

# Love Your Heart and Love Your Valentine!



Nutrients per Serving	
Calories	127
Total Fat	3.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	2.0 g
Cholesterol	3 mg
Sodium	170 mg
Carbohydrates	24 g
Fiber	4 g
Sugars	14 g
Protein	3 g
<b>Dietary Exchanges</b>	
3 vegetable, 1/2 fruit, 1/2 fat	

**Starter**

## Carrot Soup with Coriander

Serves 4; 3/4 cup per serving

### Ingredients

- 2 teaspoons olive oil
- 1 small onion, chopped
- 2 medium garlic cloves, chopped
- 1 tablespoon ground coriander and 1/8 teaspoon ground coriander, divided use
- 1 pound carrots, cut into 1-inch pieces
- 2 1/2 cups water
- 1 cup fresh orange juice
- 1/8 teaspoon salt
- 1/4 cup fat-free sour cream
- 2 teaspoons fresh lemon juice
- 1 tablespoon chopped fresh cilantro

### Directions

In a large saucepan, heat the oil over medium-high heat, swirling to coat the bottom. Cook the onion and garlic for 3 to 4 minutes, or until soft, stirring occasionally.

Stir in 1 tablespoon coriander. Stir in the carrots, water, orange juice, and salt. Reduce the heat to medium and bring to a simmer. Reduce the heat to low and simmer, covered, for 15 to 20 minutes, or until the carrots are very tender.

Meanwhile, in a small bowl, whisk together the sour cream and remaining

1/8 teaspoon coriander. Set aside.

In a food processor or blender (vent the blender lid), process the soup in batches until smooth. Stir in the lemon juice.

Top each serving with a dollop of the sour cream mixture. Sprinkle with the cilantro.



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Show your family some love this Valentine's Day with recipes for two delectable dinners. These starters, entrées, and side dishes aren't just delicious—they're also heart healthy!

## Entrée

# Cumin-Rubbed Salmon

Serves 4; 3 ounces fish per serving

### Ingredients

- Cooking spray
- 4 salmon fillets (about 4 ounces each), rinsed and patted dry
- ¼ teaspoon ground cumin
- ¼ teaspoon chili powder
- ¼ teaspoon salt
- ⅓ teaspoon paprika

### Directions

Preheat the oven to 350°F. Line a baking sheet with aluminum foil. Lightly spray the foil with cooking spray.

Arrange the fish with the smooth side up in a single layer on the baking sheet.

In a small bowl, stir together the remaining ingredients. Sprinkle over the top of the fish.

Bake for 18 to 20 minutes, or until the fish flakes easily when tested with a fork.



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### Nutrients per Serving

Calories	149
Total Fat	5.0 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	1.5 g
Cholesterol	53 mg
Sodium	235 mg
Carbohydrates	0 g
Fiber	0 g
Sugars	0 g
Protein	24 g

### Dietary Exchanges

3 lean meat



Side Dish

# Barley and Asparagus Risotto

Serves 6; 2/3 cup per serving

**Ingredients**

- 1 tablespoon olive oil
- 1/2 cup finely chopped shallot
- 1 medium garlic clove, minced
- 1 cup uncooked medium pearl barley
- 1/2 cup dry white wine (regular or nonalcoholic)
- 2 1/2 cups fat-free, low-sodium chicken

- broth and 1/4 cup fat-free, low-sodium chicken broth (if needed), divided use
- 2 cups trimmed and cut asparagus (1-inch pieces)
- 1/8 teaspoon pepper
- 1/8 teaspoon dried marjoram, crumbled
- 2 tablespoons shredded or grated Parmesan cheese

**Directions**

In a medium saucepan, heat the oil over medium heat, swirling to coat the bottom. Cook the shallot for 2 minutes, or until slightly softened, stirring frequently.

Stir in the garlic. Cook for 1 minute, stirring frequently.

Stir in the barley. Cook for 3 minutes, or until lightly toasted, stirring frequently.

Pour in the wine. Cook for 1 minute, or until the wine has evaporated, stirring constantly.

Pour in 2 1/2 cups broth. Bring to a boil, still over medium heat. Reduce the heat and simmer, covered, for 20 minutes, or until the barley is just tender, stirring occasionally.

Stir in the asparagus, pepper, marjoram, and remaining 1/4 cup broth if needed. Increase the heat to high and bring to a simmer. Reduce the heat and simmer, covered, for 5 minutes, or until the barley and asparagus are tender and the liquid has evaporated. Just before serving, sprinkle with the Parmesan.

**Nutrients per Serving**

Calories	172
Total Fat	3.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	2.0 g
Cholesterol	1 mg
Sodium	61 mg
Carbohydrates	30 g
Fiber	6 g
Sugars	2 g
Protein	6 g

**Dietary Exchanges**

2 starch, 1/2 fat



**Cook's Tip**

When fresh asparagus isn't in season or simply for variety, replace it with almost any other vegetable.



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## Starter

# Spinach Salad with Warm Orange Vinaigrette

Serves 4; 2 cups salad and 2 tablespoons dressing per serving

### Ingredients

- 6 ounces spinach
- 2 medium Italian plum (Roma) tomatoes, sliced crosswise
- 1 ounce (¼ cup) crumbled soft goat cheese
- 1 tablespoon plus 1 teaspoon imitation bacon bits
- 2 tablespoons sliced almonds, dry-roasted

### Dressing

- 2 teaspoons olive oil (extra virgin preferred)
- 2 medium green onions, thinly sliced
- ¼ cup fresh orange juice
- 2 tablespoons white wine vinegar
- 1 tablespoon light brown sugar
- ⅛ teaspoon pepper

### Directions

In a large serving bowl, make one layer each, in order, of the spinach, tomatoes, goat cheese, bacon bits, and almonds.

In the same skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the green onions for 1 to 2 minutes, or until almost soft, stirring occasionally. Stir in the remaining dressing ingredients. Simmer for 1 to 2 minutes, or until the brown sugar is dissolved and the mixture is heated through, stirring occasionally. Pour over the salad.



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### Nutrients per Serving

Calories	105
Total Fat	6.0 g
Saturated Fat	1.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	3.0 g
Cholesterol	3 mg
Sodium	92 mg
Carbohydrates	10 g
Fiber	2 g
Sugars	6 g
Protein	4 g

### Dietary Exchanges

1 vegetable, ½ other carbohydrate, 1 fat



**Entrée**

# Chicken Piccata

Serves 4; 3 ounces chicken per serving

**Ingredients**

- 1 teaspoon olive oil and 2 teaspoons olive oil, divided use
- 5 medium green onions, thinly sliced diagonally
- 1 large garlic clove, crushed or minced
- ¼ cup plus 2 tablespoons all-purpose flour
- 4 boneless, skinless chicken breast halves (about 4 ounces each), all visible fat discarded, slightly flattened
- 1 tablespoon plus 1 teaspoon capers, drained
- 1 tablespoon plus 1 teaspoon fat-free, low-sodium chicken broth
- 1 tablespoon plus 1 teaspoon fresh lemon juice
- 1 tablespoon plus 1 teaspoon dry white wine (regular or nonalcoholic) (optional)
- 1 tablespoon plus 1 teaspoon dry sherry (optional)
- Pepper to taste
- 1 small lemon, cut into 8 slices (optional)
- 1 tablespoon plus 1 teaspoon snipped fresh parsley (optional)

Nutrients per Serving	
Calories	217
Total Fat	6.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	3.5 g
Cholesterol	73 mg
Sodium	225 mg
Carbohydrates	12 g
Fiber	2 g
Sugars	1 g
Protein	26 g
Dietary Exchanges	
1 starch, 3 lean meat	

**Directions**

In a large skillet, heat 1 teaspoon oil over medium heat, swirling to coat the bottom. Cook the green onions and garlic for 2 minutes, or just until tender, stirring occasionally. Transfer to a small plate. Set aside. Put the flour on a large plate. Dip one piece of chicken in the flour, turning to lightly

coat and gently shaking off any excess. Transfer to a separate large plate. Repeat with the remaining chicken.

In the same skillet, heat the remaining 2 teaspoons oil, still over medium heat, swirling to coat the bottom. Cook the chicken with the smooth side down for 6 minutes. Turn over. Cook for 3 minutes, or until no longer pink in the center. Stir in the capers, broth, lemon juice, wine, sherry, and green onion mixture, scraping the skillet to dislodge any browned bits. Increase the heat to high and cook for 2 minutes, or until heated through. Stir in the pepper. Serve the chicken topped with the sauce and garnished with the lemon and parsley.



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**Side Dish**

# Garlic Potatoes with Fresh Herbs

Serves 4; ½ cup per serving

**Ingredients**

- 1 pound boiling or baking potatoes, with or without skins
- 3 large garlic cloves, peeled but left whole
- 1½ teaspoons olive oil
- 1 teaspoon fresh lemon juice
- ½ teaspoon white balsamic vinegar (optional)
- ¼ teaspoon chopped fresh rosemary
- ¼ teaspoon chopped fresh oregano
- ½ teaspoon salt
- ½ teaspoon pepper (white preferred)
- potatoes. Bring to a boil over high heat. Meanwhile, cut the boiling potatoes in half or the baking potatoes in quarters. Add the potatoes and garlic to the boiling water and return to a boil. Boil for about 30 minutes, or until the potatoes are soft all the way through when tested with a knife. Using a slotted spoon, transfer the potatoes to a medium bowl and the garlic to a small plate, reserving the potato water. Mash the garlic cloves. Add to the potatoes, combining lightly with a potato masher or large fork

Nutrients per Serving	
Calories	106
Total Fat	2.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	1.0 g
Cholesterol	0 mg
Sodium	80 mg
Carbohydrates	21 g
Fiber	3 g
Sugars	1 g
Protein	2 g
Dietary Exchanges	
1½ starch	

until coarse-textured. (Do not use a food processor.) Stir in the remaining ingredients, adding a little hot potato water if needed for the desired consistency. The texture should remain coarse.

**Cook's Tip**

For a taste change, substitute other fresh herbs for the rosemary and/or oregano. Parsley and sage are just two possibilities. This recipe doubles well.



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