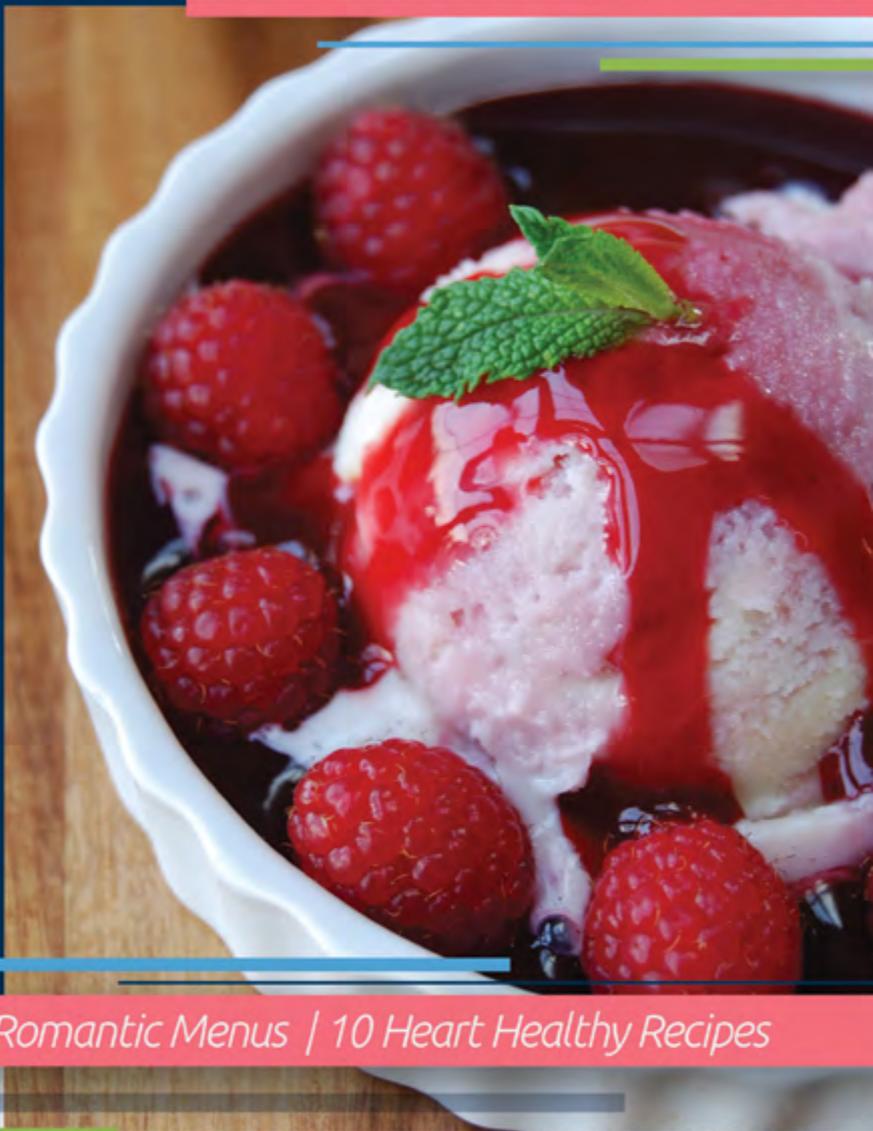


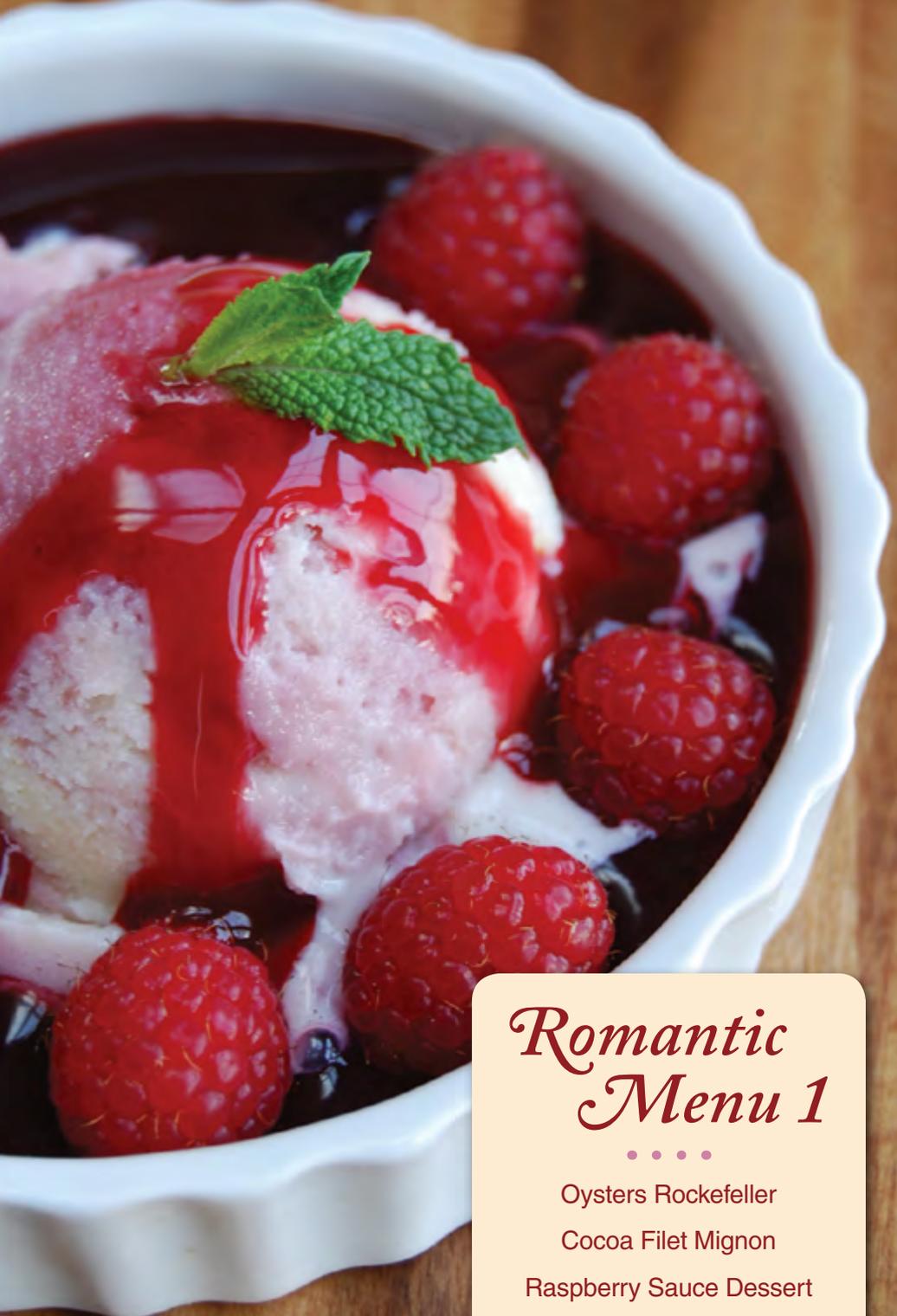
Healthy *American* Cookbook



3 Romantic Menus | 10 Heart Healthy Recipes



READING HEALTH
SYSTEM



Romantic Menu 1



Oysters Rockefeller

Cocoa Filet Mignon

Raspberry Sauce Dessert

TOTAL CALORIES: 690

Oysters Rockefeller

- 1½ Tbsp reduced-calorie, trans fat free margarine**
- 1 garlic clove, minced**
- ½ small onion, chopped**
- 1 cup chopped fresh spinach**
- ⅛ tsp black pepper, or to taste**
- ½ tsp hot-pepper sauce**
- 2 tsp olive oil**
- 2 Tbsp grated Parmesan cheese**
- 2 tsp chopped fresh parsley**
- 1 dozen shucked oysters, on the half shell**
- ¼ cup panko bread crumbs**
- Lemon wedges, for garnish**

Preheat oven to 450°.

In a skillet, melt margarine over medium heat. Add garlic and sauté for 2 minutes. Add onion and spinach and cook for 3 minutes, or until the spinach wilts.

Season with pepper and hot-pepper sauce. Allow the mixture to cook down for 3 minutes. Add olive oil, cheese and parsley.

Spoon about 1 teaspoon of the spinach mixture on each oyster and top with about 1 teaspoon of panko. Bake for 10 to 15 minutes, or until golden. Serve with lemon wedges and hot-pepper sauce.

4 servings



Per Serving

Calories: 192

Fat: 8g

Saturated Fat: 2g

Cholesterol: 85mg

Sodium: 243mg

Carbohydrates: 13g

Fiber: 0

Protein: 16g

Cocoa Filet Mignon with Creamy Cauliflower

Filet Mignon:

- 2 Tbsp cocoa powder**
- 1 Tbsp cumin**
- ½ tsp onion powder**
- 1 tsp cayenne pepper**
- ½ tsp white pepper**
- 1 Tbsp sugar**
- ⅛ tsp salt**
- 1 tsp cinnamon**
- 2 filets mignons (6 oz each)**
- 2 tsp olive oil**

Cook filet mignon: Preheat oven to 350°. In a shallow bowl, combine cocoa powder, cumin, onion powder, peppers, sugar, salt and cinnamon. Roll each filet in cocoa crust mixture to coat all sides thoroughly.

In a skillet, heat oil over medium-high heat until hot. Sear each side of the filets for 1 minute. Transfer filets to a baking dish and roast for 15 minutes, or until the filets reach an internal temperature of 140°. Remove from oven and allow filets to rest for 10 to 15 minutes.

Cook creamy cauliflower: In a medium saucepan, mix together water and milk and bring to a simmer. Add cauliflower and simmer for 10 to 15 minutes, or until tender. Strain, reserving 1 cup of liquid.

Transfer cauliflower to a blender. Add salt, pepper and reserved liquid. Purée until fluffy. Transfer to a bowl. Add margarine and stir to combine.

On plates, arrange filet mignon over cauliflower purée.

2 servings

Creamy Cauliflower:

- ½ cup water**
- ½ cup skim milk**
- 1 cup chopped cauliflower**
- ⅛ tsp salt**
- ¼ tsp white pepper**
- 2 tsp reduced-calorie trans fat free margarine**

Cocoa Filet Mignon Per Serving

Calories: 304

Fat: 14g

Saturated Fat: 4g

Cholesterol: 84mg

Sodium: 376mg

Carbohydrates: 3g

Fiber: 2g

Protein: 37g

Creamy Cauliflower Per Serving

Calories: 65

Fat: 4g

Saturated Fat: 1g

Cholesterol: 3mg

Sodium: 157mg

Carbohydrates: 6g

Fiber: 1g

Protein: 3g

Raspberry Sauce

- 1 pt fresh raspberries**
- 2 Tbsp confectioners sugar**
- 3 drops lemon juice**
- 1/8 tsp kosher or sea salt**
- 6 cups fat-free vanilla frozen yogurt**



Place raspberries in a bowl. Sift confectioners sugar on top. Add lemon juice and salt. Pour into a blender and purée until smooth. Strain raspberry mixture through a fine sieve, and discard seeds. Serve over frozen yogurt or crepes.

Keeps refrigerated for up to 1 week. Reheat in a small saucepan over medium heat, stirring as needed.

12 servings, 1 Tbsp sauce with 1/2 cup frozen yogurt

Per Serving

Calories: 129

Fat: 0

Saturated Fat: 0

Cholesterol: 5mg

Sodium: 85mg

Carbohydrates: 27g

Fiber: 2g

Protein: 4g



Romantic Menu 2

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Shrimp Cocktail

Glazed Pork Chops

Meringue Cookies

TOTAL CALORIES: 625

Shrimp Cocktail

Shrimp:

2 lbs medium shrimp, peeled and deveined

1/8 tsp salt

Black pepper to taste

Marinade:

3 large beefsteak tomatoes, chopped (about 3 cups)

1 medium green bell pepper, sliced thin

1 medium red bell pepper, sliced thin

1 medium yellow bell pepper, sliced thin

1/3 cup fresh lemon juice

1/3 cup fresh lime juice

1/3 cup orange juice

1 tsp prepared horseradish

1 Tbsp honey

1/2 cup chopped fresh cilantro

Salsa:

1 red onion, sliced thin

2 mangoes, peeled, seeded and diced

1/2 cup extra virgin olive oil

Garnish:

1/4 cup minced chives

Cook shrimp: Fill a large saucepan three-quarters full with water and bring to a boil over high heat. Add shrimp, salt and black pepper, and cook for 40 seconds. Drain shrimp in a colander. With a knife, cut shrimp into 3/4-inch pieces. Transfer shrimp to a bowl and cover and chill.

Make marinade: In a blender, combine 2 1/2 cups of the tomatoes, three-quarters of the bell peppers, half of each juice, horseradish and honey. Blend until smooth. In a large bowl, combine shrimp, marinade and 1/4 cup cilantro; toss to combine. Marinate for 1 hour, covered and chilled.

Make salsa: In a large bowl, combine remaining bell peppers, onion, mangoes, remaining tomatoes, remaining cilantro, olive oil, remaining juices and black pepper. Toss to combine and set aside.

Spoon shrimp mixture into cocktail glasses, top with mango salsa and garnish with chives.

8 servings

Per Serving

Calories: 324

Fat: 16g

Saturated Fat: 2g

Cholesterol: 172mg

Sodium: 215mg

Carbohydrates: 22g

Fiber: 3g

Protein: 25g

Glazed Pork Chops

- 1 Tbsp honey**
- ¼ cup balsamic vinegar**
- 2 Tbsp olive oil**
- ¼ tsp salt**
- ¼ tsp black pepper**
- 1 tsp oregano**
- 4 pork loin chops (4 oz each)**
- 2 nectarines**
- 4 cups arugula, trimmed**
- 4 Tbsp feta cheese, crumbled**



In a bowl, whisk together honey, vinegar, oil, salt, pepper and oregano. Place half of the marinade in a plastic freezer bag with pork chops. Refrigerate for at least 3 hours. Reserve other half of marinade for salad dressing.

Preheat grill to medium-high heat. Grill the pork chops until internal temperature reaches 140°, about 4 minutes per side. Let chops rest 5 to 7 minutes.

Meanwhile, pit nectarines and cut into ¼-inch slices. Spray each side with cooking spray. Grill nectarine slices for 1½ minutes per side. Remove from grill and set aside.

In a bowl, toss arugula with ¼ of reserved marinade. Arrange arugula on plates. Top with pork chop, grilled nectarine slices and cheese. Drizzle remaining marinade over top. Serve warm.

4 servings

Per Serving

Calories: 270
Fat: 12g
Saturated Fat: 3g
Cholesterol: 71mg
Sodium: 470mg
Carbohydrates: 13g
Fiber: 2g
Protein: 28g

Meringue Cookies

4 egg whites

½ cup granulated sugar

½ cup confectioners sugar

Food coloring, optional

Preheat oven to 200°.

With a hand mixer, beat egg whites until frothy. Mix in sugars just until stiff peaks start to form.

Tint with food coloring, if using, and fold in gently.

Using 2 spoons, drop mounds of meringue onto a baking sheet. Bake in oven for 2 hours. Turn off oven, but do not remove cookies. Leave in oven for at least 2 hours, or overnight (do not open oven door).

Store in an airtight container.

Makes 24 cookies, 1 cookie per serving



Per Serving

Calories: 29

Fat: 0

Saturated Fat: 0

Cholesterol: 0

Sodium: 9mg

Carbohydrates: 7g

Fiber: 0

Protein: 1g

Romantic Menu 3



Roasted Beet Salad

Glazed Salmon with Rice

Chocolate Mocha Cake

TOTAL CALORIES: 700



Roasted Beet Salad

Dressing:

- 1 shallot, peeled and minced**
- 2 garlic cloves, peeled and minced**
- ¼ cup apple cider vinegar**
- ¼ cup olive oil**
- ⅛ tsp salt**
- ⅛ tsp black pepper**

Salad:

- 1 bunch baby arugula (or lettuce of your choice)**
- 2 medium nectarines, sliced into wedges (skins on)**
- ¼ avocado, peeled and sliced thin**
- 2 lbs beets, roasted, peeled and diced**
- 1 oz reduced-fat feta cheese, diced**

Make dressing: In a small bowl, add shallot, garlic, vinegar, olive oil, salt and pepper and stir to combine. Let dressing sit for flavors to combine, at least 2 hours. *Note: This recipe makes ½ cup dressing. Only ¼ cup is needed. Remaining dressing can be stored for later use, chilled, for up to 1 week.

Assemble salad: Arrange the arugula on a large platter. Add nectarine and avocado slices around the platter. Add beets and feta cheese. Drizzle with ¼ cup dressing.

*4 servings salad, *½ cup dressing*



Per Serving

Calories: 231
Fat: 10g
Saturated Fat: 2g
Cholesterol: 2mg
Sodium: 320mg
Carbohydrates: 32g
Fiber: 6g
Protein: 7g

Glazed Salmon with Rice

- ¼ cup brown sugar**
- 2 Tbsp low-sodium soy sauce**
- ½ cup long-grain brown rice**
- 2 cups broccoli florets**
- 4 skinless salmon fillets (4 oz each)**
- 1 large red onion, cut into ¼-inch-thick wedges**
- 1 Tbsp olive oil**
- Black pepper to taste**



Preheat broiler. In a bowl, combine brown sugar and soy sauce; set aside.

Cook rice according to package directions, stirring in broccoli during the last 3 minutes. Remove from heat and let stand until broccoli is tender, about 5 minutes. Fluff with a fork.

Lightly coat a shallow baking pan with nonstick cooking spray. Arrange the salmon and onion in baking pan. Drizzle with oil and season with black pepper.

Broil the salmon, spooning half the sugar and soy sauce glaze over the salmon during the last 2 minutes of cooking, until the salmon is opaque throughout, 8 to 10 minutes. Serve the salmon and onion over the rice with the remaining glaze.

4 servings

Per Serving

Calories: 319

Fat: 8g

Saturated Fat: 1g

Cholesterol: 59mg

Sodium: 379mg

Carbohydrates: 35g

Fiber: 3g

Protein: 26g

Chocolate Mocha Cake

1/3 cup trans fat free margarine

1/4 cup low-fat cream cheese

3/4 cup sugar

1 egg

1 3/4 cups all-purpose flour

1/2 cup cocoa powder

2 tsp baking powder

1/2 tsp baking soda

1/2 tsp salt

3/4 cup low-fat buttermilk

1 tsp vanilla extract

1/4 cup brewed coffee

1/3 cup fat-free chocolate sauce

Ganache:

1/3 cup evaporated skim milk

2/3 cup semisweet chocolate chips

Preheat oven to 325°. Lightly coat a 9-inch Bundt pan with nonstick cooking spray. Dust lightly with all-purpose flour.

In a bowl, cream margarine, cream cheese and sugar with an electric mixer on low speed until sugar is dissolved. Add egg and mix until combined.

In another bowl, sift together flour, cocoa powder, baking powder, baking soda and salt. In a third bowl, combine buttermilk, vanilla, coffee and chocolate sauce.

Add half of flour mixture to creamed mixture, and mix on low speed for 30 seconds. Add half of buttermilk mixture, and mix until just combined. Add remaining flour mixture, and mix for about 30 seconds. Add remaining buttermilk mixture, and mix briefly until smooth.

Pour into Bundt pan. Bake for 30 to 40 minutes, or until a toothpick inserted in center comes out clean.

Remove from oven and let sit for 15 minutes on a wire rack to cool. Invert cake onto a large plate and let cool completely.

While the cake is cooling, make the ganache: In a small saucepan, heat the milk over low heat, stirring, about 1 minute. Add the chocolate chips and cook until chocolate is melted, stirring continuously. Remove from heat. Spread the ganache over the cooled cake. Let ganache set before serving.

20 servings

Per Serving

Calories: 158

Fat: 6g

Saturated Fat: 3g

Cholesterol: 12mg

Sodium: 199mg

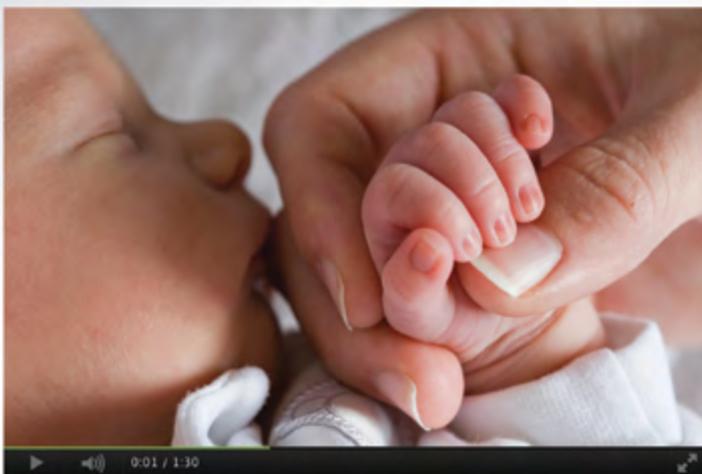
Carbohydrates: 18g

Fiber: 5g

Protein: 3g

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