

Recipes for a Healthy Heart

Mustard, Horseradish and Lemon Salmon



Serves: 2

1 teaspoon freshly ground black pepper

3 tablespoons coarse-ground, Dijon-style mustard

2 tablespoons prepared horseradish

Juice of ½ lemon

1 teaspoon lemon zest

1 12-ounce skinless salmon fillet

Nonstick cooking spray

Lemon wedges, for serving (optional)

1. Preheat oven to 400°F. Coat an 11 x 7-inch baking dish with cooking spray.
2. In a small bowl, combine the pepper, mustard, horseradish and lemon juice and zest into a paste. Rub the paste evenly over the salmon on both sides.
3. Place the fish in the prepared baking dish and bake for 20 minutes or until the fish flakes easily when tested with a fork or until desired degree of doneness. For a slightly crisper salmon, finish the salmon under a high broiler heat for 3 to 4 minutes.
 - a. Place the salmon on a platter. Serve with lemon wedges, if desired.

Nutrition facts per 7-ounce serving: 360 calories, 17 g total fat, 2 g saturated fat, 0 g trans fat, 105 mg cholesterol, 135 mg sodium, 7 g total carbohydrate, 3 g dietary fiber, 2 g sugars, 43 g protein

Recipes from *Joslin Cooks! Favorite Recipes & Food for Thought from the Staff of Joslin Diabetes Center*, edited by Amy P. Campbell, MS, RD, LDN, CDE, Judy Giusti, MS, RD, LDN, CDE, and Melinda Maryniuk, MEd, RD, CDE. Publisher: Joslin Diabetes Center, Boston, MA, 2009.

Jicama and Strawberry Salad

Serves: 10

1 large jicama (a sweet, edible root also called Mexican turnip), peeled and cut in cubes

1 small onion, chopped (optional)

10 ounces mixed salad greens and spinach

2 cups fresh strawberries, sliced

2 oranges, peeled and sectioned

2 tablespoons sesame seeds

¼ cup shaved Parmesan cheese

Vinaigrette dressing

1. Place jicama, onion, greens, strawberries, oranges, and sesame seeds in a large bowl.
2. Top with Parmesan and dress lightly with vinaigrette (either low-calorie premade dressing or homemade olive oil and vinegar).

Nutrition facts per 8-ounce serving: 100 calories, 2 g total fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 70 mg sodium, 18 g total carbohydrate, 8 g dietary fiber, 7 g sugars, 3 g protein.

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Turkey Chili

Serves: 12

Nonstick cooking spray

1 teaspoon olive oil

1 pound ground turkey

1 pound extra-lean ground beef

2 onions, chopped

6 carrots, thinly sliced

2 celery stalks, diced

1 12-ounce can tomato paste

2 or 3 9-ounce cans whole no-salt added tomatoes

2 tablespoons apple juice concentrate

1½–2 cups turkey or chicken stock, defatted

2½ teaspoons ground cumin

2½ teaspoons chili powder (more as desired)

½ teaspoon salt

1 14-ounce can red kidney beans, rinsed and drained

1 15-ounce can shelled beans, rinsed and drained

1. Coat a large soup pot with cooking spray and heat the olive oil over medium-high heat. Add the turkey and beef in batches and cook until browned, setting aside each batch as it browns.
2. Remove all the meat and spray the pot with oil again. Add the onion and garlic and cook over medium heat until tender. Add the carrots, celery, meat, tomato paste, tomatoes with juices, apple juice, stock, cumin, chili, and salt. Simmer covered for 30 minutes. Add the beans and cook for 30 more minutes. Taste and add additional seasonings if desired. Cook for another 15 minutes.

Nutrition facts per 11-ounce serving: 250 calories, 5 g total fat; 1.5 saturated fat, 0 g trans fat, 45 mg cholesterol, 240 mg sodium, 29 g total carbohydrate, 8 g dietary fiber, 8 g sugars, 23 g protein

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