



# Heart Healthy Dinner Recipe of the Month: February 2016

## Spaghetti with Beets and Greens

Serves 4

### Ingredients

2 bunches of beets with tops  
1/2 cup water  
1 tsp. salt  
1 package whole wheat spaghetti  
3 tbsp. olive oil  
2 cloves garlic crushed with garlic press (or 1 tsp. minced garlic from a jar)  
Crushed red pepper flakes (to taste)



### Directions

1. Cut tops from beets (keep aside for later). If beets are not uniform in size, cut larger beets in half. Place beets and 1/2 cup water in deep 3-quart microwave-safe baking dish; cover and cook in microwave oven on High for 15 to 20 minutes or until beets are tender when pierced with a knife. Rinse beets under cold running water until cool enough to handle. Peel beets; cut into 1/2-inch pieces.
2. Meanwhile, in large saucepot, prepare spaghetti in boiling salted water according to package. Trim stems from beet tops. Coarsely chop beet greens; set greens aside.
3. In nonstick 12-inch skillet, heat oil, garlic, and crushed red pepper flakes (to taste) over medium heat for 5 minutes or until garlic is lightly golden. Increase heat to medium-high; add beet greens to skillet, and cook 3 minutes, stirring. Add cooked beets and 1 teaspoon salt, and cook 1 to 2 minutes or until mixture is heated through.
4. When spaghetti has cooked, remove 3/4 cup pasta cooking water (keep aside). Drain spaghetti and return to saucepot. Add beet mixture and kept pasta cooking water; toss well.

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

Serving Size:

377g (1.5 cups)

Calories 564

Total Fat 12.9g  
(20%)

Cholesterol 0mg  
(0%)

Sodium 799mg  
(33%)

Potassium 770mg  
(22%)

Total Carbs 101.1g  
(34%)

Dietary Fiber 16.8g  
(67%)

Sugars 16.1g

Protein 21.8g

\*Based on a 2000  
calorie diet

# Heart Healthy Dessert Recipe of the Month: February 2016



## Double Chocolate Brownies

Makes 16 brownie squares

### Ingredients

2/3 cup all-purpose flour  
1/2 cup granulated sugar  
1/3 cup unsweetened cocoa powder  
1 tsp baking powder  
1/4 tsp or less salt  
1 tsp pure vanilla extract  
1 tsp instant coffee granules  
1/4 cup soft margarine  
2 eggs  
1/2 cup unsweetened applesauce  
1/2 cup chocolate chips



### Directions

1. In bowl, stir together flour, sugar, cocoa, baking powder and salt.
2. Mix vanilla and coffee to dissolve coffee.
3. In mixing bowl, beat margarine, eggs and vanilla mixture for 1 minute.
4. Add applesauce and beat just until blended.
5. Fold in flour mixture and chocolate chips just until blended.
6. Spread evenly in greased 8-inch square pan. Bake in 350°F oven for about 12 minutes until outside edges are firm. Cool on rack.

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

Serving Size

1 brownie

Calories 109

Total Fat 4.8g  
(7%)

Cholesterol 22mg  
(7%)

Sodium 55mg  
(2%)

Potassium 98mg  
(3%)

Total Carbs 15.5g  
(5%)

Dietary Fiber  
1.0g (4%)

Sugars 10.1g  
Protein 2.0g

\*Based on a 2000  
calorie diet