

The Kitchen of Mrs. Claus

Heart-Healthy Recipes to Cozy up to this Weekend

Spinach Berry Salad

By Mayo Clinic Staff

<http://www.mayoclinic.org/healthy-living/recipes/spinach-berry-salad/rcp-20049926>

Ingredients

- 4 packed cups torn fresh spinach (spinach is rich in folate, potassium, and fiber—all great for heart health)
- 1 cup sliced fresh strawberries (full of anti-inflammatories, which can reduce risk of heart disease and cancer)
- 1 cup fresh, or frozen, blueberries (full of anti-inflammatories, which can reduce risk of heart disease and cancer)
- 1 small sweet onion, sliced
- 1/4 cup chopped pecans, toasted (among the most antioxidant-rich nuts, they may prevent plaque formation in arteries; they have been shown to help lower LDL cholesterol levels as much as 33 percent)

Salad Dressing

- 2 tablespoons white wine vinegar, or cider vinegar
- 2 tablespoons balsamic vinegar
- 2 tablespoons honey
- 2 teaspoons Dijon mustard
- 1 teaspoon curry powder (can be omitted)
- 1/8 teaspoon pepper

Directions

In a large salad bowl, toss together spinach, strawberries, blueberries, onion and pecans. In a jar with a tightfitting lid, combine dressing ingredients. Shake well. Pour over salad and toss to coat. Serve immediately.

Serves 4

Nutritional Information (per Serving)

- Total Carbohydrate: 25g
- Dietary Fiber: 4g
- Sodium: 197mg
- Saturated Fat: 0.5g
- Total Fat: 5g
- Cholesterol: 0mg
- Protein: 4g
- Monounsaturated Fat: 3g
- Calories: 158

Zucchini and Avocado Soup with Cucumber Salsa

By Oxmoor House

<http://www.myrecipes.com/recipe/zucchini-avocado-soup-with-cucumber-salsa>

Recipe Time

Prep: 18 minutes

Cook: 7 minutes

Other: 2 hours, 30 minutes

Ingredients

- 3 cups chopped zucchini (about 2 medium) (high in potassium, which can help control blood pressure; it can also lower risk of stroke and heart disease)
- 1/2 cup thinly sliced green onions, divided
- 1 (14-ounce) can vegetable broth
- 1 1/4 cups diced seeded peeled cucumber (about 1 large)
- 1 tablespoon chopped fresh cilantro
- 3 tablespoons fresh lime juice, divided
- 1/2 teaspoon salt, divided
- 3/4 cup diced peeled avocado (1 medium) (avocados allow for the absorption of other carotenoids—especially beta-carotene and lycopene—which are essential for heart health)
- 3/4 cup low-fat buttermilk
- 1/4 teaspoon ground cumin (cumin contains a heart-healthy antioxidant called curcumin, along with other compounds that provide health benefits)

Preparation

- Combine zucchini, 1/4 cup green onions, and broth in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 5 to 7 minutes or until zucchini is tender. Remove from heat; cool 30 minutes.
- While zucchini mixture cools, combine remaining 1/4 cup green onions, cucumber, cilantro, 1 tablespoon lime juice, and 1/4 teaspoon salt in a small bowl; toss well. Cover and chill.
- Place remaining 2 tablespoons lime juice, remaining 1/4 teaspoon salt, zucchini mixture, avocado, buttermilk, and cumin in a blender, and process until mixture is smooth. Cover and chill at least 2 hours. Pour soup into bowls, and top with cucumber salsa. Serve chilled.

Nutritional Information (per Serving)

- Calories: 123
- Fat: 7.3g
- Saturated Fat: 1.5g
- Protein: 5.1g
- Carbohydrate: 13.0g
- Cholesterol: 2mg
- Iron: 0.6mg
- Sodium: 768 mg
- Calories from Fat: 54%
- Fiber: 5.1g
- Calcium: 76 mg

Salmon Scallopini with Almond Orzo

From Health magazine

<http://www.health.com/health/recipe/0,,10000000523894,00.html>

Ingredients

- Orzo
- Butter (try using SmartBalance fortified with omega-3s to cut back on unhealthy saturated fats and add a heart-healthy boost)
- Sliced almonds (almonds are rich in fiber and vitamin E, an antioxidant that helps fight dangerous inflammation; great source of healthy fat)
- 1 (7-ounce) salmon fillet, cut into 1/4-inch-wide slices (rich in omega-3 fatty acids, salmon can effectively reduce blood pressure and keep clotting at bay. Eating two servings a week may reduce your risk of dying of a heart attack by up to one-third)
- Lemon juice
- Drained capers

Preparation

Cook 1/2 cup orzo according to package directions; drain, reserving 1/2 cup liquid. Melt 1 teaspoon butter in a nonstick skillet over medium heat. Brown 2 tablespoons almonds; set aside. Season salmon with salt and pepper. Sauté on both sides until done. Divide orzo and salmon between 2 plates. Add reserved liquid to skillet with 2 tablespoons juice and 1 tablespoon capers. Bring to a boil. Stir in 3 teaspoons butter and almonds. Spoon over plates.

Serves 2 (serving size: 1 cup orzo, 3 pieces salmon, 1 tablespoon almonds)

Nutritional Information (per Serving)

- Calories: 369
- Fat: 17g
- Saturated Fat: 7g
- Monounsaturated Fat: 7g
- Polyunsaturated Fat: 3g
- Protein: 26g
- Carbohydrates: 24g
- Fiber: 2g
- Cholesterol: 71mg
- Iron: 1mg
- Sodium: 543mg
- Calcium: 39mg

Old-Fashioned Fruit Crumble

From EatingWell

http://www.eatingwell.com/recipes/old_fashioned_fruit_crumble.html 0

Makes: 2 servings

Active Time: 10 minutes

Total Time: 40 minute

Ingredients

- 1 1/4 cups fresh or frozen fruit (berries are full of anti-inflammatories, which can reduce risk of heart disease and cancer)
- 1 1/2 teaspoons sugar
- 4 teaspoons all-purpose flour, divided
- 1 1/2 teaspoons orange juice
- 1/4 cup old-fashioned oats (oats are full of omega-3 fatty acids, folate, and potassium. This fiber-rich superfood can lower levels of LDL cholesterol and help keep arteries clear)
- 3 tablespoons chopped almonds (almonds are rich in fiber and vitamin E, an antioxidant that helps fight dangerous inflammation)
- 4 teaspoons brown sugar
- Pinch of cinnamon
- 1 tablespoon canola oil

Preparation

Preheat oven to 400°F. Combine fruit with sugar, 1 1/2 teaspoons flour and orange juice. Divide between two 6-ounce ovenproof ramekins. Combine oats, almonds, brown sugar, the remaining 2 1/2 teaspoons flour and cinnamon. Drizzle with oil and stir to combine. Sprinkle over the fruit mixture. Place the ramekins on a baking sheet and bake until the fruit is bubbling and the topping is golden, 20 to 25 minutes.

Nutritional Information (per Serving)

Calories: 265

Fat: 13g

Monounsaturated Fat: 7g

Saturated Fat: 1g

Cholesterol: 0mg

Carbohydrates: 37g

Protein: 4g

Fiber: 4g

Sodium: 1mg

Potassium: 173mg