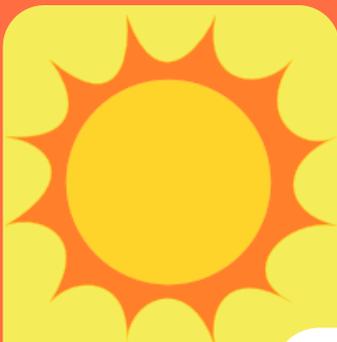


Heart Healthy Dinner Recipe of the Month: June 2016



Nutritional Information (ESTIMATED)

Serving Size:
4

Calories 258

Total Fat 2.2g
(3%)

Cholesterol 94mg
(31%)

Sodium 232mg
(10%)

Potassium 977mg
(28%)

Total Carbs 16.6g
(6%)

Dietary Fiber 3.2g
(13%)

Sugars 3.9g

Protein 44.0g

*Based on a 2000
calorie diet

Grilled Cod with Pepper Stir-Fry

Serves 4

Ingredients

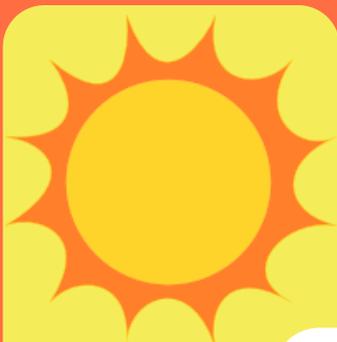
4 6 oz. cod fillets
6 green onions, chopped
2 red bell peppers, sliced
2 yellow bell peppers, sliced
4 oz. sugar snap peas, halved
1 large carrot, peeled and cut into long strips
8 oz .bean sprouts
Finely grated zest and juice of 1 lime
Low-fat cooking spray
Freshly ground black pepper (to taste)
Soy sauce (to taste)



Directions

1. Preheat the grill (or the broiler). Cover the grill rack with tin foil and arrange the cod fillets on top. Sprinkle with the lime zest, lime juice, and some green onions. Grill for 6 to 8 minutes until cooked (flesh will be opaque and flake easily).
2. Meanwhile, spray a large frying pan or wok with low-fat cooking spray and heat for a few moments over a high heat. Add the bell peppers, remaining green onions, sugar snap peas and carrot. Stir-fry for 3 to 4 minutes. Add the bean sprouts and continue to stir-fry for 1 or 2 more minutes.
3. Divide the stir-fry between four plates and top each one with a cod fillet. Add black pepper and soy sauce to taste. Serve and enjoy!

Heart Healthy Dessert Recipe of the Month: June 2016



Nutritional Information (ESTIMATED)

Serving Size:

6

Calories 165

Total Fat 3.5g

(5%)

Cholesterol 60mg

(20%)

Sodium 156mg

(6%)

Potassium 108mg

(3%)

Total Carbs 30.6g

(10%)

Dietary Fiber 0g

(0%)

Sugars 27.5g

Protein 3.7g

*Based on a 2000
calorie diet

Mini Lemon Pudding Cakes

Serves 6

Ingredients

2 eggs

1/4 tsp. salt

3/4 cup sugar

1 cup skim milk

1/3 cup freshly squeezed lemon juice
(about 1 large lemon)

3 tbsp. all-purpose flour

1 tbsp. finely grated lemon peel

1 tbsp melted butter

Low-fat cooking spray



Directions

1. Heat oven to 350°F. Coat six 6oz custard cups with cooking spray.
2. Separate eggs and place whites in a mixing bowl; place egg yolks in a separate bowl. Beat egg whites and salt on high speed. Gradually add 1/4 cup of sugar and beat until sugar is completely dissolved (stiff peaks will form).
3. Using a whisk, beat egg yolks and 1/2 cup sugar; add milk, lemon juice, flour, lemon peel, and butter. Mix until smooth, about 2 to 3 minutes.
4. Using a rubber spatula, gently fold egg whites into egg yolk mixture until just combined.
5. Place 1/2 cup of the mixture into each custard cup. Set custard cups in a 13x9 inch baking pan and place in the oven. Fill baking pan with boiling water until water reaches halfway up the sides of the custard cups.
6. Bake for 40 to 45 minutes until pudding tops are golden and firm. Remove from oven and baking pan and cool custard cups on a wire rack.

Adapted from: <http://www.mayoclinic.org/healthy-lifestyle/recipes/lemon-pudding-cakes/rcp-20197725>