

Heart-healthy recipes found on Web sites

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With February designated as American Heart Month, you may be motivated to get your ticker in shape.

A healthier heart starts with better nutrition, and better nutrition starts in the kitchen.

With some simple surfing on the Internet, it's easy to find recipe inspiration. Here are just a few sites offering endless ideas for everything from appetizers to desserts.

■ www.hearthealthyonline.com takes the confusion out of eating healthfully with easy recipes, cooking and nutrition tips, menus, and meal plans.

■ www.FoodieView.com is a single-search point access to nearly 130,000 recipes culled from thousands of sites. Visit FoodieView.com and type "heart healthy" in the search field.

■ www.mayoclinic.com offers delicious heart-healthy recipes from the nutrition experts at the Mayo Clinic.

PUFFED OVEN-BAKED PANCAKES

Nonstick cooking spray
1 egg, lightly beaten
3 tablespoons all-purpose flour
3 tablespoons fat-free milk
Dash of salt
2 tablespoons orange marmalade

2/3 cup sliced fresh fruit (such as strawberries, peeled kiwifruit, nectarines, pears, and/or peeled peaches)

Preheat oven to 400 degrees. Lightly coat two 4 1/2-inch individual pie plates, 10-ounce custard cups, or 10-ounce au gratin dishes with nonstick cooking spray; set aside.

In a small bowl, combine egg, flour, milk, and salt. Beat with a wire whisk or rotary beater until smooth. Immediately pour batter into prepared baking dishes. Bake for 15 to 20 minutes or until pancakes are puffed and well browned.

Meanwhile, place orange marmalade in a small microwave-safe dish. Microwave, uncovered, on 100 percent power (high) about 30 seconds or until melted. To serve, top puffed pancakes with fruit; spoon melted marmalade over fruit. Serve warm.

WWW.HEARTHEALTHYLIVING.COM

SAUTÉED BANANAS WITH CARAMEL SAUCE

For the sauce:

1 tablespoon butter
1 tablespoon walnut oil
1 tablespoon honey
2 tablespoons firmly packed brown sugar
3 tablespoons 1 percent low-fat milk
1 tablespoon dark raisins or golden raisins (sultanas)
4 firm bananas, about 1 pound total weight
1/2 teaspoon canola oil
2 tablespoons dark rum or apple juice

To make the sauce, in a small saucepan melt the butter over medium heat. Whisk in the walnut oil, honey and brown sugar. Cook, stirring continuously until the sugar is dissolved, about 3 minutes. Stir in the milk, 1 tablespoon at a time, and then cook, stirring continuously until the sauce thickens slightly, about 3 minutes. Remove from the heat and stir in the raisins. Set aside and keep warm.

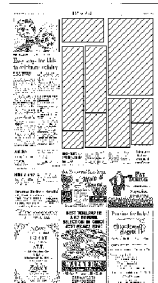
Peel the bananas, and then cut each crosswise into 3 sections. Cut each section in half lengthwise. Lightly coat a large nonstick frying pan with the canola oil and place over medium-high heat. Add the bananas and sauté until they begin to brown, 3 to 4 minutes. Transfer to a plate and keep warm.

Add the rum to the pan, bring to a boil and deglaze the pan, stirring with a wooden spoon to scrape up any browned bits from the bottom of the pan. Cook until reduced by half, about 30 to 45 seconds. Return the bananas to the pan to rewarm. To serve, divide the bananas among individual bowls or plates. Drizzle with the warm sauce and serve immediately.

WWW.MAYOCLINIC.COM

HEART HEALTHY TURKEY MEATLOAF

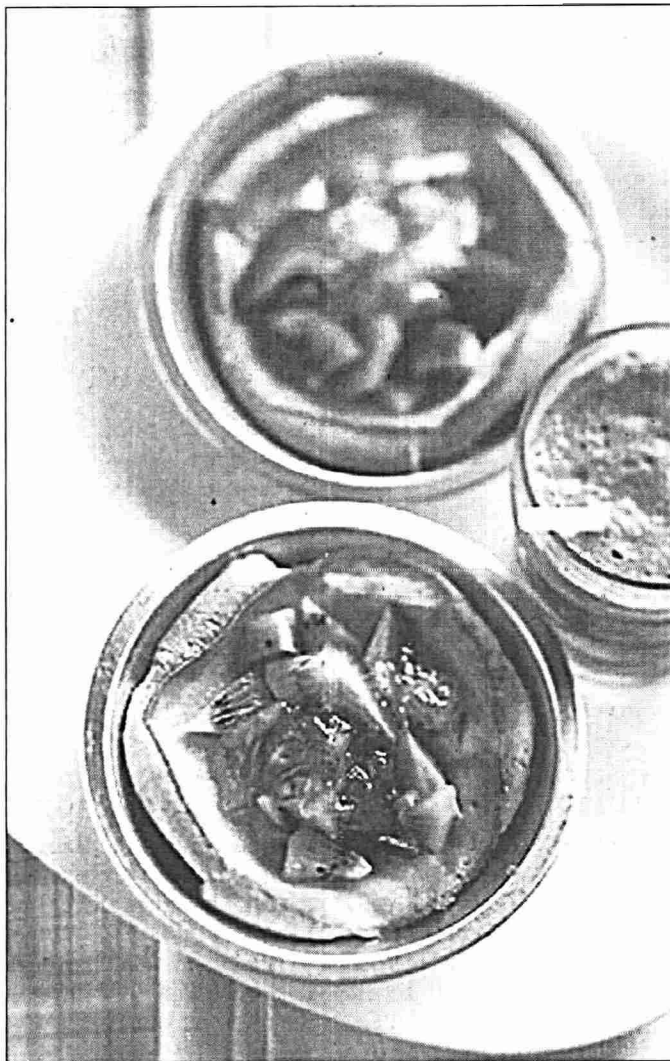
1 pound ground turkey breast
2/3 cup minced onions
1 tablespoon minced garlic
2/3 cup diced green peppers
2/3 cup diced red peppers
2/3 cup diced carrots
2/3 cup diced celery
2/3 cup minced parsley
1 1/2 cup oatmeal
2/3 cup whole wheat bread crumbs
4 tablespoons tomato paste
2 1/2 tablespoons Dijon mustard
2 tablespoons Worcestershire
1/2 tablespoon low sodium soy sauce
1 tablespoon thyme
1/4 tablespoon black pepper
3 egg whites
Tabasco to taste



1/2 cup tomato sauce

In a mixing bowl, combine all ingredients until well mixed. Spray meatloaf pan with food release. Pour turkey mixture in pan. Bake 45 minutes covered, at 375 degrees. Bake 25 minutes uncovered at 375 degrees. Remove meatloaf from oven let rest for 20 minutes before slicing.

WWW.FOODIEVIEW.COM FROM
PRITIKIN LONGEVITY CENTER & SPA



GOOD FOOD February is American Heart Month, and finding recipes for a healthy heart, such as these puffed oven-baked pancakes, is easy with help from online sites.

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