

Heart Healthy Recipes

Easy “Spice Blend”

Yields: approximate 1/3 cup

- 5 tsp. onion powder
- 2 ½ tsp. garlic powder
- 2 ½ tsp. paprika
- 2 ½ tsp. dry mustard
- 1 ½ tsp. thyme leaves (crushed)
- ½ tsp. white pepper
- ¼ tsp celery seed

Mix all ingredients together and add to chicken, fish, beef to add flavor but not sodium.

Garden Potato Salad

- 3 lbs. potatoes (about 6 large) boiled with skins, peeled and cut into ½ inch cubes
- 1 cup chopped celery
- ½ cup sliced green onion
- 2 Tbsp chopped parsley
- 1 cup low fat cottage cheese
- ¼ cup skim milk
- 3 Tbsp lemon juice
- 2 Tbsp cider vinegar
- ½ tsp celery seed
- ½ tsp dillweed
- ½ tsp dry mustard
- ½ tsp white pepper

1. In a large bowl, place potatoes, celery, green onion and parsley.
2. Using a blender or food processor, blend remaining ingredients until smooth and chill for 1 hour.
3. Pour chilled mixture over vegetables and mix well. Chill at least 30 minutes before service.

Grilled Chicken with Strawberry and Pineapple Salsa

Serves 4; 3 ounces chicken and 1/2 cup salsa per serving

Grilled pineapple and fresh mint and strawberries combine with tangy lemon and a bit of hot pepper flakes to make an interesting salsa for grilled chicken.

- 1 teaspoon canola or corn oil

Salsa

- 2 slices fresh pineapple, each 1/2 inch thick, patted dry
- 1 cup whole strawberries (about 5 ounces), diced
- 1/4 cup finely chopped red onion
- 3 to 4 tablespoons chopped fresh mint leaves
- 1 to 2 teaspoons sugar
- 1/8 teaspoon crushed red pepper flakes
- 1 medium lemon

Chicken

- 4 boneless, skinless chicken breast halves (about 4 ounces each), all visible fat discarded
- 2 teaspoons salt-free steak seasoning blend
- 1/4 teaspoon salt

Preheat the grill on medium high. Brush a grill pan or grill rack with the oil. Heat the grill pan or rack on the grill for about 2 minutes, or until hot. Grill the pineapple for 2 minutes on each side. Transfer to a cutting board and let cool slightly, about 2 minutes, before chopping.

Meanwhile, in a medium bowl, stir together the remaining salsa ingredients except the lemon. Grate 1 teaspoon lemon zest, reserving the lemon. Stir the zest and chopped pineapple into the strawberry mixture. Set aside.

Sprinkle both sides of the chicken with the seasoning blend and salt. Grill for 5 minutes on each side, or until no longer pink in the center. Transfer to plates. Squeeze the reserved lemon over the chicken. Serve with the salsa on the side.

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Banana Mousse

- 2 Tbsp low fat (1 percent) milk
 - 4 tsp sugar
 - 1 tsp vanilla
 - 1 medium banana, cut in quarters
 - 1 cup plain low fat yogurt
 - 8 banana slices ¼ inch
1. Place milk, sugar, vanilla and banana in blender. Process 15 seconds on high speed until smooth.
 2. Pour mixture into a small bowl. Fold in yogurt. Chill. Spoon into 4 dishes. Garnish each with 2 banana slices just before serving.