



Heart Healthy Dinner Recipe of the Month: April 2016

Chicken Asparagus Casserole

Serves 5

Ingredients

1 cup low-sodium chicken broth
1 cup skim milk
1/2 cup masa corn flour (or substitute whole wheat flour)
1 tbsp. minced garlic
1 tbsp. paprika
3/4 cup uncooked quinoa
1/2 lb. chicken (cut in small strips)
1/2 cup chopped leeks
1 1/2 cup asparagus (cut in 2 inch pieces)
1 cup shredded sharp cheddar cheese (skim or reduced fat if possible)
Pinch of salt and pepper (optional)



Directions

1. Preheat oven to 375°.
2. In a medium saucepan over high heat, whisk chicken broth and flour together until smooth and cook for a minute.
3. Add the milk, garlic, and paprika (and salt and pepper, if desired) and continue cooking for 3 to 5 minutes until thickened.
4. In a large bowl, fold together the sauce with the uncooked quinoa, chicken, leeks, and asparagus and pour into a 10"x10" sprayed casserole dish. Add shredded cheese to top, cover, and bake for 40 to 50 minutes until chicken is no longer pink and the quinoa has little sprouts.
5. Serve immediately and enjoy!

Nutritional Information (ESTIMATED)

Serving Size:

1 cup

Calories 336

Total Fat 11.1g

(17%)

Cholesterol 60mg

(20%)

Sodium 214mg

(9%)

Potassium 497mg

(14%)

Total Carbs 32.1g

(11%)

Dietary Fiber 4.4g

(18%)

Sugars 3.9g

Protein 26.8g

*Based on a 2000
calorie diet

Adapted from: <http://www.thecreativebite.com/light-asparagus-chicken-quinoa-bake/2/>



Heart Healthy Dessert Recipe of the Month: April 2016

Flourless Honey-Almond Cake

Makes 10 slices

Ingredients

Cake

1 1/2 cups whole almonds, toasted
4 large eggs at room temperature, separated
1/2 cup honey
1 tsp. vanilla extract
1/2 tsp. baking soda
1/2 tsp. salt

Topping

2 tbsp. honey
1/4 cup sliced almonds, toasted

Directions

1. Preheat oven to 350°. Coat a 9-inch pan with cooking spray. Line the bottom with parchment paper and spray the paper.
2. Toast whole almonds by spreading them on a baking sheet and baking at 350° for about 8 minutes (until fragrant), stirring once. Toast sliced almonds by cooking them in a small, dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned (about 3 minutes).
3. Blend or process whole almonds in a food processor or blender until finely ground (you should have about 3 1/4 cups once ground). Beat 4 egg yolks, 1/2 cup honey, vanilla, baking soda, and salt in a large mixing bowl with an electric mixer on medium speed until well combined. Add the ground almonds and beat on low until mixed.
4. Beat 4 egg whites in another large bowl with the electric mixer (use clean beaters) on medium speed until very foamy, white, and doubled in volume (but not stiff enough to hold peaks—about 1 to 2 minutes). Using a rubber spatula, gently fold the egg whites into the nut mixture until just combined. Scrape the batter into the prepared pan.
5. Bake the cake until gold brown, about 28 minutes. Once cool, drizzle the top of the cake with honey and sprinkle with sliced almonds.



Nutritional Information (ESTIMATED)

Serving Size:

1 slice

Calories 187

Total Fat 10.1g

(15%)

Cholesterol 65mg

(22%)

Sodium 205mg

(9%)

Potassium 157mg

(4%)

Total Carbs 21.1g

(7%)

Dietary Fiber 2.1g

(8%)

Sugars 18.3g

Protein 5.8g

*Based on a 2000
calorie diet

Adapted from: http://www.eatingwell.com/recipes/flourless_honey_almond_cake.html