Recipes by
Hannah Griswold and Amber Smith

Beet Soup
Vibrant beet soup finished with a creamy heart

Two-Hearts Salad
Hearts of palm and artichoke hearts tossed with lemon Dijon dressing

Tuna with Potatoes & Zoodles in a White Wine Lemon Sauce
Seared tuna paired with roasted potatoes and zucchini noodles in a white wine reduction

Ricotta-Mascarpone Mousse with Balsamic Strawberries
Intricately layered mousse with succulent balsamic strawberries

Nutrition Facts for Meal

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Beet Soup

Serves: 4
Serving Size: 3/4 cup

**INSTRUCTIONS**

1. Sauté onions, celery, and garlic in oil until soft. Then add the beets and vegetable broth, and bring mixture to a boil.
2. Simmer with the lid on for 1 hour or until beets are tender, and then puree the soup. Next add lemon juice, sugar, coriander and pepper.
3. For the horseradish sauce, combine the yogurt, horseradish, and milk until well mixed. If desired, draw a heart design on top of soup by placing horseradish sauce in piping or zip-lock bag (cut off corner).

**INGREDIENTS**

- 1 tablespoon olive oil
- 1/2 cup onion, chopped
- 2/3 cup celery, chopped
- 1 clove garlic, minced
- 2 medium 2” raw beets, peeled and halved (can buy pre-cut)
- 2 cups low-sodium vegetable broth
- 3 teaspoon lemon juice
- 1 teaspoon granulated sugar
- 3/4 teaspoon ground coriander
- 1/8 teaspoon freshly ground black pepper
- 1/2 cup plain, non-fat Greek yogurt
- 1 tablespoon horseradish
- 1 tablespoon 2% milk

**Nutrition Facts**

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**Nutrition Tip:** Beets are a root vegetable and great source of antioxidants. They contain a phytonutrient called betalain, which makes the vibrant red-violet pigment.

**Fun Fact:** Beets have been used for decorative purposes. The dark red color makes them a popular choice for food dyes.
Two-Hearts Salad

Serves: 4  
Serving Size: 1/2 cup

**INSTRUCTIONS**

1. Combine lemon juice, mustard, garlic, yogurt, and vinegar in medium bowl. Gradually whisk in olive oil.
2. Season dressing to taste with salt and pepper. Add hearts of palm and artichoke hearts.
3. Let marinate at room temperature at least 20 minutes, tossing occasionally.
4. Line 4 plates with 1 oz lettuce leaves each. Using slotted spoon, divide hearts of palm and artichoke hearts among plates. Garnish with tomatoes. Spoon 1 Tbsp dressing each serving.

**Nutrition Facts**

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**INGREDIENTS**

- 1 tablespoon fresh lemon juice
- 1 1/4 teaspoons Dijon mustard
- 1/8 teaspoon garlic, minced
- 1 tablespoon olive oil
- 1 tablespoon plain, non-fat Greek yogurt
- 1 tablespoon red wine vinegar
- Black pepper to taste
- 4 hearts of palm, canned, sliced into rounds
- 4 artichoke heart, canned, quartered
- 4 oz mixed lettuce
- 8 cherry tomatoes, halved

**Nutrition Tip:** Hearts of palm are cholesterol free, low fat and high in potassium, copper, iron, phosphorous, zinc, and vitamins B2, B6, and C!

**Fun Fact:** Hearts of palm are harvested from the core of a palm tree and are particularly popular in Latin American cuisines, mostly in Puerto Rico and Brazil. Hearts of palm may be substituted in recipes for artichoke hearts. Their taste is very similar.
Seared Tuna

Serves: 8
Serving Size: 4 oz fillet

**INSTRUCTIONS**

1. Combine all ingredients except tuna to make vinaigrette.
2. Marinade tuna in vinaigrette for at least 30 minutes. Grill tuna for 1-2 minutes on each side over a hot grill. The tuna flesh should be pink inside. Don't let it overcook.
3. Top with 2 tablespoons white wine lemon sauce from zoodles recipe.

**Nutrition Tip:** The American Heart Association recommends eating fatty fish like tuna twice per week for heart benefits.

**Fun Fact:** A diet rich in fish that are high in omega-3 fatty acids, like tuna, can have beneficial effects for cognitive decline, dementia, depression, neuropsychiatric disorders, asthma and inflammatory disorders. They are also heart healthy!

**INGREDIENTS**

- 8, 4-oz tuna fillets
- 3 tablespoons red wine vinegar
- 2 tablespoons garum (or 1 tablespoon red wine vinegar with 1/2 tablespoon anchovy paste)
- 4 tablespoons olive oil
- 2 tablespoons shallots, chopped
- 1/4 teaspoon pepper
- 1/4 teaspoon celery seeds
- 1/2 oz fresh mint leaves, chopped

**Nutrition Facts**

- Calories: 219
- Fat (g): 8
  - Saturated Fat (g): 1
- Carbohydrate (g): 0
- Fiber (g): 0
- Protein (g): 27
- Sodium (mg): 148
- Cholesterol (mg): 53

Serves: 8
Serving Size: 4 oz fillet
Zoodles in a White Wine Lemon Sauce

Serves: 2
Serving Size: 3/4 cup cooked zoodles with 1 tablespoon sauce

INSTRUCTIONS

1. Preheat oven to 200°F and line a baking sheet with paper towels.
2. Run zucchini through a spiralizer. Place noodles on the baking sheet and sprinkle with some salt. Place in the oven and let them sweat (about 5-10 minutes) while you prepare next step.
3. Heat a small saucepan with nonstick olive oil spray. Add 1/4 cup diced onion, minced.
4. Add the garlic, lemon zest, lemon juice, red pepper flakes, salt, pepper, and 1/4 teaspoon oregano. Simmer for two minutes and then add the white wine.
5. Let sauce simmer on medium high heat until the mixture reduces by half. It will take about 10-15 minutes. Then add fresh basil.
6. Remove the noodles from the oven and begin squeezing out the extra water with your hands. Rinse zucchini to remove salt.
7. Heat a skillet with nonstick olive oil spray and add 1/4 cup onion and 1/4 teaspoon oregano. Add cabbage and zucchini noodles. Sauté until cabbage and noodles are al dente or soft depending on personal preference, about 5-8 minutes.
8. Serve each 3/4 cup serving with 1 tablespoon sauce.
Roasted Red Potatoes

Serves: 5
Serving Size: 1/2 cup

**INSTRUCTIONS**

1. Place potatoes in a 9 x 13” baking dish. Drizzle with oil. Sprinkle with the garlic, rosemary, salt and pepper; toss gently to coat.
2. Bake at 450°F for 20-30 minutes or until potatoes are golden brown and tender.

**INGREDIENTS**

- 1 pound small unpeeled red potatoes, cut into wedges
- 1 tablespoon olive oil
- 1 garlic clove, minced
- 1/2 tablespoon minced fresh rosemary or 1/2 teaspoon dried rosemary
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

**Nutrition Facts**

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**INSTRUCTION**

1. Place potatoes in a 9 x 13” baking dish. Drizzle with oil. Sprinkle with the garlic, rosemary, salt and pepper; toss gently to coat.
2. Bake at 450°F for 20-30 minutes or until potatoes are golden brown and tender.

**Nutrition Tip:** Although a majority of the potato’s nutrients are found within the potato itself, most of the potato’s fiber is found in the skin. Wash the potato properly and keep the skin on!

**Fun Fact:** Rosemary has a historical association with the Virgin Mary. Rosemary flowers received their light blue color when she placed her shawl over a rosemary bush. At weddings, boughs of rosemary were carried as good luck for the new couple.
**Ricotta-Mascarpone Mousse with Balsamic Strawberries**

Serves: 5  
Serving Size: 1/2 cup

**Nutrition Facts**

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<td>o 1 pound strawberries, hulled and cut into quarters</td>
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**INSTRUCTIONS**

1. In a medium bowl, beat the cream until soft peaks form.
2. In a large bowl combine the ricotta, mascarpone, 1/2 of the sugar, and lemon zest. Using an electric beater, whip the ricotta-mascarpone mixture until thoroughly combined and smooth.
3. Gradually fold the whipped cream into the ricotta until the mixture is smooth. Cover and refrigerate for a couple of hours.
4. Put strawberries in another bowl. Half an hour before serving gently mix in the remaining sugar and balsamic vinegar. Make sure you don't let the strawberries sit in the balsamic vinegar much longer than 30 minutes before serving or the acidity of the vinegar will cook the strawberries.
5. When you are ready to serve, fill glass bowls with 1 oz strawberries, then 3 oz mousse, and finally top with 1 oz strawberries. Garnish with fresh mint.

**Nutrition Tip:** Good ricotta cheese should be firm, not solid and consist of a mass of fine, moist, delicate grains of cheese.