

## Pesto Salmon

Makes 4 Servings

### All you need:

- 2 (8 oz each) salmon fillets
- 2 tsp prepared basil pesto

### All you do:

1. Preheat oven to 350 °F.
2. Cover baking sheet with foil and spray with non-stick cooking spray.
3. Place salmon fillet skin-side-down on pan and cover each with 1 tsp of pesto.
4. Bake fillets for 10 minutes per inch of thickness; for example, if fillets are 2 inches thick, bake for 20 minutes.
5. Bake until fish flakes with a fork.

Source: Hy-Vee Dietitians

Cooking with a  
Cardiologist



ST. LUKE'S  
HOSPITAL  
IOWA HEALTH SYSTEM



## Quinoa Pilaf with Pine Nuts

Makes 6 servings

### All you need:

- 2 cups low-sodium chicken broth
- 1 cup quinoa, rinsed
- 1/4 cup pine nuts
- 1 tbsp olive oil

- 1/2 large onion, chopped
- 1/3 cup chopped fresh parsley leaves
- Salt and pepper

### All you do:

1. Put the broth and quinoa in a medium sized saucepan and bring to a boil.
2. Reduce heat to a simmer, cover and cook for 15 to 20 minutes, until liquid is absorbed and grain is tender.
3. Meanwhile, toast the nuts in a large dry skillet over medium-high heat until golden brown and fragrant, about 2 minutes, stirring frequently.

(Continued on back)



ST. LUKE'S  
HOSPITAL  
IOWA HEALTH SYSTEM



Cooking with a  
Cardiologist



## Easy Roasted Winter Vegetables

Makes 4 servings

### All you need:

- 1 carrot, peeled
- 1 parsnip, peeled
- 1 small sweet potato
- 1 cup Brussels sprouts
- 2 tbsp olive oil
- Freshly ground black pepper
- Pinch of coarse salt (kosher or sea salt)
- Fresh parsley, chopped (optional)

### All you do:

1. Preheat oven to 400 °F.
2. Cut the carrot, parsnip and sweet potato in 1 to 1-1/4-inch cubes. All the vegetables will shrink while baking, so don't cut them too small.
3. Cut off ends of Brussels sprouts and pull off any yellow outer leaves.

(Continued on back)

Cooking with a  
Cardiologist



ST. LUKE'S  
HOSPITAL  
IOWA HEALTH SYSTEM



## Honey-Lime Fruit Salad

Makes 2 servings

### All you need:

- 1 tbsp lime juice
- 1 tbsp honey
- 1/2 tsp cornstarch
- 1/8 tsp poppy seeds

- 2 cups cut-up fresh fruit (apples, oranges, grapes, bananas or pears)

### All you do:

1. Mix lime juice, honey, cornstarch and poppy seeds in a small microwave-safe dish.
2. Microwave uncovered until thickened and boiling, about 30–40 seconds.
3. Cool slightly. Pour sauce over fruit in bowl and toss until fruit is glazed.

Source: Betty Crocker's Cooking for Two Cookbook

Cooking with a  
Cardiologist



ST. LUKE'S  
HOSPITAL  
IOWA HEALTH SYSTEM



## Pepper Herb-Crusted Beef Shoulder Petite Tender Medallions

Cooking with a  
Cardiologist



Makes 4 servings

### All you need:

- 1 lb beef shoulder petite tender roast
- 1 tsp cracked mixed peppercorns
- 1 clove garlic, minced
- ½ tsp dried basil leaves
- ½ tsp dried oregano leaves
- ½ tsp dried rosemary, crushed
- 2 tsp olive or canola oil
- ½ cup dry red wine such as Shiraz, Merlot or Cabernet Sauvignon
- ½ cup beef broth

### All you do:

1. Place beef roast on a sheet of waxed paper.
2. Stir together dry seasonings. Press herb mixture evenly over sides (not ends) of roast.

(Continued on back)



ST. LUKE'S  
HOSPITAL  
IOWA HEALTH SYSTEM



## Savory Veggie Medley

Cooking with a  
Cardiologist



Makes 4 servings

### All you need:

- 4 cups fresh vegetables, cut into large chunks (include colorful bell peppers, onion, sweet potatoes with peel, halved Brussels sprouts, mushrooms, etc.)
- 2 tbsp olive oil
- 1 tsp fresh minced garlic
- Freshly ground black pepper
- Pinch of coarse salt (kosher or sea salt)
- Dash of nutmeg or cinnamon (optional)

### All you do:

1. Preheat oven to 400 °F.
2. Place cut-up vegetables in a shallow 9-by-13-inch roasting pan. Drizzle with olive oil and sprinkle with garlic and other seasonings. Stir to coat.

(Continued on back)



ST. LUKE'S  
HOSPITAL  
IOWA HEALTH SYSTEM



## Herbed Couscous

Cooking with a  
Cardiologist



Makes 4 servings

### All you need:

- 1 (4 oz) can no-salt-added mushroom stems and pieces
- Low-sodium beef or chicken broth to make 2 cups
- 1 tbsp olive oil
- 1 tsp Frontier Veggie Pepper herb blend
- ¼ tsp salt (optional)
- 1 cup whole wheat couscous

### All you do:

1. Drain juice from mushrooms into a 1-quart microwave-safe measuring bowl. Set mushrooms aside.

(Continued on back)



ST. LUKE'S  
HOSPITAL  
IOWA HEALTH SYSTEM



## Smoked Gouda and Pear Salad Plate

Cooking with a  
Cardiologist



Makes 4 servings

### All you need:

- 2 cups mixed baby salad greens
- 1 fresh, ripe red Bartlett or d'Anjou pear, cored and cut into 16 slices
- 1 Cara Cara orange, peeled and cut into 16 wedges
- 1 tbsp agave syrup
- 2 tbsp coarse ground mustard
- ¼ cup toasted chopped pecans,\* divided
- ¼ cup grated smoked Gouda or other sharp cheese, divided

### All you do:

1. Divide baby lettuce greens among four salad plates. Arrange pear slices and orange segments on top of lettuce.

(Continued on back)



ST. LUKE'S  
HOSPITAL  
IOWA HEALTH SYSTEM



### ***Savory Veggie Medley continued...***

3. Place pan on highest rack in oven. Cook until fork-tender and browned, 20 to 25 minutes. Check frequently and stir to prevent over-browning.
4. Remove vegetables from oven and serve warm.

*Source: Hy-Vee Dietitians*

### ***Pepper Herb-Crusted Beef Shoulder Petite Tender Medallions continued...***

3. Slice roast into 4 medallions.
4. Heat oil in a skillet over medium heat until hot. Place beef medallions in skillet. Cook about 5 to 7 minutes for medium-rare to medium doneness, turning occasionally. Remove; keep warm.
5. Pour wine into skillet. Bring to boil and simmer until reduced by half. Add broth. Bring to boil again and simmer until reduced by half, again. Serve warm sauce over medallions.

*Source: Cattlemen's Beef Board and National Cattlemen's Beef Association*

### ***Smoked Gouda and Pear Salad Plate continued...***

In a small bowl, whisk together canola oil and honey. Drizzle over fruit. Sprinkle 1 tablespoon toasted pecans and 1 tablespoon grated cheese over each salad. Serve immediately.

\*To toast pecans, spread in a single layer in a shallow pan. Bake at 350°F until lightly browned, 7 to 10 minutes. Stir frequently to prevent burning.

*Source: Hy-Vee Dietitians*

### ***Herbed Couscous continued...***

2. Add broth to measuring bowl to make 2 cups. Add mushrooms, olive oil, herb blend and salt to broth. Heat on HIGH in the microwave for 1 to 2 minutes or just until broth begins to boil. Carefully remove from microwave.
3. Stir couscous into seasoned hot broth. Cover and set on countertop for about 5 minutes, or until couscous has absorbed liquid.
4. Lightly fluff with a fork. Serve hot.

*Source: Hy-Vee Dietitians*

### ***Quinoa Pilaf with Pine Nuts continued...***

4. Remove nuts from pan and set aside.
5. Heat the oil in the same skillet over a medium-high heat.
6. Add the onions and cook, stirring occasionally, until the onions soften and begin to brown, about 6 minutes.
7. When the quinoa is done, fluff with a fork and transfer to a large serving bowl.
8. Stir in the pine nuts, onions and parsley. Season with salt and pepper and serve.

Source: [www.foodnetwork.com](http://www.foodnetwork.com)

### ***Easy Roasted Winter Vegetables continued...***

4. Mix vegetables in a bowl with the olive oil, salt and pepper.
5. Transfer to a sheet pan and roast for 20 to 30 minutes, until crisp outside and tender inside. Test with a fork. Shake the pan or stir from time to time to brown evenly.
6. Place in serving dish and sprinkle with parsley. Serve warm.

Source: *Hy-Vee Dietitians*