



HEART HEALTHY *Recipes*

AFRICAN HERITAGE SPICY CHICKPEAS

INGREDIENTS

1 Tbsp extra-virgin olive oil
1 medium yellow onion
1 tsp ginger
¼ tsp allspice
Pinch of cayenne pepper
1 tsp curry powder
1 (14.5-ounce) can diced tomatoes, no salt added
2 (15-ounce) cans chickpeas, no salt added, rinsed and drained

DIRECTIONS

1. *Heat the olive oil over medium heat.*
2. *Add the diced onions and cook, stirring occasionally, until they are translucent, about 4 minutes.*
3. *Add the ginger, allspice, cayenne pepper and curry powder. Stir for about 2 minutes, until everything is well mixed and fragrant.*
4. *Add the diced tomatoes with their liquid. Cook for 2 minutes.*
5. *Add the chickpeas and mix well. Let them simmer on medium-low heat for 7-10 minutes, stirring occasionally. Optional: enjoy over brown rice.*

BRIAN'S MAPLE SALMON

INGREDIENTS

2 Tbsp maple syrup
2 Tbsp soy sauce, reduced-sodium
2 Tbsp extra-virgin olive oil
1 clove garlic, minced
1/8 tsp black pepper
1 lb salmon

DIRECTIONS

1. *Preheat the oven to 400 °F.*
2. *In a small bowl, whisk together the maple syrup, soy sauce, garlic, pepper, and oil.*
3. *Place salmon in a shallow glass baking dish (skin up, if it has skin), and coat with the maple syrup mixture.*
4. *Cover the dish and marinate the salmon in the refrigerator for 30 minutes, turning once after 15 minutes (if it has skin, it will now be skin down).*
5. *Remove the cover and place the baking dish in the preheated oven, and bake uncovered for 20 minutes, or until it easily flakes with a fork.*

CALI GRILLED CHICKEN PITA + TZATZIKI

INGREDIENTS

Tzatziki

½ cup plain yogurt, low-fat
or non-fat

½ cup finely grated
cucumber

1 Tbsp fresh mint, chopped

1 clove garlic, minced

2 tsp lemon juice

Pepper to taste

DIRECTIONS

1. *Combine all the ingredients for the tzatziki. Mix well and set aside.*
2. *In a large bowl, combine the chicken, feta (if using), red onion, garlic, oregano, and pepper. Mix well. Divide the mixture in half; shape each ball into four 1/2-inch thick burgers.*

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CALI GRILLED CHICKEN PITA + TZATZIKI

INGREDIENTS

Grilled Chicken

1 pound ground chicken breast

½ cup crumbled low-fat feta cheese *(optional)*

¼ cup red onion, minced

1 clove garlic, minced

1 tsp dried oregano

½ cucumber, sliced

1 avocado, sliced

1 cup grape tomatoes, halved

¼ cup red onion, thinly sliced

4 whole wheat pita, 6 inch

Pepper to taste

DIRECTIONS

3. *Heat a lightly oiled frying pan over medium-high heat. Add the burgers to the pan and cook for 3-4 minutes. Flip, and cook an additional 3-4 minutes until the burgers are cooked through completely. Chicken is done when it reaches an internal temperature of 165 °F (74°C).*
4. *Slice each pita open. Place one burger into each pita pocket. Top with cucumber, red onion, avocado, and tomatoes. Drizzle in the tzatziki. Enjoy!*

GREEK SALAD

INGREDIENTS

1 medium red onion, thinly sliced
4 medium tomatoes, chopped
1 English cucumber, chopped
1 green bell pepper, chopped
5 pitted Kalamata olives
1 ½ tsp dried oregano
¼ cup extra-virgin olive oil
2 Tbsp wine vinegar
½ block (4 ounces) feta cheese, low-fat or non-fat

DIRECTIONS

1. *Place the onion, tomato, cucumber, bell pepper, and olives in a large serving dish.*
2. *Sprinkle the vegetables with ¾ tsp of oregano. Add the oil and vinegar (to taste) and toss gently.*
3. *Top the salad with chunks of feta and the remaining oregano.*

MEDITERRANEAN RED LENTIL SOUP

INGREDIENTS

1 Tbsp extra-virgin olive oil
1 medium onion, diced
4 garlic cloves, minced
1 Tbsp ground cumin
1 tsp ground coriander
1 ½ cups dried red lentils
5 cups low-sodium vegetable broth
1 (14.5 ounce) can diced tomatoes, no salt added
2 Tbsp lemon juice, or to taste
Pepper
Fresh chopped cilantro or parsley

DIRECTIONS

1. *Rinse lentils thoroughly in a colander under cold running water. Set aside to drain.*
2. *Heat olive oil in a soup pot over medium-high heat and sauté onion until translucent, about 5 minutes.*
3. *Add garlic, cumin and coriander, and saute for another minute.*
4. *Add the lentils, broth and tomatoes, and bring to a boil. Reduce heat and simmer, partially covered, until the lentils are soft, about 20 minutes.*
5. *Stir in the lemon juice. Add pepper to taste. Garnish with parsley and/or cilantro.*

MUSHROOM BARLEY SOUP

INGREDIENTS

2 Tbsp extra-virgin olive oil
16 oz cremini mushrooms,
halved or sliced
1 yellow onion, chopped
4 garlic cloves, chopped
2 celery stalks, chopped
1 carrot, chopped
8 oz white mushrooms,
chopped
½ cup canned crushed
tomatoes, no salt added
Black pepper
1 tsp coriander
½ tsp to ¾ tsp smoked
paprika
½ tsp cumin
6 cups low-sodium broth
1 cup pearl barley, rinsed
½ cup chopped parsley

DIRECTIONS

1. *In a large pot, heat the olive oil over medium-high heat. Add the cremini mushrooms and cook until they soften and start to change color (about 5 minutes). Remove from the pot and set aside.*
2. *In the same pot, add a little more olive oil. Add the onions, garlic, celery, carrots, and white mushrooms. Cook for 4-5 minutes. Add pepper to taste.*
3. *Add the crushed tomatoes, coriander, smoked paprika, and cumin. Cook for 3 minutes, stirring regularly.*
4. *Add the barley and broth. Bring to a rolling boil for 5 minutes. Turn heat down, cover and simmer over low heat for about 30 minutes or until the barley is tender.*
5. *Add the cooked cremini mushrooms back to the pot and stir well, cooking until they are warmed through.*