



Cooking from the heart: Recipes for heart-healthy living

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BROOKDALE
— SENIOR LIVING SOLUTIONS —

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*This is my invariable advice
to people: Learn how to cook
– try new recipes, learn from
your mistakes, be fearless
and above all, have fun.*

– Julia Child

”

14 Heart Healthy Recipes From the Brookdale Chefs





WHOLE WHEAT PANCAKES WITH STRAWBERRIES

Cooking spray

2/3 cup whole-wheat flour

1/4 cup oats

1 teaspoon baking powder

2/3 cup fat-free milk

1 large egg, lightly beaten

2 teaspoons canola oil

3 hulled, sliced strawberries

Directions:

1. In a large bowl, combine flour, oats and baking powder; mix well. In a medium bowl combine milk, egg and oil; blend well.
2. Add dry ingredients all at once; stir just until dry ingredients are moistened.
3. Coat skillet with spray and heat to medium high. For each pancake, spoon 1/4 cup of batter into skillet.
4. Flip when batter bubbles and edges begin to set. Remove from heat and top with the strawberries.



EGG AND CHEESE WRAP

1 fat-free whole-wheat flour tortilla (warm)

1/4 ripe avocado

2 tablespoons tomatoes (diced)

1 large egg white (scrambled)

1 ounce Swiss cheese (low-fat)

Freshly ground pepper (to taste)

Directions:

1. Heat nonstick skillet over medium-high heat.
2. Add diced tomato and cook for one minute.
3. Add egg white to the skillet and cook, stirring, until cooked through, three to four minutes. Season with black pepper.
4. Spread avocado in center of tortilla. Place egg mixture on top of avocado and sprinkle with cheese.
5. Fold tortilla burrito-style and slice in half.



MANGO, AVOCADO AND BLACK BEAN SALAD

15 ounce no-salt-added black beans (1 can), drained, rinsed
15.25 ounces canned, no-salt-added or low-sodium whole kernel corn (1 can), drained, rinsed
1 cup avocado (1 medium or 2 small), halved, cut into 1/2 inch cubes
2 mangos (about 2 cups), cut into 1/2 inch cubes
2 green onions (cut into 1/2-inch pieces) **OR**
1/2 small red or white onion (about 1/4 cup), cut into 1/2-inch pieces
1 red or green bell pepper, seeded, cut into 1/2-inch pieces
1 or 1/2 jalapeño pepper, stems discarded, seeded, finely chopped, optional
1 head romaine lettuce (chopped)
3 tablespoons fresh, or, bottled lime juice
1 tablespoon olive oil
2 tablespoons fresh cilantro (chopped)
1/2 teaspoon chili powder
1/4 teaspoon ground black pepper
1/4 teaspoon salt

Directions:

1. Wash and dry lettuce, then chop or tear into 2-inch pieces, and divide into six bowls or plates.
2. Combine the black beans, corn, mango, avocado, onions and jalapeño pepper. Do not mix until you add the dressing.
3. Combine the lime juice, olive oil, cilantro, chili powder, black pepper and salt together in a jar with a secure lid; shake together until mixed well and pour over the mango and avocado mixture.
4. Toss gently to coat and serve over the lettuce and mixed greens.



ROASTED BEET AND CITRUS SALAD

3 medium beets, peeled and diced into 1-inch chunks (4 cups)

2 tablespoons canola oil (divided)

2 cups packed spinach leaves

2 cups canned ruby red grapefruit segments in water or own juice, drained

1 (15-ounce) can mandarin orange segments (in water, drained)

1 tablespoon chopped red onion

2 tablespoons chopped parsley

2 tablespoons red wine vinegar

1/8 teaspoon salt

Directions:

1. Preheat oven to 400 degrees Fahrenheit. Prepare a baking sheet by lining it with foil and coating foil with cooking spray.
2. Use a peeler to remove the peel from each beet. Trim and discard the ends of each beet. Dice each beet into 1-inch chunks. Transfer beets to the prepared baking sheet, and drizzle with 1 tablespoon oil. Roast until softened (tender when a knife goes through it), about 45 to 55 minutes.
3. When ready to serve salad, place spinach on the bottom of a serving bowl or platter. Top with drained grapefruit segments and orange segments, along with chopped red onion and chopped parsley. In a small bowl, whisk together 1 tablespoon oil, vinegar, and salt. Pour over the salad and gently toss with tongs.
4. Spoon cooked beets onto the top of the salad. Serve.



BROILED DIJON TILAPIA

Cooking spray

3 tablespoons light mayonnaise

1 tablespoon Dijon mustard (lowest sodium available)

1/2 tablespoon dried oregano (crumbled)

4 tilapia fillets (about 4 ounces each)

1/8 tablespoon pepper and 1/8 teaspoon pepper (divided use)

1/2 cup whole-wheat panko (Japanese-style bread crumbs)

2 large tomatoes (each cut crosswise into 6 slices)

Directions:

1. Preheat the broiler. Line two small baking sheets or one large baking sheet with aluminum foil. Lightly spray with cooking spray.
2. In a cup, stir together the mayonnaise, mustard, and oregano.
3. Put the fish on one of the small baking sheets or half the large baking sheet. Sprinkle the top of the fish with 1/8 teaspoon pepper. Spread the mayonnaise mixture over the top of the fish. Sprinkle with the panko.
4. Place the tomatoes on the second baking sheet or the other half of the large baking sheet. Sprinkle the tomatoes with the remaining 1/8 teaspoon pepper. Lightly spray the fish and tomatoes with cooking spray.
5. Broil the fish and tomatoes 6 to 8 inches from the heat for 8 to 10 minutes, or until the fish flakes easily when tested with a fork and the tomatoes are slightly soft. Transfer the tomatoes to plates. Top with the fish.



LEMON-GARLIC GRILLED CHICKEN

3 (6-ounce) bone-in chicken breast halves

3 (5-ounce) chicken thighs

4 garlic cloves, peeled

1 cup fresh parsley sprigs

1 teaspoon grated lemon rind

3 tablespoons fresh lemon juice

1/2 teaspoon salt

1/4 teaspoon pepper

Garlic-flavored cooking spray

Directions:

- 1.** Prepare grill.
- 2.** Rinse chicken under cold water, and pat dry. Loosen skin from chicken by inserting fingers under skin and gently pushing fingers between skin and meat.
- 3.** Drop garlic through food chute with food processor on; process until minced. Add parsley and next four ingredients; process until finely minced. Rub parsley mixture over chicken under loosened skin. Coat chicken with cooking spray.
- 4.** Coat grill rack with cooking spray. Place chicken on grill rack; cover and grill 30 minutes or until chicken is done, turning occasionally. Remove skin before serving.



VIETNAMESE BROILED COD

2 tablespoons oyster sauce

3 to 4 tablespoons water

2 tablespoons canola oil (divided)

1 tablespoon brown sugar

2-inch ginger piece (peeled, roughly chopped)

2 garlic cloves (peeled)

4 scallions, dark and light parts separated

4 (6-ounce) cod

1 bunch asparagus spears (cut into 2-inch pieces)

2 (8-ounce) can sliced water chestnuts (drained)

1 (13-ounce) bag frozen peas (thawed)

Directions:

1. Into the bowl of a food processor, add oyster sauce, 2 tablespoons water, 1 tablespoon oil, brown sugar, ginger pieces, garlic and light scallion parts. Process until mixture is pureed, about one minute. Reserve 2 tablespoons of marinade in the fridge for the vegetable mixture.
2. In a shallow container, add cod fillets and pour remaining marinade over it. Cover and refrigerate at least one hour and up to 12 hours.
3. When ready to cook, preheat the broiler. Prepare the vegetables for the stir-fry. Snap the ends off each asparagus spear, and cut into 2-inch pieces. Chop the green parts of the scallions.
4. Remove fish fillets from the marinade, wiping a majority of the marinade off each piece of fish. Place onto a foil-lined baking sheet. Broil fish a few inches away from heat with the broiler door cracked slightly open until fish can be easily flaked with a fork, about 10 minutes.
5. Meanwhile, warm 1 tablespoon oil in a large nonstick pan or wok over high heat. Add asparagus; saute, stirring constantly, until mostly tender, about three minutes. Stir in 2 tablespoons reserved marinade, 1 to 2 tablespoons water, water chestnuts and peas. Stir constantly until peas are cooked, about three to four minutes. Remove from heat and serve stir-fry with the cod.

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GRILLED SALMON WITH MANGO LIME SAUCE

Cooking spray

1/8 teaspoon salt

1/8 teaspoon pepper (white preferred)

4 salmon fillets (about 4 ounces each),
rinsed, patted dry

1/3 chopped, bottled mango (1 tablespoon
juice preserved)

1/4 cup fat-free sour cream

1/2 teaspoon grated lime zest

1 teaspoon fresh lime juice

Directions:

1. Lightly spray the grill rack with cooking spray. Preheat the grill on medium high.
2. Sprinkle the salt and pepper over one side of the salmon. Using your fingertips, gently press, so they adhere to the fish.
3. Grill with the seasoned side down for five minutes. Turn over. Grill for two to three minutes, or to the desired “doneness”.
4. Meanwhile, in a small bowl, whisk together all the sauce ingredients. Serve at room temperature, or cover and refrigerate until serving time. Spoon over the fish.



SRIRACHA-GLAZED CHICKEN WITH BUTTERNUT SQUASH

For the Sriracha-glazed chicken:

2 tablespoons canola oil

2 teaspoons maple syrup

1 tablespoon balsamic vinegar

1/4 teaspoon ground black pepper

4 (6-ounces each) thinly sliced chicken breasts

For the butternut squash:

1 (4-pound) large butternut squash
(peeled, seeded, diced)

OR

2 (2-pound) medium butternut squash
(peeled, seeded, diced)

2 tablespoon canola oil

1 teaspoon sweet paprika or smoked paprika

1/4 teaspoon salt

1/4 teaspoon ground black pepper

Directions:

For the Sriracha-glazed chicken:

1. Into a large resealable plastic bag, add marinade ingredients: Sriracha, canola oil, maple syrup, balsamic vinegar and black pepper. Add chicken breasts into the bag, making sure the chicken is well-coated with marinade. Let sit for 10 to 15 minutes (and start the butternut squash while it sits), or place chicken in the refrigerator to marinate for up to 24 hours.
2. To cook, into a large nonstick skillet over medium-high heat, add chicken breasts and all the marinade liquid. Use tongs to frequently turn the chicken breasts to be coated in marinade, and sauté until chicken is fully cooked, around 8 to 10 minutes depending on thickness. Remove from heat and serve.

For the butternut squash:

1. Preheat the oven to 400 degrees Fahrenheit.
2. Cut the butternut squash in half vertically. Use a vegetable peeler or a knife to remove the peel. Remove the seeds with a spoon and discard. Cut squash into a 1-inch dice.
3. Add butternut squash cubes onto a large foil-lined rimmed baking sheet. Drizzle with oil, paprika, salt and pepper. Use a spatula or clean hands to toss ingredients together. Make sure the squash is on a single layer on the baking sheet.
4. Cook in preheated oven until soft, about 30 to 35 minutes, shaking the pan halfway through the cooking process. Serve with the chicken.

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APPLE BREAD PUDDING

Cooking spray

1 whole egg

1 egg white

1 **cup** skim milk

2 **tablespoons** brown sugar blend

1 **teaspoon** vanilla extract

1 **teaspoon** cinnamon

1/2 **teaspoon** cloves or allspice

6 **slices** light, whole-grain or multigrain bread, cubed

3 medium apples (cored, cut into 1/2-inch cubes)

1/2 **cup** of any one of the following: raisins, dried cranberries, fresh or dried blueberries, chopped walnuts, pecans or almonds (optional)

Directions:

1. Pre-heat oven to 350 degrees.
2. Spray 9-inch square baking dish with cooking spray.
3. In large bowl, whisk together egg, egg white, milk, sugar blend, vanilla, cinnamon and cloves.
4. Add bread and apple cubes. Add fruit or nuts if desired. Mix well.
5. Pour mixture in to prepared baking dish, and bake in preheated oven for 40 to 45 minutes.



AVOCADO GREEN TEA POPSICLE

- 1** avocado (halved, pitted)
- 1** banana (peeled, roughly chopped)
- 1 cup** fat-free milk
- 1/2 cup** fat-free, plain Greek yogurt
- 1 tablespoon** green tea matcha powder
- 1 tablespoon** honey

Directions:

- 1.** Halve the avocado, and remove the pit. Spoon the avocado's flesh into a food processor or blender, also adding the chopped banana, milk, yogurt, matcha powder and honey.
- 2.** Purée until mixture is smooth.
- 3.** Carefully pour mixture into 6 (4-ounce) popsicle molds. Insert popsicle sticks and freeze until firm, at least eight hours.
- 4.** Run the outside of the popsicle mold under warm water to easily remove popsicle from the mold.



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Source: www.heart.org and myrecipes.com

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