

Heart Healthy Recipes

APPLE COFFEE CAKE

5 cups	Tart apples, cored, peeled, chopped
1 cup	Sugar
1 cup	Dark raisins
½ cup	Pecans, chopped
¼ cup	Vegetable oil
2 tsp	Vanilla
1	Egg, beaten
2 cups	All purpose flour, sifted
1 tsp	Baking soda
2 tsp	Ground cinnamon

1. Preheat oven to 350° F.
2. Lightly oil 13 x 9 x 2-inch pan.
3. In large mixing bowl, combine apples with sugar, raisins, and pecans. Mix well and let stand for 30 minutes.
4. Stir in oil, vanilla, and egg. Sift together flour, soda, and cinnamon, and stir into apple mixture about a third at a time — just enough to moisten dry ingredients.
5. Turn batter into pan. Bake for 35-40 minutes. Cool cake slightly before serving.

Servings: 20

Serving Size: 1, 3½ by 2½-inch piece

Nutrients per serving:

Calories: 196 • **Total fat:** 8 g • **Saturated fat:** 1 g • **Cholesterol:** 11 mg • **Sodium:** 67 mg
Total fiber: 2 g • **Protein:** 3 g • **Carbohydrates:** 31 g • **Potassium:** 136 mg

(Recipe provided by National Heart, Lung and Blood Institute)

VERY LEMONY CHICKEN

1½ lb	chicken breast, skinned and fat removed
½ cup	fresh lemon juice
2 Tbsp	white wine vinegar
½ cup	fresh sliced lemon peel
3 tsp	chopped fresh oregano or 1 tsp dried oregano, crushed
1 medium	onion, sliced
¼ tsp	salt
to taste	pepper
½ tsp	paprika

1. Place chicken in 13 x 9 x 2-inch glass baking dish.
2. Mix lemon juice, vinegar, lemon peel, oregano, and onions. Pour over chicken, cover and marinate in refrigerator several hours or overnight, turning occasionally.
3. Sprinkle with salt, pepper, and paprika.
4. Cover and bake at 325° F for 30 minutes. Uncover and bake 30 minutes more or until done.

Servings: 4

Serving Size: 1 chicken breast with sauce

Nutrients per serving:

Calories: 154 • **Total fat:** 5 g • **Saturated fat:** 2 g • **Cholesterol:** 63 mg • **Sodium:** 202 mg

(Recipe provided by National Heart, Lung and Blood Institute)

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