice and coconut milk. Season with salt & pepper to taste. Simmer for an additional 5 minutes to allow flavors to blend.
6. Separate the rice into 4 portions; put one aside.
7. Separate the curry into 4 portions; put one aside.
8. Serve curry with brown rice and garnish with fresh cilantro, if desired.
9. Store the extra curry and rice separately, if needed.



Heart Healthy Recipes



Chia Pudding with Oats & Berries (3 servings)

Ingredients

- ¾ cup chia seeds
- 3 cups unsweetened non-dairy milk
- ¾ cup rolled oats
- 3-4 Tbsp. sweetener (honey, maple syrup, stevia or agave nectar)
- ¾ tsp. vanilla extract

Daily Topping

- ½ cup mixed berries (strawberries, blueberries, raspberries)

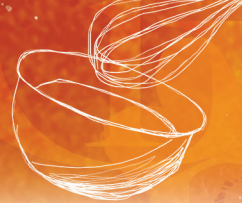


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Heart Healthy Recipes



Instructions:

1. In a small bowl, combine chia seeds, rolled oats, and maple syrup.
2. Stir in non-dairy milk and vanilla extract.
3. Cover the bowl and refrigerate for at least 3 hours, or overnight, to allow the chia seeds to expand and form a pudding-like texture.

Daily:

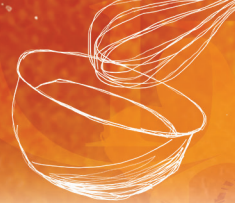
4. Top with mixed berries and enjoy.

Tips:

- For a thicker pudding: Increase the ratio of chia seeds to liquid.
- For a sweeter pudding: Add more maple syrup.
- For a creamier texture: Blend the pudding before serving.



Heart Healthy Recipes



Black Bean Burgers with Sweet Potato Fries (3 servings)

Ingredients

Black Bean Burger

1 can black beans, rinsed and drained
½ cup breadcrumbs
¼ cup chopped onion
3 clove garlic, minced
1 egg
1 Tbs. flax meal
¼ cup flour
1 Tbs chili powder
1 tsp. ground cumin
½ tsp. smoked paprika
Salt & pepper to taste
1 Tbs oil

Sweet Potato Fries

3 large sweet potatoes, peeled and cut into fries
2 Tbs cooking oil
Salt & pepper to taste
Pinch of ground cumin (optional)

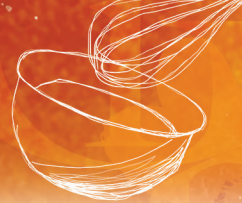


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Heart Healthy Recipes



Instructions:

Black Bean Burger

1. Make the flax egg: Combine 1 Tbs of flax in 3 Tbs of water and let sit 15 minutes.
2. In a large bowl, roughly mash black beans, then add breadcrumbs, onion, garlic, egg, flour, chili powder, cumin, paprika, salt, and pepper. Mix until well combined.
3. Shape the mixture into 3 patties, about 1¼ inch thick.
4. Heat oil in a skillet over medium-high heat. Cook the patties for 3-4 minutes per side, or until golden brown and cooked through.

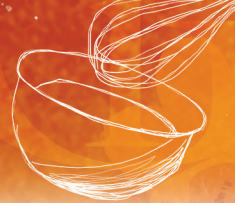
Tip:

- Serve burgers and fries with your favorite toppings, such as avocado, salsa, or vegan mayo.
- Enjoy with a multigrain bun or crumble and eat as a wrap.

Sweet Potato Fries

1. Preheat oven to 450°F (230°C)
2. Toss sweet potato fries with oil. Spread fries in a single layer on a baking sheet and sprinkle with salt, pepper and cumin (if using).
3. Bake in preheated oven (450°F) for 20-25 minutes, or until crispy.

Heart Healthy Recipes



Garbanzo Pesto Salad

Ingredients

- 3 cups garbanzo beans, washed and drained
- ½ medium red onion, diced
- ¼ cup olive halves - optional
- 3 tomatoes, diced
- 1 cucumber, seeded and diced
- 2 medium cloves garlic
- 1 cup packed fresh basil leaves
- ¼ cup packed fresh parsley leaves
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 tsp. salt, or to taste (taste before adding)

Courtesy of Chef Nancy Jaworski

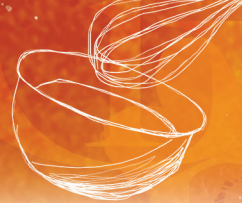


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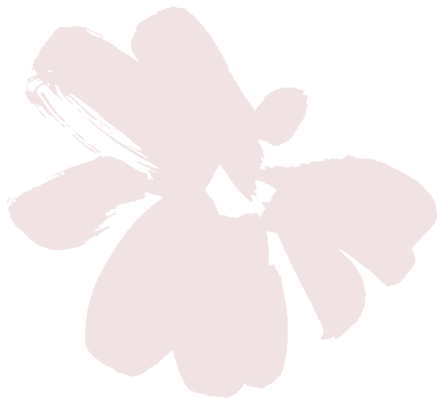
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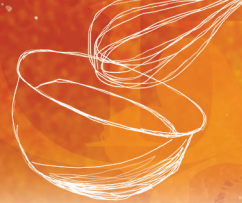


Instructions:

1. Place drained garbanzos in a mixing bowl. Gently mix in onion, olives, and tomatoes.
2. Place garlic, basil, parsley, oil, lemon juice and salt in food processor and process until mixture is thoroughly combined and basil and parsley are chopped very, very fine. Stir basil mixture into garbanzos.
3. Serve immediately.



Heart Healthy Recipes



Chicken Souvlaki Sheet Pan Style

Ingredients

Chicken and marinade

2 boneless skinless chicken breast, each cut into 4-5 pieces
1 Tbsp. cumin
½ tsp. allspice
1 tsp. cinnamon
1 Tbsp. dry minced onions
2 Tbsp. olive oil
1 lemon, juiced
whole wheat pita bread

Vegetables

1 small eggplant, diced in ¾ inch pieces
2 bell peppers, sliced in wedges (any color)
1 large red onion, wedged thinly
¼ cauliflower, cut into small florets
1 lemon, cut into 8 pieces
6 peeled fresh garlic cloves
2 cups grape tomatoes or 2 tomatoes cut into wedges
olive oil
salt and pepper



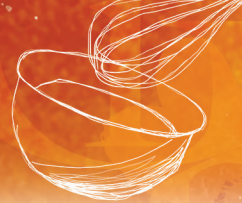
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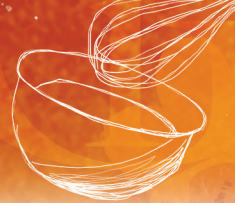


Instructions:

1. Mix all marinade ingredients together in a gallon zip bag. Add chicken pieces and massage and toss chicken to coat completely. Refrigerate chicken for 4-8 hours.
2. Preheat oven to 450 degrees.
3. Mix vegetables, lemon, garlic and tomatoes on lined sheet pan. Drizzle with olive oil, salt and pepper. Toss again
4. Bake for 15 minutes or until vegetables begin to brown. Add chicken and marinade, then toss. Return to the oven for 15 minutes or until the chicken is cooked through. Make sure the chicken is just cooked through. 160 degrees is great as it will continue to cook once it is removed from the oven. Remove lemon pieces. Don't overcook chicken.

Serve with whole wheat pita bread.

Heart Healthy Recipes



Very Berry Sorbet

Ingredients

2 cups frozen berries, your choice
¾ cup almond milk
¼ - ½ cup purified water

Optional:

¼ tsp. vanilla
extract

Instructions:

1. Add the berries and almond milk to the Vita mix and blend at the lowest variable speed, taking about 10 seconds to increase the dial to full speed. You may have to do this 2 or 3 times and turn off the blender in between to push the berries down.
2. Add small amounts of water to blend to a sorbet consistency (the amount of water will depend on the berries you use).
3. Don't over blend as the heat/friction of the mixing will melt the sorbet. Serve immediately in dessert glasses and garnish with a few whole berries and/or a few sprigs of fresh mint.



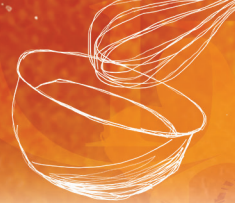
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Heart Healthy Recipes



Overnight Oatmeal

Ingredients

- 1 cup old fashioned oats (not instant or steel cut)
- 1 cup almond milk (unsweetened)
- 1 tsp. vanilla
- 1 tablespoon chia seeds
- 1 tablespoon maple syrup
- 2 tablespoons sliced or chopped almonds
- 1 cup berries (blueberries, strawberries, etc.)

Instructions:

1. Combine all ingredients and place in jars
2. Cover securely and store overnight in the refrigerator. Lasts in the fridge for close to a week.

Courtesy of Chef Nancy Jaworski

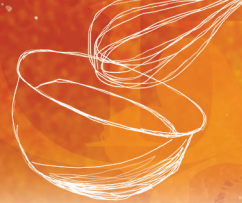


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Heart Healthy Recipes



Sheet Pan Sugar Snaps and Red Peppers

Ingredients

- ½ lb sugar snap peas
- 1 large red bell pepper, julienned
- 2 Tbsp. olive oil
- 2 Tbsp. minced garlic
- 2 tsp. Italian seasoning
- sea salt and freshly ground black pepper to taste
- 4 cups prepared quinoa

Instructions:

1. Preheat the oven to 450F.
2. Toss the peas and the red pepper with the olive oil, garlic and Italian seasoning, salt and pepper on a sheet pan and then spread them out.
3. Roast for 7-8 minutes or until browned on the edges. Top quinoa with the roasted veggies and serve.



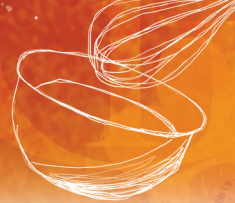
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Heart Healthy Recipes



Blueberry Jam Salad

Ingredients

Dressing

¼ cup low sugar
blueberry jam
¼ cup balsamic vinegar
1 tsp Dijon mustard
3 Tbsp. extra virgin olive oil
½ tsp each salt and black
pepper

Salad

8 cups spring greens (baby
spinach, arugula, watercress
or other lettuces)
1 cup shredded red cabbage
1 cup shredded carrots
2 cups blueberries
4 oz. goat cheese, crumbled
¼ thinly sliced
green onions
½ cup toasted slivered or
sliced almonds

Instructions:

1. To make the dressing, add the jam, vinegar, mustard and oil to a jar and shake well. Season with the salt and pepper.
2. To make the salad, toss together the salad ingredients. Beginning with half of the dressing, toss the salad, adding more if necessary.

Courtesy of Healthy Chef Partyologist Nancy Waldeck

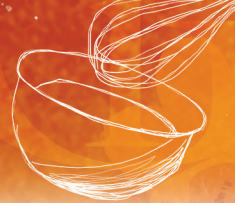


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Heart Healthy Recipes



Caprese Skewers

Ingredients

- 1 cup Kalamata olives
- 1 cup frozen artichoke hearts, defrosted
- 1 pkg grape tomatoes
- 1 pkg mozzarella balls, cut in half or quarters if necessary
- basil, chopped for garnish
- 1 recipe simple vinaigrette or
- 1 recipe basil balsamic vinaigrette

Instructions:

1. Skewer olives, grape tomatoes and artichoke hearts on bamboo skewers.
2. Sprinkle with chopped herbs and drizzle with simple vinaigrette or serve with a small bowl of basil balsamic vinaigrette.



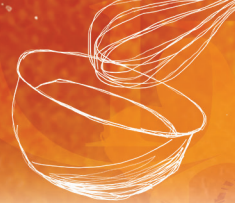
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Heart Healthy Recipes



Breakfast Banana Cookies

Ingredients

- | | |
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| 1 medium banana | ½ cup demerara or raw sugar |
| 1 cup natural almond butter | ¼ tsp. fine sea salt |
| 1 large egg | 1½ cups chopped dark chocolate at least 70% |
| 1 tsp. vanilla | |
| ½ tsp. baking soda | |

Instructions:

1. Preheat oven to 350F. Mash the banana in a large mixing bowl.
2. Add the almond butter, egg, vanilla, baking soda, sugar and salt, stirring to combine. Fold in the chocolate.
3. Drop heaping teaspoons of the dough on a parchment lined baking sheet, placing the cookies about 1½" apart.
4. Bake them for 8-10 minutes, or until cookies are lightly golden brown and set.



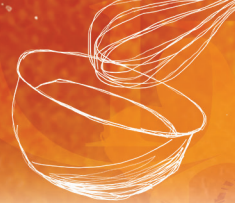
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Heart Healthy Recipes



Roasted Green Beans with Balsamic Glaze

Ingredients

1 lb green beans
1 Tbsp. olive oil
sea salt and freshly ground black pepper to taste
¼ cup slivered or sliced almonds, toasted

Balsamic glaze Ingredients

1 Tbsp. olive oil, divided
sea salt and freshly ground black pepper to taste
2 Tbsp. minced shallots
2 tsp. grated garlic
1 cup balsamic vinegar
2 Tbsp. unsalted butter
1 stalk of rosemary



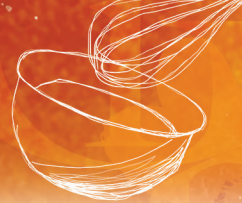
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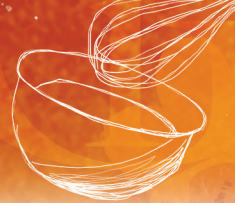
Green Beans Instructions:

1. Roast the green beans in a 400F oven on a sheet pan until brown on the edges. Remove and drizzle with the balsamic glaze, sprinkle with almonds.

Glaze Instructions:

1. In a saucepan over medium heat, add the olive oil. Once the oil is hot, add the shallots to the pan and saute until translucent, about 1 minute.
2. Add the garlic to the pan and saute until fragrant. Pour the balsamic vinegar into the pan and bring to a boil.
3. Add the rosemary and allow the balsamic to simmer and reduce until only about ¼ cup of balsamic remains, about 20 minutes.
4. Taste, and season with salt and pepper.
5. Remove from the heat and swirl the butter into the pan.
6. Remove the rosemary sprig before serving.

Heart Healthy Recipes



Arugula Pesto

Ingredients

- | | |
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| 1 garlic clove | ¼ cup chopped parsley |
| 2 Tbsp. tahini | ½ cup chopped |
| 1 Tbsp. lemon juice | toasted walnuts |
| 2-3 cups arugula, | 1 cup extra virgin olive oil |
| packed sea salt and freshly | |
| cracked black pepper | |

Instructions:

1. Place the garlic, tahini and lemon juice in the food processor bowl and whiz until pureed. Add the walnuts and arugula and pulse to blend.
2. With the machine running, pour the olive oil in a steady stream into the bowl, process until smooth.
3. Season to taste with salt and pepper. Serve with crudité like carrots, grape tomatoes, radishes and broccoli florets.



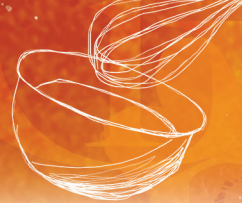
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Heart Healthy Recipes



Orange and Cranberry Relish

Ingredients

- 1 bag fresh cranberries
- 1 large navel orange, zested and cut in 8 pieces
- $\frac{1}{4}$ cup honey

Instructions:

1. In the bowl of a food processor add all the ingredients and pulse until desired thickness.
2. Taste and add more honey if desired.

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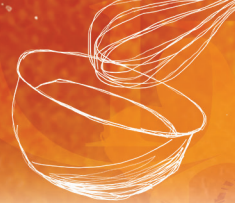


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Heart Healthy Recipes



Root Veggie Puree

Ingredients

3 lb assorted root veggies, like carrots, turnips, celeriac parsnips, sweet potatoes, etc.

1 cup ricotta cheese

2 Tbsp. unsalted butter

sea salt and freshly ground black pepper to taste
chopped green onions for garnish

Instructions:

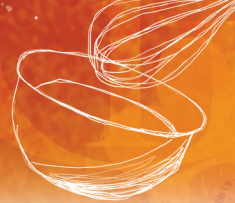
1. Peel and chop veggies, add to a large pot with 2 Tbsp. sea salt and cover with water. Bring to a boil and simmer about 15 minutes or until vegetables are easily pierced with a fork.
2. Drain. Add back to the pot and add in ricotta and butter. Puree with an immersion blender.
3. Serve garnished with green onions.

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Heart Healthy Recipes



Personal Pumpkin Cheesecakes

Ingredients

- 3 Cups fresh fruit or berries, sliced
- 1 Tbsp. orange zest
- 1 Tbsp. orange or cinnamon liquor
- 12 oz. neufchatel or light cream cheese, softened
- ½ Cup pumpkin puree
- 3 Tbsp. nonfat greek plain yogurt
- 1 tsp. vanilla extract
- 1 Large egg
- 2 Large egg whites
- ¼ tsp. fine sea salt
- 3 Tbsp. fine raw sugar or demerara sugar

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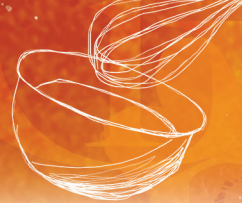


Instructions:

1. Preheat oven to 325F. Place fruit in a bowl and stir in liquor and orange zest. Set aside.
2. Beat cream cheese for 1 minute on medium-high speed or until fluffy. Add pumpkin, yogurt, sugar, salt and vanilla and beat on medium speed until well incorporated. Add eggs and whites, one by one, scraping bowl as needed.
3. Spoon mixture into 10-12 small ramekins until $\frac{3}{4}$ full. Bake for 15 to 17 minutes or until middle is set. Remove from oven and cool at room temperature. Cakes may crack or fall in middle leaving a perfect spot for fruit.
4. Simply spoon on top and serve.



Heart Healthy Recipes



Holiday Salad with Maple Syrup Vinaigrette

Ingredients

Salad

- 1 box spring greens
- 1 bag frozen cherries, defrosted and patted dry
- 1 cup dried cherries
- sweet potato croutons
- maple syrup vinaigrette

Maple Syrup Vinaigrette

- 2 Tbsp. apple cider vinegar
- ¼ tsp. sea salt
- 3 Tbsp. maple syrup
- 2 tsp. grated fresh ginger
- ½ cup extra virgin olive oil



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Instructions for Salad:

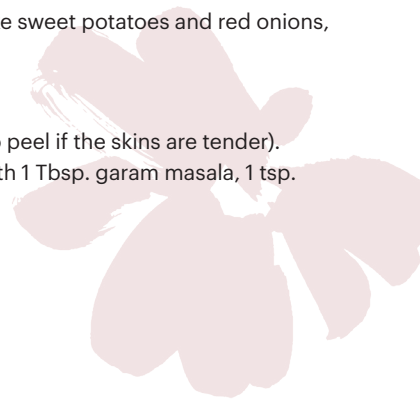
Lay the greens on a large platter, sprinkle the cherries, dried cherries and croutons on the salad, drizzle with vinaigrette

Instructions for Maple Syrup Vinaigrette:

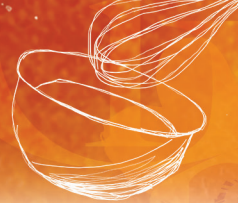
1. Add all the ingredients to a jar and shake well. Serve with roasted root vegetables like sweet potatoes and red onions, parsnips, turnips, etc. or try it drizzled over a fresh fruit salad.

Instructions for Roasted Sweet Potato Croutons:

1. Preheat oven to 400F. Cut 2 sweet potatoes into small, uniform squares, (no need to peel if the skins are tender).
2. Scatter on parchment or foil lined sheet pan. Spray or coat with olive oil and toss with 1 Tbsp. garam masala, 1 tsp. turmeric, 1 tsp. sea salt and ½ tsp freshly ground black pepper.
3. Roast until browned on edges or about 25 - 30 minutes.



Heart Healthy Recipes



Warm Roasted Veggie Salad with Herbed "Jar" Dressing

Ingredients

Herbed "Jar" Dressing

½ cup extra virgin olive oil

¼ cup red wine vinegar

3 Tbsp. dijon mustard

sea salt & freshly ground black pepper to taste

1 Tbsp. orange juice

1 garlic clove, grated 2 tsp. Italian seasoning

Dressing Instructions:

1. Place all ingredients together in a jar and shake well.

This recipe is more of an inspiration than a set of specifics. Make sure to include fresh veggies to add a crispy contrast to the toasty flavors.

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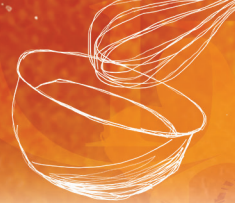


Instructions:

1. Preheat oven to 400F. Trim or cut your favorite veggies and divide them by type and hardness. (Baby potatoes on one tray, green beans on another, etc.)
2. Toss or spray veggies with about 1 tsp. extra virgin olive oil, sea salt and freshly ground black pepper. Spread evenly on sheet pan lined with foil or parchment paper
3. Roast for 20-45 minutes depending on choice of veggies; the harder the vegetable, the longer it will take to cook. Remove from oven, and while still warm toss with dressing.
4. Add some cool and crunchy fresh cabbage or other veggies to provide a contrast between roasted and fresh flavors and textures.



Heart Healthy Recipes



Chocolate Requeso Creams (Spain)

Ingredients

- 1 (15 oz.) container light ricotta cheese
- 2 Tbsp. confectioners sugar
- 4 oz. at least 60% dark chocolate, melted
- 2 cups chopped berries or seasonal fruit
- 2 Tbsp. fruit liquor or orange juice

Instructions:

1. Blend the cheese, sugar and melted chocolate together in a food processor until smooth. Spoon into wine glasses and place in the fridge for an hour to set up.
2. While the cream is in the fridge, macerate the fruit in the liquor or juice. Remove the creams from the fridge, top with berries and serve.



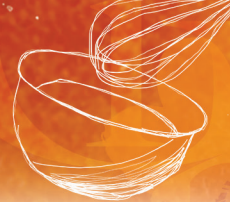
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Heart Healthy Recipes



South Indian Butternut Stew

Ingredients

2 (15 oz.) cans chickpeas,
rinsed and drained
about 2½ lbs butternut
squash, peeled, seeded
and chopped in 1" pieces
2 large carrots, chopped
1 large red onion, chopped
1 cup red lentils
4 cups vegetable broth
2 Tbsp. tomato paste
1 Tbsp. fresh grated ginger
1 tsp. cumin

1 tsp. garam masala
1 tsp. sea salt
½ tsp. turmeric
¼ tsp. freshly ground black
pepper ¼ cup lime juice
6 cups cooked basmati
brown rice ½ cup nonfat
greek yogurt
½ cup shredded cheddar
cheese ¼ cup chopped
green onions

Instructions:

From above ingredients list, combine chickpeas through black pepper in a 6-quart slow cooker. Stir, cover, and cook on low 5-6 hours, until lentils have begun to break down. Stir in lime juice. Serve over rice or quinoa and sprinkle with yogurt, cheese and onions.

Courtesy of Healthy Chef Partyologist Nancy Waldeck

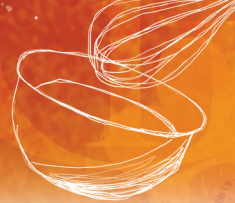


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Heart Healthy Recipes



Winter Cobb Salad

Ingredients

For the butternut squash:

3 cups butternut squash, cubed
1 tablespoon olive oil
sea salt to taste

For the cinnamon maple chickpeas:

1 can chickpeas drained, rinsed and dried (1½ cups cooked)
1 tsp. olive oil
1 Tbsp. maple syrup
½ tsp. ground cinnamon
sea salt to taste

For the dijon vinaigrette:

¼ cup olive oil
2 tablespoons apple cider vinegar
1 tsp. dijon mustard
sea salt and pepper to taste

For the salad:

2 heads romaine lettuce, chopped
1 avocado, diced
1 pear, sliced
⅓ cup pomegranate seeds
⅓ cup pecans



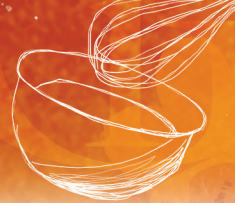
Courtesy of Chef Nancy Jaworski

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Heart Healthy Recipes



Instructions:

For the butternut squash:

1. Preheat oven to 400 degrees.
2. Place cubed butternut squash in a bowl and drizzle with olive oil. Toss to coat. Transfer to a baking sheet and oil, toss to coat. Transfer to a baking sheet and add sea salt to taste. Bake until tender when pierced with a fork, around 20-30 minutes.

For the cinnamon maple chickpeas:

1. Turn heat down to 350 degrees.
2. Place dried chickpeas in a bowl, add olive oil, maple syrup, cinnamon and sea salt. Toss to coat. Transfer to a baking sheet and bake until lightly golden, around 20-30 minutes.

For the Dijon Vinaigrette:

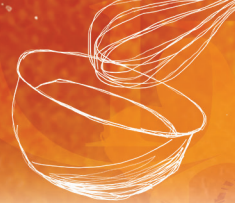
Whisk all ingredients together until well combined.

For the salad:

Arrange romaine lettuce on plates and evenly divide toppings to place on top. Drizzle with vinaigrette and enjoy!



Heart Healthy Recipes



Sopa de Lima

Ingredients

- 1 tsp. olive oil
- 1 bell pepper chopped (any color)
- 1 15 oz. can diced tomatoes
- 2 tsp. cumin
- 1 cup cheddar cheese, shredded
- 3 tablespoon cilantro, chopped
- 2 chicken breasts, boneless, skinless, poached and diced
- 2 15 oz. cans black beans, kidney beans or pinto beans, rinsed
- 1 15 oz. can Rotel hot or mild tomatoes in juice

Courtesy of Chef Nancy Jaworski

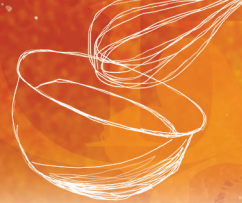


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Heart Healthy Recipes

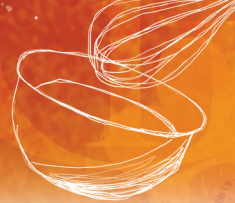


Instructions:

1. Saute onion, bell pepper and carrots in olive oil until soft. Combine tomatoes, broth and beans and cumin.
2. Bring to a boil over med/high heat. Simmer for 15 minuets to combine flavors. Add chicken to warm through. Add cilantro and lime juice.
3. Cut flour tortillas into thin strips. Place on a cookie sheet and spray with cooking spray. Sprinkle lightly with salt.
4. Bake for 10 mins at 400F degrees or until the strips are crisp and golden brown.
5. Place soup in bowls, top with cheddar cheese and some crisped tortilla strips.



Heart Healthy Recipes



Green Goddess Buddha Bowl

Ingredients

Green Goddess Dressing

½ ripe avocado
½ cup fresh flat-leaf
parsley leaves
¼ cup fresh herbs (cilantro,
tarragon, chives, thyme, and/or
basil) 1 garlic clove, minced
¼ cup water
2 tablespoons olive oil
2 tablespoons coarsely
chopped walnuts
2 tablespoons fresh lemon juice
½ teaspoon white wine vinegar
½ teaspoon kosher salt
¼ teaspoon freshly
ground black pepper

Bowl Ingredients

brown rice, quinoa,
and/or lentils
broccoli, shaved
(or use broccoli slaw)
brussels sprouts,
shaved or thinly sliced
spinach
asparagus, chopped
grape tomatoes,
cut in half
edamame beans
pistachios
cucumber, diced
avocado, sliced



Place all ingredients in food processor; process until smooth.

Courtesy of Chef Nancy Jaworski

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