

“Recipes for the Heart” (Am. Heart Association)

Rosemary-Dijon Chicken

Preheat oven to 350°

2 T Dijon mustard (coarse ground preferred)
2 tsp olive oil ½ tsp dried rosemary, crushed (or dried tarragon, crumbled)
¼ tsp salt ¼ tsp red hot-pepper sauce
Vegetable oil spray 4 skinless chicken breast halves with bone

- In small bowl, stir together mustard, oil, rosemary, salt, and hot pepper sauce
- Spray 13X9 pan with vegetable oil spray; Place chicken in single layer in dish. Spoon mustard mixture over each breast.
- Bake 40-45 min.; To serve, stir pan drippings to dislodge any browned bits and pour over chicken

Sliced Tomatoes with Chopped Salad

½ 14 oz can artichoke hearts, rinsed, drained and coarsely chopped
4 oz button mushrooms, thickly sliced
¼ c snipped fresh parsley
2 medium green onions (green and white parts) chopped
2 T fat-free or light Italian salad dressing
½ medium garlic clove, minced
1 T chopped fresh basil leaves
3 T crumbled blue cheese
1 medium tomato, cut into 8 slices

- Gently toss artichokes, mushrooms, parsley, green onions, salad dressing, basil and garlic
- Add blue cheese and toss gently
- To serve, arrange 2 tomato slices on each plate and spoon artichoke mixture over

Acorn Squash with Apricots and Raisins

Vegetable oil spray ¼ c raisins ½ tsp ground cinnamon
¼ c water ¼ c chopped dried apricots ½ c fresh orange juice
1 1 lb. Squash 2 T firmly packed brown sugar 1/8 tsp salt
½ tsp grated orange zest

- Spray a microwaveable 9-in baking pan with vegetable oil spray. Pour water into pan
- Pierce skin of squash with fork in several places. Cut in half vertically; scoop out and discard seeds and strings. Place squash in pan with cut side up
- Stir together remaining ingredients. Spoon onto each squash half. Cover loosely with waxed paper
- Microwave on high for 10-15 min, or until tender when pierced with fork.

Brown Rice and Walnut Pilaf

1¼ c fat-free, low sodium chicken broth 1 c uncooked quick-cooking brown rice
2 T walnut pieces Vegetable oil spray
1 lg onion, chopped ½ c medium red bell pepper, chopped
2 T snipped fresh cilantro ¼ tsp ground cumin
¼ tsp salt

- Bring broth to boil over high heat. Stir in rice. Cook, covered according to package directions
- Heat large nonstick skillet over medium-high heat. Dry-roast walnuts for 2-3 min. til lightly brown, stirring constantly. Transfer to small plate
- Lightly spray skillet with vegetable oil spray. Cook onion and bell pepper over medium-high heat for 6 min., or til richly brown, stirring frequently. Remove from heat
- Stir in remaining ingredients, including rice and walnuts.

Sun-dried Tomato and Kalamata Mini Foccacia

Preheat oven to 400°

1 c water
1 13.8 oz. tube refrigerated pizza dough
1 tsp dried basil, crumbled
¼ c thinly sliced red onion
Vegetable oil spray (preferably olive-oil flavor)

¼ c dry-packed sun-dried tomatoes, thinly sliced
1 medium garlic clove, halved
½ tsp oregano, crumbled
10 kalamata olives, chopped

- Microwave water and tomatoes on high for 2 min. to rehydrate. Drain well
- Unroll dough on clean surface and gently press into 12 X 8 rectangle. Rub garlic over dough. Sprinkle (in order) basil, oregano, tomatoes, onion and olives. Press down gently with fingertips so ingredients adhere to dough. Cut dough into 8 pieces, about 4 X 2 ¾ each.
- Lightly spray nonstick baking sheet with vegetable spray. Place foccacia on sheet; lightly spray foccacia with vegetable spray.
- Bake for 12 min., or until golden on edges. Transfer baking sheet to cooling rack. Serve foccacia at room temperature for peak flavor.

Topsy Turvy Apple Crumble

2 med. Granny Smith apples, unpeeled, cut into ½ inch cubes
2 ½ T finely chopped pecan pieces
2 T sugar
1 T water
½ tsp cornstarch
½ tsp butter flavoring
8 reduced fat gingersnaps, crushed

¼ c water
½ tsp cinnamon
1 tsp corn starch
½ tsp vanilla
½ tsp nut flavoring

- Heat 12-inch nonstick skillet over med-high heat. Dry-roast pecans for 1 min. til just beginning to brown, stirring constantly. Transfer to plate.
- Return skillet to the heat: Combine apples, ¼ c water, sugar and cinnamon in skillet. Stir. Bring to boil. Reduce heat and simmer, covered, for 3 min., or til apples are just tender crisp.
- Stir 1 T water and cornstarch til cornstarch completely dissolved. Stir into apple mixture. Cook for 1 min., stirring constantly. Remove from heat
- Stir flavorings into apple mixture.
- To assemble, sprinkle gingersnap crumbs into small bowls or ramekins. Top with apple mixture and pecans; Serve warm.