

Love Your Heart with Healthy Fats

February is American Heart Month

Heart disease is the leading cause of death for American men and women and can often be prevented with healthy lifestyle choices and management of health conditions.

One step to a healthy heart is replacing saturated fatty foods with heart healthy fats, such as:

Vegetable oils: canola, olive, grapeseed, safflower

Lean meats: chicken breast, turkey breast, pork loin

Lean dairy: 1%/fat free milk, low fat yogurt and cheese

Nuts: walnuts, almonds, sunflower seeds, pumpkin seeds, pistachios, peanuts

Fish: Salmon, albacore tuna, lake trout, mackerel

WELLNESS IN THE KITCHEN

COOKING CLASSES FEATURING

**OH SO
GOOD**
BY UNIDINE

Love Your Heart with Healthy Fats

OH SO GOOD means lower in calories and sodium,
high in fiber and good fat.



SALMON WITH CITRUS SALSA

Ingredients (4 servings)

- 16 oz.. Fish, salmon
- 1/8 tsp Ground Black Pepper
- 1/8 tsp Salt, kosher
- 1 tsp Oil, canola
- 1/2 cup Tomato, chopped
- 2 tbsp. Lemon, fresh
- 1/4 cup Herb, Cilantro
- 1 tbsp. Jalapeno pepper, minced
- 1 1/4 cup Oranges, Med Raw

For salmon: drizzle olive oil on the salmon and season w/salt & pepper. Place salmon on preheated grill and cook for 3-4 mins on each side. Bake in oven for 5 mins until firm-internal temp should be 145 degrees. Remove from oven and set aside. For citrus tomato salsa: Chop all ingredients. In a bowl, mix the chopped orange segments, lemon segments, chopped cilantro, minced jalapeno and diced tomatoes. Place salsa over salmon and serve.

Nutrition facts per 4 oz. serving : 200 kcal, 9g fat, 9g carbohydrates, 2g fiber, 23g protein, 125mg sodium



ROASTED TOMATO AND VEGETABLES

Ingredients (4 servings)

- 1 lb. Zucchini squash (sliced)
- 6 1/3 oz.. Tomato, grape
- 3 1/8 tbsp. Peppers, Red sweet (julienne)
- 3/8 oz.. Oil, Olive
- 1/8 tsp Salt
- 1/8 tsp Black pepper, ground
- 1/3 oz.. Garlic, fresh (chopped)

Preheat oven to 400 degrees.

Toss vegetables with olive oil and spread into a single layer onto sheet pans. Season with salt and pepper to taste.

Roast until vegetables begin to caramelize (about 25 mins), stirring and turning occasionally.

Stir in garlic and roast an additional 5 minutes before serving.

Nutrition facts per 4 oz.: 200 kcal, 9g fat, 9g carbohydrates, 2g fiber, 23g protein, 125mg sodium



WHIPPED POTATOES

Ingredients (4 servings)

- 1 pound Potato, raw
- 1/3 cup Chicken stock
- 1/4 tsp Salt
- 1/8 tsp White Pepper

Boil or steam potatoes for 15-20 mins until tender. Drain well. Whip potato on low speed until mashed.

Add stock, salt and pepper. Mix on medium speed for 1 min, then high speed for 2-3 mins until smooth. Stop frequently to scrape down bowl and paddle.

Nutrition facts per 4 oz.. serving: 66 kcal, 0 g fat, 15 g carb, 3 g fiber, 3 g protein, 163 mg sodium



CHOCOLATE AVOCADO MOUSSE

Ingredients (10 servings)

- 3 Oz Agave syrup
- 3 Whole Ripe Avocado
- 2 Oz Cocoa, unswt.
- 2 Oz Almond Milk
- 1 1/4 Oz Baking Choc, unswt. (melted)
- Vanilla Extract
- 1 tsp

Puree avocado, agave, almond milk, cocoa powder, melted chocolate, and vanilla until a smooth mousse consistency is achieved.

To serve, pipe mousse into desired serving dishes and garnish with toasted almonds and strawberries.

Nutrition facts per 4oz serving: 249 kcal, 12g fat, 36g carbohydrates, 12g fiber, 5g protein, 12mg sodium