

SBL Cooking Demo: Heart Healthy Foods

February 20, 2017

Massaged Kale Salad

Ingredients

- 8 cups chopped, stemmed kale (about 1 large bunch)
- 3 tbsp. lemon juice
- 2 tbsp. canola oil
- 1/2 tsp. yellow or Dijon mustard
- 1/8 tsp. ground black pepper
- 3 tbsp. unsalted, hulled sunflower seeds
- 2 tbsp. grated, Parmesan



Directions

1. Prepare the kale: Lay each leaf onto a cutting board. Use a knife to cut each side of the kale leaf's rib to remove and discard it. (Kale ribs are quite bitter and tough, making it best to remove.) Repeat with remaining leaves. Then, slice the kale into about 12 inch pieces. If kale is still wet from washing, dry it in a salad spinner.
2. In a large bowl, add lemon juice, oil, mustard, and pepper. Use a fork to mix dressing together. Add the chopped kale into the bowl. Use your fingers to gently massage the dressing into the kale until the kale has wilted from 8 cups to 6 cups, just a few minutes.
3. Top kale salad with Parmesan cheese. Serve.

Nutritional Info

Per Serving: 184 calories, 0.9 g saturated fat, 115mg sodium, 3 g dietary fiber, 4g protein.

Creamy Avocado & White Bean Wrap

Ingredients

- 2 tbsp. cider vinegar
- 1 tbsp. canola oil
- 2 tsp. finely chopped green chilies
- 1/4 teaspoon salt
- 2 cups shredded red cabbage
- 1 medium carrot, shredded
- 1/4 cup chopped fresh cilantro
- 1 15-ounce can white beans, rinsed
- 1 ripe avocado
- 1/2 cup shredded sharp Cheddar cheese
- 2 tbsp. minced red onion
- 4 8- to 10-inch whole-wheat wraps or tortillas



Directions

1. Whisk vinegar, oil, green chilies, and salt in a medium bowl. Add cabbage, carrot and cilantro; toss to combine.
2. Mash beans and avocado in another medium bowl with a potato masher or fork. Stir in cheese and onion.
3. To assemble the wraps, spread about ½ cup of bean-avocado mixture onto a wrap (or tortilla) and top with about 2/3 cup of the cabbage-carrot slaw. Roll up. Repeat with remaining ingredients. Cut the wraps in half to serve, if desired.

Nutritional Info

1 wrap: Calories 298; Carbohydrates 44 g; Fat 17 g; Protein 12 g; Saturated Fat 4 g; Sodium 465 mg; Fiber 13 g

Broccoli-Bacon Salad

Servings: 10

Ingredients

- 1 clove garlic, minced
- 1/4 cup low-fat mayonnaise
- 1/4 cup reduced-fat sour cream
- 2 tsp. cider vinegar
- 1 tsp. sugar
- 4 cups finely chopped broccoli
- 3 tbsp. chopped walnuts
- Hormel real bacon bits
- 3 tbsp. golden raisins
- Freshly ground pepper, to taste



Directions

1. Whisk garlic, mayonnaise, sour cream, vinegar and sugar in a large bowl. Add broccoli, walnuts, bacon bits, cranberries, raisins, and pepper; stir to coat with the dressing.

Nutritional Info

Per serving: Calories 75; Total Fat 4 g; Saturated Fat 2 g; Cholesterol 8 mg; Sodium 160 mg; Carbohydrate 8 g; Fiber 2 g; Sugars 4 g; Protein 4 g

Almond Bites

Ingredients

- 1/3 cup whole almonds
- 1/3 cup sugar
- 2/3 cup coarsely chopped dried cherries
- 2/3 cup oat flour
- 2 tbsp. canola oil
- 1 large egg white
- 1/4 tsp. vanilla extract



1/4 tsp. almond extract
2 tbsp. finely chopped dark chocolate, for decoration

Directions

1. Preheat oven to 350°
2. Grind almonds and sugar in a food processor to desired texture: a coarser texture will give you small almond pieces in the cookie; a fine grind will give great almond flavor without any crunch from the almonds. (Be careful to not over grind: you will get almond paste.) Transfer the mixture to a large bowl. Add cherries and oats; mix to combine.
3. Add oil, egg white and vanilla and almond extracts; mix with a wooden spoon until well incorporated.
4. Shape the dough into walnut-size balls with your hands or a small cookie scoop (about 1 rounded tbsp. each) and place 1 ½ inches apart on a large, ungreased baking sheet.
5. Bake until the bottoms are golden (the top will stay white), 10 to 12 minutes. Transfer to the rack to cool completely.
6. Melt chocolate and drizzle or pipe onto each cooled cookie, if desired. Let stand until the chocolate sets.

Nutritional Info

Per Cookie: 62 Calories; Fat: 3 g; Carbs: 12 g; Protein: 3 g; Cholesterol: 0 mg

Breakfast Blueberry-Oatmeal Cakes

Servings: 6

Ingredients

- 2 ½ cups old-fashioned rolled oats
- 1 ½ cups fat-free milk
- 1 large egg, lightly beaten
- 1/3 cup pure maple syrup
- 2 tbsp. canola oil
- 1 tsp. vanilla extract
- 1 tsp. ground cinnamon
- 1 tsp. baking powder
- 1/4 tsp. salt
- 3/4 cup blueberries, fresh or frozen



Directions

1. Combine oats and milk in a large bowl. Cover and let soak in the refrigerator until much of the liquid is absorbed, at least 8 hours and up to 12 hours.
2. Preheat oven to 375°F. Coat a 12-cup nonstick muffin tin with cooking spray.
3. Stir egg, maple syrup, oil, vanilla, cinnamon, baking powder and salt into the soaked oats until well combined. Divide the mixture among the muffin cups (about ¼ cup each.) Top each with 1 tbsp blueberries.
4. Bake the oatmeal cakes until they spring back when touched, 25-30 minutes. Let cool in the pan for 10 minutes. Loosen and remove with a paring knife. Serve warm.

Nutritional Info

Per 2 cakes: Calories 238; Fat 6g; Protein 7g; Carbs 41g; Fiber 4g; Cholesterol 31mg; sodium 219mg;

Chocolate Chunk Cherry Cookies

Ingredients

- 1/4 cup tub-style 60 percent to 70 percent vegetable oil spread
- 1/3 cup packed brown sugar
- 1/3 cup granulated sugar
- 1/2 tsp. baking soda
- 1/8 tsp. salt
- 2 tbsp. unsweetened dark cocoa powder
- 1 egg
- 1 tsp. vanilla
- 2/3 cup all-purpose flour
- 2/3 cup rolled oats
- 1/4 cup flax seed meal
- 4 ounces dark chocolate chips
- 2 ounces white chocolate chips
- 1/2 cup dried tart cherries, coarsely chopped



Directions

1. Preheat oven to 350°F. Line cookie sheets with parchment paper. In a large bowl, beat vegetable oil spread with an electric mixer on medium to high speed for 30 seconds. Add brown sugar, granulated sugar, baking soda and salt. Beat until well mixed, scraping side of bowl occasionally. Beat in egg, cocoa powder, and vanilla until combined. Beat in flour. Using a wooden spoon, stir in rolled oats and flax seed meal. Stir in 3 ounces of the dark chocolate chips, 2 tbsp of the white chocolate chips, and 1/3 cup of the cherries.
2. Drop dough by rounded tsp. 2 inches apart onto prepared cookie sheets. Top with remaining dark chocolate chips, white chocolate chips and cherries. Bake for 8 to 10 minutes or until edges are set. Let cookies cool on cookie sheets for 1 minute. Transfer cookies to wire racks; let cool.

Nutritional Info

Per Serving: Calories: 84; Fat: 4 g; Carb: 14 g; Fiber: 1 g; Protein: 1 g; Sugar: 9 g; Sodium: 53 g

Mushroom & Goat Cheese Bruschetta with Kale Pesto

Yields: 2 cups

Ingredients

- 1 cup loosely packed fresh basil leaves
- 1 cup chopped kale; spine removed
- 1 cup grated Parmesan cheese
- 2/3 cup olive oil
- 1/4 cup walnuts

2 garlic cloves
3 tbsp. cold water
1 tbsp. lemon juice

Preparation

Process all ingredients in a food processor until smooth, stopping to scrape down sides as needed. Set aside to assemble Bruschetta.

Bruschetta

Ingredients

1/4 cup olive oil
1 small shallot, minced
1 clove garlic, minced
10 oz. fresh mushrooms, trimmed, chopped
Black pepper
2 tbsp. fresh parsley, chopped
2 tbsp. lemon juice
16 slices whole grain baguette cut ½ inch thick
6 oz. goat cheese crumbles
2 tsp. Balsamic glaze

(**TIP:** Balsamic glaze is balsamic vinegar that is cooked until it is very thick. Look for it with other vinegars in well-stocked supermarkets. Or make it yourself by boiling 1 cup balsamic vinegar in a small saucepan over medium high heat until syrupy and reduced to about ¼ cup, 10 to 14 minutes.



Preparation

1. Preheat oven to 375°F. Warm 2 tbsp. oil in skillet over medium heat. Sauté shallot until softened, about 3 minutes. Add garlic; sauté 30 seconds. Add mushrooms, season with black pepper and increase heat to high. Cook, stirring occasionally, until mushrooms are tender and most of liquid has evaporated, about 7 minutes. Remove from heat; stir in parsley and lemon juice.
2. Brush bread on both sides with remaining 2 tbsp. oil; place in a single layer on baking sheet. Bake until golden and crisp, 6 to 8 minutes, turning once. Spread goat cheese on bread slices and top each with a heaping tbsp. kale pesto and then tbsp. full of mushroom mixture.
3. Add balsamic glaze drizzle for a finishing touch!

Nutritional Info

Calories: 240; Fat: 9 g; Carbs: 5 g; Fiber: 3 g; Protein: 8 g; Sugar: 2 g; Sodium: 215 g