

# **Welborne's 1<sup>st</sup> Heart Healthy Cook Book**



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**“So, whether you eat or drink, or whatever you do, do everything for the glory of God.”**

~ 1<sup>st</sup> Corinthians 10:31 (NRSV)

**Disclaimer:** This is a collection of recipes from various sources. These recipes are not to be considered “originals.” Some have come from cook books, on-line sources, and loved ones. As such, the recipes in this cook book are not intended for commercial use. The content in this book should not be republished in any way.

# Soups

## **Adapted Weight Watcher's Vegetable Soup**

### Ingredients:

Olive oil spray

1/2 cup onion, chopped

2 large cloves of garlic; chopped  
fine

2/3+ cups of carrots, sliced

1 can petite, diced tomatoes

2 cups shredded cabbage

42 oz of reduced salt beef broth (3  
cans)

1/2 cup of French sliced green  
beans

1/2 teaspoon of granulated garlic

1/2 teaspoon of dried basil

1/4 teaspoon dried oregano

1/2 cup zucchini, thinly sliced

### Directions:

With olive oil spray, sauté onions  
and carrots in a Dutch oven for 5  
minutes, adding the garlic at  
minute 4.

Add all other ingredients except  
zucchini.

Bring to a boil; simmer for 20  
minutes.

Add zucchini and simmer for 5  
minutes. Cool before serving.

## Spicy Southwest Chicken Soup

### Ingredients:

- 2 Tablespoons olive oil
- 1 cup sweet Vidalia or yellow onion, peeled and diced small (about 1 medium onion)
- 1 large jalapeno pepper (about 4 to 5 inches long), diced very small  
*\*If you want it spicy, include the seeds of the pepper.*
- 4 garlic cloves, peeled, finely minced
- 32 ounces (4 cups) low-sodium chicken broth
- 2 14.5-ounce cans diced tomatoes and juice
- 1 15-ounce can black beans, drained and rinsed
- 2 cups shredded cooked chicken
- 1 11-ounce can yellow corn, drained
- 1 Tablespoon lime juice
- 1 Tablespoon chili powder
- 2 teaspoons cumin
- 2 teaspoons salt, or to taste
- 1 teaspoon black pepper
- 1 teaspoon paprika
- 1/3 cup fresh cilantro leaves, finely minced

### Directions:

To a large stockpot, add 2 tablespoons olive oil and heat over medium-high heat to warm.

Add the onion, jalapeno, and sauté for about 5 minutes, or until vegetables begin to soften. Stir intermittently.

Add the garlic and sauté for 1 to 2 minutes. Stir intermittently.

Add the chicken broth, tomatoes and juice, black beans, chicken, corn, lime juice, chili powder, cumin, salt, pepper, and smoked paprika, and bring to a boil.

Allow mixture to boil gently for about 5 to 7 minutes.

If at any point the overall liquid level looks low or you prefer your soup to have more broth, add 1 to 2 cups of water or additional broth. Add the cilantro and boil 1 minute.

Add salt and more seasonings to taste.

Soup will keep airtight in the fridge for 5 to 7 days or in the freezer for up to 6 months.

\*Adapted from Chicken Tortilla Soup recipe on [averiecooks.com](http://averiecooks.com).

## **Squash Soup**

### Ingredients:

2 Tablespoons of butter

1 medium onion, chopped

6 yellow squash, sliced

3 medium carrots, sliced

1 can chicken broth

1.5 cups of water

1.25 teaspoon of salt

1/4 teaspoon of pepper

1/2 cup of half and half

Optional: 1 cup loosely packed  
fresh basil leaves, chopped

### Directions:

In a 4-quart saucepan, melt butter.

Add onion, squash, carrots and  
saute until onion is translucent.

Add broth and water; bring to a  
boil.

Reduce heat and simmer until  
vegetables are tender.

Use an immersion lender (or do  
small batches in a regular blender)  
to blend into a smooth texture.

Stir in half and half; add salt,  
pepper, basil.

\*\*May store for a week in the  
refrigerator and can be frozen.

# Salads & Sides

## Cucumber Feta Salad

### Ingredients:

2 English cucumbers

- *May substitute hothouse for fewer seeds*

1/2 cup scallions, chopped

1/3 cup fat-free feta cheese, crumpled

### *Dressing:*

1.5 Tablespoons fresh lime juice

1.5 Tablespoons white balsamic vinegar

2 teaspoons honey

1.5 Tablespoons minced cilantro

1 Tablespoon extra-virgin olive oil

Pepper to taste

### Directions:

Slice (or spiralizer) the cucumbers. Pat them dry to remove excess moisture.

Put Cucumbers and Scallions in a serving bowl.

Whisk dressing ingredients together; pour over the cucumber.

Top with Feta.

## **Black Bean Salad**

### Ingredients:

- 1 15.5 oz can of low-sodium or no salt added black beans; drained
- 1 15.5 oz can of no salt added or low sodium kernel corn (or 0.75 cup of frozen, thawed corn)
- 1 medium bell pepper, diced
- 1 medium tomato, diced
- 1/2 cup red onion, diced
- 1 teaspoon garlic from jar, minced
- 2 Tablespoons cilantro, chopped
- 2 Tablespoons cider vinegar
- 3 Tablespoons extra virgin olive oil
- 1 Juice of a lime

### Directions:

Toss all ingredients together.  
Chill 1 hour before serving.

## **Green Bean Salad**

### Ingredients:

- 12 oz green beans, frozen
- 1 can diced tomatoes
- 1 small onion, sliced
- Salt and pepper to taste

### Directions:

Mix ingredients in a saucepan.  
Cover the beans with water; bring to a boil.  
Reduce heat to a simmer on low for 1 hour or until water reduces and vegetables are soft.

## **Mediterranean Lentil Salad**

### Ingredients:

1 cup dried French green lentils, rinsed  
3 cups of water  
1/2 teaspoon of salt  
2 bay leaves  
2 garlic cloves, minced or pressed  
1/2 teaspoon dried thyme  
1/3 cup sun-dried tomatoes (not in oil) (optional)  
1/2 cup of celery or fresh fennel bulb  
1/2 cup bell peppers (any color), seeded and diced  
1/4 cup red onions, minced  
1/2 cup fresh parsley, chopped (optional)  
1 cup fresh tomatoes, diced

### *Dressing:*

1/3 cup of olive oil  
3 Tablespoons vinegar (red wine vinegar preferred)  
1.5 teaspoons of Dijon mustard  
1 teaspoon fennel seeds, ground  
1/2 teaspoon of salt  
1/8 teaspoon black pepper, ground

### Directions:

In a saucepan, bring lentils, water, salt, bay leaves, garlic and thyme to a boil.

Reduce heat; simmer 20-30 minutes until lentils are tender; stir occasionally and add a little water if needed.

In a small bowl, cover sun-dried tomatoes with boiling water; set aside for 15 minutes.

In a larger bowl, stir celery, bell peppers, red onions, and parsley.

Whisk together the dressing ingredients and set aside.

Drain the sun-dried tomatoes; mince them and add to the vegetable bowl.

When lentils are tender, drain them, remove the bay leaves, and toss with the vegetables and dressing.

Stir in fresh tomatoes just before serving.

Add salt or pepper to taste

May be served warm, room temperature, or chilled.



## **Mediterranean Quinoa Salad**

### Ingredients:

- 1 cup white quinoa, uncooked
- 1/2 teaspoon salt
- 1 cup diced, seeded, unpeeled cucumber
- 1 can (14.5 oz each) Hunt's® Diced Tomatoes with Basil, Garlic and Oregano, drained
- 1 can (2.25 oz each) sliced ripe olives, drained
- 1/3 cup fat-free feta cheese, crumpled
- 1/4 cup red onion, chopped

### Directions:

Cook quinoa according to package directions, adding the salt.

Meanwhile, combine cucumber, drained tomatoes, olives, cheese and onion in large bowl; set aside.

Spread cooked quinoa in 13x9-inch baking dish.

Cool quinoa in refrigerator 5 minutes.

Add quinoa to vegetable mixture; toss gently to combine.

Serve immediately or refrigerate until cold.

## **Marinated Mushrooms**

### Ingredients:

- 1 container of baby bella mushrooms
- 1 container of button mushrooms
- 1 red onion, sliced into rings
- Fat-free Italian Salad Dressing

### Directions:

Wash and trim ends of mushrooms.

Put mushrooms, onion, and dressing into a heavy saucepan; heat over medium heat until bubbling.

Remove from heat and let cool  
Refrigerate over-night.

## **Tomato Mozzarella Salad**

### Ingredients:

2 pints of cherry tomatoes, halved

8 oz small mozzarella balls,  
halved

Basil leaves, chopped

### *Dressing:*

1/2 cup balsamic vinegar

3 Tablespoons extra virgin olive oil

1 Tablespoon Dijon mustard

1 teaspoon honey

1 teaspoon garlic powder

1/4 cup of water

### Directions:

Mix tomatoes, mozzarella, and basil in a serving bowl.

Combine all dressing ingredients in a jar with a screw lid; shake until all ingredients are mixed well.

Pour dressing over tomatoes – as much as little as preferred.

Store excess dressing in the refrigerator for future use.

## **Herb Potato Salad**

### Ingredients:

1 lb potatoes (4 cups)

1/2 cup sliced radishes (optional)

### *Dressing:*

3 Tablespoons non-fat, plain yogurt

1 Tablespoon reduced calorie mayonnaise

1.5 teaspoon Dijon mustard

1/2 teaspoon chopped garlic

1/2 teaspoon dried basil

1/4 teaspoon dried thyme

1/4 teaspoon onion powder

1/4 teaspoon salt (optional)

### Directions:

Scrub potatoes and cube them.

In a medium sauce pan, cover potatoes with water and boil.

Reduce heat, cover, and simmer 12 minutes or until potatoes are done.

Drain.

Mix dressing ingredients.

Combine dressing, potatoes, and radishes.

Serve hot or cold.

# Meats And Poultry

## Garlic Chicken

### Ingredients:

4 boneless, skinless chicken breasts

4 cloves of garlic, minced

1/4 cup brown sugar

3 Tablespoons extra virgin olive oil

### Directions:

Preheat oven to 350 degrees F.

Lay chicken in a 13x9 greased pan.

Combine garlic, brown sugar, and olive oil until it has a crumb-like consistency.

Sprinkle garlic mixture over chicken and press it in until coated.

Bake 40-50 minutes or until thoroughly cooked.

## **Teriyaki Chicken**

### Ingredients:

Chicken drumsticks

Teriyaki Marinade, low sodium

### Directions:

Rinse chicken.

Marinate chicken overnight in a gallon sized ziplock bag. Rotate the bag occasionally.

Place chicken in an oven safe dish. Discard extra marinade

Bake at 350 degrees F for 60-75 minutes or until chicken is done.

Transfer to a serving dish; top with sliced spring onions.

## **Spicy Buffalo Chicken Lettuce Wraps**

### Ingredients:

1 lb boneless, skinless chicken thighs

2 teaspoons chipotle powder

1/2 teaspoon garlic powder

1/2 teaspoon onion powder

Sea Salt to taste

Black pepper to taste

2 Tablespoons of olive oil

1 head of large leaf lettuce

1 avocado sliced

Optional: other vegetables such as cherry tomatoes or bell peppers, sliced

### Directions:

Slice the chicken into quarter-inch strips.

Combine all dry ingredients into a gallon ziplock bag; add chicken and shake until well coated.

In a skillet on medium, heat the olive oil. Cook the chicken for approximately 5-10 minutes, turning occasionally.

Serve in lettuce cups. Top with avocado and other sliced vegetables.

# Breads and Desserts

## Banana Oatmeal Cookies

### Ingredients:

2 ripe bananas

1 cup of oats (oatmeal or porridge  
oats work well)

2 teaspoons of cinnamon

Optional:

A small handful of any of the  
following: raisins, walnuts,  
chocolate chips, or anything else  
you want to add

### Directions:

Preheat oven to 360 degrees F.

In a bowl, mash bananas until  
smooth.

Add the oats, cinnamon, and  
optional ingredients.

Stir until well mixed.

Spoon and shape into cookies on  
a greased cookie sheet.

Bake 15-20 minutes.

Cool before serving.

## **Carrot Muffins**

### Ingredients:

1 cup, all-purpose flour  
2/3 cup whole-wheat flour  
1/2 teaspoon baking soda  
1/2 teaspoon baking powder  
1/4 teaspoon salt  
2 large eggs  
1/2 cup vegetable oil  
1/2 cup light brown sugar, firmly packed  
3 carrots, peeled and grated (1.5 cups)  
1/2 cup 1% milk  
1/4 cup chopped walnuts  
1/4 cup golden raisins

### Directions:

Preheat oven to 375 degrees F.  
Line 10 cups of a standard muffin tin with paper liners

In a medium bowl, stir together flours, baking soda, baking powder, and salt.

In a large bowl, whisk eggs, oil and brown sugar. Stir in carrots.

Add flour mixture and milk; stir until dry ingredients are evenly moistened.

Gently stir in walnuts and raisins.

Spoon batter into prepared cups, filling each about 3/4 full.

Bake 20-25 minutes or until tops of muffins are set and spring back when lightly pressed.

Let cool.

\*Last up to 2 days at room temperature in an air tight container. Can be frozen in a freezer bag up to 1 month.

## **Low-Fat Weight Watchers Brownies**

### Ingredients:

- 1 Pillsbury low-fat brownie mix
- 1 15 oz can black beans, rinsed and drained
- 1 cup water

### Directions:

*Do not follow the mixing directions on the brownie box.*

Puree beans and water.

Mix with dry brownie mix.

Bake according to directions on the box.

**Thank you to  
everyone who  
contributed to  
Welborne's First Heart  
Healthy Potluck!**

**May this bring us one  
step closer to  
developing a healthier  
congregation and a  
healthier community!**

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