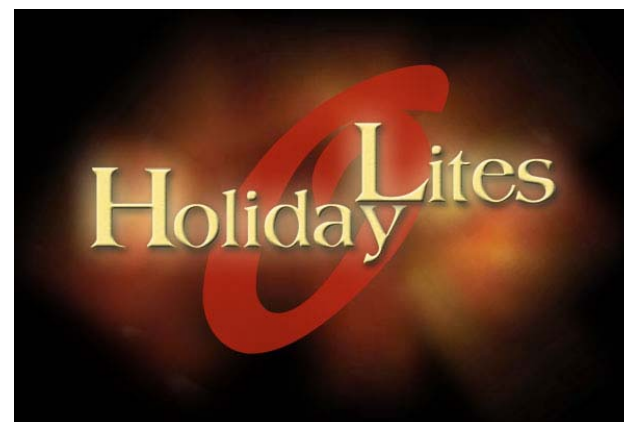


Special thanks to the **American Heart Association**, **Lane Regional Medical Center**, the **Louisiana Department Of Health and Hospitals Bureau of Primary Care and Rural Health Louisiana Heart Disease and Stroke Prevention Program**, and **Whole Foods Market** for their participation in this event.



<http://www.dhh.louisiana.gov/offices/?ID=246>



Louisiana Public Broadcasting, Lane Regional Medical Center, Whole Foods Market, the American Heart Association, and the Louisiana Department Of Health and Hospitals Bureau of Primary Care and Rural Health Louisiana Heart Disease and Stroke Prevention Program are sponsors of

Holiday Lites
Heart Healthy Cooking Show
Recipe Collection



Dry Roux

Dry roux is simply flour that is browned without oil in a skillet or in the oven. Using a dry roux reduces the amount of fat and calories in a recipe which helps make the dish more heart healthy. Unlike roux made with oil, dry roux will darken when liquid is added so the flour should be browned until it is slightly lighter than the recipe requires.

Any amount of flour can be browned to make dry roux. It is simplest to prepare more than you need and store the excess in an air-tight jar for later use. Dry roux may be stored in an air-tight jar on the shelf or in the refrigerator.

Roux and sautéed vegetables are combined at the beginning of many Louisiana recipes. When preparing gumbo, gravies, stews or smothered dishes, spoon out the desired amount of dry roux. Dry roux can be sprinkled over the vegetables after they are sautéed or can be mixed with liquid to form a paste and then added to the sautéed vegetables.

In a Skillet

Place all-purpose white flour in a heavy skillet over moderate heat. As the flour cooks, stir it often with a wooden spoon. The flour will begin to color within a few minutes, begin stirring the flour constantly to keep it from burning. Move the skillet on and off of the burner, if necessary, to help control the heat. Continue cooking the flour until it is slightly lighter than the color that the recipe requires. Cool the browned flour and store it in an air-tight jar.

In an Oven

Place all-purpose white flour onto a large baking sheet or into a large iron skillet. Place the pan or skillet in a 400 degree oven. It may take about an hour for the flour to brown sufficiently. Stir the flour about every 15 minutes so it browns evenly. Remove the pan or skillet from the oven when the flour is slightly lighter than the recipe requires. Cool the browned flour and store it in an air-tight jar.

Pumpkin Pie

Ingredients:

¾ cup sugar
½ tsp. salt
1 tsp. ground cinnamon
½ tsp. ground ginger
¼ tsp. ground cloves
4 large egg whites
1 can (15 oz.) pure pumpkin
1 can (12 fl. oz.) evaporated skim milk
1 unbaked 9-inch (4-cup volume) deep-dish pie shell

Directions:

Mix sugar, salt, cinnamon, ginger and cloves in small bowl. Beat egg whites in large bowl. Stir in pumpkin and sugar-spice mixture. Gradually stir in evaporated milk.

Pour into pie shell.

Bake in preheated 425° F. oven for 15 minutes. Reduce temperature to 350° F.; bake 40-50 minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours. Serve immediately or refrigerate.

Makes 8 (1/8 pie) servings.

Nutrition information per serving: 236 calories, 7g total fat, 2g saturated fat, 0g cholesterol, 155 mg sodium, 38g carbohydrate, 4g fiber.

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Praline Sweet Potato Casserole

Prep time: 10 min
Cook time: 2 and ½ hours.

Ingredients:

6 large sweet potatoes (about 5 ½ lbs)
¾ cup skim milk
½ cup olive or canola oil
6 egg whites, lightly beaten
¾ cup brown sugar, packed.

For Praline Topping:

4 Tbsp margarine with olive or canola oil base
¾ cup brown sugar
½ tsp ground cinnamon
½ tsp ground nutmeg
¾ cup evaporated skimmed milk or skim milk
1 ½ cups coarsely chopped pecans
1 tsp vanilla

Directions:

1. Preheat oven to 350 degrees F.
2. Pierce potatoes several times with a fork or ice pick and place on a baking pan; bake in preheated oven 1 ¼-1 ½ hours or until potatoes are tender; set aside until cool.
3. In a small pan, heat milk and butter until hot but not boiling; keep warm.
4. Cut the potatoes in half and scoop out the insides into a mixing bowl and discard the skins.
5. Mash the potatoes with whatever method you prefer (masher, ricer, food mill, etc).
6. Stir milk into potatoes; add eggs and continue to blend until well combined; stir in brown sugar.
7. Butter a 9 X 13 inch casserole or baking dish and spread mixture into pan; set aside while making topping.
8. Melt the butter in a large saucepan over low heat; stir in the brown sugar, salt, cinnamon, nutmeg, cream and pecans.
9. Heat to a simmer and cook, stirring constantly, until mixture is thick, 5-7 minutes (if mixture starts to boil, reduce heat slightly to maintain a simmer).
10. Remove from heat and stir in vanilla.
11. Pour topping over potatoes in dish, spreading with spatula.
12. Bake in preheated oven for 30 minutes, or until slightly crusty and set.
13. Serve immediately.

Nutrition Facts per 1 cup serving: Calories: 243, Total Fat 8.4g Sat Fat 1.3g, Cholesterol 1.2g, Sodium 256mg, Total Carbohydrate 60g, Fiber 6 g, Protein: 2.4g.

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Registered Dietitians Tosha Henagan and Celia Wattigny from **Lane Regional Medical Center** and Libby Quintana and Kristina Bradford from **Whole Foods Market** have prepared heart healthy versions of Louisiana's favorite holiday recipes and new contemporary dishes.

Don't miss the new three-part series

[*The Mysterious Human Heart*](#)

on Monday, October 15th and 22nd at 8 P.M.

Winter Squash Crostini

Dairy-Free, Vegan

Start with the natural, nutty sweetness of winter squash and you're well on your way to a delicious topping for crostini (toasted baguette bread). Mix in some sautéed shallots, a bit of sea salt and almond butter, and you have a savory appetizer perfect for matching with other finger foods. As a nice, festive touch, top with toasted almonds.

Makes 2 dozen

- 1 small winter squash (i.e., butternut, kabocha), halved and seeded
- 1/2 tablespoon olive oil
- 1 1/2 cups shallot, chopped (about 3 shallots)
- 3/4 teaspoon sea salt
- 3 tablespoons almond butter
- baguette, sliced on the diagonal into 24 pieces
- Olive oil for brushing bread

Preheat oven to 350°F. Place squash on greased baking sheet and bake for about 45 minutes or until tender. Remove and let cool. In large skillet, heat oil on medium. Sauté shallot with salt in oil until golden, about 5 to 8 minutes. While shallot cooks, brush bread with oil and lightly toast in oven, about 10 minutes. Scoop out 1 1/2 cups of squash for recipe and add to food processor. Add shallot and almond butter and blend until smooth. Spread squash purée over warm bread and serve.

Nutrition Info

Per Serving (123g-wt. or two crostini): 230 calories (45 from fat), 5g total fat, 0.5g saturated fat, 7g protein, 40g total carbohydrate (3g dietary fiber, 2g sugar), 0mg cholesterol, 550mg sodium

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Spinach Madeline

Serves ~10- 1/2 **cup** servings as side dish. Prep time ~10 min. Cook time ~35 minutes.

Ingredients:

2- 16 oz packages frozen, chopped spinach, thawed and drained with juice reserved.
4 Tbsp butter or margarine made with olive or canola oil/ yogurt or other trans-fat free base.
2 Tbsp flour
1 medium Vidalia or white onion, chopped
1 Tbsp minced garlic
1/2 cup evaporated, skimmed milk
3/4 tsp celery or onion powder
8 oz Mexican Velveeta, cubed
2 tsp Worcestershire sauce
4 Tbsp plain bread crumbs

Directions:

1. Cook spinach in microwave or according to recipe and drain thoroughly. Reserving the excess liquid for later use.
 2. Set both spinach and spinach liquid aside.
 3. Melt margarine or other fat using over low heat in another saucepan.
 4. Add onion and garlic and cook until onion soft but not brown.
 5. Add flour slowly; sifting and stirring to mixture on medium heat
 6. Add 1/2 cup spinach liquid and 1/2 cup evaporated skimmed milk, stirring constantly to avoid lumps.
 7. Cook until smooth and thick.
 8. Add pepper, celery salt, and cheese.
 9. Stir mixture until cheese melted
 10. Combine sauce with spinach in large bowl, mix thoroughly. Spoon mixture into casserole dish.
 11. Sprinkle with breadcrumbs if desired.
- Bake at 350F for 25-35 minutes until mixture bubbles and hot throughout.
As a side dish serves: 10- 1/2 **cup servings**.

Nutritional Facts per 1/2 cup serving: Calories: 188 cal, Total Fat: 9.2g, Sat Fat: 3.4g, Cholesterol: 18.5mg, Sodium: 540mg, Fiber 0.1g, Protein: 5.8g.

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Cajun Turkey and Sausage Gumbo

Serves ~ **17-4oz servings** (~ 3oz meat, 1 oz liquid)

Prep time ~15 min.

Cooking time ~1.5 hours.

Ingredients:

3-4 Heaping Tbsp dry roux (for darker, thicker gumbo do 4; lighter 3)

1 frozen or fresh 24 oz seasoning blend (onions, celery, green and red bell pepper, and parsley), any brand.

4 celery ribs chopped

½ Tbsp minced garlic

1 14oz can chicken broth (low sodium preferred)

2 bay leaves (fresh or dried)

1 tsp dry thyme leaves

Black pepper to taste

1-3.5 lb frozen, boneless, skinless turkey breast (all white meat)

¾ head fresh parsley, chopped

1-14oz package turkey smoked sausage or other low fat variety (lower sodium preferred) diced or sliced.

Non-stick cooking spray

2 tsp Creole seasoning

1 bunch green onion, chopped

Low sodium soy sauce

Directions:

1. Defrost turkey breast; rub with Creole seasoning

2. In a large pot with cover or gumbo pot, coat pan with cooking spray add 1 Tbsp soy sauce and brown turkey breast on all sides until nice brown color without burning. Add sliced sausage and brown well.

3. In another saucepan, coat pan with cooking spray and on med-high heat, cook onions mix, green onions, parsley, garlic, celery until onions translucent.

4. In a plastic container with lid, measure your dry roux. Add 1 cup water and leave room on top for mixing. Cover container, shake vigorously until water and roux mixed; pour into gumbo pot with turkey. Add additional 3 cups water. Add chicken stock. Add vegetables, add bay leaf and thyme. Stir final mixture well.

Bring mixture to boil. Simmer for at least 1 hour. Meat will be more tender and fall apart the longer you cook it.

*Serve with ½ cup steamed rice if desired.

Nutritional Facts per 4oz serving (~3oz meat; ~1oz broth). Calories: 175, Total Fat: 5g, Sat Fat: 1.8g, Cholesterol: 98mg, Fiber: .54g, Sodium: 173mg, Protein: 27.4g. Gumbo served along with ¼ cup cooked white rice: Calories: 255, Total Fat: 5g, Sat Fat: 1.8g, Cholesterol: 98mg, Fiber 1.54g (brown rice 2.54g), Sodium 173mg, Protein 29.4g.

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Arugula Salad with Manchego Cheese and Walnuts

Vegetarian

The crisp peppery flavor of arugula combines extra nicely with toasted walnuts and this mild Spanish sheep's milk cheese. A great beginning to a meal of grilled or roasted chicken and vegetables.

- 1/4 cup coarsely chopped walnuts, oven toasted
- 3 tablespoons walnut oil
- 3 tablespoons extra virgin olive oil
- 1 1/2 – 2 tablespoons Champagne vinegar
- sea salt, to taste
- ground black pepper, to taste
- 8 cups arugula, stems removed
- 1/4 cup aged manchego cheese, shaved into strips
- thinly sliced red onion (optional)

Toast walnuts under broiler until golden and crisp; watch carefully to keep them from burning. Mix together 3 tablespoons walnut oil and 3 tablespoons olive oil with 1 1/2 to 2 tablespoons vinegar. Add salt and pepper to taste. Arrange arugula, walnuts (best when still warm), cheese and onions on serving plates; drizzle with vinaigrette. Serve with a crispy French baguette.

Nutrition Info

Per Serving (47g-wt.): 140 calories (130 from fat), 14g total fat, 2g saturated fat, less than 1g dietary fiber, 2g protein, 2g carbohydrate, 5mg cholesterol, 200mg sodium

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Salmon Fillet with Horseradish Almond Crust

Serves 2

- 2 center cut salmon fillets (1/2 pound total)
- 4 tablespoons prepared horseradish
- 4 tablespoons almond meal or ground almonds
- 1/4 teaspoon canola oil
- 1/3 cup finely diced yellow onion
- 1/3 cup thinly sliced celery (in half moons)
- 1/4 cup julienne fresh basil
- 3/4 cup 1/4-inch diced fresh mango
- 2 tablespoons fresh lime juice
- 2 green onion tops, thinly sliced

Preheat oven to 375°F. Combine horseradish and almond meal. Spread over the top of the salmon fillets. Bake for 25 minutes. Prepare the remaining ingredients. After the salmon has been in the oven for 20 minutes, heat oil in a skillet. Sauté onion and celery until the onion is translucent. Add mango, and sauté for 30 seconds. Add basil, lime juice and green onion. Heat through. Serve with salmon.

Nutrition Info

Per Serving (17 oz): 579 calories, 27g fat (3g saturated), 54g protein, 33g carbohydrates, 118mg cholesterol, 207mg sodium

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Ambrosia

Makes: ~ 7 1-cup servings.

Prep time: 10 minutes. Ready in 1 hour.

Ingredients:

- 1 (11oz) can mandarin oranges, drained
- 1 (8oz) can crushed pineapple (drained)
- 1 (8oz) container of fat free whip cream topping, thawed
- 3 cups miniature marshmallows (can use white or colored to add color)
- 1/2 cup maraschino cherries (drained)
- 1/4 cup slivered almonds (optional)

Directions:

1. In a large bowl, mix oranges, pineapple, whipped topping, marshmallows and almonds if desired.
2. Blend thoroughly and refrigerate at least 1 hour before serving.

Nutritional Facts per 1-cup serving (with almonds): Calories: 237, Total Fat: 14g, Sat Fat: 1g, Cholesterol: 0g, Sodium: 43.5g, Total Carbohydrate: 23g, Fiber 0.6g, Protein: 0.14g.

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Cajun Rice Dressing (aka “Dirty Rice”)

Makes: 6 cups (12 – 1/2 cup servings including).

Prep time: 5 minutes. Cook time: 1 ¾ hours.

Ingredients:

- 1 lb lean ground beef or turkey
- 1 tsp dried basil
- 2 tbsp dried parsley
- 1 Tbsp minced garlic
- 1 10oz can Low Sodium, Low Fat Cream of Mushroom Soup
- 1 Tbsp Onion Recipe Soup Mix (shake well before scooping out Tbsp)
- 3-4 dashes Hot Sauce
- 1/3 cup green onion tops (chopped)
- 2 cups rice (cooked and prepared as on package)

Directions:

Mix raw ground beef/turkey with all ingredients listed except for the green onion tops and rice. Blend mixture thoroughly.

Spoon mixture into a cast iron skillet or casserole dish that has been sprayed with cooking spray, and cover tightly with foil.

Bake in preheated oven 350 F for 1 hour.

Remove foil and stir in green onion tops, mixing very well.

Cover again and bake for ½ hour more.

Mix beef mixture with cooked rice. Stir thoroughly and evenly.

This recipe makes uses 1 part beef mixture to 1 part rice (1cup).

Use 3 cups cooked rice if desire more meat and less rice.

Optional: Can use brown rice to increase fiber content; and it's still delicious.

Nutritional Facts per ½ cup serving: Calories: 127, Total Fat: 7.8g, Sat Fat: 0.91g, Cholesterol: 34mg, Total Carbohydrate: 16g, Sodium: 248mg, Fiber: trace, Protein: 2g.

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Roasted Asparagus and Wild Mushrooms

Dairy-Free, Gluten-Free, Vegan

Savor the peak of asparagus season (from March to late June) with this delightful dish. Roasting fresh, green spears enhances their flavor and provides for a more tender texture. Mushrooms, lightly sautéed in olive oil and garlic, add a delicious, earthy flavor.

Serves 6

- 4 tablespoons organic extra virgin olive oil, divided
- 1 pound assorted fresh organic mushrooms (such as crimini, oyster, chanterelles, morels, stemmed shiitakes), sliced
- 3 cloves organic garlic, minced
- 1 tablespoon freshly squeezed organic lemon juice
- 1 tablespoon minced fresh organic Italian parsley
- 1 1/2 pounds medium thick organic asparagus, tough ends trimmed
- 1/4 teaspoon sea salt
- 1/8 teaspoon freshly ground black pepper

Preheat the oven to 475°F.

Heat 3 tablespoons of olive oil in a large sauté pan over medium-high heat. Add the mushrooms and garlic, sauté until the mushrooms are brown and just tender, 8 to 10 minutes. Remove the pan from the heat. Add the lemon juice and parsley, toss to coat. Set aside.

Arrange the asparagus on a rimmed baking sheet. Drizzle with remaining 1 tablespoon olive oil. Sprinkle with salt and pepper. Toss to coat. Roast the asparagus until just tender, about 10 minutes. Arrange the asparagus on a serving platter and top with the mushrooms.

Nutrition Information

Per Serving (195g-wt.): 130 calories (90 calories from fat), 10g total fat, 1.5g saturated fat, 3g dietary fiber, 5g protein, 8g carbohydrate, 0mg cholesterol, 115mg sodium

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Wild Rice with Pecans and Cranberries

Dairy-Free, Gluten-Free, Vegan

Serves 6

- 8 cups water
- 12 ounces (dry) wild rice
- 1 teaspoon salt
- 1/3 cup sun-dried cranberries
- 1 cup chopped parsley
- 1/3 cup pecans
- 6 scallions, finely chopped
- 1 cup diced yellow tomatoes
- 1 cup raspberry vinaigrette dressing
- sea salt, to taste
- ground pepper, to taste

Ingredient Option: use a gluten-free vinaigrette.

In a large saucepan, bring the water to a boil and add the wild rice and salt. Reduce the heat, and cover the saucepan. Cook the rice for 50 to 60 minutes, until the rice is completely tender. Drain the excess water, and let the rice cool.

Once the rice is cooled, transfer it to a large mixing bowl, and add the cranberries, parsley, pecans, scallions, yellow tomatoes, and raspberry vinaigrette. Add the salt and pepper, and mix the rice salad thoroughly.

Nutrition Info

Per Serving (168g-wt.): 360 calories (110 from fat), 12g total fat, 1g saturated fat, 10g protein, 57g total carbohydrate (6g dietary fiber, 10g sugar), 0mg cholesterol, 740mg sodium

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Poached Pears

Vegetarian

Serves 4

- 4 firm Bosc pears (any pear variety works)
- 1 1/2 cups good red wine
- 1 1/2 cups fruit juice
- 1/2 cup sugar
- Poaching spices (1-inch vanilla bean, a few star anise, cinnamon sticks, whole allspice, citrus rind, a few black peppercorns or any combination of above)

Peel the pears, then cut in half, leaving the stem on one end if possible. Gently cut out the seeds and core, forming a v-shaped trough in the center of each half.

In a wide shallow saucepan, heat the wine, juice, sugar and spices and gently boil for 5 minutes. Arrange the pears in the pan, cut side down and poach gently, spooning the liquid over them from time to time if they are not fully submerged.

Poach for about 20–30 minutes until tender but not mushy. Remove pears with a slotted spoon and place on a serving plate to cool slightly.

Optional: Strain out poaching spices (or remove them with slotted spoon.) Increase temperature and reduce poaching liquid until it's slightly thickened and syrupy. Stir in ¼ to ½ cup Adriatic fig spread. Fill each pear trough with Stilton or Roquefort blue cheese. Spoon sauce over each half.

Adapted from an Original Recipe from Whole Foods Market.