

HEART HEALTH

HEALTHY HEART RECIPES

Recipes Modifications:

- Try cooking with more heart-healthy liquids, rather than oil. These include lemon juice, tomato sauce, vinegar, skim or 1% milk, wine, low-fat broth, fruit juice, water, or a combination of these.
- Use an egg substitute or egg whites in place of a whole egg.
- Use skim or 1% milk when the recipe calls for whole milk or cream.
- To thicken a liquid without adding fat, use one of the following: flour, cornstarch, potato flakes, yogurt, non-fat evaporated milk.
- Use low-fat versions of cheese, sour cream, ice cream, salad dressings etc.
- Use vegetables as the main course. Hearty (and more “meat-like”) vegetables include; Portobello mushrooms, artichoke hearts, eggplant, green, red or yellow peppers.
- Use fresh spices to enhance your meals.
- Replace oil with applesauce to make a lower-fat, heart healthy recipe. (One cup of unsweetened apple sauce may replace 1 cup of oil).

You can lower your blood pressure and risk of heart disease by eating heart-healthy foods like salmon, artichokes, and almonds. Check out these recipes to optimize your heart health!

Breakfast Sandwich

Ingredients:

¼ cup (50ml) liquid egg substitute or 3 egg whites
2 tbsp (25 ml) light mozzarella cheese, shredded
2 tbsp (25ml) red pepper, finely diced
1 tbsp (15ml) sodium reduced deli ham, finely sliced
Pepper to taste
1/8 tsp (1 ml) Italian seasoning (optional)
1 whole-grain English muffin, toasted

Directions

1. Use a microwave safe bowl, about the same diameter as the English muffin. Spray lightly with canola oil spray.
2. In a bowl, mix together egg, cheese, red pepper, ham, pepper, and Italian seasoning. Microwave on high for 1 minute. Turn the egg over and microwave for another 30 seconds to 1 minute.
3. Place egg on toasted English muffin and off you go!



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Protein Bars

These bars are a great alternative to the store-bought protein bar varieties and offer natural rather than processed ingredients. They are portable and are a great afternoon snack to have at work.

Ingredients:

2 cups (500 mL) low-fat granola cereal	½ cup (125 mL) plain, non fat yogurt
½ cup (125 mL) whole-wheat flour	2/3 cup (150 mL) low-fat silken tofu
½ cup (125 mL) dried cranberries	1 egg
½ cup (125 mL) raisins	1 egg white
1/3 cup (75 mL) peanut butter	¼ cup (50 mL) brown sugar, not packed

Directions

1. Preheat the oven to 375° F (190° C). Line a glass 8x8 inch square baking dish with parchment paper. Set aside.
2. In a large bowl, combine granola, flour, cranberries and raisins.
3. In a second bowl, combine the rest of the ingredients. Add to the dry ingredients and mix until combined. Pour into the prepared baking dish.
4. Bake for 25 to 30 minutes. Let cool.
5. Loosen the bars from the edge of the pan and place the entire square on a cutting board. Cut into 6 equal long thin strips and then cut in half to make 12 bars.
6. Store in an airtight container for up to 2 days or wrap individually and freeze.



Foil Grilled Salmon

Ingredients:

1 can (10 oz/284 mL) Condensed Cream of Celery Soup (Low Fat, Low Sodium)
1 lemon, juiced
Fresh dill
2 cups (500mL) sliced mushrooms
2 cups (500mL) mixture of thinly sliced fresh carrots, celery & peppers
6 fillets (5 oz/140 g each) fresh salmon
1/8 tsp (0.5mL) coarsely ground black pepper

Directions

1. Mix soup with lemon juice. Set aside.
2. Combine mushrooms with sliced vegetables. Place even amounts of vegetable mixture onto centre of each of 6 (12 inch/30 cm) aluminum foil squares.
3. Top each with a salmon fillet and season with a generous dash of pepper. Top salmon with even amounts of dill and sauce. Seal foil tightly around edges to form pouches and place with seam up to cook.
4. Grill on barbecue at 500F (260C) - about 15 minutes. Open foil pouches carefully to avoid steam. May also be done in oven @ 475 F for about 15 min.