

Heart Healthy
Recipes

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These recipes were created by the National Heart, Lung, and Blood Institute as a part of the National Institute of Health and the U.S. Department of Health and Human Services.

Abbreviations used throughout this book include:

C = cup

tsp = teaspoon

Tbsp = tablespoon

oz = ounce

lb = pound

g = gram

mg = milligram

Nutrition Fact Sheet

Calories

A calorie is a unit of energy, not a nutrient. The amount that is best for you depends on your height, weight, age, sex, and activity level.

Total Fat

Fats supply energy and perform several functions in the body. Too much fat in the diet is linked to many chronic health problems such as heart disease, some types of cancer, diabetes, and obesity.

Saturated Fat: Eat less than 10 percent of daily calories

Foods high in saturated fat are firm at room temperature. Examples include butter, stick margarine, shortening, and the fat in cheese and meat. Limit intake of fats and oils high in saturated fat.

Cholesterol: Eat no more than 300 mg per day

Cholesterol is a fatlike substance, but it is not a fat itself. Too much cholesterol in the bloodstream is linked to heart disease. Cholesterol is only found in foods from animals, including dairy products, butter, egg yolks, meat, fish, and poultry. Cholesterol is not found in vegetable oils, margarine, egg whites, or plant foods like grains, fruits, and vegetables.

Sodium: Eat no more than 2,400 mg per day

Diets high in sodium can promote high blood pressure for people who are sodium sensitive. Sodium is mostly found in processed foods. The rest comes from table salt and a small amount occurs naturally in foods.

Fiber: Eat 25-30 g each day

Fiber helps with digestion, promotes health, and protects the body against diseases. It is only found in plants. There are two types of fiber: soluble and insoluble. Soluble fiber helps lower cholesterol levels and insoluble fiber helps the colon function the way it should.

Protein: Eat 10-35 percent of daily calories

Protein builds, repairs, and maintains all body tissues. Protein is found in foods from animals and plants. Examples of food sources include meat, poultry, fish, eggs, milk, cheese, yogurt, soy, beans, peas, seeds, and nuts.

Carbohydrates: Eat 45-60 percent of daily calories

Carbohydrates are your body's main source of energy and calories. They are classified in two groups: complex and simple. Examples of complex carbohydrates include cereals, beans, peas, rice, pasta, and vegetables. Simple carbohydrates include fruit, milk, cookies, cakes, candy, and soft drinks.

Potassium: Eat at least 2,000 mg per day

Potassium is found in a wide range of foods, especially fruits and vegetables. It is also found in meat, poultry, and fish. Good sources include potatoes, bananas, cantaloupe, and papaya.

Stir-Fried Beef and Chinese Vegetables



2 Tbsp	dry red wine
1 Tbsp	soy sauce
½ tsp	sugar
1½ tsp	gingerroot, peeled, grated
1lb	boneless round steak, fat trimmed, cut across grain into 1 ½- inch strips
2 Tbsp	vegetable oil
2	medium onions, each cut into 8 wedges
½ lb	fresh mushrooms, rinsed, trimmed, sliced
2 stalks	(½ C) celery, cut into ¼ -inch slices
2	small green peppers, cut into thin lengthwise strips
1 C	water chestnuts, drained, sliced
2 Tbsp	cornstarch
¼ C	water

1. Prepare marinade by mixing together wine, soy sauce, sugar, and ginger.
2. Marinate meat in mixture while preparing vegetables.
3. Heat 1Tbsp oil in large skillet or wok. Stir-fry onions and mushrooms for 3 minutes over medium-high heat.
4. Add celery and cook for 1 minute. Add remaining vegetables and cook for 2 minutes or until green pepper is tender, but crisp. Transfer vegetables to warm bowl.
5. Add remaining 1Tbsp oil to skillet. Stir-fry meat in oil for about 2 minutes, or until meat loses its pink color.
6. Blend cornstarch and water. Stir into meat. Cook and stir until thickened. Then return vegetables to skillet. Stir gently and serve.

Makes 6 servings

Serving size: 6 oz.

Each serving size provides:

Calories: 200

Total fat: 9 g

Saturated fat: 2 g

Cholesterol: 40 g

Sodium: 201 mg

Total fiber: 3 g

Protein: 17 g

Carbohydrates: 12 g

Potassium: 552 mg

Scrumptious Meat Loaf



1lb	ground beef, extra lean
½ C	(4oz) tomato paste
¼ C	onion, chopped
¼ C	green peppers
¼ C	red peppers
1C	tomatoes, fresh, blanched, chopped
½ tsp	mustard, low sodium
¼ tsp	ground black pepper
½ tsp	hot pepper, chopped
2 cloves	garlic, chopped
2 stalks	scallion, chopped
½ tsp	ground ginger
1/8 tsp	ground nutmeg
1 tsp	orange rind, grated
½ tsp	thyme, crushed
¼ C	bread crumbs, finely grated

1. Mix all ingredients together
2. Place in 1-lb loaf pan (preferably with drip rack) and bake covered at 350° F for 50 minutes.
3. Uncover pan and continue baking for 12 minutes.

Makes 6 servings

Serving size: 6, 1 ¼ -inch thick slice

Each serving size provides:

Calories: 193

Total fat: 9 g

Saturated fat: 3 g

Cholesterol: 45 mg

Sodium: 91mg

Total fiber: 2 g

Protein: 17 g

Carbohydrates: 11 g

Potassium: 513 mg

Barbecued Chicken

- 3 lb chicken parts (breast, drumstick, and thigh), skin and fat removed
- 1 large onion, thinly sliced
- 3 Tbsp vinegar
- 3 Tbsp Worcestershire sauce
- 2 Tbsp brown sugar
- To taste black pepper
- 1 Tbsp hot pepper flakes
- 1 Tbsp chili powder
- 1 C chicken stock or broth, fat skimmed from top



1. Place chicken in 13-by 9-by 2-inch pan. Arrange onions over top.
2. Mix together vinegar, Worcestershire sauce, brown sugar, pepper, hot pepper flakes, chili powder, and stock.
3. Pour mixture over chicken and bake at 350° F for 1 hour or until done. While cooking, baste occasionally.

Makes 8 servings

Serving size: 1 chicken part with sauce

Each serving size provides:

Calories: 176

Total fat: 6 g

Saturated fat: 2 g

Cholesterol: 68 mg

Sodium: 240 mg

Total fiber: 1 g

Protein: 24 g

Carbohydrates: 7 g

Potassium: 360 mg

20-Minute Chicken Creole

4	medium chicken breast halves, skinless, boned, and cut into 1-inch strips*
1 C	(14 oz) tomatoes, cut up**
1 C	low-sodium chili sauce
1½ C	(1 large) green pepper, chopped
1½ C	celery, chopped
¼ C	onion, chopped
2 cloves	garlic, minced
1 Tbsp	fresh basil (or 1 tsp dried)
1 Tbsp	fresh parsley (1 tsp dried)
¼ tsp	red pepper, crushed
¼ tsp	salt
As needed	nonstick cooking spray



* For convenience, you can use uncooked boneless, skinless chicken breast.

** To cut back on sodium, try low sodium canned tomatoes.

1. Spray deep skillet with nonstick cooking spray. Preheat pan over high heat.
2. Cook chicken in hot skillet, stirring, for 3-5 minutes or until no longer pink. Reduce heat.
3. Add tomatoes with juice, low sodium chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt. Bring to boil and reduce heat. Simmer covered for 10 minutes.
4. Serve over hot cooked rice or whole wheat pasta

Makes 6 servings

Serving size: 1½ C

Each serving size provides:

Calories: 274

Total fat: 5 g

Saturated fat: 1 g

Cholesterol: 73 mg

Sodium: 383 mg

Total fiber: 4 g

Protein: 30 g

Carbohydrates: 30 g

Potassium: 944 mg

Baked Salmon Dijon

1 C	fat-free sour cream
2 tsp	dried dill
3 Tbsp	scallions, finely chopped
2 Tbsp	Dijon mustard
2 Tbsp	lemon juice
1 ½ lb	salmon fillet with skin, cut in center
½ tsp	garlic powder
½ tsp	black pepper
As needed	fat-free cooking spray



1. Whisk sour cream, dill, onion, mustard, and lemon juice in small bowl to blend.
2. Preheat oven to 400° F. Lightly oil baking sheet with cooking spray.
3. Place salmon, skin side down, on prepared sheet. Sprinkle with garlic powder and pepper, then spread with the sauce.
4. Bake salmon until just opaque in center, about 20 minutes.

Makes 6 servings

Serving size: 1 piece (4 oz)

Each serving size provides:

Calories: 196

Total fat: 7 g

Saturated fat: 2 g

Cholesterol: 76 mg

Sodium: 229 mg

Total fiber: less than 1 g

Protein: 27 g

Carbohydrates: 5 g

Potassium: 703 mg

Black Beans With Rice

1 lb	black beans, dry
7 C	water
1	medium green pepper, coarsely chopped
1 ½ C	onion, chopped
1 Tbsp	vegetable oil
2	bay leaves
1 clove	garlic, minced
½ tsp	salt
1 Tbsp	vinegar (or lemon juice)
6 C	rice, cooked in unsalted water
1 jar	(4 oz) sliced pimento, drained
1	lemon, cut into wedges



1. Pick through beans to remove bad ones. Soak beans overnight in cold water. Drain and rinse.
2. In large soup pot or Dutch oven, stir together beans, water, green pepper, onion, oil, bay leaves, garlic, and salt. Cover and boil for 1 hour
3. Reduce heat and simmer, covered, for 3-4 hours or until beans are very tender. Stir occasionally, and add water if needed.
4. Remove and mash about a third of beans. Return to pot. Stir and heat through.
5. When ready to serve, remove bay leaves and stir in vinegar or lemon juice.
6. Serve over rice. Garnish with sliced pimento and lemon wedges.

Makes 6 servings

Serving size: 8 oz

Each serving size provides:

Calories: 508

Total fat: 4 g

Saturated fat: 1 g

Cholesterol: 0 mg

Sodium: 206 mg

Total fiber: 14 g

Protein: 21 g

Carbohydrates: 98 g

Potassium: 852 mg

Zucchini Lasagna



½ lb	lasagna noodles, cooked in unsalted water
¾ C	part-skim mozzarella cheese, grated
1 ½ C	fat-free cottage cheese*
¼ C	parmesan cheese, grated
1 ½ C	raw zucchini, sliced
2 ½ C	no salt added tomato sauce
2 tsp	basil, dried
2 tsp	oregano, dried
¼ C	onion, chopped
1 clove	garlic
1/8 tsp	black pepper

*Use unsalted cottage cheese to reduce the sodium content. New sodium content for each serving is 196 mg.

1. Preheat oven to 350° F. Lightly spray 9-by 13 inch baking dish with vegetable oil spray.
2. In small bowl, combine 1/8 C mozzarella and 1Tbsp parmesan cheese. Set aside.
3. In medium bowl, combine remaining mozzarella and Parmesan cheese with all of the cottage cheese. Mix well and set aside.
4. Combine tomato sauce with remaining ingredients. Spread thin layer of tomato sauce in bottom of baking dish. Add 1/3 of noodles in single layer. Spread ½ of cottage cheese mixture on top. Add layer of zucchini.
5. Repeat layering. Add thin coating of sauce. Top with noodles, sauce, and reserved cheese mixture. Cover with aluminum foil.
6. Bake for 30-40 minutes. Cool for 10-15 minutes. Cut into 6 portions.

Makes 6 servings

Serving size: 1 piece

Each serving size provides:

Calories: 276

Total fat: 5 g

Saturated fat: 2 g

Cholesterol: 11 mg

Sodium: 380 mg

Total fiber: 5 g

Protein: 19 g

Carbohydrates: 41 g

Potassium: 561 mg

Sweet and Sour Seashells



1 lb	uncooked small seashell pasta (9 C cooked)
2 Tbsp	vegetable oil
$\frac{3}{4}$ C	sugar
$\frac{1}{2}$ C	cider vinegar
$\frac{1}{2}$ C	wine vinegar
$\frac{1}{2}$ C	water
3 Tbsp	prepared mustard
To taste	black pepper
1 jar	(2 oz) sliced pimentos
2	small cucumbers
2	small onions, thinly sliced
18 leaves	lettuce

1. Cook pasta in unsalted water, drain, rinse with cold water, and drain again. Stir in oil.
2. Transfer to 4-quart bowl. In blender, place sugar, vinegars, water, prepared mustard, salt, pepper, and pimento. Process at low speed for 15-20 seconds, or just enough so flecks of pimento can be seen. Pour over pasta.
3. Score cucumber peel with fork tines. Cut cucumber in $\frac{1}{2}$ lengthwise, then slice thinly. Add to pasta with onion slices. Toss well.
4. Marinate, covered, in refrigerator for 24 hours. Stir occasionally.
5. Drain, and serve on lettuce.

Makes 18 servings

Serving size: $\frac{1}{2}$ C

Each serving size provides:

Calories: 158

Total fat: 2 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 35 mg

Total fiber: 2 g

Protein: 4 g

Carbohydrates: 31 g

Potassium: 150 mg

Fresh Cabbage and Tomato Salad



1 head	small cabbage, sliced thinly
2	medium tomatoes, cut in cubes
1 C	radishes, sliced
¼ tsp	salt
2 tsp	olive oil
2 Tbsp	rice vinegar (or lemon juice)
½ tsp	black pepper
½ tsp	red pepper
2 Tbsp	fresh cilantro, chopped

1. In large bowl, mix together cabbage, tomatoes, and radishes.
2. In another bowl, mix together the rest of the ingredients and pour over vegetables.

Makes 8 servings

Serving size: 1 C

Each serving size provides:

Calories: 43

Total fat: 1 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 88 mg

Total fiber: 3 g

Protein: 2 g

Carbohydrates: 7 g

Potassium: 331 mg

Green Beans Sauté

1 lb	fresh or frozen green beans, cut in 1-inch pieces
1 Tbsp	vegetable oil
1	large yellow onion, halved lengthwise, thinly sliced
½ tsp	salt
1/8 tsp	black pepper
1 Tbsp	fresh parsley, minced



1. If using fresh green beans, cook in boiling water for 10-12 minutes or steam for 2-3 minutes until barely fork tender. Drain well. If using frozen green beans, thaw first.
2. Heat oil in large skillet. Sauté onion until golden.
3. Stir in green beans, salt, and pepper. Heat through.
4. Before serving, toss with parsley.

Makes 4 servings

Serving size: 1/4 C

Each serving size provides:

Calories: 64

Total fat: 4 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 282 mg

Total fiber: 3 g

Protein: 2 g

Carbohydrates: 8 g

Potassium: 161 mg

Italian Vegetable Bake



- 1 can (28 oz) tomatoes, whole
- 1 medium onion, sliced
- ½ lb fresh green beans, sliced
- ½ lb fresh okra, cut into ½-inch pieces (or ½ of 10-oz package frozen, cut)
- ¾ C green pepper, finely chopped
- 2 Tbsp lemon juice
- 1 Tbsp fresh basil, chopped, or 1 tsp dried basil, crushed
- 1½ tsp fresh oregano leaves, chopped (or ½ tsp dried oregano, crushed)
- 3 medium (7-inch long) zucchini, cut into 1-inch cubes
- 1 medium eggplant, pared, cut into 1-inch cubes
- 2 Tbsp parmesan cheese, grated

1. Drain and coarsely chop tomatoes. Save liquid. Mix together tomatoes, reserved liquid, onion, green beans, okra, green pepper, lemon juice, and herbs. Cover and bake at 325° F for 15 minutes.
2. Mix in zucchini and eggplant. Continue baking, covered, 60-70 minutes more or until vegetables are tender. Stir occasionally.
3. Just before serving, sprinkle top with parmesan cheese.

Makes 18 servings

Serving size: ½ C

Each serving size provides:

Calories: 27

Total fat: less than 1 g

Saturated fat: less than 1 g

Cholesterol: 1 mg

Sodium: 86 mg

Total fiber: 2 g

Protein: 2 g

Carbohydrates: 5 g

Potassium: 244 mg

Smothered Greens

3 C	water
¼ lb	smoked turkey breast, skinless
1 Tbsp	fresh hot pepper, chopped
¼ tsp	cayenne pepper
¼ tsp	cloves, ground
2 cloves	garlic, crushed
½ tsp	thyme
1 stalk	scallion, chopped
1 tsp	ginger, ground
¼ C	onion, chopped
2 lb	greens (mustard, turnip, collard, kale, or mixture)



1. Place all ingredients except greens into large saucepan and bring to boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Tear or slice leaves into bite-size pieces.
4. Add greens to turkey stock. Cook for 20-30 minutes until tender.

Makes 5 servings

Serving size: 1 C

Each serving size provides:

Calories: 80

Total fat: 2 g

Saturated fat: less than 1 g

Cholesterol: 16 mg

Sodium: 378 mg

Total fiber: 4 g

Protein: 9 g

Carbohydrates: 9 g

Potassium: 472 mg

Vegetable Stew



3 C	water
1 cube	vegetable bouillon, low sodium
2 C	white potatoes, cut in 2-inch strips
2 C	carrots, sliced
4 C	summer squash, cut in 1-inch squares
1 C	summer squash, cut in 4 chunks
1 can	(15 oz) sweet corn, rinsed, drained (or 2 ears fresh corn, 1 ½ C)
1 tsp	thyme
2 cloves	garlic, minced
1 stalk	scallion, chopped
½	small hot pepper, chopped
1 C	onion, coarsely chopped
1 C	tomatoes diced (add other favorite vegetables, such as broccoli and cauliflower)

1. Put water and bouillon in large pot and bring to a boil.
2. Add potatoes and carrots, and simmer for 5 minutes.
3. Add remaining ingredients, except for tomatoes, and continue cooking for 15 minutes over medium heat.
4. Remove four chunks of squash and puree in blender.
5. Return pureed mixture to pot and let cook for 10 minutes more.
6. Add tomatoes and cook for another 5 minutes.
7. Remove from flame and let sit for 10 minutes to allow stew to thicken.

Makes 8 servings

Serving size: 1¼ C

Each serving size provides:

Calories: 119

Total fat: 1 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 196 mg

Total fiber: 4 g

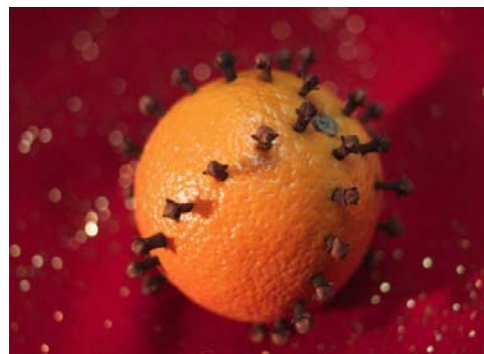
Protein: 4 g

Carbohydrates: 27 g

Potassium: 524 mg

Candid Yams

3	(1 ½ C) medium yams
¼ C	brown sugar, packed
1 tsp	flour, sifted
¼ tsp	salt
¼ tsp	ground cinnamon
¼ tsp	ground nutmeg
¼ tsp	orange peel
1 tsp	soft tub margarine
½ C	orange juice



1. Cut yams in half and boil until tender but firm (about 20 minutes). When cool enough to handle, peel and slice into 1/4 – inch thickness.
2. Combine sugar, flour, salt, cinnamon, nutmeg, and grated orange peel.
3. Place ½ of sliced yams in medium-size casserole dish. Sprinkle with spiced sugar mixture.
4. Dot with ½ the amount of margarine.
5. Add second layer of yams, using the rest of the ingredients in the same order as above. Add orange juice.
6. Bake uncovered for 20 minutes in oven that was preheated to 350° F.
7. Remove from flame and let sit for 10 minutes to allow stew to thicken.

Makes 6 servings

Serving size: ¼ C

Each serving size provides:

Calories: 110

Total fat: less than 1 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 115 mg

Total fiber: 2 g

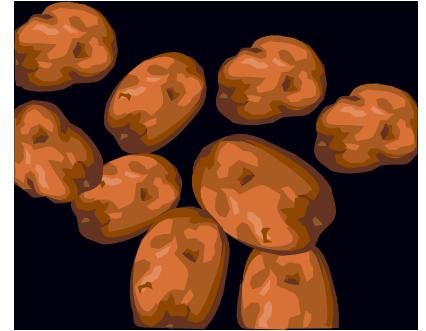
Protein: 1 g

Carbohydrates: 25 g

Potassium: 344 mg

Garlic Mashed Potatoes

2 (1 lb large potatoes, peeled, quartered)
2 C skim milk
2 cloves garlic, large, chopped
½ tsp white pepper



To use sauce pan:

1. Cook potatoes, covered, in small amount of boiling water for 20-25 minutes or until tender. Remove from heat. Drain and recover.
2. Meanwhile, in small saucepan over low heat, cook garlic in milk until soft (about 30 minutes).
3. Add milk-garlic mixture and white pepper to potatoes. Beat with electric mixture on low speed, or mash, until smooth.

To use microwave:

1. Scrub potatoes, pat dry, and prick with fork.
2. On plate, cook potatoes uncovered on 100 percent (high) power until tender (about 12 minutes), turning over once.
3. Let stand 5 minutes, then peel and quarter.
4. Meanwhile, in 4-cup measuring glass, combine milk and garlic. Cook, uncovered, on 50 percent (medium) power until garlic is soft (about 45 minutes).
5. Continue as directed above.

Makes 6 servings

Serving size: ¾ C

Each serving size provides:

Calories: 142

Total fat: less than 1 g

Saturated fat: less than 1 g

Cholesterol: 2 mg

Sodium: 69 mg

Total fiber: 2 g

Protein: 6 g

Carbohydrates: 29 g

Potassium: 577 mg

Classic Macaroni and Cheese

2 C macaroni
½ C onions, chopped
½ C evaporated skim milk
1 medium egg, beaten
¼ tsp black pepper
1 ¼ C (4 oz) low-fat sharp cheddar cheese finely shredded
As needed nonstick cooking spray



1. Cook macaroni according to directions, but do not add salt to the cooking water. Drain and set aside.
2. Spray casserole dish with nonstick cooking spray. Preheat oven to 350° F.
3. Lightly spray saucepan with nonstick cooking spray. Add onions and sauté for about 3 minutes.
4. In another bowl, combine macaroni, onions, and rest of ingredients and mix.
5. Transfer mixture into casserole dish.
6. Bake for 25 minutes, or until bubbly. Let stand for 10 minutes before serving.

Makes 8 servings

Serving size: ½ C

Each serving size provides:

Calories: 200

Total fat: 4 g

Saturated fat: 2 g

Cholesterol: 34 mg

Sodium: 120 mg

Total fiber: 1 g

Protein: 11 g

Carbohydrates: 29 g

Potassium: 119 mg

Banana-Nut Bread

1 C	ripe bananas, mashed
1/3 C	low-fat buttermilk
1/2 C	brown sugar, packed
1/4 C	margarine
1	egg
2 C	all-purpose flour, sifted
1 tsp	baking powder
1/2 tsp	baking soda
1/2 tsp	salt
1/2 C	pecans, chopped



1. Preheat the oven to 350° F. Lightly oil two, 9-by 5-inch loaf pans.
2. Stir together mashed bananas and buttermilk. Set aside.
3. Cream brown sugar and margarine together until light. Beat in egg. Add banana mixture and beat well.
4. Stir together flour, baking powder, baking soda, and salt. Add all at once to liquid ingredients. Stir until well blended.
5. Stir in nuts, and pour into prepared pans.
6. Bake for 50-55 minutes or until toothpick inserted in center comes out clean. Cool for 5 minutes in pans.
7. Remove from pans and complete cooling on a wire rack before slicing.

Makes 2 loaves

Serving size: 1/2 inch slice

Each serving size provides:

Calories: 133

Total fat: 5 g

Saturated fat: 1 g

Cholesterol: 12 mg

Sodium: 138 mg

Total fiber: 1 g

Protein: 2 g

Carbohydrates: 20 g

Potassium: 114 mg

Apricot-Orange Bread



1 package	(6 oz) dried apricots, cut into small pieces
2 C	water
2 Tbsp	margarine
1 C	sugar
1	egg, slightly beaten
1 Tbsp	orange peel, freshly grated
3½ C	all-purpose flour, sifted
½ C	fat-free dry milk powder
2 tsp	baking powder
1 tsp	baking soda
1 tsp	salt
½ C	orange juice
½ C	pecans, chopped

1. Preheat oven to 350° F. Lightly oil two, 9-by 5-inch loaf pans.
2. Cook apricots in water in covered medium-size saucepan for 10-15 minutes or until tender but not mushy. Drain and reserve ¾ C liquid. Set apricots aside to cool.
3. Cream together margarine and sugar. By hand, beat in egg and orange peel.
4. Sift together flour, dry milk, baking powder, soda, and salt. Add to creamed mixture alternately with reserved apricot liquid and orange juice.
5. Stir apricot pieces and pecans into batter.
6. Pour batter into prepared pans.
7. Bake for 40-50 minutes or until bread springs back when lightly touched in center.
8. Cool for 5 minutes in pans. Remove from pans and completely cool on wire rack before slicing.

Makes 2 loaves

Serving size: ½ inch slice

Each serving size provides:

Calories: 97

Total fat: 2 g

Saturated fat: less than 1 g

Cholesterol: 6 mg

Sodium: 113 mg

Total fiber: 1 g

Protein: 2 g

Carbohydrates: 18 g

Potassium: 110 mg

Carrot-Raisin Bread

1½ C	all-purpose flour, sifted
½ C	sugar
1 tsp	baking powder
¼ tsp	baking soda
½ tsp	salt
1½ tsp	ground cinnamon
¼ tsp	ground allspice
1	egg, beaten
½ C	water
2 Tbsp	vegetable oil
½ tsp	vanilla
1½ C	carrots, finely shredded
¼ C	pecans, chopped
¼ C	golden raisins



1. Preheat oven to 350° F. Lightly oil two, 9-by 5-inch loaf pans.
2. Stir together dry ingredients in large mixing bowl. Make well in center of dry mixture.
3. In separate bowl, mix together remaining ingredients. Add mixture all at once to dry ingredients. Stir just enough to moisten and evenly distribute carrots.
4. Pour into prepared pan. Bake for 50 minutes or until toothpick inserted in center comes out clean.
5. Cool for 5 minutes in pan. Remove from pan and complete cooling on wire rack before slicing.

Makes 2 loaves

Serving size: ½ inch slice

Each serving size provides:

Calories: 99

Total fat: 3 g

Saturated fat: less than 1 g

Cholesterol: 12 mg

Sodium: 97 mg

Total fiber: 1 g

Protein: 2 g

Carbohydrates: 17 g

Potassium: 69 mg

Homestyle Biscuits

2 C flour
2 tsp baking powder
¼ tsp baking soda
¼ tsp salt
2 Tbsp sugar
⅔ C 1% fat buttermilk
3 ⅓ Tbsp vegetable oil



1. Preheat oven to 450° F.
2. In a medium bowl, combine flour, baking powder, baking soda, salt, and sugar.
3. In small bowl, stir together buttermilk and all of the oil. Pour over flour mixture and stir until well mixed.
4. On lightly floured surface, knead dough gently for 10-12 strokes. Roll or pat dough to ¾-inch thickness. Cut with 2-inch biscuit or cookie cutter, dipping cutter in flour between cuts. Transfer biscuits to an ungreased baking sheet.
5. Bake for 12 minutes or until golden brown. Serve warm.

Makes 15 servings

Serving size: 1 2-inch biscuit

Each serving size provides:

Calories: 99

Total fat: 3 g

Saturated fat: less than 1 g

Cholesterol: less than 1 mg

Sodium: 72 mg

Total fiber: 1 g

Protein: 2 g

Carbohydrates: 15 g

Potassium: 102 mg

Apple Coffee Cake

5 C	tart apples, cored, peeled, chopped
1 C	sugar
1 C	dark raisins
½ C	pecans
¼ C	vegetable oil
2 tsp	vanilla
1	egg beaten
2 C	all-purpose flour, sifted
1 tsp	baking soda
2 tsp	ground cinnamon



1. Preheat the oven to 350° F.
2. Lightly oil 13-by 9-by 2-inch pan.
3. In large mixing bowl, combine apples with sugar, raisins, and pecans. Mix well and let stand for 30 minutes.
4. Stir in oil, vanilla, and egg. Sift together flour, soda, and cinnamon, and stir into apple mixture about 1/3 at a time—just enough to moisten dry ingredients.
5. Pour batter into pan. Bake for 35-40 minutes. Cook cake slightly before serving.

Makes 20 servings

Serving size: 1, 3½ inch by 2½-inch piece

Each serving size provides:

Calories: 196

Total fat: 8 g

Saturated fat: 1 g

Cholesterol: 11 mg

Sodium: 67 mg

Total fiber: 2 g

Protein: 3 g

Carbohydrates: 31 g

Potassium: 136 mg

1-2-3 Peach Cobbler



½ tsp	ground cinnamon
1 Tbsp	vanilla extract
2 Tbsp	cornstarch
1 C	peach nectar
¼ C	pineapple juice or peach juice (if desired, use juice reserved from canned peaches)
2 can	(16 oz each) peaches, packed in juice, drained, (or 1 ¾ lb fresh) sliced
1 Tbsp	tub margarine
1 C	dry pancake mix
2/3 C	all-purpose flour
½ C	sugar
2/3 C	evaporated skim milk
½ tsp	nutmeg
1 Tbsp	brown sugar
As needed	nonstick cooking spray

1. Combine cinnamon, vanilla, cornstarch, peach nectar, and pineapple or peach juice in saucepan over medium heat. Stir constantly until mixture thickens and bubbles.
2. Add sliced peaches to mixture. Reduce heat and simmer for 5-10 minutes.
3. In another saucepan, melt margarine and set aside.
4. Lightly spray 8-inch square glass dish with cooking spray. Pour hot mixture into dish.
5. Combine nutmeg and brown sugar. Sprinkle mixture on top of batter.
6. Bake at 400° F for 15-20 minutes or until golden brown. Cool and cut into 8 squares.

Makes 8 servings

Serving size: 1 piece

Each serving size provides:

Calories: 271

Total fat: 4 g

Saturated fat: less than 1 g

Cholesterol: less than 1 mg

Sodium: 263 mg

Total fiber: 2 g

Protein: 4 g

Carbohydrates: 54 g

Potassium: 284 mg

Rainbow Fruit Salad

For fruit salad:

- 1 large mango, peeled diced
- 2 C fresh blueberries
- 2 bananas, sliced
- 2 C fresh strawberries, halved
- 2 C seedless grapes
- 2 nectarines, unpeeled, sliced
- 1 kiwi fruit, peeled, sliced



For honey-orange sauce:

- 1/3 C unsweetened orange juice
- 2 Tbsp lemon juice
- 1½ Tbsp honey
- ¼ tsp ground ginger
- Dash nutmeg

1. Prepare the fruit.
2. Combine all ingredients for sauce and mix.
3. Just before serving, pour honey-orange sauce over fruit.

Makes 12 servings

Serving size: ½ C

Each serving size provides:

Calories: 96

Total fat: 1 g

Saturated fat: less than 1 g

Cholesterol: 0 mg

Sodium: 4 mg

Total fiber: 3 g

Carbohydrates: 24 g

Potassium: 302 mg

Banana Mousse

2 Tbsp lowfat milk
4 tsp sugar
1 tsp vanilla
1 medium banana, cut in quarters
1 C plain lowfat yogurt
8 slices (1/4 inch each) banana



1. Place milk, sugar, vanilla, and banana in blender. Process for 15 seconds at high speed until smooth.
2. Pour mixture into small bowl and fold in yogurt. Chill.
3. Spoon into four dessert dishes and garnish each with two banana slices just before serving.

Makes 4 servings

Serving size: ½ C

Each serving size provides:

Calories: 94

Total fat: 1 g

Saturated fat: 1 g

Cholesterol: 4 mg

Sodium: 47 mg

Total fiber: 1 g

Protein 1 g

Carbohydrates: 18 g

Potassium: 297 mg



**Community Nutrition
Obesity Prevention Division**
Indiana State Department of Health

2 North Meridian Street 2L
Indianapolis, IN 46204
<http://www.in.gov/isdh/programs/cnop/index.htm>



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