These “Simple Cooking with Heart” recipes from the American Heart Association can help your meal begin and end on a healthy note.

uabmedicine.org/heart
SWEET AND FIERY ROASTED NUTS

Jazz up plain nuts with this sweet and spicy mixture, for a warm coating of baked-on goodness.

Servings: 4

Ingredients
• 2 teaspoons olive oil
• 1/2 teaspoon stevia sweetener OR 1 stevia sweetener packet
• 10 drops cinnamon-flavored liquid stevia sweetener
• 1/2 teaspoon ground cumin
• 1/8 teaspoon cayenne pepper
• 1/3 cup walnut halves
• 1/3 cup pecan halves
• 1/3 cup almonds

Directions
• Preheat the oven to 350°F.
• In a small bowl, stir together the oil, stevia sweetener, liquid stevia sweetener, cumin, and cayenne pepper. Add the walnuts, pecans, and almonds, then stir to coat.
• Pour the nut mixture into an 8-inch square baking pan (no cooking spraying needed). Bake for 5 minutes. Remove the pan from the oven, and stir in the nut mixture. Bake for 2-3 minutes or until the nuts are golden brown. Transfer to a bowl, and let it cool for 5 minutes. Serve warm or at room temperature.

Quick Tips
• To dry-roast the nut mixture on the stovetop, cook the nuts in a nonstick skillet over medium heat, stirring occasionally, for 5-7 minutes or until golden brown.
• Store the nuts in a covered container for up to 2 weeks.
• If you like spicier foods, increase the amount of cayenne pepper to taste.

Nutrition Facts
Calories: 208
Total fat: 20.5 g
Saturated fat: 2.0 g
Trans fat: 0.0 g
Polyunsaturated fat: 7.5 g
Monounsaturated fat: 10.0 g
Cholesterol: 0 mg
Sodium: 3 mg
Total carbohydrates: 5 g
Dietary fiber: 3 g
Sugars: 1 g
Added sugars: 0 g
Protein: 5 g
GUACAMOLE DEVILED EGGS

Deviled eggs are always a crowd-pleasing way to start a meal or small party. Using guacamole as the base is a heart-healthy way to indulge in deviled eggs, as avocado can be used in place of most of the egg yolk in this recipe.

Servings: 9

Ingredients
• 9 large eggs
• 1 medium avocado, halved and pitted
• 1-2 Italian plum (Roma) tomatoes, seeded and finely chopped (about 1/3 cup)
• 1/4 cup finely chopped green onions
• 2 tablespoons fat-free sour cream
• 1-2 teaspoons finely chopped fresh jalapeños, with seeds and ribs discarded (optional)
• 1 1/2 teaspoons fresh lime juice
• 1/4 teaspoon salt
• Pinch of pepper
• 1 tablespoon plus 1 1/2 teaspoons chopped fresh cilantro (optional)

Directions
• Add the eggs to a large pot. Fill the pot with enough water to cover the eggs. Bring to a boil over high heat. As soon as the water comes to a boil, remove the pan from the heat and cover. Let it stand for 10 minutes, then drain and transfer the eggs to a bowl filled with cold water.
• When the eggs are cool enough to handle, remove the shells. Slice each egg in half lengthwise. Remove the yolks. Add 2 whole egg yolks to a medium bowl. (Save the remaining 7 egg yolks for another use.) Place the egg white halves on a platter.
• Using a spoon, scoop the avocado into the bowl with the egg yolks. Using a fork, mash them together.
• Stir in the tomatoes, green onions, sour cream, jalapeño, lime juice, salt, and pepper.
• Using a teaspoon or small (1-inch) portion scoop, place the avocado mixture into each egg white half, dividing the mixture equally. Sprinkle each with 1/4 teaspoon of cilantro.

Quick Tips
• Be sure to remove the seeds of the tomato, as they can make the guacamole too runny.
• For a fancier presentation, such as for a party or holiday appetizer, add the avocado mixture to a quart-size resealable plastic bag. Using kitchen scissors, snip a small hole in one of the bottom corners. Squeeze the mixture through the hole using a circular motion to create swirls when filling each egg white.

Nutrition Facts
Calories: 71
Total fat: 4.5 g
Saturated fat: 1.0 g
Trans fat: 0.0 g
Polyunsaturated fat: 0.5 g
Monounsaturated fat: 2.5 g
Cholesterol: 42 mg
Sodium: 129 mg
Total carbohydrates: 3 g
Dietary fiber: 2 g
Sugars: 1 g
Protein: 5 g
ROMAN-STYLE ARTICHOKEs

This Italian-inspired dish pairs perfectly with risotto or pasta dishes.

Servings: 4

Ingredients
- 2 whole artichokes
- 1/2 cup dry white wine (regular or nonalcoholic); fat-free, low-sodium chicken broth; or water
- 1/2 cup water
- 2 tablespoons chopped, fresh Italian (flat-leaf) parsley
- 2 medium minced garlic cloves
- 1/2 teaspoon dried oregano (crumbled)
- 1/4 teaspoon salt
- 1 tablespoon olive oil (extra virgin preferred)

Directions
- Working with one artichoke at a time, peel off and discard the tough outer leaves. Trim 1 inch from the top and discard. Trim off any fibrous parts and discard. Halve each artichoke lengthwise. Using a spoon, scrape out the fuzzy choke portion and discard.
- Pour the wine and water into a pressure cooker, and place the steaming rack in the cooker. Arrange the artichoke halves with the cut side up on the rack.
- In a small bowl, stir together the parsley, garlic, oregano, and salt. Sprinkle over the artichokes. Secure the lid, and cook on high pressure for 10 minutes. Quickly release the pressure.
- Transfer the artichokes to a platter and drizzle them with the oil.

Nutrition Facts
- Calories: 64
- Total fat: 3.5 g
- Saturated fat: 0.5 g
- Trans fat: 0.0 g
- Polyunsaturated fat: 0.5 g
- Monounsaturated fat: 2.5 g
- Cholesterol: 0 mg
- Sodium: 207 mg
- Total carbohydrates: 8 g
- Dietary fiber: 4 g
- Sugars: 1 g
- Protein: 2 g
SWEET AND SPICY EDAMAME
As a starter or snack, these delicious and protein-packed pods will deliver.

Servings: 4

Ingredients
• 2 cups water
• 1/2 teaspoon stevia sweetener OR 1 stevia sweetener packet
• 10 drops liquid stevia clear sweetener
• 2 cups frozen, shelled edamame (green soybeans) OR 4 1/2 cups frozen edamame pods
• 1 tablespoon soy sauce (lowest sodium available)
• 2 teaspoons sriracha hot sauce
• 1 teaspoon toasted sesame oil
• 1 teaspoon gingerroot, grated and peeled
• 1 medium garlic clove (minced)
• 1/8 teaspoon black pepper
• 1 tablespoon plus 1 teaspoon sesame seeds
• 1 tablespoon plain rice vinegar

Directions
• Put the water, stevia sweetener, and liquid stevia sweetener in a medium saucepan. Stir together. Bring to a boil over high heat, stirring occasionally. Stir in the edamame and cook for 3-5 minutes or until tender, stirring occasionally. Drain the edamame in a colander, discarding the water mixture. Set aside.
• In the same saucepan, heat the soy sauce, rice vinegar, sriracha, sesame oil, gingerroot, garlic, and pepper over low heat for 1 to 2 minutes, stirring occasionally. Add the edamame, tossing to coat.
• Sprinkle the sesame seeds over the edamame.

Quick Tip
• To eat edamame that’s still in the pod, bring the pod to your lips, then squeeze or bite the beans into your mouth. You don’t eat the pod, just the edamame beans inside, which will easily pop out.

Nutrition Facts
Calories: 136
Total fat: 6.5 g
Saturated fat: 0.5 g
Trans fat: 0.0 g
Polyunsaturated fat: 2.5 g
Monounsaturated fat: 3.0 g
Cholesterol: 0 mg
Sodium: 154 mg
Total carbohydrates: 9 g
Dietary fiber: 4 g
Sugars: 4 g

Added sugars: 0 g
Protein: 11 g
BROILED GLAZED PEACHES STUFFED WITH BLUEBERRY COMPOTE AND CREAM CHEESE

Fruit-heavy desserts are an excellent way to satisfy your sweet tooth in a healthier way. Combining low- or no-calorie sweetener and cornstarch creates a confectioners’ sugar that is used to make a glaze.

Servings: 4

Ingredients
- 1 pint blueberries (divided)
- 1 tablespoon cornstarch
- 2 tablespoons fat-free cream cheese
- 5 teaspoons lemon juice (divided)
- 1 tablespoon finely chopped nuts, such as pistachios, walnuts, or almonds
- 4 firm but ripe peaches (about 1 pound), halved and pitted
- 1/2 cup granulated sugar substitute (divided)
- 1 cup non-fat vanilla frozen yogurt (optional)

Directions
- Preheat the broiler on high.
- Add half the blueberries to a small nonstick pan. Warm over medium-high heat, stirring occasionally, until blueberries begin to burst, about 4-5 minutes. Lower the heat to medium; add in remaining blueberries, 1/4 cup sugar substitute, cream cheese, and 2 teaspoons of lemon juice. Stir constantly until cream cheese melts, about 2-3 minutes. Remove from heat and reserve until needed.
- Meanwhile, coat a large baking dish with cooking spray. Halve each peach, and remove and discard the pits. Using a teaspoon or a melon baller, remove 1 teaspoon of peach flesh from the middle of each peach, so that each peach can hold more filling. Place each peach half (cut side up) in the baking dish.
- Make the glaze: In a small bowl, add 1/4 cup sugar substitute and 1 tablespoon of cornstarch; stir in enough teaspoons of lemon juice to create a glaze consistency, about 2-3 teaspoons. Use a spoon to spread the glaze on the top of each peach half.
- Broil peaches about 3-4 inches from the heat until peaches are almost tender, about 5 minutes.
- Remove dish from the broiler. Divide blueberry mixture between each peach, filling each peach cavity. Place in broiler for another 5 minutes.
- Remove from broiler again. Top with nuts, using your fingers to press nuts into blueberry compote, if needed. Use a spatula to transfer 2 peach halves to each plate. Top each one with 2 tablespoons of frozen yogurt, if desired, then serve.

Quick Tip
- Make an extra batch of the blueberry compote and use it to stir into morning oatmeal or spread over English muffins to liven up breakfast.

Nutrition Facts

- Calories: 126
- Total fat: 1.4 g
- Saturated fat: 0.1 g
- Trans fat: 0.0 g
- Polyunsaturated fat: 0.5 g
- Monounsaturated fat: 0.6 g
- Cholesterol: 1 mg
- Sodium: 52 mg
- Total carbohydrates: 28 g
- Dietary fiber: 4 g
- Sugars: 17 g
- Protein: 3 g
APPLE WALNUT CAKE

Baking with applesauce helps keep the saturated fat out and the moisture in for this no-sugar-added dessert.

Servings: 16

Ingredients
• Cooking spray
• 2 cups unsweetened applesauce
• 1/2 cup trans-fat-free tub margarine
• 1 tablespoon plus 1 teaspoon stevia sweetener OR 8 stevia sweetener packets
• 3 large eggs
• 3 cups whole-grain flour, sifted, plus extra for dusting
• 1 teaspoon ground cinnamon
• 1/2 teaspoon salt
• 1/2 teaspoon baking soda
• 1/8 teaspoon ground nutmeg
• 1 tablespoon vanilla extract
• 3 cups chopped apples, such as Granny Smith or Honeycrisp
• 1 cup chopped walnuts
• 1/2 cup unsweetened, dried cranberries
• 2 tablespoons unsweetened shredded coconut flakes (optional)

Directions
• Preheat the oven to 350°F. Lightly spray a 10-inch Bundt pan with cooking spray and lightly dust it with flour.
• Using an electric mixer on medium speed, in a medium bowl, beat the applesauce, margarine, and stevia sweetener until well blended. Add the eggs, beating after each one.
• In a large bowl, sift the flour, cinnamon, salt, baking soda, and nutmeg. Add the flour mixture to the applesauce mixture, beating on medium speed just until no flour is visible. Stir in the vanilla. Gently fold in the apples, walnuts, and cranberries. Pour the batter into the pan.
• Bake for 1 hour or until a wooden toothpick inserted into the center comes out clean. Transfer to a cooling rack, and let the cake cool completely.
• Release the cake from the pan, sliding a butter knife along the outer edges of the pan and along the inner tube if necessary. Invert the cake, transfer to a serving plate, and sprinkle with the coconut flakes.

Nutrition Facts
Calories: 200
Total Fat: 10.0 g
Saturated fat: 1.5 g
Trans Fat: 0.0 g
Polyunsaturated fat: 4.5 g
Monounsaturated fat: 2.5 g
Cholesterol: 35 mg
Sodium: 182 mg
Total carbohydrate: 25 g
Dietary fiber: 4 g
Sugars: 6 g
Added sugars: 0 g
Protein: 5 g
MIXED-BERRY POPSICLES

Enjoy these no-sugar-added sweet tart frozen treats. Five ingredients are all you need.

Servings: 4

Ingredients
- 1 cup fat-free, plain Greek yogurt
- 1/2 teaspoon stevia sweetener OR 1 stevia sweetener packet
- 5 drops unflavored liquid stevia sweetener
- 1 squeeze strawberry kiwi stevia water enhancer
- 1 1/2 cups frozen, mixed berries

Directions
- In a medium bowl, stir together the yogurt, stevia sweetener, liquid stevia sweetener, and stevia water enhancer. Gently fold in the berries.
- Spoon the mixture into four popsicle molds. Secure the tops on the popsicle molds. Freeze for 4 hours or until the popsicles are frozen solid.
- If you don’t have popsicle molds, you can substitute four plastic or paper cups (6-8-ounce). Pour the mixture into the cups. Cut four pieces of aluminum foil, about 3-4-inches each. Using one piece of foil for each cup, securely cover the top and sides of each cup. Poke a popsicle stick into each cup through the middle of the foil. (The foil will help the stick stay in place while freezing.)
- To serve, dip the popsicle mold or plastic or paper cup quickly into warm water to help loosen the popsicle.

Quick Tip
- Store the popsicles in the freezer for up to one month.

Nutrition Facts
Calories: 56
Total fat: 0.5 g
Saturated fat: 0.0 g
Trans fat: 0.0 g
Polyunsaturated fat: 0.0 g
Monounsaturated fat: 0.0 g
Cholesterol: 3 mg
Sodium: 20 mg
Total carbohydrates: 8 g
Dietary fiber: 2 g
Sugars: 6 g
Added sugars: 0 g
Protein: 6 g
CARAMEL TOFFEE FRUIT KEBABS

A sweet and crunchy coating blankets the fruit, for a delicious bite every time.

Servings: 8

Ingredients
• 1 cup fat-free, plain Greek yogurt
• 1/2 teaspoon stevia sweetener OR 1 stevia sweetener packet
• 5 drops English toffee-flavored liquid stevia sweetener
• 5 squeezes caramel-flavored liquid stevia sweetener
• 1 small apple, such as Granny Smith, Honeycrisp, Gala, or Fuji, cored and cut into 16 (3/4-inch) pieces
• 1 small pear, such as Red Anjou, Bartlett, or Bosc, cored and cut into 16 (3/4-inch) pieces
• 16 red or green grapes
• 1/2 cup slivered almonds (dry-roasted, coarsely chopped)

Directions
• In a small bowl, stir together the yogurt, stevia sweetener, and both flavors of the liquid stevia sweetener.
• Using eight 6-inch wooden skewers, thread each with 2 pieces of apple, 2 pieces of pear, 2 grapes, and 2 orange segments, in whatever order you wish.
• With a pastry brush or spoon, coat each kebab with 2 tablespoons of the yogurt mixture. Sprinkle or roll each with 1 tablespoon of nuts.

Quick Tip
• Kebabs can be stored, covered, in an airtight container for up to 12 hours.

Nutrition Facts
Calories: 88
Total fat: 3.5 g
Saturated fat: 0.5 g
Trans fat: 0.0 g
Polyunsaturated fat: 1.0 g
Monounsaturated fat: 2.0 g
Cholesterol: 1 mg
Sodium: 11 mg
Total carbohydrates: 11 g
Dietary fiber: 2 g
Sugars: 8 g
Added sugars: 0 g
Protein: 5 g