

“Healthy Heart” Red Recipes

Recipes below from American Institute for Cancer Research

Red Cabbage with Apples

Ingredients:

2 cups apple juice or cider
2-4 Tbsp. apple cider vinegar
1/2 tsp. allspice
3 cups shredded red cabbage
1 cup grated red apple
Pinch of salt

Instructions:

In medium saucepan, bring apple juice or cider, vinegar and allspice to a boil. Add cabbage, apple and salt. Simmer, uncovered, 30 minutes, stirring occasionally. Serve warm or cold. Makes 4 servings.

Nutritional Information:

Per serving: 96 Calories, <1 g Total Fat (0 g Saturated Fat), 24 g Carbohydrates, 1 g Protein, 3 g Dietary Fiber, 85 mg Sodium.

Spinach, Red Bell Pepper, and Feta Cheese Salad with Yogurt Dressing

Ingredients:

1/2 cup nonfat plain yogurt
1 tsp. honey
2 Tbsp. chopped dill
Freshly ground black pepper
1 bag (5 oz.) baby spinach, coarsely chopped (about 4 cups)
1 large red bell pepper, diced (about 1 cup)
1 stalk celery, trimmed and diced (about 1 cup)
1/4 cup thinly sliced green onions (scallions)
1 oz. feta cheese, drained and rinsed, crumbed (about 1/4 cup)

Instructions:

In large bowl, combine yogurt, honey, dill, and black pepper; stir to blend. Add spinach, red pepper, celery and green onions; toss to coat. Sprinkle with feta and serve.

Nutritional Information:

Makes 6 servings.

Per serving: 41 calories, 1 g total fat (<1 g saturated fat), 6 g carbohydrates, 2 g protein, 1 g dietary fiber, 91 mg sodium.

Turkey and Rice Stuffed Red Peppers

Ingredients:

4 medium red bell peppers, tops, ribs and seeds removed
1/2 lb. ground turkey breast
1 cup cooked brown rice
1 small onion, finely chopped
1 peeled garlic clove, minced
1/2 cup canned black beans, rinsed and drained
1/2 cup corn fresh, canned or defrosted
1/4 cup finely minced flat-leaf parsley
1 tsp. dried oregano
1/2 tsp. salt
1/4 tsp. freshly ground black pepper
2 Tbsp. grated Parmesan cheese
2 Tbsp. bread crumbs, preferably whole-grain

Instructions:

Preheat the oven to 400.

Taking care not to make any holes, cut a very thin slice off the bottom of each bell pepper, just enough to help them stand straight and firmly. Set aside.

For the filling, in a large bowl, combine the turkey, rice, onion, garlic, corn, parsley, oregano, salt and pepper. Add beans, mixing in lightly with a fork so beans aren't mashed. Set aside.

Divide the filling into four portions, packing each pepper with the mixture, mounding any extra at the top. Place stuffed peppers in a baking dish just large enough to hold them. Pour in 1 cup of water. Cover the dish with foil and bake it in the center of the oven for 40 minutes. In the meantime, combine cheese with the breadcrumbs in a small bowl.

After 40 minutes of baking, uncover peppers. Sprinkle cheese mixture over top of each pepper. Continue baking the peppers, uncovered, 15 to 20 minutes or until the peppers are soft when pierced with a knife but not collapsing. Cool just long enough to be able to eat, 10 to 20 minutes, and serve.

Nutritional Information:

Makes 4 servings. Per serving: 249 calories, 5 g. total fat (2 g. saturated fat), 31 g. carbohydrate, 19 g. protein, 6 g. dietary fiber, 505 mg. sodium.

Roasted Beets

Ingredients:

Canola oil spray

4 medium beets, scrubbed and trimmed of stems and roots

1/2 Tbsp. minced shallot or mild onion

1 Tbsp. fresh lime juice

1 Tbsp. fresh orange juice

1/2 tsp. Dijon mustard

1 Tbsp. extra-virgin olive oil

Salt and freshly ground black pepper, to taste

1 head Bibb or butterhead lettuce, leaves separated, washed and dried

Instructions:

Preheat oven to 375 degrees. Lightly coat with oil spray four squares of foil large enough to wrap beets. Place each beet on a foil square. Pinch together and seal foil edges to form a pocket. Keeping them spaced apart, stand beets on a wire rack set inside a rimmed baking pan.

Bake until tender when pierced with fork, about 1 to 1 1/2 hours.

Peel back foil to expose beets and let stand until beets are cool enough to handle but still warm. Remove skins. (To avoid stained hands, use disposable gloves while slipping off the skin with a paring knife.) Cut beets into thin wedges.

In small bowl, make dressing by whisking together shallot, olive oil, juices and mustard until well combined. Add salt and pepper to taste.

Arrange lettuce leaves on a serving plate. Arrange beets on top in pinwheel fashion. (If desired, beets can first be re-heated in microwave oven.) Drizzle dressing over beets and lettuce.

Nutritional Information:

Makes 4 servings.

Per serving: 91 calories, 4 g. fat (less than 1 g. saturated fat), 13 g. carbohydrate, 3 g. protein, 4 g. dietary fiber, 113 mg. sodium.

Recipes below From the CDC 5 A Day website

Sensational Five Star Fruit Salad

Preparation time:

0 hour(s) 25 minute(s)

Number of servings: 6**Number of 5 A Day servings:** 2**Ingredients:**

1 sweet (fresh, frozen or canned) pineapple, peeled, cored, diced into small cubes

1 mango, peeled and sliced into thick strips (the pit is almond-shaped and sticks to the fruit so just cut around it)

3 red Anjou pears, cored and diced into small cubes (leave the peel on for color and fiber)

1 large ruby red grapefruit, segmented*

Seeds of 1 pomegranate

Directions:

Combine all fruit, or layer in a clear bowl, and dress with the following ingredients whisked together: Juice of 5 limes and 3 Tbsp honey.

* To segment a citrus fruit, use a small, sharp knife to cut off each end. Then carefully cut down each side until all skin and white pith is removed, revealing only orange flesh. Then, cut inside each segment, removing from each a triangle of orange but leaving all fibrous white material. Discard the white remains.

Speckled Potatoes

Preparation time:

0 hour(s) 15 minute(s)

Number of servings: 6**Number of 5 A Day servings:** 1**Source:** Red River Valley Potato Growers Association**Ingredients:**

1-1/2 lbs, red potatoes, peeled and thinly sliced

1/2 cup, minced onion

1 clove garlic, minced

1 low-sodium chicken bouillon cube

1/2 cup, chopped parsley

Directions:

In a large saucepan with 1 inch of water, combine potatoes, onions, garlic, and bouillon cube. Cover and cook 10 minutes. Add parsley; cook 5 minutes more, or until potatoes are tender; drain.

Confetti Appleslaw

Preparation time:

0 hour(s) 15 minute(s)

Number of servings: 8

Number of 5 A Day servings: 2

Source: Produce for Better Health

Ingredients:

2 Tbsp, orange concentrate, defrosted
1 red apple, unpeeled, cored and diced
4 cups, cabbage, shredded
2 small red onions, finely shredded
1 red or green sweet pepper, thinly sliced
3 Tbsp, raisins
1 Tbsp, calorie-reduced mayonnaise
1/2 cup, plain low-fat yogurt
1/2 tsp, dry mustard
1/8 tsp, paprika
1/8 tsp, freshly ground black pepper

Directions:

In a large bowl, stir together juice concentrate and diced apple. Add cabbage, onion, pepper and raisins. In a small bowl, stir together mayonnaise, yogurt, mustard, paprika, and pepper. Add to vegetable mixture. Cover tightly and refrigerate until ready to serve.

Cranberry Vegetable Risotto

Preparation time: 0 hour(s) 45 minute(s)

Number of servings: 4

Number of 5 A Day servings: 2

Ingredients:

2 Tbsp, butter
1 small onion, diced
3/4 cup, Arborio rice
1 cup, low-sodium vegetable broth
1 cup, sliced portabella mushrooms
1 cup, diced asparagus
3/4 cup, sweetened dried cranberries
2 Tbsp, minced fresh basil
1 Tbsp, Parmesan cheese

Directions:

Preheat oven to 425°F. Grease a medium casserole dish. Melt butter in a large saucepan. Add onion and cook over medium heat until soft. Add rice; cook for 2 minutes. Add broth; bring to a boil for 2 minutes. Stir in remaining ingredients, except Parmesan cheese. Pour mixture into casserole dish. Cover and bake for 30 minutes. Stir in cheese. Serve immediately.

Black Beans with Corn and Tomatoes

Preparation time: 0 hour(s) 10 minute(s)

Number of servings: 4

Number of 5 A Day servings: 2

Source: National Cancer Institute

Ingredients:

1 15 oz, can low-sodium, no fat added black beans
1 cup, cut tomatoes, fresh or canned
1 tsp, chopped fresh parsley
1/2 tsp, chili powder
1 cup, frozen corn, thawed
1 clove garlic, pureed or roasted
1/8 tsp, cayenne pepper or more to taste

Directions:

Drain and rinse beans. In a bowl, combine beans, corn, tomatoes and garlic. Add parsley, pepper and chili powder. Combine and serve.

Cranberry Apple Crisp Recipe

Preparation time: 1 hour(s) 0 minute(s)

Number of servings: 9

Number of 5 A Day servings: 1.5

Ingredients: 5 cups pared, sliced tart apples (about 6 medium apples) 1-1/2 cups fresh or frozen cranberries 1/3 cup sugar 1/2 cup all-purpose flour 1/2 cup brown sugar 1 tsp cinnamon 1/4 cup butter

Directions:

Preheat oven to 375°F. Lightly grease a 9-inch square baking pan. Layer apples and cranberries in pan sprinkling with sugar as you layer. Topping: Mix flour, brown sugar and cinnamon. Work in butter until light and crumbly. Sprinkle topping evenly over apples and cranberries. Bake 45 minutes or until apples are tender.

Nutritional Information:

Serving size 1/9 of recipe Amount Per Serving Calories 170 Calories from Fat 35 above recipe is from the CDC 5 A Day recipe site