

Heart Healthy Recipes

Spelt & Barley Risotto

1 Cup Barley
1 Cup Spelt
1T Olive oil
1 Shallot minced
1t garlic minced
6 cups vegetable stock
3T grated parmesan cheese

Sauté garlic and shallots in olive oil until fragrant, about 2 minutes.

Add barley and spelt toast in pan stirring often 4-5 minutes.

Add ¼ of the veg stock, stirring often until absorbed, then add another ¼ stir until absorbed, add another ¼ stir until absorbed, then add remaining stock and parmesan cheese.

Can make ahead of time, just do not add final addition of stock or cheese until ready to serve.

Roasted Winter Fruit

Lemon Juice
Maple Syrup
Water
Cinnamon Stick
Whole clove
Star of Anise
Cardamon Pod
Granny Smith Apple, medium dice
Macintosh Apple, medium dice
Bosc Pear, medium dice
Plums, medium dice
Golden Raisins
Dried Cranberries
Diced Apricots, small dice
Navel Orange, medium dice, reserve peel
Dried figs, quartered
Prunes, quartered

Place water, lemon juice, brown sugar cinnamon, clove, anise, cardamom, dried fruits and orange peel in a small pot and simmer 20 minutes.

Pour over cut fruit.

Place in an oven safe dish covered with foil and bake at 350 degrees for 45 minutes or until fruit is almost tender.

Zucchini "Fettuccine"

3 each zucchini
2 each Roma Tomato
1/2 t. Minced Garlic
1T extra virgin olive oil
Salt & Pepper

Wash Zucchini and cut ends off.

Slice thin on mandolin long ways.

Stack slices on top each other and cut into 1/2 inch ribbons.

Remove seed from tomato and cut into thin strips.

Combine all ingredients well, cover with foil and cook in 325 degree oven 10 minutes, until warmed through.

Eggplant Saltimbocca

2 Large eggplants
10 slices Prosciutto very thin
10 leaves fresh sage
2T EVOO (extra virgin olive oil)
2 T lemon juice
Salt & Pepper

Cut ends off eggplant, remove most of the skin and slice lengthwise into about 1/2 inch slices.

Place slices in bowl and toss with olive oil and lemon juice, season well with salt & Pepper.

Let stand 5-10 minutes before grilling.

Grill 3-4 minutes each side.

Lay 1 slice prosciutto and 1 sage leaf on each eggplant and roll up. Can be made day before.

Place seam side down on baking dish, cook 10 minutes at 350.

Freekeh Fiesta

1 cup Freekeh (green wheat)
1 cup V-8
1 Cup Water
1T EVOO
Salt & Pepper
½ cup Diced Tomato
1 bunch cilantro chopped fine
5 Scallions sliced thin
Juice of 2 limes

Place in small pot: Freekeh in V-8, water, Olive oil and salt & Pepper bring to a boil, cover, reduce heat and simmer 20 minutes.

Let rest covered another 20 minutes.

Uncover cool to room temperature and mix remaining ingredients.

Pecan Crumble

1 cup pecan pieces
1 cup oatmeal
¼ cup flour
½ stick butter

Mix all together well.