

The 27 Essential Heart Healthy Diet Recipes



FAVEHEALTHYRECIPES





The 27 Essential Heart Healthy Diet Recipes

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Letter from the Editors

Dear Healthy Cooking Enthusiast:

Heart disease is the number one killer in the United States, and so often its cause is from a less-than-ideal diet. Prevent this and keep your heart in top condition by following a heart healthy diet. Heart healthy living is made to be much easier when delicious heart healthy diet recipes are included in the mix.

This brand new eCookbook from FaveHealthyRecipes.com, *The 27 Essential Heart Healthy Diet Recipes*, provides you with the heart healthy foods list that you will want to turn to again and again. With this free list of healthy eating ideas, maintaining heart healthy living has never been easier.

We have assembled some of the absolute best heart healthy recipes around, including low cholesterol breakfast recipes, low sodium soup recipes, heart healthy chicken recipes and low cholesterol pasta recipes. This healthy cooking eCookbook has everything you would ever want to include on your heart healthy diet foods list.

The recipes in this crowd-pleasing collection are fun and easy, and all of them are delicious. Make one or make several, and discover the healthy delights that can only be found in heart healthy diet recipes!

For additional healthy casserole recipes, be sure to visit FaveHealthyRecipes.com. While you're there, subscribe to our free [healthy recipes](#) newsletter to get free recipes delivered to your inbox every week.

Enjoy all of these healthy easy recipes!

Sincerely,

The Editors of FaveHealthyRecipes

<http://www.FaveHealthyRecipes.com/>



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Low Cholesterol Breakfast Recipes

Morning Mojo

Description

Featuring turkey sausage and reduced fat cheese, this Morning Mojo breakfast casserole is a terrific heart healthy diet choice for your mornings.

Ingredients

- 2 tablespoons margarine or butter
- 1 cup onion, chopped
- 8 eggs, scrambled
- 1/3 cup skim milk
- 1/2 teaspoon salt
- 1/2 teaspoon dried parsley flakes
- 1/4 teaspoon dried rosemary, crushed
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon dried mustard
- 1 cup turkey sausage, browned and well drained
- 1 cup reduced fat Cheddar cheese, shredded

Instructions

1. In a pan over medium-high heat, combine the butter and onion. Cook until butter melts and onion is translucent, stirring frequently.
2. In a mixing bowl, combine eggs, milk, salt, parsley, rosemary, cayenne, mustard and cheese. Beat until well blended.
3. Add the butter, onions and sausage to the mixing bowl, stirring to combine. Pour into a 13 by 9-inch baking dish with butter and onion.
4. Bake uncovered at 350 degrees F for 40 minutes, or until the eggs have begun to set.



Breakfast Wraps

By: Dorothy Delaney

Description

For a unique breakfast wrap recipe that has no eggs in it, try out this no cook Breakfast Wraps recipe from Dorothy Delaney. This healthy breakfast recipe is gluten free, vegan and fit for a raw food diet. Even non-vegans will love this recipe.

Ingredients

- 1 3/4 cups young coconut meat
- 1 pinch Himalayan Sea Salt
- Coconut water
- 1 cup almonds, soaked and sprouted
- 1/2 cup sunflower seeds, soaked and sprouted
- 1 teaspoon turmeric
- 1/2 teaspoon salt
- 1/4 cup water
- Swiss chard
- Guacamole (optional)
- Cilantro, diced (optional)
- Garlic, diced (optional)
- Onions, diced (optional)
- Mushrooms, diced (optional)
- Tomatoes, diced (optional)
- Celery, diced (optional)
- Bell peppers, diced (optional)
- Salsa (optional)

Instructions

1. To make the wraps, blend together the coconut meat, sea salt and coconut water until completely creamy smooth. During the blending process, slowly add just enough coconut water to reach a thick cream consistency. Pour the mixture onto a Dehydrator tray lined with a Teflex sheet. Spread as evenly as possible and about 1/4 inch thickness. Dehydrate until the wrap is dry but still pliable.
2. To make the egg replacement filling, blend together until chunky the almonds, sunflower seeds, turmeric, salt and water. Add the water slowly while blending.
3. Place the egg replacement mixture on your wrap, either the coconut wrap or on a Swiss chard leaf. Sprinkle with your choice of raw vegetables and spread with guacomole if desired.



Chocolate Oatmeal Smoothie

By: Rocky Barragan

Description

Why is this Chocolate Oatmeal Smoothie from Rocky Barragan one of the best healthy smoothie recipes? Because it has protein and whole grains, meaning a glass of this healthy drink is actually filling. This is one of the most ideal smoothie recipes for breakfast.

Preparation Time: 12 min

Ingredients

- 1/4 cup quick cook steel cut oats
- 1 scoop of chocolate protein powder
- 1 cup Vanilla Silk soymilk
- 1 packet Truvia stevia
- 3/4 cup water

Instructions

1. Bring 3/4 cups of water to a boil. Then drop in 1/4 cup of quick cook steel cut oats. Reduce heat and allow to simmer for 5 to 7 minutes.
2. Once your oats are done cooking, place that and your other ingredients in a blender and blend until desired smoothie consistency is reached. Enjoy!

Nutritional Information

350 Calories

7g Fat

6g Fiber

25g Protein

49g Carb

14g Sugar



Make Ahead French Toast Casserole

Description

Baked French toast recipes don't have to be treats for special occasions only. Whole grain bread and egg whites makes this Make Ahead French Toast Casserole heart-healthy!

Serves: 6

Cooking Time: 15 min

Ingredients

- 1/4 cup butter or butter substitute, room temperature
- 12 1-inch slices whole wheat bread
- 12 egg whites
- 1 1/2 cups skim milk
- 1/4 cup sugar or equivalent sugar substitute
- 2 tablespoons maple syrup
- 1 teaspoon vanilla
- 1/2 teaspoon salt
- Powdered sugar (optional)
- walnuts, toasted and chopped (optional)

Instructions

1. Beat egg whites, skim milk, sugar, syrup, vanilla, and salt in a large bowl. Place bread slices into egg mixture and turn to coat. Cover with plastic and refrigerate overnight.
2. In the morning, preheat oven to 400 degrees F.
3. Spray bottom of large, heavy baking pan with nonstick cooking spray. Remove bread from egg mixture and arrange slices in pan.
4. Bake toast for 10 minutes at 400 degrees F. Flip each slice of bread and continue baking until just golden, about 4 minutes longer.
5. Transfer cooked toast to plates and sprinkle with powdered sugar if desired. Serve at once with warm maple syrup and chopped, toasted walnuts.



Low Sodium Soup Recipes

Beans and Rice Soup

Description

Black beans and rice is a classic combination, and this Beans and Rice Soup uses that duo to make an irresistible soup. Chock full of protein and fiber, this black bean soup is one of the best healthy soup recipes for weight loss.

Ingredients

- 4 large onions, diced
- 4 cups low sodium vegetable broth
- 1 cup brown rice
- 2 cans black beans, thoroughly rinsed and drained
- 3 jalapeno peppers, roasted and diced
- Cilantro, to taste
- Chili powder, to taste
- Cumin, to taste
- Paprika, to taste
- Garlic powder, to taste
- Fat free sour cream or Greek yogurt, to taste (optional)
- Reduced fat cheese, shredded (optional)

Instructions

1. Add the vegetable broth to a large pot over medium high heat, and bring to a boil.
2. Once boiling, bring the heat down to low and add your rice, beans and onions.
3. While the soup is simmering, roast your jalapenos. Put a metal skewer through the middle, and hold over an open flame until the skin is charred.
4. Then, dice the peppers and add to the soup. For a milder soup, be sure to remove the seeds and white membrane from the inside of the jalapenos before adding to the pot.
5. Once the rice is fully cooked after around 30 to 45 minutes, add in all of your herbs and spices to taste. Let simmer for another 5 to 10 minutes.
6. Serve this sup in large bowls. Top with sour cream, plain Greek yogurt and/or cheese if desired.



Notes

Feel free to adjust the amount of broth used in this soup depending on your preference on consistency. Keep in mind that you need at least twice as much broth as dry rice in order for the rice to fully cook.

Ideas for optional add-ins: finely diced carrots, diced green peppers, cubed squash, chopped cauliflower



Broccoli and Onion Soup

Description

Your favorite soup is now so easy you can make it yourself! Simple Broccoli and Onion Soup is lighter than the gooey, cheesy original, but it tastes great.

Serves: 8

Preparation Time: 10 min

Cooking Time: 25 min

Ingredients

- 3 bag fresh broccoli florets
- 1 large onion chopped
- 1 clove garlic minced (optional)
- 1 to 2 quarts of homemade or canned chicken broth or water
- Salt and pepper to taste.
- 1/4 cup fresh chopped dill or basil (optional)
- 2 cups cooked tiny whole-wheat pasta (optional)

Instructions

1. Rinse broccoli florets and cover with water. Add chopped onion. Cook uncovered until broccoli is tender.
2. Drain and reserve cooking water. Remove florets/onion to a large cooking pot. Add enough stock to cover; or don't drain vegetables and use broccoli water and add some chicken bouillon if desired.
3. With a hand blender, finely chop broccoli but not puree. Heat well, season to taste.
4. If extra thickening is desired add pasta. Garnish soup bowls with dabs of sour cream or a sprinkle of fresh herbs.



Simple Asparagus Soup

Description

If you love asparagus, try this Simple Asparagus soup for an easy starter. It is packed with nutrients and only requires a few ingredients.

Serves: 6

Preparation Time: 10 min

Cooking Time: 20 min

Ingredients

- 1 pound fresh asparagus
- 2 1/2 cups skim milk
- 1 1/2 teaspoons onion powder
- 1/2 teaspoon salt
- 1 teaspoon dry mustard
- fresh-ground black pepper to taste
- fresh parsley sprigs or chives

Instructions

1. Wash and trim asparagus spears, and steam until just tender. Chop the asparagus into 1-inch pieces, and place in a blender or food processor.
2. Add the milk, onion powder, salt, and mustard, and blend at high speed until smooth.
3. Pour into a pot and heat over medium heat. Do not boil.
4. Pour into serving bowls, grind some black pepper on top, and garnish with parsley.



Healthy New England Clam Chowder

By: Rocky Barragan

Description

The best part about this Healthy New England Clam Chowder recipe from Rocky Barragan is that it replicates the delectable creaminess found in a typical clam chowder recipe, but with a fraction of the fat and calories. This easy clam chowder is simply irresistible.

Makes: 4 servings

Ingredients

- 2 cans clams with juice
- 1 1/2 cups almond milk
- 2 teaspoons quinoa flour
- 4 slices of turkey bacon
- 12 ounces cauliflower
- 1/2 cup onion
- 1 pinch parsley
- Salt, to taste
- Black pepper, to taste
- Olive oil spray

Instructions

1. Chop up your cauliflower and onion and dice up your turkey bacon.
2. In a heated pot that you've sprayed down with olive oil spray brown up your turkey bacon.
3. Once the turkey bacon has browned, remove the bacon from the pot and set aside.
4. Into the same pot, toss in your cauliflower and onion and sauté until onion is brown and translucent.
5. In the meantime, open your cans of clams and drain the juice into a measuring cup. Now mince the clams.
6. Once your cauliflower and onion is sautéed, add in your quinoa flour and mix together. Add in your clam juice and allow the juice to come to a boil. Once boiled, turn down the heat and allow to simmer until your cauliflower is tender.
7. Now it's time to add in your minced clams and almond milk and allow to come to boil.



8. After your soup has come to a boil, go ahead and add in your turkey bacon reduce the heat and allow the bacon to heat back through.
9. Serve with a little bit of parsley and enjoy!

Nutritional Information

92 Calories
3g Fat
3g Fiber
12g Protein
8g Carbs
3g Sugar



Easy Avocado Soup

Description

If you love the creamy taste of fresh avocados, turn them into a soup with chicken stock and a bit of lemon. This avocado soup recipe is perfect for a Mexican-themed meal or a Cinco de Mayo party.

Ingredients

- 3 avocados
- 2 pints low-sodium chicken stock, hot
- 1/2 lemon, juice
- Salt and pepper, to taste
- 1 tablespoon cilantro, chopped

Instructions

1. Peel avocados and process in blender or food processor in batches with 2 pints of hot chicken stock. When nice and smooth remove from blender and heat until just below boiling.
2. Squeeze half a lemon into the soup, add a couple cranks of pepper and coarse salt. Garnish individual servings of soup with chopped cilantro.



Heart Healthy Chicken Recipes

Oven Fried Chicken Tenders

Description

These oven fried chicken tenders are perfect for kids and adults alike. You don't have to sacrifice taste with this easy alternative to deep fried food. They even come with a recipe for five spice barbecue sauce!

Serves: 4

Cooking Time: 20 min

Ingredients

- 3/4 cup panko (Japanese-style bread crumbs)
- 2 tablespoons sesame seeds
- 1 large egg white
- 1 teaspoon Chinese five-spice powder
- 1/2 teaspoon salt
- 1 pound chicken breast tenders
- 1 tablespoon olive oil
- 1/2 cup reduced sugar ketchup
- 1 small onion, chopped
- 1 tablespoon brown sugar
- 1 1/2 teaspoons cider vinegar
- 1 1/2 teaspoons Worcestershire sauce

Instructions

1. Preheat oven to 475 degrees F. In 10-inch skillet, toast bread crumbs and sesame seeds over high heat about 5 minutes or until golden, stirring frequently. Transfer crumb mixture to plate.
2. In medium bowl, with wire whisk or fork, mix egg white, 1/2 teaspoon five-spice powder, and salt until foamy. Dip tenders in egg-white mixture, then in crumb mixture to coat. Place tenders on cookie sheet. Bake tenders 13 to 15 minutes or until they lose their pink color throughout. Do not turn tenders over.
3. Meanwhile, in same skillet, heat oil over medium heat until hot. Add onion and cook 8 to 10 minutes or until soft and lightly browned. Remove skillet from heat; stir in ketchup, sugar, vinegar, Worcestershire sauce, and remaining five-spice powder. Pour sauce into small bowl; serve with tenders.



Chicken and Olive Panini

Description

This tasty sandwich includes a spread made with heart-healthy olives, the basis of the Mediterranean diet. Garlic, lemon and capers add depth to the taste without fat.

Serves: 4

Preparation Time: 5 min

Ingredients

- 7 green olives, coarsely chopped
- 1 garlic clove, peeled and coarsely chopped
- 2 tablespoons capers, drained
- grated zest of 1 lemon
- 3 tablespoons olive oil
- 4 tablespoons lemon juice
- pinch salt
- freshly ground black pepper to taste
- 2 skinless, boneless roasted chicken breast halves, thinly sliced
- 4 round or oblong sandwich rolls, split in halves

Instructions

1. On a chopping board, combine the green olives, garlic, capers and lemon zest. Chop finely. Transfer to a bowl.
2. In a small jar combine the olive oil and lemon juice; shake until combined and pour over the olive mixture.
3. Stir in the salt and pepper. Spread bottom halves of rolls with salsa verde if desired, leaving some of the juices in the bowl.
4. Top with the slices of chicken breast. Brush the remaining juices over the inside of the top halves of the rolls; place on top of bottom halves and press down lightly. Cut into halves and serve.



Lemon Garlic Rosemary Chicken

By: Rocky Barragan

Description

For an incredibly simple and surprisingly flavorful baked chicken recipe, make this Lemon Garlic Rosemary Chicken recipe from Rocky Barragan. This very well may be one of the yummiest healthy chicken recipes for you to try for supper.

Makes: 4 servings

Preparation Time: 5 min

Cooking Time: 25 min

Ingredients

- 1 pound chicken
- 1/2 cup chicken broth
- 1 lemon
- 2 rosemary sprigs
- 1 tablespoon garlic
- 2 teaspoons lemon pepper
- Salt, to taste
- Black pepper, to taste

Instructions

1. Cover your chicken tenders with lemon juice from the lemon, rub them down with your garlic, rosemary and sprinkle them with lemon pepper.
2. Place your chicken tenders in a baking dish and then pour a little chicken broth onto the bottom of your pan, just enough to produce a layer.
3. Pop in a 375 degree F oven for approximately 25 minutes, or until your tenders have cooked through.
4. Serve and enjoy!

Nutritional Information

172.5 Calories

4g Fat

0g Fiber

32g Protein

0g Carbohydrates

0g Sugar

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Holiday Chicken Waldorf Salad

By: Rocky Barragan

Description

For a waldorf chicken salad recipe that you can actually feel good about serving to guests, try this Holiday Chicken Waldorf Salad recipe from Rocky Barragan. No matter the occasion, this classic Waldorf salad is a universal delight. This dish keeps things light by using Greek yogurt and reduced fat may in the Waldorf salad dressing.

Makes: 6 servings

Ingredients

- 1/2 cup walnuts
- 1/2 cup dried cranberries
- 1 cup red seedless grapes
- 1 cup celery
- 6 ounces chicken strips, cooked
- 2 apples
- 1 lemon

DRESSING:

- 3/8 cup Greek yogurt
- 1/8 cup light mayonnaise
- 1/2 tablespoon agave nectar
- Sea salt, to taste
- Black pepper, to taste

Instructions

1. Let's start with the chopping and the dicing! Cut your grapes in half lengthwise. Chop up your celery fairly thin. Dice your apples. Chop up your dried cranberries.
2. Place all of your chopped ingredients in a salad bowl. Squeeze the juice of 1 lemon onto the ingredients in the bowl to prevent your apples from browning.
3. Next heat up a small skillet and place in your walnuts to toast. You'll know when they're ready when you're able to start smelling their fragrance. Once they are ready chop them up and set them aside.
4. Chop up your cooked chicken strips into small pieces.
5. Let's move onto the dressing. Combine your Greek yogurt, lite mayonnaise, blue agave sweetener and pepper in measuring cup and mix well.
6. Now let's assemble the salad! Drop the rest of your remaining ingredients into your salad bowl and dollop a couple of tablespoons of your dressing on top. Mix together well. Serve and enjoy!

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Nutritional Information

199 Calories
9g Fat
3g Fiber
9g Protein
23g Carbohydrates
18g Sugar

Notes

Total Prep and Cooking Time: 20 minutes



Chicken and Spinach Quesadillas

By: Rocky Barragan

Description

A quality quesadillas recipe that is nutritious, tasty and quick? These Chicken and Spinach Quesadillas from Rocky Barragan definitely need to be made to be believed. Learn how to make a quesadilla that anyone will want to gobble up. You only need 5 ingredients to complete this healthy chicken dish.

Ingredients

- 2 wraps
- 2 Laughing Cow Cheese
- 1/2 cup lite mozzarella cheese, shredded
- 3 cups frozen spinach
- 3 ounces frozen chicken breast strips

Instructions

1. Thaw out your frozen spinach and wring out all moisture. Heat up your frozen chicken strips and chop up into bite sized pieces. Spray down a cooking sheet with extra virgin olive oil spray.
2. Lay down an Ezekiel wrap and start loading up your ingredients! Spread down your Laughing Cow Cheese first. Next sprinkle down a 1/4 cup of the shredded cheese. Then add your spinach and chicken. Finally add another 1/4 cup of shredded cheese and then place another Ezekiel wrap over top.
3. Pop into a 400 degree F oven for approximately 15 minutes, or until cheese has melted.

Nutritional Information

146 Calories
6g Fat
3g Fiber
13g Protein
10g Carbohydrates
1g Sugar

Notes

Total prep and cooking time: 25 minutes



Low Cholesterol Pasta Recipes

Cheesecake Factory Copycat Wheat Pasta with Mushroom Bolognese

Description

Create the Cheesecake Factory's delicious mushroom Bolognese at home with this simple Cheesecake Factory copycat recipe, using wheat pasta for a lower carb option. Also, Bolognese can still be hearty and filling without the addition of meat.

Serves: 8

Ingredients

- 6 ounces whole wheat spaghetti, cooked al dente, drained and kept warm
- 2 ounces olive oil
- 1 ounce carrots, minced
- 1 ounce yellow onion, diced to 1/4-inch thickness
- 4 ounces mushrooms, diced to 1/4-inch thickness
- 1/2 teaspoon Kosher salt
- 1/4 teaspoon black pepper, freshly ground
- 1 tablespoon garlic, minced
- 1 teaspoon fresh thyme, chopped
- 2 ounces Madeira wine
- 10 ounces marinara sauce
- 1 ounce margarine (or equivalent butter substitute)
- 1 ounce low fat or fat free Parmesan cheese, grated
- 2 teaspoons parsley, chopped

Instructions

1. In a sauté pan over medium-high heat, bring olive oil to a light sizzle.
2. Add carrots and onions; cook until heated through and halfway cooked, about 2 to 3 minutes.
3. Add mushrooms; toss to incorporate.
4. Season with salt and pepper.
5. Cook until vegetables are tender, about 2 to 3 minutes more.
6. When finished cooking, liquids will be cooked off and mushroom texture will appear to be slightly dry.

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7. Add garlic and thyme; toss to incorporate.
8. Pour Madeira wine down sides of pan.
9. Add marinara sauce; stir to incorporate.
10. Cook until sauce is heated through.
11. Add margarine (or equivalent butter substitute); quickly stir to incorporate.
12. Add cooked wheat pasta to pan; do not toss.
13. Sprinkle 1/2 ounce low fat or fat free Parmesan cheese over pasta; toss to incorporate until ingredients are thoroughly combined and pasta is evenly coated with sauce.
14. Sprinkle remaining Parmesan cheese and parsley evenly over pasta.
15. Serve immediately.



Colorful Rainbow Pasta Salad

Description

It's tasty and it's healthy, and to make you don't have to be wealthy. Colorful Rainbow Pasta Salad - an easy pasta salad recipe not to be missed, full of bright fresh flavor that no one can resist.

Ingredients

- 1 pound whole wheat pasta
- Different colored peppers (Red, Green, Orange, etc.), sliced
- Olives, sliced
- Mushrooms, sliced
- Carrot, shredded
- Onion, diced
- Tomatoes, chopped
- Baby corn
- Light Italian salad dressing

Instructions

1. Cook pasta until just tender.
2. While pasta is cooking, chop vegetables. For best results, the vegetables should be varied and colorful.
3. When the pasta is done, add the vegetables, mixing well.
4. Add salad dressing. The amount of dressing depends on how much pasta you use. It really absorbs the dressing, so after mixing let it stand for a while and add more dressing so it is moist but not dripping.



Lemon Poppy Seed Pasta

By: *Alli from An Open Cookbook*

Description

If you are in need of light and simple weeknight healthy cooking ideas, then try out this Lemon Poppy Seed Pasta recipe from Alli from An Open Cookbook. In the world of healthy pasta recipes, good luck finding better ideas for cooking for one or two people.

Alli says, "The poppy seeds add a nice nutty dimension to this refreshing lemon pasta dish. I used orecchiette pasta, but any variety of pasta will work just fine. Tossing in the parsley at the end rounds it all out with green freshness."

Yields: 2 servings

Ingredients

- 2 cups dry pasta, any variety
- 1 tablespoon butter
- 1 shallot, finely chopped
- 2 tablespoons poppy seeds, ground in coffee grinder
- 1/2 cup 2 percent milk
- 1 tablespoon Parmesan cheese
- 2 tablespoons pasta water
- Salt and black pepper, to taste
- 2 tablespoons fresh parsley, chopped
- Parmesan cheese, to sprinkle

Instructions

1. Cook the pasta al dente according to the directions on the package.
2. Meanwhile, heat a large sauté pan on medium heat and add the butter. Once it is melted, add in the shallots and ground poppy seeds. Sauté for about a minute.
3. Pour in the milk, 1 tablespoon Parmesan and lemon zest and bring to a light boil. Lower heat to a simmer for about 5 minutes. Add in the lemon juice and 2 tablespoons of pasta water and stir. Sprinkle in salt and pepper to taste.
4. Once the pasta is cooked, drain and pour the cooked pasta into the simmering sauce. Turn off heat and cover for a few minutes.
5. Portion pasta into the serving bowl and toss with the parsley and additional Parmesan. Enjoy with a nice white wine and light salad.

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Zesty Greek Pasta Salad

Description

Learn how to make pasta salad with a tangy twist with this Zesty Greek Pasta Salad recipe. This is a terrific summer pasta salad perfect for your next potluck or barbecue.

Ingredients

- 6 baby artichokes
- 1/4 cup lemon juice
- 1/2 pound whole wheat penne
- 1/2 cup tomato juice
- 2 tablespoons light olive oil
- Juice of 1 lemon
- 2 garlic cloves, minced
- 3 tablespoons parsley
- 3 tablespoons fresh basil, or 1 teaspoon dried basil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup tomato, chopped
- 1/2 cup kalamata olives
- 2 tablespoons capers
- 1/2 cup Feta cheese (optional)

Instructions

1. Cut stems off artichokes. Peel off tough outer leaves to reveal yellow-green hearts. Cut artichokes into quarters.
2. Combine 1/4 cup lemon juice with 2 cups water in a medium bowl. Add artichokes to lemon water and toss to prevent discoloration. Drain.
3. Steam artichokes until tender, about 20 minutes. Chill.
4. In a large pot, bring 2 quarts water to a rapid boil. Add 1 teaspoon salt and penne. Cook penne until al dente, about 10 minutes. Drain and rinse with cold water.
5. To make the salad dressing, combine tomato juice, olive oil, lemon juice, garlic, parsley, basil, salt and pepper in a food processor or blender and puree for about 30 seconds.
6. Toss together artichokes, penne, capers, olives and feta cheese in a large bowl salad bowl. Pour dressing over and toss well.



Vegetable Lasagna Rolls

By: Jessica @ Dishin' About Nutrition

Description

This recipe for Vegetable Lasagna Rolls from Jessica @ Dishin' About **Nutrition** is by far one of the heartiest and tastiest healthy dinner recipes out there. Jessica says, "I love this recipe because it looks complicated but it's so easy to make."

Ingredients

- Onions, thinly sliced
- 4 medium carrots, peeled and cut into small pieces
- 1/2 medium eggplant, cut into small pieces
- 1 red bell pepper
- 1 box Dreamfields lasagna noodles
- Ricotta cheese
- Mozzarella cheese
- 3 cups tomato sauce
- Olive oil
- 6 cloves of garlic
- 2 tablespoons fresh basil, chopped (or a heaping handful of fresh basil)
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper
- Spinach, sautéed (optional)

Instructions

1. Preheat oven to 350 degrees F.
2. Start cooking pasta noodles according to directions on box. When you drain and rinse, be sure to add some oil so they don't stick together.
3. Heat 1 tablespoon of oil in a large frying pan over medium heat and add the onions, garlic, basil and some salt and pepper. Sauté until tender, about 10 minutes or until browned. Then add carrots, eggplant, and peppers and sauté another 10 to 15 minutes. Add spinach if using cook for another 5 minutes or so. (I didn't add spinach but I wish I had)
4. Add cheese and stir until thoroughly mixed.
5. Coat baking dish with non-stick spray and spread a cup of tomato sauce on the bottom of the dish. Take one lasagna sheet and add a sizable dollop of the veggie/cheese mixture, then roll up into a roll. My dollop was about 1/2 cup, give or take. Place the roll seam-side down in the baking dish on top of the tomato sauce. Repeat until baking dish is full then add remaining tomato sauce on top of rolls.

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6. Cover dish with aluminum foil and bake for about an hour. Remove the foil and continue baking until browned and bubbling, about 10 to 15 minutes. Remove and let sit for a few minutes, then serve. You can add some Parmesan cheese on top if desired....which I desired!

Notes:

This recipe comes courtesy of Jessica from the blog Dishin' About Nutrition (<http://dishinaboutnutrition.wordpress.com/>)



Heart Healthy Snacks

Nutty Health Bar

Description

Create a healthy protein bar to keep you going and energize you for activity. A bit of cocoa and honey makes this bar a tasty snack.

Preparation Time: 5 min

Cooking Time: 1 min

Ingredients

- 2 cups nut butter (peanut is great)
- 1 3/4 cups honey or maple syrup
- 1/4 cup cocoa powder
- 2 tablespoons malt powder
- 2 1/4 cups protein powder
- 3 cups uncooked oatmeal

Instructions

1. Mix peanut butter with honey in microwave for about 1 min.
2. Mix in the powders (cocoa and malt are optional, but recommended). Mix in oatmeal. Press into a pan (9 x 13 inches).
3. Refrigerate, and then cut into bars. Store in fridge, wrapped in plastic or waxed paper.



Easy Authentic Guacamole

Description

Get more heart healthy avocado into your diet with this easy recipe for guacamole dip. Let this simple recipe show you how to make fresh guacamole that will instantly disappear when served at your next gathering.

Ingredients

- 1/2 small onion, very finely chopped
- 2 Serrano chilies or one jalapeno, stemmed and seeded, finely chopped
- 1 medium tomato, cored and finely chopped
- 1 clove garlic, chopped
- 10 sprigs cilantro, chopped
- 3 medium avocados
- Salt, to taste
- 1/2 a fresh squeezed lime

Instructions

1. In a medium bowl, mix onions, chilies, tomato, garlic and cilantro.
2. Remove the pit and peel on the avocado and cut into small pieces.
3. Lightly mash the avocado with onion mixture.
4. Flavor with salt. Then add the lime juice.
5. Return the avocado pits to the guacamole (keeps it from turning black) and cover with a sheet of plastic wrap. Make sure to press it directly against the surface all over. Set aside or refrigerate to let flavors blend.
6. When ready to serve, add whole sprigs of cilantro for garnish. Serve with tortilla chips or mound over shredded lettuce for a different salad.



Spicy Glazed Pumpkin Seeds

Description

Add an ultra-flavorful kick to your snacking routine with this fun healthy snack. This creative snack recipe combines your favorite spices to make a delicious snack everyone will love. One of the best fun healthy kids snacks around.

Ingredients

- 1 cup pumpkin seeds
- 5 tablespoons sugar
- 1/4 teaspoon coarse salt
- 1/4 teaspoon cumin, ground
- 1/4 teaspoon cinnamon, ground
- 1/4 teaspoon ginger, ground
- 1 pinch cayenne pepper, or to taste
- 1 1/2 tablespoons peanut oil

Instructions

1. Heat oven to 250 degrees F. Line a baking sheet with parchment paper.
2. Spread seeds on parchment in an even layer. Bake until dry, stirring occasionally, about 1 hour. Let cool.
3. In a medium bowl combine 3 tablespoons sugar, salt, cumin, cinnamon, ginger, and cayenne.
4. Heat peanut oil in a large nonstick skillet over high heat. Add pumpkin seeds and 2 tablespoons sugar. Cook until sugar melts and the pumpkin seeds begin to caramelize, about 45 to 60 seconds.
5. Transfer seeds to bowl with spices and stir well to coat. Let cool.

Notes

These may be stored in an airtight container for up to 1 week.



Imitation Doritos

By: Dorothy Delaney

Description

For a healthy and satisfying snack idea that completely avoids the deep fryer, make a batch of these Imitation Doritos from Dorothy Delaney. This is one of the best healthy snacks at curbing those salty cheesy cravings.

Cooking Time: 24 hr.

Ingredients

1. 3 cups sunflower seeds, sprouted
2. 4 cups corn
3. 1/2 cup coconut aminos, Bragg's or Nama Shoyu
4. 1/2 cup orange juice with pulp, or barley water
5. 1/8 cup onion powder
6. 1 teaspoon garlic powder
7. 2 tablespoons taco seasoning
8. 2 tablespoons chili powder
9. 2 tablespoons nutritional yeast (not raw)

Instructions

1. In a food processor, thoroughly blend together the sunflower seeds, corn, aminos, juice, onion powder and garlic powder.
2. Spread the mixture on dehydrator sheets covered with parchment paper. Score into desired shapes and dehydrate at 104 degrees F for 24 hours until nice and crispy.
3. Flip them halfway through and sprinkle them with taco seasoning, chili powder and nutritional yeast.



Heart Healthy Desserts Recipes

Copycat Almond Joys

By: Anne Colagioia

Description

Learn how to recreate this classic candy at home using healthier ingredients with this Copycat Almond Joys recipe from Anne Colagioia. Dark chocolate and almonds are heart healthy, making this homemade Almond Joy recipe a total delight.

Makes: 36

Preparation Time: 10 min

Ingredients

- 14 ounces sweetened condensed milk
- 1/2 cup confectioner's sugar
- 1/2 cup cornstarch
- 1 tablespoon vanilla
- 14 ounces sweetened flaked coconut
- 24 ounces semisweet chocolate chips
- 3 tablespoons vegetable oil
- 72 almonds (or 2 per bar depending on how you cut the bars)

Instructions

1. Line a 7x11 inch pan, or something close to that size with plastic wrap sprayed with nonstick spray.
2. In a large bowl stir the sweetened condensed milk, sugar, cornstarch, and vanilla together until it is very smooth then stir in the coconut until it is well mixed.
3. Spoon the mixture into the prepared pan and press it down with the back of a spoon then spray the top with nonstick spray and cover it with a second sheet of plastic wrap. Firmly press down the top with a spatula to pack the mixture into the pan very tightly before placing the pan into the freezer to firm up for 1 hour.
4. When the pan comes out of the freezer peel off the top sheet of plastic then invert the pan onto a cutting board lined with parchment. Remove the pan and the second sheet of plastic.
5. Use a large chef's knife to cut straight down into the candy. Do not use a sawing motion. Spray the knife with nonstick spray to help keep the knife from sticking. Also you can lightly mark the candy with your knife prior to cutting to help you get more even pieces. I cut mine into 36 pieces

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or 6x6.

6. Melt about 4 ounces of the chocolate by microwaving it on high for 1 minute then stirring until smooth.
7. Dip the almonds into the melted chocolate and apply 2 almonds to each bar. Once all of the candy has its almonds applied you might want to re-cut the lines prior to placing the candy back into the freezer for another hour to harden up again.
8. To melt the dipping chocolate place the remainder of the chocolate into a large heat proof bowl and put it on top of a pot with an inch or two of simmering water. Stir the chocolate as it melts then add the oil 1 tablespoon at a time continuing to stir until it is smooth and well incorporated.
9. For dipping the candy you can use a fork or a candy forceps. Place one log onto your fork and lower it into the chocolate then spoon some chocolate over the top. Allow the excess chocolate to drip off then using another fork slide the candy onto a baking sheet or cutting board lined with waxed paper.
10. Continue dipping the bars until the entire batch is coated then chill them for about an hour and they're ready to serve.
11. Store the leftovers in an airtight container in the fridge with waxed paper between the layers to keep them fresh and looking good.

Notes

Cook time: 3 hours (including the chill time in the freezer)

To make a homemade candy forceps, snap off the middle two tines of a plastic fork. I like to err on the side of caution whenever I am making a candy dipped in chocolate. 24 ounces of chocolate will ensure that you do not run short. You will most likely have some leftover chocolate. I like to utilize the leftover melted chocolate by stirring in some slivers of dried fruit and nuts then pouring it out onto a piece of parchment to make a healthier bark candy. If you'd prefer you could experiment with using less chocolate instead.



Whole Wheat Flax Carrot Cake

Description

This is an ultra-healthy carrot cake that still tastes like a sweet treat. Substitute flax and whole-wheat flour to get some extra nutrients in this dessert.

Serves: 8

Preparation Time: 20 min

Cooking Time: 45 min

Ingredients

- 2 cups potatoes, shredded
- 3/4 cup onion, shredded
- 1/2 cup skim milk
- Salt and pepper, to taste
- 2 cups reduced fat Cheddar blend cheese, shredded
- Light oil

Instructions

- 1 cup corn oil
- 1 1/3 cups honey
- 3 cups grated carrots
- 1 tablespoon vanilla
- 3/4 cup flax egg substitute
- 4 cups whole wheat pastry flour
- 1 teaspoon salt
- 1 tablespoon cinnamon
- 3/4 teaspoon nutmeg
- 1 teaspoon baking soda
- 1/4 teaspoon baking powder

Instructions

1. Combine oil, honey, carrots, vanilla and flax mixture in one bowl.
2. Combine flour, salt, cinnamon, nutmeg, baking soda and baking powder in another bowl. Stir both mixtures together.
3. Pour into an oiled 10" pan Bake at 350 F for 45 minutes or until center is firm.



Flax Egg Substitute: 1 cup flax seed and 3 cups cold water

1. Blend flax seed until decimated.
2. Add cold water and blend. This should have the consistency of eggs. Use $\frac{1}{4}$ cup of this mixture in replacement of one egg.



Blueberry and Peach Cobbler

Description

Blueberry and Peach Cobbler is a delicious and fresh dessert, especially for summer. The blueberries and peaches complement each other perfectly. Just top a fresh slice with some ice cream and you have the perfect ending to any meal

Serves: 6

Preparation Time: 15 min

Cooking Time: 50 min

Ingredients

- 2 tablespoons sugar or sugar substitute
- 2 tablespoons brown sugar
- 1 tablespoon cornstarch
- 1/2 cup water or peach nectar
- 1 tablespoon lemon juice
- 2 cups fresh peaches, peeled and sliced
- 1 cup blueberries
- 1 cup flour, all-purpose or white whole wheat
- 1/4 cup sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup skim milk
- 1/4 cup butter or margarine, softened

Instructions

1. In a saucepan, combine sugar substitute, brown sugar, cornstarch, water, and lemon juice. Bring to a boil, stirring until thick.
2. Add fruit and pour into a 2 quart baking dish.
3. For topping, combine flour, sugar, baking powder and salt in a mixing bowl. Stir in milk and butter.
4. Spread over fruit mixture and bake at 375 degrees F for 50 minutes or until topping is golden brown and tests done. Serve warm.



Basic Low Fat Oatmeal Cookies

Description

You can add anything you like to these Basic Low-Fat Oatmeal Cookies. They are great with dark chocolate chips, dried cherries or raisins. Add some nuts if you want to go crazy!

Serves: 12

Preparation Time: 15 min

Cooking Time: 10 min

Ingredients

- 1 1/2 cups white whole wheat flour
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 6 tablespoons unsalted margarine, softened
- 1/2 cup unsweetened applesauce
- 1/3 cup honey
- 1 large egg, slightly beaten
- 1 cup old fashioned rolled oats

Instructions

1. Preheat oven to 375 degrees F. In small bowl, combine flour, cinnamon, baking powder and salt.
2. In a large mixing bowl, beat margarine with mixer (or by hand) until creamy.
3. Add in applesauce, honey and egg. Gradually add in flour mixture until dough forms. Stir in oats.
4. Drop dough by spoonfuls on greased cookie sheets. Bake 10-12 minutes, until lightly golden.
5. Add pecans, almonds, walnuts, or raisins, as you prefer. Or use very chunky applesauce.
Variation: Add bits of crystallized ginger.



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