



American Association for
Women in Community Colleges



Heartland Community College

Heart Healthy in 2012

Eat This, Not That

DATE: Wednesday, February 8th

TIME: 12:00 pm — 1:00pm

PLACE: Campus Café demo Kitchen

PRESENTED BY: Chef Terry Mullin



Mango Salsa Recipe*

Prep time: 10 minutes

Fresh mango salsa is easy to make and perfect with halibut or salmon or as the salsa in fish tacos.

INGREDIENTS

- 1 (15 ounce) can black beans, rinsed and drained
- 1 (7 ounce) can whole kernel corn with peppers, drained
- 1 medium mango, peeled, seeded and cut into 3/4-inch cubes
- 1/4 cup finely chopped red onion
- 1 1/2 cups cherry tomatoes, quartered
- 1/4 cup coarsely chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 1 jalapeno pepper, seeded and mince
- 4 cloves garlic, diced
- 1/4 teaspoon ground cumin
- Fresh cracked pepper



METHOD

1. Combine all of the ingredients in a bowl. Season to taste with salt and pepper.

Note: If the salsa ends up being a little too hot or acidic for your taste, you can temper it by adding some diced avocado (approximately 2).

NUTRITIONAL INFORMATION

Servings Per Recipe: 8

AMOUNT PER SERVING

Calories: 39

- **Total Fat:** 0.2g
- **Cholesterol:** 0mg
- **Sodium:** 314mg
- **Total Carbs:** 9.8g
- **Dietary Fiber:** 1.1g
- **Protein:** 0.8g

*Serve with Doritos Cool Ranch chips if you need a dish that is totally gluten free.



How to Cut a Mango



Mangos, delicious in smoothies, luscious in salsa, can be a slimy, slippery challenge to cut. The best way to go about it is to start first with a ripe, but still firm fruit. If the mango is too ripe, it will be a mushy mess, and hard to cut into pieces, though easy enough to scoop out for pulp.

METHOD

1 The mango has a flatish oblong pit in the center of it. Your objective is to cut along the sides of the pit,



separating the flesh from the pit. Holding the mango with one hand, stand it on its end, stem side down. Standing up the mango up like this you should be able to imagine the alignment of the flat, oval pit inside of it. With a sharp knife in your other hand, cut from the top of the mango, down one side of the pit. Then repeat with the other side. You should end up with three pieces - two halves, and a middle section that includes the pit.



2 Take a mango half and use a knife to make lengthwise and crosswise cuts in it, but try not to cut through the peel.



3 At this point you may be able to peel the segments right off of the peel with your fingers. Or, you can use a small paring knife to cut away the pieces from the peel.

4 Take the mango piece with the pit, lay it flat on the cutting board. Use a paring knife to cut out the pit and remove the peel.

Fruit Salad with Creamy Honey Lime Dressing

INGREDIENTS:

DRESSING:

- 3 tbsps. sour cream
- 3 tbsps. Crisco® Pure Canola Oil or 3 tbsps. Crisco® Puritan Canola Oil with Omega-3 DHA
- 2 tbsps. frozen limeade concentrate, thawed
- 1/4 cup honey
- 1/4 tsp. ground cinnamon

FRUIT:

- 2 cups chopped peeled cantaloupe
- 2 cups chopped peeled honeydew melon
- 2 cups seedless red or green grapes, halved
- 2 cups diced peeled cored pineapple
- 2 firm bananas, peeled and sliced
- 1 cup strawberries, halved



DIRECTIONS

1. WHISK together dressing ingredients in small bowl; set aside.
2. COMBINE fruit in large bowl. Pour dressing, to taste, over fruit. Toss gently to coat. Chill until ready to serve.

NUTRITIONAL INFORMATION

Servings Per Recipe: 4

AMOUNT PER SERVING (APPROXIMATED)

Calories: **97**

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- **Total Fat:** 7.5 g
 - **Cholesterol:** 2.5 mg
 - **Sodium:** 60.6 mg
 - **Total Carbs:** 8.3 g
 - **Dietary Fiber:** 0.1g
 - **Protein:** 0.1g
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Little Italy Chicken Pitas with Sun-Dried Tomato Vinaigrette

INGREDIENTS

- 2 tablespoons balsamic vinegar
- 1 1/2 tablespoons sun-dried tomato oil
- 1 tablespoon chopped drained oil-packed sun-dried tomatoes
- 1/4 teaspoon freshly ground black pepper
- 1 garlic clove, minced
- 4 cups shredded cooked chicken breast (about 3/4 pound)
- 1 cup chopped tomato (about 1 medium)
- 1/2 cup (2 ounces) grated Asiago cheese
- 1/4 cup thinly sliced fresh basil
- 6 (6-inch) pitas, cut in half
- 3 cups mixed baby greens



Preparation

1. Combine first 5 ingredients in a large bowl.
2. Stir in chicken, tomato, cheese, and basil.
3. Line each pita half with 1/4 cup greens.
4. Divide chicken mixture evenly among pita halves.

Whole Wheat Pita Bread

Nutrition summary:

Calories	Fat	Carbs	Protein
123	0.64g	25.11g	4.71g

There are **123 calories** in 1 medium Whole Wheat Pita Bread. Calorie breakdown: 5% fat, 80% carbs, 15% protein.

Nutritional Information (including pitas)

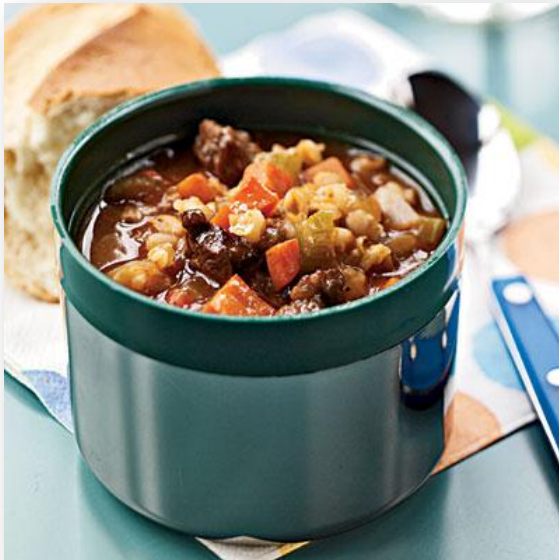
Amount per serving

Calories: 342	Protein: 26.4g
Calories from fat: 24%	Carbohydrate: 37.3g
Fat: 9.1g	Fiber: 2.4g
Saturated fat: 2.8g	Cholesterol: 56mg
Monounsaturated fat: 4.2g	Iron: 2.7mg
Polyunsaturated fat: 1.3g	Sodium: 397mg
	Calcium: 162mg

Beef and Barley Soup

INGREDIENTS:

- Cooking spray
- 2 cups chopped onion (about 1 large)
- 1 pound chuck steak, trimmed and cut into 1/2-inch cubes
- 1 1/2 cups chopped peeled carrot (about 4)
- 1 cup chopped celery (about 4 stalks)
- 5 garlic cloves, minced
- 1 cup uncooked pearl barley
- 5 cups fat-free, less-sodium beef broth
- 2 cups water
- 1/2 cup no-salt-added tomato puree
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 2 bay leaves



PREPARATION

1. Heat a large Dutch oven over medium heat. Coat pan with cooking spray.
2. Add chopped onion and beef to pan; cook 10 minutes or until onion is tender and beef is browned, stirring occasionally.
3. Add chopped carrot and chopped celery to pan; cook 5 minutes, stirring occasionally.
4. Stir in garlic; cook 30 seconds. Stir in barley and remaining ingredients, and bring to a boil.
5. Cover, reduce heat, and simmer 40 minutes or until the barley is done and vegetables are tender. Discard bay leaves

Nutritional Information*

Serving Size:	1 cup
Calories:	132
Carbohydrate:	21 g
Protein:	8.99 g
Fiber:	2 g
Fat:	1g
Saturated Fat:	0.5 g
Sodium:	480 mg
Cholesterol:	10 mg

% of Calories:

Carbohydrate	66%
Protein	27%
Fat	7%

*U.S. Department of Agriculture's National Nutrient Database.

Roasted Red Pepper Spread Sandwiches

INGREDIENTS

- 1/2 cup finely chopped seeded cucumber
- 1 (7-ounce) bottle roasted red bell peppers, drained and finely chopped
- 3/4 cup (6 ounces) 1/3-less-fat cream cheese, softened
- 1/3 cup (about 3 ounces) block-style fat-free cream cheese, softened
- 3 tablespoons minced red onion
- 1/4 teaspoon salt
- 1 garlic clove, minced
- 8 (1 1/2-ounce) slices whole-grain bread
- 8 romaine lettuce leaves

PREPARATION

1. Spread cucumber and bell peppers onto several layers of heavy-duty paper towels; let stand 5 minutes to drain excess moisture.
2. Scrape into a medium bowl using a rubber spatula. Add the cheeses, onion, salt, and garlic; stir with a fork until well blended.
3. Spread about 1/2 cup cheese mixture over 4 bread slices; top each serving with 2 lettuce leaves and 1 bread slice.



Nutritional Information

Amount per serving

Calories: 356	Carbohydrate: 43.6g
Calories from fat: 30%	Fiber: 4.1g
Fat: 11.9g	Cholesterol: 36mg
Saturated fat: 6.4g	Iron: 2.9mg
Monounsaturated fat: 2.9g	Sodium: 875mg
Polyunsaturated fat: 0.4g	Calcium: 173mg
Protein: 14.9g	

Pineapple Strawberry Banana Smoothie

INGREDIENTS:

- $\frac{3}{4}$ cup skim milk
- $\frac{1}{2}$ cup pineapple juice
- $\frac{1}{2}$ cup orange juice
- 1 bag (7.6 oz) Yoplait Frozen Smoothie Strawberry Banana



PREPARATION

1. Place all ingredients into a blender and mix 1 – 1 $\frac{1}{2}$ minutes until smooth. Pour into glasses

NUTRITION:

Calories 220
Calories from fat 10
Total fat 1g
Cholesterol 5 mg
Sodium 80 mg
Carbohydrates 35 g
Proteins 4

