

MAKING THE CONNECTION

Heart-Healthy

RECIPE BOOK

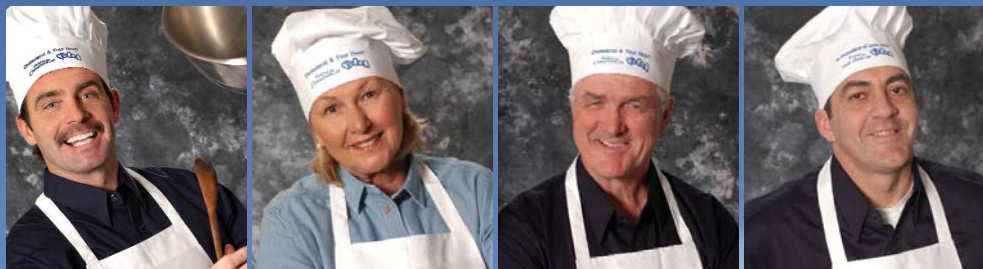


Cholesterol & Your Heart

*Making the
Connection*



www.makingtheconnection.ca



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The interactive ***Making the Connection*** Web site (www.makingtheconnection.ca) and toll-free information line 1-877-4-LOW-LDL (1-877-456-9535) are valuable resources for Canadians interested in learning more about cholesterol and how it affects their health.



Canadian Association of Cardiac Rehabilitation
Association canadienne de réadaptation cardiaque



INTRODUCTION

These heart-healthy recipe suggestions can help improve your diet – an important step towards managing your cholesterol and reducing your risk for heart disease and stroke.

Heart disease is one of the leading causes of death of Canadians, and high cholesterol is a major contributing risk factor. In fact, high cholesterol is one of the most common conditions affecting Canadians – almost half of all adults (48 per cent of men and 43 per cent of women) have elevated cholesterol levels.¹

But high cholesterol can often be controlled when appropriate action is taken.

Changing your diet is an important and tasty way to help manage cholesterol. This recipe book has been inspired by, and developed for, those Canadians who want to take charge of their cholesterol levels for the good of their heart.

A better diet, along with increased exercise, may be enough for some Canadians to bring their cholesterol under control ... and keep it there. For others, medication may be needed. Regardless of what it takes, it can be done, with the right information, motivation and support. The ***Making the Connection*** partners sincerely hope this recipe book helps you become healthier.

Making the Connection is a program dedicated to the ongoing education of Canadians about the dangers of high cholesterol, and to encouraging Canadians to take action to control high cholesterol to reduce the risk of heart attack and stroke.

Making the Connection is a partnership of the Canadian Lipid Nurse Network, the Canadian Association of Cardiac Rehabilitation, Diabetes Québec and Pfizer Canada Inc.

Our partnership would like to acknowledge a few people who were invaluable in bringing this recipe book together. Rita Accadia, a member of the Canadian Lipid Nurse Network and a registered dietitian, reviewed and contributed to all the recipes to ensure they are heart-healthy and appropriate for people working towards managing their cholesterol.

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This book would also not have been possible without our ***Making the Connection*** celebrity partners, who do so much to help other Canadians affected by high cholesterol by telling their own personal stories. Pat, Rod, Sandra and Gaétan, thank you for sharing your experiences and recipes with us.

Anyone looking for more information about high cholesterol and its management should visit www.makingtheconnection.ca.

Thank you again for your interest in our book.



Canadian Association of Cardiac Rehabilitation
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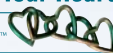
DON'T BE A STATISTIC!

Data from an on-line survey of 1,772 Canadian men and women (males aged 40 plus; females aged 50 plus) conducted by Ipsos-Reid shows that: ²

- ~ Almost half (48 per cent) of Canadians surveyed who have been living with high cholesterol for five or more years were told their levels were still higher than they should be at their last doctor's visit.
- ~ More than one third (36 per cent) surveyed did not understand that high cholesterol levels can be dangerous.
- ~ Almost all (97 per cent) of Canadians surveyed who have been diagnosed with high cholesterol have at least one additional risk factor for heart disease (i.e., family history of heart disease, high blood pressure, diabetes, high body mass index, smoker).

Many Canadians who should know better, don't – almost half of those who know they have high cholesterol are not taking action to lower it!

Canadians need to make the commitment to their heart health.



MAKING THE CONNECTION

Making the Connection is a program dedicated to the ongoing education of Canadians about the dangers of high cholesterol, and to encouraging Canadians to take action to control high cholesterol to reduce the risk of heart attack and stroke. Since its inception in 2001, the ***Making the Connection*** partnership has been helping Canadians become better informed about their heart health through its interactive Web site and toll-free information line, more than 50 public forums in over 35 Canadian cities, radio shows, and public awareness events, including the involvement of well-known Canadian celebrities.

Making the Connection is a partnership of the Canadian Lipid Nurse Network, the Canadian Association of Cardiac Rehabilitation, Diabetes Québec and Pfizer Canada Inc.

Famed hockey coach, Pat Quinn; golf pioneer, Sandra Post; Canadian sportscaster, Rod Black; and Olympic gold-medalist, Gaétan Boucher, joined ***Making the Connection*** to tell Canadians about their personal connections to high cholesterol, and the action they are taking to protect their heart health.



The Canadian Lipid Nurse Network is a non-profit organization with a mandate to provide information, education and resources to healthcare professionals and the public regarding the assessment, treatment and management of dyslipidemia and other risk factors for heart disease and stroke. (www.lipidnurse.ca)

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Diabetes Québec is celebrating its 50th anniversary this year. Diabetes Québec and its 47 affiliate associations are dedicated to educating and providing resources to Québec residents and healthcare professionals about diabetes prevention and management; ensuring people with diabetes receive the necessary services and support; and encouraging diabetes research and advocacy. (www.diabete.qc.ca)



Canadian Association of Cardiac Rehabilitation
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The Canadian Association of Cardiac Rehabilitation is a multi-disciplinary association of professionals dedicated to providing leadership in clinical practice, research and advocacy in cardiac disease prevention and rehabilitation for the enhancement and maintenance of cardiovascular health of Canadians. (www.cacr.ca)



Pfizer Inc., the world's largest pharmaceutical company, discovers, develops, manufactures and markets leading prescription medicines for humans and animals, as well as many of the world's best-known over-the-counter brands. Pfizer global headquarters is located in New York, where the company was founded in 1849. In Canada, Pfizer employs approximately 2,000 people with the Canadian headquarters of Pfizer Canada Inc. in Kirkland, Quebec. (www.pfizer.ca)

Rita Accadia, RD

Rita Accadia, a Registered Dietitian, is a graduate of the University of Western Ontario. Presently, she is the Clinical Nutrition Manager at St. Joseph's Healthcare in Hamilton. Her areas of expertise include dyslipidemia in children and adults. Rita is a member of numerous associations including Clinical Nutrition Leaders of Ontario Action Group (CNLAG) and the Canadian Lipid Nurses Network (CLNN).

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Pat Quinn

Head Coach, Toronto Maple Leafs

"For me, like so many other Canadians, lifestyle changes were not enough to control my high cholesterol. Believe me, I've tried. So, in addition to maintaining those great healthy lifestyle choices, I also take medication to keep my cholesterol down. I have had my wake-up call, and am determined to keep my heart healthy, which includes a lifelong commitment to managing my cholesterol levels. I encourage other Canadians to learn from my experience, and take action against high cholesterol."



Sandra Post

Canadian Golf Pioneer

"My husband has high cholesterol. He took control of his cholesterol and now manages it by eating right and exercising, and in his case, like many other Canadians, by taking medication. My husband's cholesterol condition made me consider my own heart health. Many people think that heart disease is a man's disease, but I know it is also the number one killer of women. I stay on top of my own heart health by having my cholesterol checked regularly and talking with my doctor. For us, heart health is a family commitment."

continued...



Rod Black

Canadian Sportscaster

"I know I need to actively manage my cholesterol. Not only do I have a family history of high cholesterol, I have a personal one too. I actually had high cholesterol. But I am one of the lucky ones and have been able, for now, to control my cholesterol through lifestyle choices including a healthy diet and regular exercise. And I know my commitment is for life! I will continue to have my cholesterol checked regularly, maintain my healthy lifestyle and consult with my physician to make sure that my cholesterol stays in control. I know what I have to do to manage my cholesterol ... but many Canadians don't. My question to them is, 'Why not?'"



Gaétan Boucher,

Olympic Gold Medal Speedskater

"If you are like me and you have a close family member with high cholesterol, whether it's your mother, father, brother or sister, you need to speak to your doctor so you can be proactive about managing your cholesterol BEFORE it is a problem. Given my family history, I know that cholesterol is something that I will always need to be on top of. For me, that means I will continue to eat right and exercise, and I will have my cholesterol checked regularly to make sure it always stays at target levels."

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LEARNING ABOUT YOUR CHOLESTEROL LEVELS

Cholesterol is found in the blood and, when present in high amounts, can cause plaques (blockages) to form in the arteries. Over time, the plaques may grow, blocking the arteries, or may rupture causing a clot that can reduce the flow of blood. This can cause a heart attack or stroke. Eating high amounts of fat in your diet can increase your blood cholesterol levels.

Blood cholesterol is a fatty substance found in the blood. Approximately 80 per cent of the cholesterol in the blood is produced by the body and 20 per cent comes from diet.

Dietary cholesterol is found in organ meats, shellfish and egg yolks.

LDL cholesterol is known as the “bad” type of cholesterol, causing plaques to form that can block arteries.

HDL cholesterol is the type of cholesterol that transports LDL back to the liver via the bloodstream. It is called the “healthy or good” cholesterol because it removes LDL particles from the blood.

Triglycerides are another type of fat in the blood. Elevated triglycerides can contribute to heart disease and other illness.

Cholesterol levels are measured by a blood test. Measurement of total cholesterol, as well as LDL, HDL, and triglycerides, will help determine a person’s risk of developing heart disease. A healthy diet and regular exercise can:

- ~ Lower total cholesterol, LDL cholesterol and triglycerides
- ~ Raise HDL cholesterol.

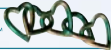
For some people, diet and exercise may not be enough to control high cholesterol, and medication might be needed to bring cholesterol to target levels.

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DO YOU KNOW YOUR NUMBERS?

A number of factors are taken into consideration to evaluate your risk of developing heart disease. These include: your age, whether you are a man or a woman, your family history of heart disease, if you have diabetes or high blood pressure, your weight and waist circumference, and whether you are a smoker. Evaluating these risk factors will help your doctor determine target cholesterol levels that are healthy for you. Speak to your doctor to find out what your target cholesterol levels are, and what you need to do to reach them.

TARGET LEVELS	Date	Date	Date	Date
Total Cholesterol				
LDL Cholesterol				
HDL Cholesterol				
Triglycerides				





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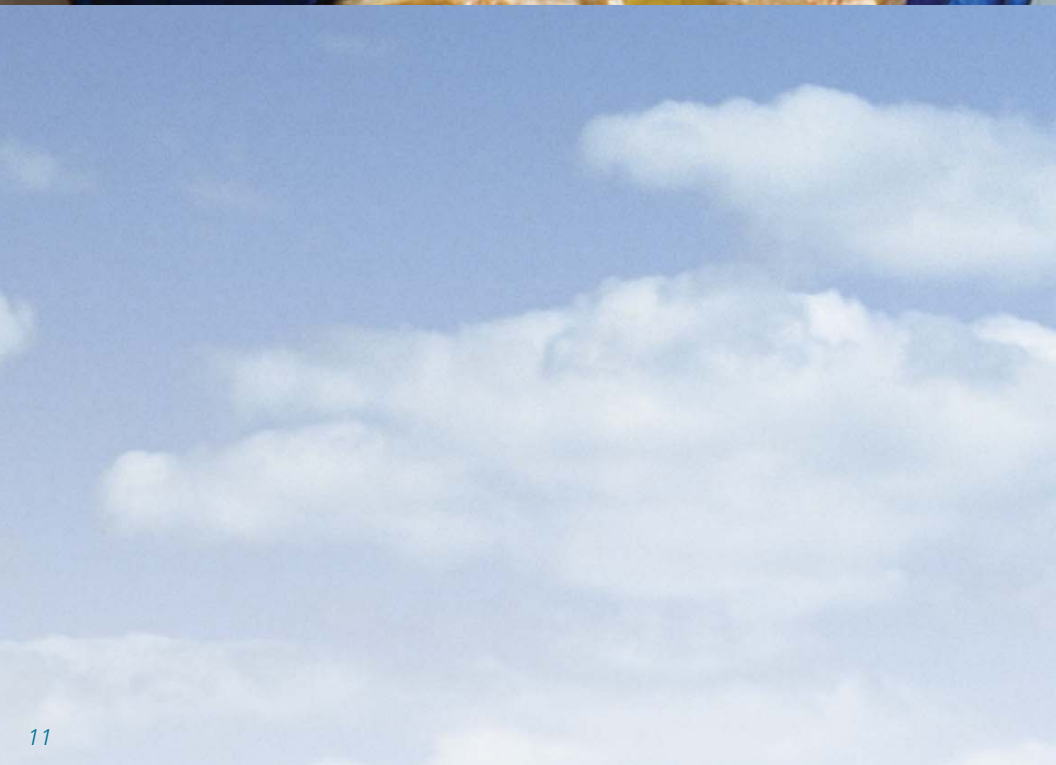
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Appetizers

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Dietitian's Notes:

- ♥ Dips are a great accompaniment to many appetizers, low-fat crackers, specialty breads and fresh vegetables. However, many are made with mayonnaise or sour cream and are not good for your heart-health as they contain saturated fats. Instead, substitute smaller amounts of fat-free sour cream, light mayonnaise, or a heart-healthy oil. Or, use fat-free cottage cheese that has the added benefit of containing calcium.



CHICK PEA SPREAD

Sandra Post

"This is an easy and tasty heart-healthy recipe that can be spread on pita bread, or served as a dip for raw vegetables or low-fat crackers!"

~ Sandra Post

Ingredients:

- 1½ cups chick peas, drained
- ¼ cup extra virgin olive oil (cold pressed is preferred)
- 2 tbsp lemon juice
- 1 clove garlic, crushed
- Salt and pepper
- Lemon wedges
- Sprigs of fresh dill (optional)

Preparation:

- 1** Combine all ingredients in food processor.
- 2** Puree until a smooth paste is formed, adding more olive oil if necessary.
- 3** Add salt and pepper to taste.
- 4** Spoon into a bowl and garnish with fresh dill and lemon wedges.

The spread will last in the refrigerator for up to three days.

Variation: Add a few sprigs of the fresh dill to the rest of the ingredients when processing.

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Dietitian's Notes:

- ♥ Peppers and sun-dried tomatoes provide a wonderful flavour to dips and are also rich in phytochemicals that are good for your health. Choose firm, shiny peppers for the best flavour!

Did you know...

Approximately 80 per cent of cholesterol is manufactured within the body; only 20 per cent comes from the foods we eat.

ROASTED PEPPER AND SUN-DRIED TOMATO DIP

Ingredients:

- 6 oz or 8 oz bottle roasted red peppers, drained
- 6 oz or 8 oz bottle sun-dried tomatoes (packed in olive oil), drained
- 3 cloves garlic minced
- 2 tsp extra virgin olive oil
- 2 tsp dried basil
- Dash hot pepper sauce
- 1 cup fat-free cottage cheese

Preparation:

- 1 In blender, process all of the ingredients until smooth. Season to taste with salt and freshly ground black pepper. Refrigerate about 2 hours to allow the flavours to mix.
- 2 Serve as a dip for vegetables or a spread for low-fat whole wheat crackers and specialty breads.

Dietitian's Notes:

- ♥ Add a variety of colours and textures by purchasing tortillas made with spinach, sun-dried tomatoes or other herbs. Check the label to make sure that a healthy oil (canola, soybean, olive) has been used in the making of the tortilla shell.

About Chili Peppers:

- ♥ Paprika, cayenne, chili and red peppers are all from the large capiscum pepper family. If you enjoy the hot, spicy taste of foods you will be happy to know that these flavours may also contribute some healthy benefits to your diet. Peppers get their heat from a compound called capsaicin, an antioxidant with heart health properties. The hotter the pepper, the more capsaicin it contains. Peppers are also rich sources of vitamins A and C.
- ♥ Did you know that if you eat peppers that make your mouth feel like it's on "fire," you can douse that "fire" with milk or yogurt? Milk contains casein which helps to put out the "flame." Yogurt does this equally as well, which is why yogurt-based dishes may often accompany spicier menu items.

SPICY TORTILLA WRAPS

“Serve these low-fat wraps with a salsa or a zippy picante sauce!”

~ Rita Accadia

Ingredients:

- 6 whole wheat flour tortillas
- 4 oz low-fat cream cheese or use the low-fat farmers cottage cheese
- ½ cup low-fat yogurt (1% or 2%)
- 2 oz canned chopped green chilies
- 2 tbsp finely chopped green onion
- 2 tbsp finely chopped red bell pepper
- 6 oz low-fat (15% MF) cheddar cheese, grated
- ¾ cup salsa or picante sauce

Preparation:

- 1** In a medium bowl combine the low-fat cream cheese, yogurt, chilies, onion, red bell pepper and grated cheddar cheese. Mix thoroughly.
- 2** Spread the mixture onto the tortillas and roll up. Cover tightly and chill (can be made the night before).
- 3** Cut each roll into ½ inch slices. Serve with salsa or picante sauce.

Makes 6 servings

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Dietitian's Notes:

- ♥ Fresh salsas add colour and flavour to a variety of fish, poultry, pork and meat dishes. They may be made up to two days in advance and stored covered in the refrigerator.
- ♥ Mangos are a very good source of vitamins A and C and a good source of vitamin B6 and dietary fibre. One half cup of sliced fresh mangos has about 50 calories.

MANGO SALSA

“Young or old, a heart-healthy diet and regular exercise are important ways Canadians can make a commitment to their heart health.”

~ Kori Kingsbury, Co-chair, CLNN

Ingredients:

- 2 large ripe mangos
- 1 green onion sliced diagonally into thin pieces
- 1 tbsp finely chopped red onion
- 1 red pepper, cored, seeded and diced into ½ inch pieces
- 1 jalapeno pepper, seeded and finely chopped
- 1 tbsp extra virgin olive oil
- 2 tsp freshly squeezed lime juice
- ¼ tsp sugar
- ⅛ tsp each of salt and freshly ground black pepper

Preparation:

- 1** Peel mangos and slice into thick strips. Dice strips into ½ inch pieces.
- 2** Combine and mix the olive oil, lime juice, sugar, salt and pepper.
- 3** Pour the liquid mixture over the remaining ingredients and toss gently.

FACTS ABOUT OLIVE OIL

A heart-healthy choice for cooking, grilling and salad dressing, olive oil is rich in monounsaturated fats, vitamin E and antioxidants. While all olive oils have similar nutritional benefits, the primary difference between them is taste, aroma and colour. Like wines, the colours, flavours and aromas of oils vary with a number of factors: variety of olives, climate, soil conditions, harvesting and storage. Ultimately, the choice of which olive oil you prefer is what is pleasing in terms of taste and price. A more delicate dish might call for a lighter-tasting olive oil, while more robust meals often benefit from an oil with a stronger, more assertive flavour. Several varieties can be kept on hand for different culinary needs.

Cold pressed extra virgin olive oil is made from olives that are hand-picked in October and November and crushed or pressed with little pressure and no heat. This type of oil tends to be more expensive, but is dense with nutrients, as they are not as readily destroyed during processing.

Extra virgin olive oil is made by pressing the olives using some heat, therefore slightly altering the taste of the oil. Because the oil has a more intense aroma and flavour, you can use smaller amounts, thus reduce your calories and fat intake. Extra virgin olive oil is an excellent choice for drizzling over salads and prepared dishes.

Virgin olive oil is made from riper olives that are harvested by shaking the tree. The oil comes from the second pressings, after the first extraction of extra virgin oils. Virgin olive oil has a more acidic, less peppery taste and is best used for roasting or grilling.

continued...

Pure olive oil does not contain other non-olive oils. The harvested olives are crushed and pressed using heat and water to obtain the most oil possible. A small amount of extra virgin olive oil is then added to reduce the high level of acidity and improve the flavour. Pure olive oil has a variety of uses including salad dressing, sautéing and stir frying.

Light olive oil is very popular among consumers who are looking for a healthy oil without flavour. The name or label that denotes mild, light or “lite” refers to the flavour of the oil as mild or light, and does not mean that it is low in calories. The flavour of light olive oil is less pronounced than that of the regular oils because of the special filtration process that is used during production. Olive oils in this group can be used for salads or in cooking.

Remember, olive oil is still a fat and contains the same amount of calories and grams of fat as butter, margarine and other oils.

NOT ALL OILS ARE CREATED EQUAL

- ~ Olive, canola, and peanut oil are sources of **Monounsaturated Fats**, which help to lower blood cholesterol levels.
- ~ Corn, safflower, sunflower, sesame and soybean oil are sources of **Polyunsaturated Fats**, which also help to lower blood cholesterol levels.
- ~ Palm and coconut oil are sources of **Saturated Fats**, which raise blood cholesterol levels. These should be completely avoided.

Dietitian's Notes:

- ♥ Asparagus is related to the lily family and has a distinctive but elusive flavour and a mildly astringent undertone. Green asparagus is the most common type seen in stores. White asparagus is grown under ground to prevent chlorophyll from developing and turning it green.
- ♥ When buying asparagus, choose firm, bright green (or pale ivory) spears. Wider spears are from older plants, and slender spears from younger ones. Store asparagus tightly wrapped in a plastic bag for up to three days in the refrigerator. It also may be stored standing upright, with the stems immersed in about an inch of water and the tops covered with plastic. Snap the tough ends off the asparagus before preparing.
- ♥ Asparagus is a good source of folate, thiamin, vitamin B6 and potassium. It also contains 3 g of fibre per 4 oz serving and is low in calories, containing only 15 calories per ½ cup serving.

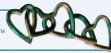
ASPARAGUS ROLL-UPS

Ingredients:

1 can (15 oz) small green asparagus spears, drained,
or steam your own fresh asparagus and cool before using
8 slices of fresh bread, with the crusts removed
½ cup light or low-fat mayonnaise
1 tbsp low-fat French salad dressing
1 tsp prepared mustard, Dijon if available
1 very finely chopped green onion
2 tbsp grated Parmesan cheese
⅓ cup melted non-hydrogenated margarine
Salt and freshly ground pepper
Toothpicks

Preparation:

- 1 Combine the mayonnaise, French dressing, prepared mustard, and chopped green onion.
- 2 Spread each slice of bread with the mayonnaise mixture, and place one asparagus spear on top, sprinkle with salt and freshly ground pepper.
- 3 Roll up the bread, jelly roll style, and secure with a toothpick.
- 4 Brush rolls with the melted margarine, sprinkle with the Parmesan cheese and broil until lightly brown.
- 5 Remove toothpick and serve immediately.





Salads

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Dietitian's Notes:

Feta Facts

- ♥ Feta cheese is classified as a "soft" cheese and should be used within one to two weeks after purchasing. As a rule, the softer the cheese the higher the moisture content, and therefore the shorter time it will remain fresh.
- ♥ Always check the label to know what you are buying. Imported feta is usually made with goat's or sheep's milk, as is the original Greek feta cheese. Today, large commercial producers often make it with cow's milk. Most people who are allergic to cow's milk products, or who are lactose intolerant, can eat goat and sheep milk products.
- ♥ 1 oz of feta cheese has approximately 75 calories and 6 g of fat. For comparison, 1 oz of cheddar cheese has approximately 114 calories and 9 g of fat.

Did you know...

Cholesterol is necessary for important body functions, but too much cholesterol can increase your chances of a heart attack or stroke.



GREEK SALAD

Gaétan Boucher

Dressing Ingredients:

- 3 oz cold pressed extra virgin olive oil
- 1½ lemons (use the juice)
- 1 tsp each of powdered & flaked oregano
- ¼ to ⅓ cup chopped parsley
- Salt and pepper

Preparation:

- 1 Whisk together all dressing ingredients and set aside.

Salad Ingredients:

- 1 Spanish onion, sliced
- 2 medium sized tomatoes, sliced
- ½ pound of Feta cheese
- ¾ cup of black olives

Preparation:

- 1 Prepare salad a half hour before serving to allow marinade to work.
- 2 Layer onions and tomatoes on platter and cover with dressing.
- 3 Crumble Feta cheese on top and cover with olives.
- 4 Pour dressing over salad ingredients.

Makes 4 servings

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Dietitian's Notes:

- ♥ This colourful salad contains plenty of healthy compounds called phytochemicals and antioxidants, some examples:
 - ~ GREEN (lutein): found in leafy greens, green scallions, broccoli, green beans
 - ~ ORANGE (beta carotene): found in oranges, lemons, peaches, carrots
 - ~ RED (lycopene): found in red onion, radicchio, red raspberries, tomatoes, watermelon
- ♥ Remember colours add to your heart health and the most colourful foods are fruits and vegetables! It is recommended to have five to 10 servings of vegetables and fruit each day to reduce your risk of heart disease.



RADICCHIO AND BLOOD ORANGE SALAD

Sandra Post

"Many people think heart disease is a man's disease; but it's not. My husband and I have both made a life long commitment to maintaining a heart-healthy lifestyle."

~ Sandra Post

Salad Ingredients:

- 4-5 cups red oakleaf lettuce or bibb lettuce
- 1 sectioned blood orange (remove membranes)
- 1 head of radicchio, shredded
- 2-3 green onions, sliced thinly or ¼ of a red onion sliced thinly

For the Dressing, whisk together:

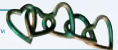
- 1 to 2 tsp freshly squeezed orange juice
- 4 tbsp extra virgin olive oil
- Dash of salt and freshly ground black pepper

Preparation:

- 1 Pour dressing over salad ingredients and gently toss.

Variation:

To add a variety of textures and flavors, try topping with 1 tbsp of toasted pine nuts and shavings of Parmesan cheese, or a sprinkle of red raspberries.



Dietitian's Notes:

- ♥ Many beans (legumes), such as red kidney beans are demonstrating impressive health benefits. The major health benefit of these legumes is their rich source of cholesterol-lowering fibre.
- ♥ Legumes are rich in antioxidants (small red kidney beans rated the highest source of antioxidants, just ahead of blueberries), folic acid, vitamin B6 and magnesium. Folic acid and vitamin B6 help to lower levels of homocysteine, an amino acid. Elevated blood levels of homocysteine are an independent risk factor for heart disease.
- ♥ Pinto beans may be substituted in this recipe; they rank fourth on the antioxidant capacity scale.

What are antioxidants and how do they affect heart health?

- ♥ Antioxidants are substances contained in foods that help to reduce and even prevent the formation of destructive chemicals in the body called free radicals. There is good evidence that the damage of free radicals contributes to a host of problems including heart disease and cancer.
- ♥ Consuming antioxidants, such as legumes, helps to provide our body with tools to neutralize harmful free radicals.



ROYAL VEGETABLE SLAW

Sandra Post

"There is nothing better than enjoying a cool salad on a summer day. Try this vegetable slaw as a heart-healthy alternative to typical coleslaw. Make up to 24 hours in advance."

~ Sandra Post

Ingredients:

- 2½ cups finely shredded red cabbage
- ¼ tsp salt
- ½ cup red kidney beans, drained and rinsed
- ½ cup corn niblets
- 1 tomato diced
- 2 green onions chopped
- 3 tbsp balsamic or red wine vinegar
- 1½ tbsp sesame oil (extra virgin olive oil, safflower oil or sunflower oil may be used)
- 1 clove garlic
- Dash red pepper flakes (optional)
- Dash coriander (optional)
- Salt and pepper

Preparation:

- 1** Sprinkle cabbage with ¼ tsp of salt. Set aside.
- 2** In a bowl, combine beans, corn, tomato, green onion, vinegar, olive oil, sesame oil, garlic, red pepper flakes, and coriander. Mix well.
- 3** Add cabbage to mixture and salt and pepper to taste.

Makes 4-5 servings

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Balsamic Vinaigrette:

- ¼ cup balsamic vinegar
- ¾ cup extra virgin olive oil (walnut or hazelnut oil are excellent healthy substitutes)
- ¼ tsp dry mustard
- ¼ tsp sugar
- ¼ tsp oregano
- ¼ tsp basil
- ¼ tsp marjoram
- ¼ tsp salt
- ⅛ tsp pepper

Whisk together all ingredients. Store in a glass container in the refrigerator.

Dietitian's Notes:

About Balsamic Vinegar:

- ♥ Balsamic vinegar is made by aging high-quality red wine vinegar in oak barrels for years
 - the longer it is aged the more expensive it will be. Balsamic vinegar is very aromatic and may be used in salad dressings or sprinkled on cooked or stir-fried vegetables.

SPICY CHICKEN SALAD WITH REFRESHING BALSAMIC VINAIGRETTE

Canadian Association of Cardiac Rehabilitation

"This is a low-fat, low-carbohydrate dinner that is ideal for people with heart disease or diabetes. My husband, who has diabetes, invented it one summer day."

~ Dr. Heather Arthur, President, CACR

Salad Ingredients:

- 2 skinless, boneless chicken breasts
- 1/3 cup of hot red pepper sauce
- Cajun spice
- Flaked chili peppers
- Head of leaf lettuce (or romaine)
- 6 stalks of green onion
- Dried cranberries
- Toasted slivered almonds
- 2 tbsp of grated Parmesan cheese

Preparation:

- 1** Marinate chicken breasts for approximately one hour in hot red pepper sauce. After marinating, sprinkle the chicken breasts with Cajun spice and flaked chili peppers and cook on the barbeque at low temperature.
- 2** While the chicken is cooking, prepare an entire head of leaf lettuce (or romaine) by washing, drying and breaking into bite-size pieces. Place half of the lettuce on each of two plates (this is a large salad!). Chop 5-6 stalks of green onion and then sprinkle on top of the lettuce. Also sprinkle two handfuls of dried cranberries and one handful of toasted slivered almonds on the two plates of lettuce.
- 3** When the chicken is cooked, slice each breast into thin strips and lay across the bed of lettuce. Top everything with grated Parmesan cheese and dress with balsamic vinaigrette (opposite page).

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Dietitian's Notes:

Spinach Facts

- ♥ Spinach is a rich source of potassium, iron, riboflavin, vitamin A and vitamin C.
- ♥ When eaten raw the nutrients in spinach are retained; however, when cooked, spinach releases some of the nutrients into the liquid produced. Sauté or steam when possible and save the juices to supplement the liquid called for in your recipes.
- ♥ There are three types of spinach: New Zealand spinach, Chinese or Asian spinach, and Water spinach. New Zealand spinach is the most common. When selecting fresh spinach, choose leaves and stalks that are dark green (without yellow spots), crisp and not limp. To store, place in a plastic bag and refrigerate for up to three days.

Did you know...

Nearly half of all Canadians (48 per cent of men and 43 per cent of women) have elevated cholesterol levels.¹



SPINACH WITH LEMON AND NUTMEG

Sandra Post

Ingredients:

- 1 bunch or pkg fresh spinach
- 2½ tsp fresh lemon juice
- 1 tsp non-hydrogenated margarine, melted;
or 2 tsp cold pressed extra virgin olive oil
- Pinch of nutmeg (optional)
- Salt and pepper

Preparation:

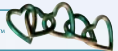
- 1** Rinse spinach and shake off excess water.
- 2** In a large saucepan, cover and cook spinach with just the water clinging to leaves over medium heat for 2 minutes or just until wilted. Drain well.
- 3** Sprinkle with lemon juice, margarine, nutmeg and salt and pepper to taste.

Add variety to this healthy dish by substituting balsamic vinegar for the lemon juice, or cumin for the nutmeg.

Makes 3 servings

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Side Dishes

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Dietitian's Notes:

About Trans Fats:

- ♥ Trans fats are derived from a chemical process known as "partial hydrogenation," converting a liquid oil to a semi-solid form. The major source of trans fats in the diet is from commercial hydrogenation of oils used by the food industry. Trans fats are found in a variety of products including, partially hydrogenated margarine, shortening, cakes, pastries, cookies, crackers, potato chips and commercially prepared French fries.
- ♥ Health Canada has approved a nutrition labelling health claim for food products containing low levels of the non-healthy saturated and trans fats. By January 2006, almost all manufacturers will have to revise the labels on their products to reflect the amount of trans fat.
- ♥ Some food companies are responding to the health issue of trans fats by reducing or completely eliminating the trans fat from some of their products.

LOW FAT CHILI CHEESE FRIES

Canadian Lipid Nurse Network

Ingredients:

- 2 large baking potatoes
- ¼ tsp salt
- 1 tbsp cold pressed extra virgin olive oil
- ⅛ tsp paprika
- Homemade or store-bought chili
- 1-2 oz shredded low-fat cheese
- Non-stick vegetable spray

Preparation:

- 1 Preheat oven to 450°F.
- 2 Peel potatoes (or if you wish, leave part of the peeling on) cut into slices approximately 4 inches long and ¼ inch wide. Place in a bowl of ice water for five minutes.
- 3 Just before cooking potatoes, turn onto paper towel and pat dry.
- 4 Sprinkle potatoes with the oil and spread evenly on baking pan (coated with non-stick spray).
- 5 Bake potatoes 30 to 40 minutes, turning frequently, until golden brown.
- 6 Sprinkle with salt and paprika to taste.
- 7 Pour chili over cooked fries, in an oven-safe dish. Top with shredded low-fat cheese.
- 8 Put potatoes and chili mixture back in oven for 3 to 4 minutes to melt cheese and heat chili.

Be proud to have made healthy fries without trans fats!

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Dietitian's Notes:

Do you know the difference between sweet potatoes and yams?

- ♥ Sweet potatoes are readily found in the grocery store. They are smooth, thin skinned with short tapered ends. Sweet potatoes are quite sweet tasting and have a "moist texture."
- ♥ Yams usually are not found in North America and may be imported from the Caribbean. They are rough, scaly and look long and cylindrical. Yams have a "dry texture" with a starchy taste.
- ♥ Both sweet potatoes and yams are good sources of antioxidants, vitamins A, C, B2 (riboflavin), B5 (pantothenic acid) and B6 (pyridoxine). They are also good sources of dietary fibre.
- ♥ The caloric content of sweet potatoes and yams differs slightly: 1 cup of yams yields 158 calories, while 1 cup of sweet potatoes yields 206 calories.

BAKED SWEET POTATO FRIES

Canadian Lipid Nurse Network

"Heart disease is one of the leading causes of death of Canadians, and high cholesterol is a major contributing risk factor."

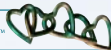
~ Liz Helden, Co-chair, CLNN

Ingredients:

1 medium sweet potato per person, skinned and sliced into coins
Vegetable oil spray

Preparation:

- 1 Preheat oven to 400°F. Spray baking sheet with vegetable oil spray. Line baking sheet with potato coins and spray potatoes lightly with oil. Bake for about 20 minutes or until lightly browned. Serve warm.



Dietitian's Notes:

Good news about blueberries!

- ♥ Researchers have discovered that blueberries rank #1 in antioxidant activity compared to 40 other fresh fruits and vegetables. Blueberries contain a large amount of an antioxidant called pterostilbene, which may help to lower cholesterol. This compound is similar to the antioxidant resveratrol, found in grapes and red wine, which is also shown to have the ability to lower cholesterol.
- ♥ The colour of blueberries should be deep purplish blue to blue-black. Reddish berries are not ripe but may be used in cooking or baking. Berries can be kept in the refrigerator for up to two weeks, but if berries appear wrinkled, they have been stored too long. When purchasing frozen berries, the fruit should feel loose, not clumped together. Blueberries may change in colour when cooked. Acids, such as vinegar and lemon juice, cause the pigment in berries to turn reddish. Blueberries also contain a yellow pigment which, in batter with too much baking soda, may give a greenish colour.
- ♥ Blueberries are also a good source of potassium and dietary fibre, and contain only 40 calories per ½ cup serving!

BLUEBERRY-ORANGE SCONES

Diabetes Québec

Ingredients:

- ¾ cup (250 mL) white flour
- 1 cup (180 mL) whole wheat flour
- ¼ cup (60 mL) sugar
- 2½ tsp (12 mL) baking powder
- 2 tsp (10 mL) orange zest
- ¼ cup (60 mL) soft, non-hydrogenated margarine
- ½ cup (125 mL) blueberries (fresh or frozen)
- 1 egg
- ¼ cup + 2 tsp (90 mL) 1% milk

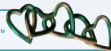
* Cranberries may be substituted for the blueberries; they are also a rich source of antioxidants.

Preparation:

- 1 Mix together the two types of flour along with sugar, baking powder and orange zest.
- 2 Add margarine and combine until mixture is crumbly.
- 3 Add blueberries, egg and milk to moisten batter.
- 4 Place mixture on a lightly floured surface. Knead gently 10 times.
- 5 Flatten into a 9" (23 cm) circle. Cut into 12 wedges.
- 6 Place wedges one inch (2.5 cm) apart on a cookie sheet that has been coated with a non-stick vegetable cooking spray.
- 7 Bake at 400°F (200°C) for 10-12 minutes or until golden brown.
- 8 When scones are fully cooked, remove immediately from cookie sheet.

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Dietitian's Notes:

Mushroom Facts

- ♥ Mushrooms are very low in calories since 90% of their weight is water. One cup of sliced raw mushrooms has about 15 calories. They are a very good source of potassium, thiamin, riboflavin, niacin and vitamin B6. They also contain significant amounts of iron, zinc and fibre.
- ♥ When choosing mushrooms, select firm-capped mushrooms with a woodsy odor. Keep mushrooms in their original packaging in the refrigerator, or in a container covered with a damp cloth. When cleaning mushrooms, you can remove any of the soil with water, but do not soak the underside. The top and stems can be cleaned with gentle bristles of a mushroom brush (sold in kitchen supply stores). A very damp cloth may also be used.
- ♥ Never wash or clean mushrooms until ready to use.

Did you know...

A high level of cholesterol in the blood can contribute to the blockage of blood vessels, which can lead to heart attack or stroke.

SHERRIED MUSHROOM STIR-FRY

Ingredients:

- 3 tbsp extra virgin olive oil
- 3 tbsp 1% or 2% milk
- 1 large shallot, finely chopped
- 2 cloves garlic, minced
- 1 lb (500 g) fresh shiitake or oyster mushrooms, stems removed and sliced or torn in half (should measure about 8 cups)
- ¼ tsp salt
- 4 tbsp dry sherry
- ½ lb (250 g) snow peas or sugar snap peas (fresh preferred)

Preparation:

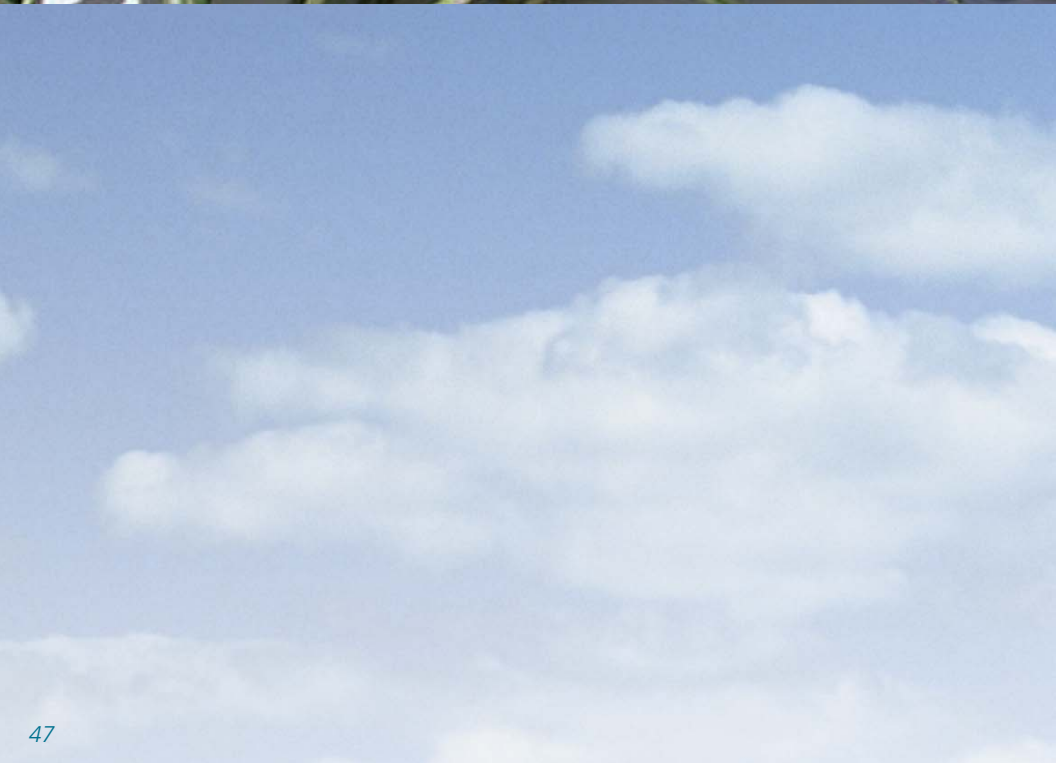
- 1** In a wok or a large wide frying pan, heat the milk and 2 tbsp oil over low heat; then add the shallots and garlic. Cook, stirring often, until soft, about 6 minutes.
- 2** Add the remaining oil to the pan. Increase the heat to medium. Add the mushrooms, salt and sherry. Cook stirring often, about 3-4 minutes.
- 3** Add the peas and cook until tender but crisp, and the mushrooms are tender, about 3-4 minutes.

Serve as a side dish with any of your favourite main courses.

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Main Courses

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Dietitian's Notes:

- ♥ Did you know that a heart-healthy portion of meat or fish is 3 to 4 ounces – about the size of a deck of cards? Three ounces of lean sirloin has only 180 calories and 7 grams of fat. But increase that serving to nine ounces and you will consume 540 calories and 21 grams of fat!
- ♥ The next day, make a tasty lunch with the left over steak. Slice the left over meat, overlap on a whole wheat crusty bun and top with lettuce and tomato.



MARINATED STEAK

Pat Quinn

"The more I learned about how I could take charge of my heart health, the easier it became to make changes I can stick with today. If I can do it, so can you."

~ Pat Quinn

Ingredients:

- 2 pounds top sirloin (remove all visible fat)
- ½ cup fresh lemon juice
- ¾ cup olive or canola oil
- 3 tbsp dry white wine
- ½ cup chopped onion
- 2 tbsp each finely chopped rosemary and sage
- 1 tbsp Dijon mustard
- 3 cloves minced garlic
- Dash of salt and pepper to taste

Preparation:

- 1** Place steak in oblong baking pan and set aside.
- 2** Combine all other ingredients in small bowl; pour marinade over steak and turn to coat evenly.
- 3** Cover and refrigerate several hours or overnight, turning meat occasionally.
- 4** Grill over hot coals (Pat recommends serving rare to medium-rare).
- 5** Carve meat across grain in thin slices ⅛ to ¼ inch thick.

Serve with grilled vegetables.



FETTUCCINE WITH MUSHROOM SAUCE

Ingredients:

½ pkg (454-g size) fettuccine pasta
2 tsp non-hydrogenated margarine
1¾ cups sliced portobello mushrooms
3 tbsp 1% milk
½ cup fat-free sour cream
10 oz (284 mL) can undiluted light cream of mushroom soup
¼ cup light creamy caesar salad dressing
¼ cup grated Parmesan cheese
1 tsp dried basil leaves (or use fresh)
Dash fresh ground pepper
Dash ground nutmeg (optional)
2 tbsp chopped fresh parsley (optional)

continued...

Preparation:

- 1** Cook pasta according to directions (to al dente, or firm pasta texture).
- 2** Melt margarine in a large saucepan over medium heat. Add the mushrooms, stir until lightly browned.
- 3** Add soup, milk and Parmesan cheese. Whisk until the sauce is smooth, about 2 to 3 minutes.
- 4** Reduce the heat to medium-low; stir in the salad dressing, sour cream, basil and nutmeg.
- 5** When the noodles are cooked, drain well and immediately toss with the sauce to evenly coat.
- 6** Sprinkle with parsley.

Makes 2-3 servings

Dietitian's Notes:

- ♥ Add ½ cup cooked flaked salmon (an excellent source of heart healthy omega-3 fatty acids) or sautéed red, orange and yellow peppers.
- ♥ Use whole wheat noodles to provide a source of fibre. Dietary fibre helps to reduce dietary cholesterol and promotes bowel regularity. Increase your fibre to between 25 and 30 grams per day.



BEEF BOURGUIGNON WITH NOODLES

Gaétan Boucher

"Since I have a family history of high cholesterol, I know I have a greater chance of developing it myself. Even though I follow a healthy diet and exercise, I still have my cholesterol checked regularly to make sure it stays within target levels."

~ *Gaétan Boucher*

Ingredients:

- 3 lb stewing beef
- 2 tbsp cold pressed extra virgin olive or canola oil
- 1 Spanish onion, minced
- 7 cups halved mushrooms (1-½ lb)
- 3 cloves minced garlic (or use ¾ tsp garlic powder)
- ½ tsp dried thyme, or 1 tbsp fresh thyme
- ½ tsp each, salt and pepper
- ¼ cup all-purpose white flour
- 1½ cup red wine
- 1½ cup beef stock (low sodium)
- 1 bay leaf
- 1½ lb noodles /pasta
- 1 tbsp chopped fresh parsley

continued...

Preparation:

- 1** Trim fat from beef. In Dutch oven, heat 1 tbsp of the oil over medium-high heat; brown beef, in batches adding remaining oil as necessary. Transfer to plate.
- 2** Add onion, mushrooms, garlic, thyme, salt and pepper to pan; cook over medium heat, stirring occasionally for about 8 minutes or until softened and liquid is evaporated.
- 3** Return beef and any juices to pan. Sprinkle with flour; cook, stirring, for 1 minute. Add wine, stock and bay leaf; bring to boil. Reduce heat, cover and simmer for 2½ hours. Uncover and cook for 30 minutes or until sauce is thickened and meat is tender. Discard bay leaf.
- 4** Meanwhile in large pot of boiling salted water, cook noodles for 8 to 10 minutes or until tender but firm; drain well. Divide among plates. Spoon bourguignon over top; sprinkle with parsley.

Makes 6 to 8 servings

Dietitian's Notes:

- ♥ Beef is an excellent source of iron, B-vitamins and zinc. A three-ounce serving of beef provides 39 per cent of the zinc most people need in a day.

“My heart health is a commitment for life and I have no intention of letting high cholesterol put me at risk.”

~ Rod Black

Dietitian's Notes:

Fish as a heart healthy choice:

- ♥ Fish is a healthy protein choice, lower in saturated fat, total fat and calories than a comparable portion of poultry or meat.
- ♥ Some fish, particularly fatty, cold water fish such as salmon, mackerel, sardines, herring and lake trout are high in omega-3 fatty acids, a type of fat that is healthy for your heart.
- ♥ Salmon, mackerel and sardines have about 1½ grams of omega-3 fatty acid per 8 oz serving.

Soy Sauce Choices:

- ♥ Different countries make quite different soy sauces. Japanese soy sauce (called shoyu) has a milder, sweeter, less salty taste than Chinese sauce.
- ♥ Soy sauce comes in two varieties: ‘light soy sauce,’ which is fairly thin in texture and light in colour, and ‘dark soy sauce,’ which has caramel added to it, producing a darker colour, thicker texture and sweeter flavour.
- ♥ Tamari soy sauce is made without wheat. It is similar to regular soy sauce but thicker in texture and darker in colour. Tamari sauce may be used as a dipping sauce or basting sauce and is excellent for stir frying vegetables.
- ♥ Soy sauce contains a small amount of naturally occurring MSG and is also very salty. “Low-salt soy sauce” is recommended for those individuals who may be on a salt restricted diet.



GRILLED TERIYAKI SALMON STEAKS

Rod Black

One of Rod's favourite heart-healthy meals is shell pasta, topped with a mixture of lean ground beef, whole tomatoes, onions, and tomato sauce. When craving seafood, Rod recommends Grilled Teriyaki Salmon Steaks.

Ingredients:

- 1/3 cup soy sauce (tamari soy sauce is an excellent choice)
- 3 tbsp brown sugar
- 3 tsp fresh lemon or lime juice
- 1 tsp sesame oil (olive or canola oil can be used)
- 3 tsp each of finely minced garlic and onion
- 1/4 tsp salt
- 4 (3/4 to 1 inch thick) salmon steaks (8 to 10 oz each)

Preparation:

- 1** Heat the grill.
- 2** Combine all ingredients for the marinade in a large shallow glass dish, add the salmon steaks, turn to coat evenly and let stand for about 20 minutes.
- 3** Arrange salmon steaks on the grill; reserve the rest of the marinade.
- 4** Grill over medium-hot heat, 5 minutes, brushing with the reserved marinade. Flip fish. Grill another 4 to 5 minutes or until the fish flakes easily.

THIN-CRUSTED COATED CHICKEN

Diabetes Québec

Diabetes Québec Director of Communications, Marc Aras, provides this recipe from the *Plein soleil* magazine, published by Diabetes Québec (Spring 2003 issue). Developed by Geneviève Côté, M.Sc., Dt.P.

The pastry featured in this recipe is made from phyllo dough, which, unlike traditional puff pastry, contains very little fat. This dish is complete in itself, and can be served with a delicious green side salad!

Ingredients:

- 10 sheets phyllo dough
- 2 tbsp canola oil or extra virgin olive oil
- 4 skinless, boneless chicken breasts, (approximately 6 oz [180 g] each)
- ½ package (150 g) fresh spinach, stemmed and coarsely chopped
- 1 can (28 fl oz) whole tomatoes, drained and cut in half
- 1 cup grated Mozzarella cheese (15% MF)
- 1 tsp dried basil
- Bechamel sauce

Bechamel sauce:

- 4 tbsp soft margarine (non-hydrogenated)
- 4 tbsp all-purpose white flour
- 2 cups 1% or 2% milk
- ¼ tsp salt
- Pepper to taste

- 1** Melt the margarine in a small saucepan over medium heat and slowly whisk in the flour.
- 2** Once mixture begins to boil, cook for 3 to 5 minutes while stirring.
- 3** Gradually blend in milk; add seasoning
- 4** Cook while stirring constantly until sauce begins to boil and becomes smooth and thick.

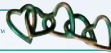
Preparation:

- 1 Preheat oven to 350°F (175°C).
- 2 Set out all ingredients for assembly, making sure to cover the phyllo pastry with a damp cloth as stated on the package. Note: phyllo sheets must be handled quickly and carefully, since they can dry out or crumble easily.
- 3 Spread five sheets of phyllo pastry on a clean, dry work surface and brush oil onto the sides and corners of each one.
- 4 Using only half the total quantity, place the following ingredients, in the order listed, at the centre of each pastry sheet: chicken breasts, spinach, tomatoes, mozzarella cheese and basil.
- 5 Fold each pastry sheet lengthwise around the filling. Close edges up and seal by brushing oil on them.
- 6 Repeat steps 4-5, using the remaining ingredients to fill remaining pastry sheets.
- 7 Place on a non-stick cooking sheet and bake for 40 minutes.
- 8 Cut each phyllo packet into three equal parts and serve with $\frac{1}{3}$ cup (75 mL) of béchamel sauce.

Dietitian's Notes:

Phyllo Dough versus Puff Pastry

- ♥ Puff pastry is a rich, multi-layered pastry achieved by placing pats of butter between layers of pastry dough. Phyllo dough consists of very thin sheets made from flour and water. To prepare the dough, many layers are put together using melted butter. You could make home made phyllo dough using melted non-hydrogenated margarine.
- ♥ Phyllo dough can make a significant reduction in the number of calories in a recipe and can easily be substituted: 1 oz of Puff Pastry has 156 calories and 10.8 grams of fat; 1 oz of Phyllo Dough has 84 calories and 1.7 grams of fat.
- ♥ Phyllo dough can be refrigerated for several weeks or frozen for months. To defrost, leave the phyllo in the refrigerator overnight and use the following day. Never thaw Phyllo at room temperature, as it will cause the dough strips to cling to one another. Phyllo dough has a tendency to dry quickly when exposed to air. To prevent the sheets from drying and cracking, keep the unused portion covered with a damp cloth.





Desserts

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Dietitian's Notes:

Angel Food Cake:

- ♥ Angel food cake is made with egg whites and contains only a trace of fat and no cholesterol.
 - ~ 1 piece (28 g) of a commercially prepared angel food cake has 72 calories and only a trace of fat.
 - ~ 1 piece (28 g) of a commercially prepared plain white cake has 130 calories and 4 g of fat.

Angel food cake should be left in a rigid container when freezing (to avoid crushing) and can be frozen for up to 3 months.

Whipped cream without guilt!

- ♥ Whipped cream is often added as a topping for desserts, but has a fat content range from 30% to 36%. Lower fat versions of whipped toppings can be found at the grocery store. Or, try this alternative:
 - 1 In the refrigerator chill the following for about an hour:
 - ~ 1 can of evaporated skim milk
 - ~ A stainless steel bowl (or glass bowl may be used)
 - ~ The beaters from an electric mixer
 - 2 After all the items have chilled, pour the milk into the bowl and add 1 tsp pure vanilla extract and 1 tsp of brandy (optional). Beat all ingredients until peaks are formed. Serve immediately.

EASY ENGLISH TRIFLE

Canadian Lipid Nurse Network

Ingredients:

Angel food cake
Jam (usually a berry jam)
Fruit (fresh fruit or frozen fruit thawed and drained)
Instant vanilla pudding mix
Light whipped topping

Preparation:

- 1** Make the instant pudding with skim milk or 1% milk as per directions. Pudding should set.
- 2** Break the angel food cake into small pieces.
- 3** In a bowl start the layers. First: half of the angel food cake, cover with some jam, half of the pudding and half of the fruit mixture.
- 4** Repeat with remaining ingredients.
- 5** Before serving, top with whipped topping.

As another option for the Angel Food Cake, make a blueberry topping:

½ cup frozen blueberries
½ cup low fat (2% or less) vanilla yogurt
3 tsp sugar
1 tsp lemon juice

Allow the blueberries to thaw slightly. Stir together all ingredients in a small bowl. Spoon blueberry sauce over cake slices. An excellent light and refreshing dessert!

BLUEBERRY PEAR CRISP

Ingredients:

Filling

- 3 ripe pears (Anjou, Bosc or Bartlett) cored, and thinly sliced
- 2 cups blueberries, fresh or frozen (do not defrost if frozen)
- 1 tbsp freshly squeezed lemon juice
- 2 tbsp cornstarch
- ½ tsp pure vanilla extract
- Dash ground cloves (optional)
- 4 tbsp honey (or 8 tbsp sugar)

Preparation:

- 1** Preheat oven to 375°F.
- 2** Combine fruit in a bowl and set aside.
- 3** In a small glass bowl, mix the honey, lemon juice, vanilla extract, cornstarch and a dash of cloves.
- 4** Pour honey mixture over the fruit and mix to coat evenly.
- 5** Arrange fruit in 1.5 L (6-8 cup) glass baking dish. Top with crumble mixture.
- 6** Bake about 30-40 minutes, or until the fruit is soft and the topping is brown. After 20 minutes of baking uncovered, if the crisp is beginning to brown quite well, cover with a piece of loose foil for the remainder of the baking time. Serve warm.

Consider doubling the recipe, and freeze one portion for use at another time. Thaw at room temperature for about 15 minutes. This is also a quick and easy dessert using any fruits that are available.

continued...

Ingredients:

Crumble Topping

- 1 cup quick cooking rolled oats
- ¼ cup all purpose flour
- 6 tbsp packed brown sugar
- 3 tbsp chopped pecans, or chopped walnuts
- 1 tsp cinnamon
- Dash nutmeg
- Pinch salt
- 5 tbsp soft non-hydrogenated margarine

Preparation:

- 1 Combine the rolled oats, flour, brown sugar, pecans, cinnamon, nutmeg and pinch of salt in a medium bowl.
- 2 Add margarine to oatmeal mixture and with your finger tips or a fork, mix the ingredients well until crumbly.

Dietitian's Notes:

- ♥ Rolled oats topping for fruit crisp is a heart-healthy alternative to heavy, higher in saturated fat, pie crusts.

About pears

- ♥ Pears are primarily eaten fresh, but can be baked, made into liqueurs, vinegar, juice, jam and jelly. They are a good source of a soluble fibre (called pectin), which has cholesterol-lowering benefits. A medium pear provides 4 grams of dietary fibre of which 41 per cent is pectin and about 80 calories.

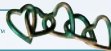
Anjou: Also known as the beurre variety, Anjou pears originated in France. These pears are oval shaped, with smooth yellow-green skin, creamy flesh and a blander taste than some of the other varieties. They are great for eating, cooking or baking.

Bartlett: Bartlett pears are a very popular variety for use in canning, but they are also excellent for eating. The pear is large, juicy and dark green to golden yellow in colour. A red-skinned variety also has been developed.

Bosc: A firm, crunchy pear with reddish-brown skin, Bosc is an excellent choice for baking and poaching.

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Dietitian's Notes:

- ♥ By only using egg whites in a recipe, you have omitted about 200 mg of cholesterol, which is present in the yolk of the egg.
- ♥ Walnuts are an important source of omega-3 fatty acids. Diets that include walnuts can help to reduce the risk of heart disease. Studies show that walnuts help to reduce the level of low-density lipoprotein (LDL) or "bad" cholesterol in the blood. Remember that all nuts are high in fat and should be used in moderation.

Did you know...

More than one third (36 per cent) of Canadian men and women surveyed recently did not understand that high cholesterol levels can be dangerous.²

CHOCOLATE CHIP MERINGUE KISSES

Ingredients:

- 2 large egg whites
- 1/8 tsp cream of tartar
- 3/4 cup granulated sugar
- 1 tsp pure vanilla extract
- Dash salt
- 1 cup semi-sweet chocolate chips
- 1/4 cup walnut halves, toasted and finely chopped
- 1/4 cup finely chopped dates

Preparation:

- 1** Preheat oven to 275°F. Line two cookie sheets with parchment paper.
- 2** In a medium bowl, with an electric mixer on high speed, whip egg whites until foamy. Add the cream of tartar until soft peaks form. Add the sugar gradually, whipping until stiff, but not dry, peaks form. Beat in vanilla. Fold in chocolate chips, dates, walnuts and salt.
- 3** Drop by generously rounded teaspoon, 2 inches apart on cookie sheet.
- 4** Bake until completely firm and dry but still white, about 25 minutes; you should be able to lift cookies from pan. Slide parchment onto racks to cool cookies completely.

Makes about 2 dozen.

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Dietitian's Notes:

- ♥ Pumpkins – you can paint them, decorate them and carve them! But health experts say that the best thing you can do with a pumpkin is eat it. Pumpkins are full of beta carotene, which may help to prevent heart disease, cancer and signs of aging.
- ♥ Contrary to popular belief, pumpkins are a fruit, not a vegetable. They are low in calories since 90 per cent of a pumpkin is water. Pumpkin seeds are high in vitamin E and yield 45 calories per tablespoon.

FROSTED PUMPKIN CAKE SQUARES

Ingredients:

- 1 cup sugar
- 2 large eggs
- 1¼ cup canned pumpkin
- ½ cup sunflower or canola oil
- 1 cup all purpose flour (use half whole wheat and half all purpose to add fibre)
- 1 tsp cinnamon
- ¼ tsp cloves
- ½ tsp ginger
- 1 tsp baking soda
- ½ tsp baking powder
- ½ tsp salt
- ¾ cup confectioner's sugar
- ¼ cup light cream cheese
- 2 tbsp softened non-hydrogenated margarine
- ½ tsp vanilla extract

Preparation:

- 1** Preheat oven to 350°F. Grease a 9" square pan.
- 2** In a large bowl, with mixer at medium speed, beat the sugar and eggs for about 3 minutes. Beat in pumpkin and oil. At low speed add the flour, spices, baking soda, baking powder and salt. Beat about 1 minute.
- 3** Pour batter into prepared pan. Bake 25 to 30 minutes or until toothpick inserted in the center comes out clean. Cool the cake on a large wire rack.
- 4** In a small bowl, beat the remaining ingredients until fluffy, about 2 minutes. Frost the cooled cake. Cut into squares.

To save on calories, omit frosting and dust the cake with confectioner's sugar.

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Dietitian's Notes:

- ♥ Chocolate, chocolate and more chocolate! No two chocolates are alike. A calorie and fat comparison is provided below for a 1 oz (28g) serving:
 - ~ Bittersweet chocolate has 160 calories and 10 grams of fat.
 - ~ Semi-sweet chocolate has 140 calories and 9 grams of fat.
 - ~ Sweet chocolate has 150 calories and 8 grams of fat.
 - ~ White chocolate has 150 calories and 10 grams of fat.
- ♥ New studies are showing that antioxidants in dark chocolate and cocoa powder may increase "good" HDL cholesterol levels. Dark chocolate contains very high levels of the powerful antioxidant catechin (53 grams catechin per 100 grams of the chocolate). Catechins are antioxidants that are being studied for their properties to prevent heart disease and cancer.
- ♥ Remember that chocolate often contains other ingredients, such as unhealthy saturated fats. Moderation is key, but there is no reason that chocolate cannot be incorporated into a balanced, healthy diet.

DIVINE DOUBLE CHOCOLATE PUDDING

"This creamy chocolate pudding is as rich as a mousse without the guilt of all the fat and calories!"

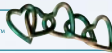
~ Rita Accadia, CLNN, Registered Dietitian

Ingredients:

- 2 cups of 2% milk
- 1/3 cup packed brown sugar
- 3 tbsp white sugar
- 3 tbsp corn starch
- 4 tbsp unsweetened cocoa
- 1/8 tsp salt
- 5 oz fine quality semi-sweet chocolate, chopped
- 1 tsp pure vanilla extract
- Shaved dark and white chocolate for decoration

Preparation:

- 1 Combine 1 cup of milk with the sugars, cocoa, corn starch and salt. Mix together with a wire whisk until fairly well blended.
- 2 Heat the remaining milk in a heavy saucepan over medium heat. When small bubbles appear on the sides of the pan, add the cocoa mixture and whisk to combine.
- 3 Cook, while whisking constantly until the pudding thickens, 4 to 5 minutes.
- 4 Remove from heat and whisk in vanilla and chopped chocolate.
- 5 Spoon into heat proof containers. Serve hot, warm or chilled. Decorate with shavings of white and dark chocolate.



Dietitian's Notes:

- ♥ Applesauce can replace up to $\frac{3}{4}$ cup fat in a recipe, use the same amount of unsweetened applesauce, add with the liquid ingredients.
- ♥ Pureed prunes can replace up to $\frac{3}{4}$ cup of the fat in a recipe, works especially well with chocolate (brownies, cakes), add to the liquid ingredients.

Benefits of substituting low-fat yogurt in a recipe:

- ♥ Recently published studies in leading medical journals suggest a link between dairy consumption and lower body weight. Calcium may play a role in the body's natural system for burning fat. More research is being conducted to identify what other components of dairy foods contribute to weight loss. To reduce calories, be sure to select low-fat varieties.

What constitutes a dairy serving?

- ~ Yogurt - 8 oz or 1 cup
- ~ Milk - 8 oz or 1 cup
- ~ Cheese - 50g (or 1"x1"x3") firm cheese; 2 slices processed cheese; 45ml (3 tbsp) Parmesan cheese; $\frac{3}{4}$ cup (180 ml) Ricotta cheese

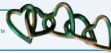
References:

¹ Heart and Stroke Foundation Web site.

² Data from an online survey of 1,772 Canadian men (age 40 plus) and women (age 50 plus) conducted by Ipsos-Reid May 2004.

How many times have you been ready to cook and found out that you did not have a certain ingredient? These substitutions may help.

1 cup butter	1 cup non-hydrogenated margarine or 1 cup oil (if recipe asks for melted butter)
1 cup shortening	1 cup plus 2 tbsp non-hydrogenated margarine
1 cup whipped cream	1/2 cup chilled evaporated milk and 1/4 tsp lemon juice whipped until stiff
1 cup heavy cream for baking	3/4 cup milk and 1/3 cup non-hydrogenated margarine
1 cup half & half cream	7/8 cup milk and 1 and 1/2 tbsp non-hydrogenated margarine
1 cup mayonnaise	1 cup fat-free sour cream or 1 cup low-fat yogurt or 1 cup low-fat cottage cheese pureed in blender
1 cup buttermilk	1 tbsp lemon juice or white vinegar plus enough milk to make a total of 1 cup – let stand about 5 minutes
1 whole egg	2 egg whites and 1 tsp oil
1 oz unsweetened baking chocolate	3 tbsp cocoa powder plus 1 tbsp non-hydrogenated margarine or oil
1 oz sweetened chocolate	1 tbsp cocoa powder, 4 tsp sugar and 2 tsp non-hydrogenated margarine
1 cup brown sugar	1 cup white sugar and 1/4 cup molasses
1 cup corn syrup	1 cup white sugar plus 1/4 cup water or any other liquid in the recipe, or 1 cup honey
1 cup confectioner's sugar	1 cup white sugar and 1 tbsp cornstarch, process in food processor until powdery
1 tbsp cornstarch	2 tbsp flour
1 cup cake flour	1 cup minus 2 tbsp all purpose flour
1 cup self-rising flour	1 cup minus 2 tbsp all purpose flour, plus 1 and 1/2 tsp baking powder and 1/2 tsp salt
1 tsp baking powder	1/4 tsp baking soda and 5/8 tsp cream of tartar
1/4-1/3 cup bread crumbs	1 slice bread or 1/4 cup cracker crumbs or 2/3 cup rolled oats



NOTES

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