

Be heart smart.

Heart Healthy Cookbook



Week 2 Menus

Sunday

Pan Seared Steak with Portobello Mushrooms
- page 1

Garlic Mashed Potatoes - page 2

Steamed California Blend Vegetables

Dinner Roll

Ice Milk

Per serving: 622 calories, 65 g carbohydrates, 34 g protein, 24 g fat. Portion sizes for non-recipe items: steamed California blend – 1/2 cup; dinner roll – 1 roll with 1 teaspoon margarine; ice milk – 1/2 cup.

Monday

Hamburger in Tortilla - page 2

Corn Black Bean Salad - page 2

Citrus Fruit Cup

Per serving: 660 calories, 80 g carbohydrates, 34 g protein, 22 g fat. Portion sizes for non-recipe items: citrus cup – 1/2 cup.

Tuesday

Dijon Parmesan Crusted Pork Chops - page 2

Gouda Mac and Cheese - page 2

Tossed Salad

Baked Apple - page 2

Per serving: 607 calories, 60 g carbohydrates, 35 g protein, 24 g fat. Portion sizes for non-recipe items: tossed salad – 1 1/2 cup, with 1 tablespoon light ranch dressing.

Wednesday

Cream of Vegetable Soup - page 3

Turkey Ham Sandwich

Orange Creamsicle Pie - page 3

Per serving: 663 calories, 74 g carbohydrates, 35 g protein, 24 g fat. Portion sizes for non-recipe items: turkey ham sandwich on a bagel with lettuce, tomato and 1 tablespoon light cream cheese.

Thursday

Salmon with Ginger Sauce - page 3

Red Potatoes with Parsley

Baby Carrots

Dinner Roll

Angel Food Cake

Per serving: 656 calories, 79 g carbohydrates, 38 g protein, 21 g fat. Portion sizes for non-recipe items: red potatoes – 1/2 cup; baby carrots – 6-8; dinner roll – 1 roll with 1 teaspoon margarine; angel food cake - 1/20th of cake, with 1/4 cup cherry pie filling.

Friday

Triple Cheese Baked Spaghetti - page 4

Spinach Salad with Romano Dressing - page 4

French Bread

Sorbet

Per serving: 679 calories, 87 g carbohydrates, 22 g protein, 25 g fat. Portion sizes for non-recipe items: french bread – 1 slice with 1 teaspoon margarine; sorbet – 1/2 cup.

Saturday

Mediterranean-Style Baked Chicken - page 3

Baked Potato

Green Beans with Dilled Havarti Cheese - page 3

Focaccia Bread

Strawberry Delight - page 3

Per serving: 582 calories, 57 g carbohydrates, 35 g protein, 24 g fat. Portion sizes for non-recipe items: baked potato – 1 small (3. oz) with 2 tablespoons light sour cream; focaccia bread - 1/8 pie-shaped slice, with 1 teaspoon margarine.

Pan Seared Steak with Portobello Mushrooms

4 whole medium portobello mushrooms, cleaned
4 tablespoons bottled vinaigrette salad dressing
4 tablespoons shredded provolone cheese
4 teaspoons grated Parmesan cheese
2 shallots, minced
1/2 cup red wine
12-ounce New York strip steak, cut into four servings

Remove stems from portobello mushrooms. Wipe clean with a damp paper towel. Brush cap with vinaigrette salad dressing. Pour remaining salad dressing into a 13x9-inch baking pan. Place mushrooms, cap-side down, in the pan. Set aside. Finely chop tender parts of the mushroom stems, discarding the tough ends. Sauté the chopped mushroom stems and minced shallots in red wine until soft, about 5 minutes. Mix with the grated provolone cheese. Spoon mushroom and shallot mixture into the mushroom caps, dividing evenly. Sprinkle with Parmesan cheese. Remove mushrooms from pan and set aside. Place steaks in baking pan and broil approximately 14 to 18 minutes, until desired doneness, turning once. Add mushrooms to pan halfway through cooking process. To serve, top each steak with a mushroom cap. Pour juices from pan on top of each steak.
Yield: 4 servings.

Garlic Mashed Potatoes

1 pound potatoes, peeled, coarsely chopped
4 cloves garlic, peeled
2 ounces cheddar cheese, shredded
4 tablespoons low-fat (1%) milk
salt and pepper, to taste

Boil potatoes and garlic until potatoes are tender. Drain. Remove garlic. Add cheese and low-fat milk to potatoes. Mix well using a potato masher or use electric mixer until smooth. Add salt and pepper to taste.

Yield: 4 servings.

Hamburger in Tortilla

Burger:

12 ounces extra lean ground beef
3 ounces cheddar cheese, shredded (try Jalapeno Jack cheese for an extra flavor kick)
4 12-inch flour tortillas
4 leaves (2 cups) romaine lettuce, shredded

Salsa:

2 tomatoes, seeded, chopped
1/2 jalapeno pepper, diced
1/2 small red onion, chopped
juice of 1/2 lemon, about 1 tablespoon
juice of 1/2 orange, about 2 tablespoons

Divide ground beef into 4 three-ounce portions. Divide shredded cheese into 4 equal portions, shaping each into a ball. Cover each cheese ball with ground beef and flatten into a patty. Broil patties 3-5 minutes per side, until juices run clear. Place cooked patty in the middle of a warmed tortilla. (Wrap tortillas in foil and heat in oven.) Top with salsa and shredded lettuce. Fold edges of warmed tortilla around hamburger (like a burrito). Top with additional salsa and lettuce.

Yield: 4 servings.

Corn Black Bean Salad

2 cups canned corn kernels
1 cup canned black beans
1/2 chopped green pepper
1 (1/4 cup) chopped green onion
1 minced garlic clove
3 tablespoons red wine vinegar
Salt and pepper to taste

Mix all ingredients in a bowl. Serve chilled.

Yield: 4 servings.

Dijon Parmesan Crusted Pork Chops

4 3-ounce pork chops
2 teaspoons dijon mustard
1/4 cup Italian seasoned bread crumbs
3 tablespoons finely grated Parmesan cheese

Preheat oven to 350 degrees. Brush both sides of pork chops with dijon mustard. Combine bread crumbs and parmesan cheese in a shallow bowl. Dip each pork chop into the bread crumb mixture and turn until evenly coated. Place pork chops on a lightly greased baking sheet. Bake in oven until done, approximately 12-14 minutes for thin chops, 20 minutes for thicker cuts.

Yield: 4 servings

Gouda Mac and Cheese

6 ounces elbow macaroni
1/4 cup fat-free milk
2 teaspoons unsalted butter
3 ounces gouda cheese, shredded
1/2 teaspoon Tabasco sauce

Cook pasta according to package directions. Drain, but do not rinse. Return pasta to saucepan. Add milk and butter. Cook over medium heat until milk and butter mixture comes to a simmer. Slowly add shredded cheese, stirring continuously, until cheese is melted and well-blended. Remove from heat. Season with Tabasco before serving, if desired.

Yield: 4 servings.

Baked Apples

4 small apples
1/3 cup diet raspberry soda
1/4 teaspoon cinnamon

Core apples, leaving 1/2 inch of bottom intact. Place in baking dish. Combine soda and cinnamon. Spoon into center of apples. Cover with plastic wrap and microwave on high for 4-6 minutes, rotating 1/4 turn after 2 minutes. Let stand 2 minutes before serving. If you want a sweeter apple, sprinkle on a little Equal after cooking.

Yield: 4 servings.

Cream of Vegetable Soup

1 1/3 cup chopped vegetables
(fresh, frozen or canned)
1 1/3 cups water
1/3 cup nonfat dry milk
2 tablespoons cornstarch
1 teaspoon dried onion
dash pepper
1/8 teaspoon dried basil
1/8 teaspoon dried thyme
2 teaspoons instant bouillon
1 1/3 cup skim milk

Stovetop Method: combine vegetables and water in a saucepan. Cover and cook until vegetables are tender. Set aside. Combine remaining ingredients and mix well. Cook over low heat, stirring constantly to avoid scorching, until thickened. Add vegetables and the water they were cooked in. Heat thoroughly.

Yield: 4 servings

Orange Creamside Pie

1 8-ounce package fat free cream cheese
1 8-ounce container fat free orange yogurt
5 packets Equal
1/4 teaspoon vanilla extract
1 small package sugar free orange gelatin
1 cup fat free Cool Whip
1 low fat graham cracker piecrust

Beat cream cheese and yogurt until creamy. Add equal and vanilla extract, continue mixing. Stir in orange gelatin, beat to blend. Fold in Cool Whip. Pour into piecrust and chill for at least 2 hours. For an extra touch, add 1 tablespoon Lite Cool Whip.

Yield: 8 servings.

Salmon with Ginger Sauce

1 pound salmon fillet (about 1 inch thick)
1 teaspoon dijon mustard
2/3 cup orange juice
1/8 teaspoon pepper
2 teaspoon reduced-sodium soy sauce
1 1/2 teaspoon ginger root, peeled and grated

Cut fish crosswise into 4 equal pieces; place fish, skin side down, in a shallow baking dish. Combine remaining ingredients; pour over fish. Cover and marinate in refrigerator 45 minutes.

Drain fish, reserve marinade. Place fish, skin side down, on a broiler or grill coated with vegetable oil cooking spray. Cook until brown or until fish flakes easily when tested with a fork.

Bring the reserved marinade to a boil in a saucepan and cook 3 minutes. Pour over fish.

Yield: 4 servings

Triple Cheese Baked Spaghetti

6 ounces dry spaghetti pasta
3/4 cup low-fat ricotta cheese
1/2 cup (2 ounces) finely grated romano cheese
2 cups (16 ounce jar) prepared spaghetti sauce, divided
1 teaspoon dried basil
2 teaspoons dried oregano
1/4 teaspoon black pepper
4 ounces part-skim mozzarella cheese, shredded

Cook pasta according to package directions. Drain completely. Preheat oven to 350 degrees. In a large bowl, combine ricotta and romano cheeses, 1 cup spaghetti sauce, basil, oregano, and pepper. Set aside remaining 1 cup spaghetti sauce. Mix cooked pasta with cheese mixture, stirring until pasta is distributed. Place in a casserole dish coated with vegetable oil cooking spray. Top pasta and cheese mixture with shredded mozzarella cheese. Cover with lid or foil and bake 20 minutes. Remove cover; continue baking until cheese bubbles. Remove from oven and let stand for three minutes. Top each portion with remainder of spaghetti sauce before serving.

Yield: 4 servings.

Spinach Salad with Romano Dressing

10 ounces fresh cleaned spinach, stems removed
4 tablespoons balsamic vinegar
2 tablespoons water
2 tablespoons finely grated romano cheese
1/4 teaspoon cracked black pepper
1/2 cup canned roasted red pepper (available in the can or jar)

Rinse and towel-dry spinach. Mix vinegar, water, cheese and black pepper to make dressing. Pat roasted red peppers dry with towel. Dice into small pieces and set aside for garnish. Toss spinach with dressing until evenly coated. Sprinkle red pepper over salad and serve.

Yield: 4 servings.

Mediterranean-Style Baked Chicken

4 pieces boneless, skinless chicken breasts (3 ounces each)
2 cups corn flakes cereal
1/2 ounce feta cheese
1/4 cup grated parmesan cheese
1 teaspoon basil
1 teaspoon salt
1/2 teaspoon red pepper flakes
1/2 teaspoon oregano
1/2 teaspoon lemon zest
1/2 teaspoon ground black pepper

Preheat oven to 350 degrees. Trim chicken of all visible fat. Combine remaining ingredients in a blender. Blend until finely crushed. Transfer mixture to a shallow dish. Dip each chicken breast in the corn flake mixture and turn over to lightly coat both sides. Place coated chicken in a greased baking pan. Bake until cooked through, about 18 to 20 minutes or until done.

Yield: 4 servings.

Green Beans with Dilled Havarti Cheese

1 package (8 ounces) of frozen green beans
2 ounces dilled havarti cheese, grated
1 medium tomato, diced
1/2 teaspoon salt
1/2 teaspoon black pepper

Stovetop Instructions:
Bring approximately 3 cups water to boil in a medium saucepan. Add green beans and simmer for 6-8 minutes, according to package directions. Drain the beans. Place in a heated bowl or on plates and top with grated havarti and diced tomatoes. Add salt and pepper to taste.

Microwave Instructions:
Place green beans in a microwave-safe container with approximately 2 tablespoons water. Cook 4-6 minutes on high power, or until tender. Drain the beans. Place in a heated bowl or on plates and top with grated havarti and diced tomatoes. Add salt and pepper to taste.

Yield: 4 servings.

Strawberry Delight

1 package (0.3 ounces) sugar-free raspberry-flavored gelatin
1 package (0.3 ounces) sugar-free strawberry-flavored gelatin
1 1/2 cups boiling water
1 package (16 ounces) frozen unsweetened strawberries, sliced
1 can (15 1/2 ounces) pineapple tidbits (in juice), drained
2 tablespoons lemon juice
8 ounces nonfat vanilla yogurt (sweetened with artificial sweetener)

Dissolve gelatin in boiling water. Add strawberries and stir until thawed. Stir in drained pineapple and lemon juice. Pour half into an 8x8-inch glass pan and refrigerate. Refrigerate the remaining half until the consistency of egg whites. After about 20 minutes, spread yogurt over the mixture in the 8x8-inch pan. Top with the remaining mixture that is partially set. Chill until firm.

Yield: 7 servings