



# Heart Healthy Dinner Recipe of the Month: March 2016

## Whole Wheat Irish Soda Bread

Makes 1 loaf (12 slices)

### Ingredients

2 cups whole-wheat flour  
2 cups all-purpose flour  
1 tsp. baking soda  
1 tsp. salt  
2 1/4 cups buttermilk



### Directions

1. Preheat oven to 450°F. Coat a baking sheet with cooking spray and sprinkle with a little flour.
2. Whisk whole-wheat flour, all-purpose flour, baking soda, and salt in a large bowl. Make a hole in the center and pour in buttermilk. Using one hand, stir in full circles (starting in the center of the bowl working toward the outside of the bowl) until all the flour is incorporated. The dough should be soft but not too wet and sticky. When it all comes together, in a matter of seconds, turn it out onto a well-floured surface. Clean dough off your hand.
3. Pat and roll the dough gently with floury hands, just enough to tidy it up and give it a round shape. Flip over and flatten slightly to about 2 inches. Transfer the loaf to the prepared baking sheet. Mark with a deep cross using a serrated knife and prick each of the four quadrants.
4. Bake the bread for 20 minutes. Reduce oven temperature to 400° and

### **Nutritional Information (ESTIMATED)**

Serving Size:

1 slice

Calories 170

Total Fat .8g  
(1%)

Cholesterol 2mg  
(1%)

Sodium 347mg  
(14%)

Potassium 114mg  
(3%)

Total Carbs 34.0g  
(11%)

Dietary Fiber 1.1g

Sugars 2.3g

Protein 5.8g

\*Based on a 2000  
calorie diet



# Heart Healthy Dinner Recipe of the Month: March 2016

## Healthy Shepherd's Pie

Serves 6

### Nutritional Information (ESTIMATED)

Serving Size:

196g (4/5 cup)

Calories 169

Total Fat 6.4g

(10%)

Cholesterol 81mg

(27%)

Sodium 100mg

(4%)

Potassium 495mg

(14%)

Total Carbs 11.4g

(4%)

Dietary Fiber 2.5g

Sugars 3.1g

Protein 17.5g

\*Based on a 2000  
calorie diet

### Ingredients

1 lb. lean ground turkey  
1 medium onion  
diced 2 cloves garlic  
minced 2 large carrots  
chopped 1/2 cup mushrooms  
chopped 1/2 cup frozen corn  
1 Tbsp. chopped fresh rosemary  
1 Tbsp. chopped fresh sage  
1 Tbsp. chopped fresh thyme  
1/2 cup + 2 Tbsp. low sodium  
chicken stock  
1 Tbsp. potato starch  
1/2 head cauliflower, chopped

### Directions

1. Preheat oven to 400 degrees F.
2. In a large skillet, sauté ground turkey on medium heat until browned. Add onion, garlic, carrots and mushrooms and cook until soft, about 3 minutes.
3. Add a 1/2 cup of chicken stock, potato starch and corn and bring mixture to a light boil, mixing often.
4. Turn off heat and add half of your fresh herbs (you'll reserve the other half for your cauliflower mash) along with salt and pepper. Set aside.
5. Fill a medium saucepan with water and bring to a rolling boil. Cook cauliflower for about 7 to 10 minutes, until nice and soft, and drain.
6. In a separate bowl, whisk together egg, 2 tablespoons of chicken stock (or more if needed) and cauliflower. Using a potato masher or whisk, mash cauliflower until smooth and add reserved herbs along with a good pinch of salt.
7. Pour meat mixture into a casserole dish. Using a spatula, spread cauliflower mixture over top until meat is completely covered.
8. Place on a baking sheet and cook in the oven for 10 minutes then switch your oven to broil and cook for an additional 10 minutes. Allow a few minutes to cool and enjoy!





# Heart Healthy Dessert Recipe of the Month: March 2016

## PEEPS® Lime Pie

Makes one standard-size  
pie; cut into 8 slices

### Ingredients

1 reduced-fat graham  
cracker crust  
1 can (14 oz) sweetened  
condensed milk  
1/2 cup lime juice  
1 envelope Lemon Lime  
Unsweetened Soft Drink  
Mix  
(Kool-Aid or other brand)  
1 tub (8 oz) Fat-Free  
Whipped Topping, thawed  
and divided  
(Cool Whip or other brand)  
8 Lime Delight Marshmallow PEEPS® chicks



### Directions

1. Mix sweetened condensed milk, lime juice and lemon lime drink mix in large bowl, stirring to combine well.
2. Whisk in 2-1/2 cups of whipped topping and pour into crust.
3. Freeze 6 hours. Remove from freezer 15 min. before serving; let stand at room temperature until slightly softened.
4. Top each slice with a dollop of remaining whipped topping and a Lime Delight Marshmallow PEEPS Chick

### **Nutritional Information**

**(ESTIMATED)**

Serving Size:

1 slice

Calories 256

Total Fat 4.8g

(7%)

Cholesterol 17mg

(6%)

Sodium 96mg

(4%)

Potassium 201mg

(6%)

Total Carbs 47.8g

(16%)

Sugars 38.6 g

Protein 4.3g

\*Based on a 2000  
calorie diet