

February 2019
Eating Well: Heart Healthy

Garlic & Bean Dip

Ingredients:

3 tablespoons olive oil
2 large garlic cloves, chopped
½ teaspoon fresh thyme leaves
2 15-ounce cans of cannelloni beans, drained and rinsed
1 cup low-sodium chickens rock
Salt & pepper to taste

Directions:

- 1) Heat oil in a medium saucepan over medium heat, and add the garlic.
- 2) Stir until the garlic starts to soften, making sure it does not burn
- 3) Add thyme and beans, mix well.
- 4) Add stock and let it simmer until the stock is reduced to half
- 5) Using an immersion blender, puree the mixture until smooth
- 6) Season with salt and pepper, set aside to cool.
- 7) Serve with olive oil on top. Top with crushed red pepper (optional).

Salmon Melts with Crème fraiche & tarragon

Ingredients:

2 salmon fillets (5-6 oz. each), skinned
3 Tbsp. Olive oil
1 Demi baguette, halved
1/3 cup crème fraiche
1 Tbsp. Minced shallots
 1 Tbsp. Minced capers
 2 tsp. Minced lemon zest
1 tsp. Minced fresh tarragon
1/2 tsp. Fresh lemon juice
1/2 tsp. Capers brine
 1 cup shredded Gruyere
1/2 avocado, sliced

Directions:

- 1) Sear salmon in 1 tbsp. Oil in a nonstick skillet over medium-high heat until it easily flakes, about 3 minutes per side. Let salmon cool slightly, then break into big chunks; transfer to a sieve set over a bowl to drain.
- 2) Preheat broiler to high with rack 6 inches from element. Line baking sheet with foil.
- 3) Brush cut sides of baguette with 2 tbsp oil. Arrange baguette on prepared baking sheet, cut sides up, and broil until golden, about 2 minutes
- 4) Combine crème fraiche, shallots, capers, zest, 1 tsp tarragon, lemon juice, and caper brine; season with salt and pepper. Gently stir in salmon.
- 5) Sprinkle half the Gruyere on baguette halves, top with salmon mixture, avocado, remaining Gruyere.
- 6) Broil sandwiches until Gruyere is bubbly and beginning to brown, 2-3 minutes; top with tarragon.

Roasted Curried Chicken and Grape Salad

Ingredients:

6 boneless, skinless chicken thighs (about 1 ½ lbs)
12 ounces small broccoli florets from 1 medium head broccoli
2 cups red grapes, halved
2 teaspoons curry powder
3 tablespoons fresh lime juice
3 tablespoons olive oil
Freshly ground black pepper
2 large heads Bibb or Boston lettuce, torn into bite-sized pieces
½ cup fresh cilantro leaves, torn
1/3 cup roasted, unsalted, cashews, chopped
¼ cup unsweetened coconut flakes, toasted

Directions:

- 1) Preheat oven to 400 degrees F with the two racks positioned in the top and bottom slots.
- 2) Toss the chicken, broccoli, grapes, curry powder, 1 tablespoon of oil, and 1 teaspoon of pepper in a large bowl. Divide the mixture between two rimmed baking sheets. Roast, tossing once, until the chicken is golden and cooked through, 18-20 minutes. Remove the baking sheets from oven and let cool slightly. When cool enough to handle, shred the chicken into bite-sized pieces using 2 forks.
- 3) Just before serving, whisk the remaining 2 tablespoons oil, the lime juice, and ¼ teaspoon pepper in a large serving bowl. Fold in the lettuce and divide among serving bowls. Top each bowl with chicken, grapes, and broccoli, dividing them equally, then sprinkle with cilantro, cashews, and coconut flakes.

Black Bean Tostadas

Ingredients:

½ cup water
½ cup white vinegar
¼ cup granulated sugar
1 cup thinly sliced radishes
1 large red onion, cut into ½ inch rings
1 ½ tbsp olive oil, divided
2 ears fresh corn
1 ½ cups low-sodium retriend black beans
6 ½ tbsp salsa, divided
4 oz. arugula
1 (8 oz.) steam-in-bag haricots verts, cooked
1 cup cherry tomatoes, halved
8 tostada shells
½ ripe avocado, sliced
1 (2.5 oz.) package plantain strips
½ cup chopped fresh cilantro

Directions:

- 1) Preheat broiler with oven rack 6 inches from heat. Place baking sheet in oven (do not remove pan while oven preheats)
- 2) Add ½ cup water, vinegar, and sugar to a saucepan over high; bring to a boil, stirring to dissolve sugar. Place radishes in a heatproof bowl; add vinegar mixture.
- 3) Toss onion rings with 1 tablespoon olive oil in a medium bowl. Brush corn with remaining ½ tablespoons oil. Carefully remove pan from oven; add onion and corn to pan, and broil until charred, about 15 minutes, turning halfway through. Adjust oven temperature to 400 degrees F.
- 4) Combine retriend beans and 1 ½ tablespoons in a small saucepan over medium; cook until warm; about 5 minutes.

- 5) Cut corn kernels off cob; combine with arugula, cooked green beans, tomatoes, and remaining 5 tablespoons salsa.
- 6) Bake tostada shells on a baking sheet until warmed, about 1 minute. Spread 3 tablespoons bean mixture on each tostada shell. Top each with 3 onion rings, 2 tablespoons drained radishes, $\frac{1}{2}$ cup arugula, avocado, plantain strips, and 1 tablespoon cilantro.

Perfected chickpea salad sandwich

Ingredients:

1 (15-ounce) can chickpeas, drained and rinsed
2 stalks celery, finely chopped
3 green onions, thinly sliced
1/4 cup finely chopped dill pickle
1/4 cup finely chopped red bell pepper
2 to 3 tablespoons vegan mayonnaise
1 clove garlic, minced
1 1/2 teaspoon yellow mustard
2 teaspoons minced fresh dill (optional)
1 1/2 to 3 teaspoons fresh lemon juice, to taste
Freshly ground black pepper
Toasted bread, crackers, tortillas, or lettuce for serving

Directions:

- 1) In a large bowl, mash the chickpeas with a potato smasher until flaky in texture
- 2) Stir in the celery, green onions, pickles, bell peppers, mayonnaise, and garlic until combined
- 3) Stir in the mustard and dill (if using) and season with the lemon juice and black pepper (to taste)
- 4) Serve with toasted bread, on crackers, in a tortilla or lettuce wrap, or on top of a basic leafy green salad.
- 5) Sprinkle a handful of toasted hazelnuts on top of each plate, add a drizzle of balsamic reduction and a drizzle of olive oil. Scatter leaves from thyme sprigs. (Optional)

Zucchini, Black Bean, and corn enchiladas

Ingredients:

3 large zucchini
1/3 cup olive oil
2 trimmed corn cobs
8 (8 inch) white corn tortillas the
1 (15-ounce) can black beans, drained and rinsed
1/2 cup loosely packed fresh cilantro leaves
3 ounces feta cheese
1/4 cup loosely packed fresh oregano leaves
1 (12-ounce) can mild red enchilada sauce
1 fresh jalapeño pepper, sliced thinly
1/4 additional cup loosely packed fresh cilantro leaves

Directions:

- 1) Preheat oven to 350F. Line a baking sheet with parchment paper. Grease a 9-inch x 13-inch ovenproof dish.
- 2) Cut zucchini in half lengthwise, then cut each half into long thin wedges. Place zucchini on baking sheet; drizzle with half the oil. Roast 30 minutes or until just tender. Chop coarsely.
- 3) Brush corn with 1 tablespoon of the remaining oil. Heat an indoor grill pan (or outdoor grill) over medium-high heat; cook corn, turning occasionally, for 10 minutes or until charred and tender. Using a sharp knife, cut kernels from cobs; discard cobs.
- 4) Reheat grill pan (or outdoor grill) over medium-high heat; cook tortillas for 30 seconds each side or until lightly charred. Transfer to a plate; cover to keep warm.
- 5) Combine zucchini, beans, cilantro, half the corn, half the feta, and 1/2 cup of the enchilada sauce in a large bowl. Season to taste.
- 6) Divide zucchini filling evenly among warm tortillas; roll to enclose filling. Place tortillas in dish; brush tops with remaining oil. Spoon. Remaining enchilada sauce over tortillas, leaving 3/4 inch at each end of enchiladas uncovered. Top with remaining feta.

Bake for 30 minutes or until golden and heated through. Serve the enchiladas topped with remaining corn, jalapeño, and additional cilantro.