

# Home on the Range

## Heart Healthy Eating

Heart disease is a leading health concern among Americans. Although age, gender, and heredity can increase the risk of heart disease, research continues to support the role diet plays in increasing or decreasing the risk.

A great start toward total nutrition includes a diet made up of primarily plant-based foods (fruits, vegetables, and whole grains). That doesn't mean you can't eat meat. You can. Even red meat, which has received a bad rap. In moderation and as part of a balanced diet, red meat is an important source of iron, B vitamins, and protein. Red meat can be enjoyed three to four times a week in three- to four-ounce servings (the size of a deck of cards). Red meat does contain saturated fat so look for leaner selections.

Omega-3 fatty acids have been hailed as good fats. Polyunsaturated omega-3s lower cholesterol and provide protection against heart disease, stroke, arthritis, and certain cancers. Cold water fish in particular are rich in omega-3s.

Salads are no longer boring repetitions of lettuce, tomatoes, and carrots, but have undergone stunning transformation in recent years. Instead of side dishes, salads are "entrees" and can present complete nutrition in a single dish — protein, fiber,

carbohydrate, vitamins, and minerals.

Along with great taste and convenience, salads are a particularly healthful — but watch that you don't drown them with fatty salad dressings. Speaking of fat, you should limit your total fat intake to 30 percent of total calories and look for foods that have a low amount of saturated fat, which can clog the arteries. Unsaturated fats, such as those found in olive and canola oils, are your best choices.

Here are some nutritious hearth-healthy recipes to help you make the right choices.

### CHICKEN SALAD MAKEOVER

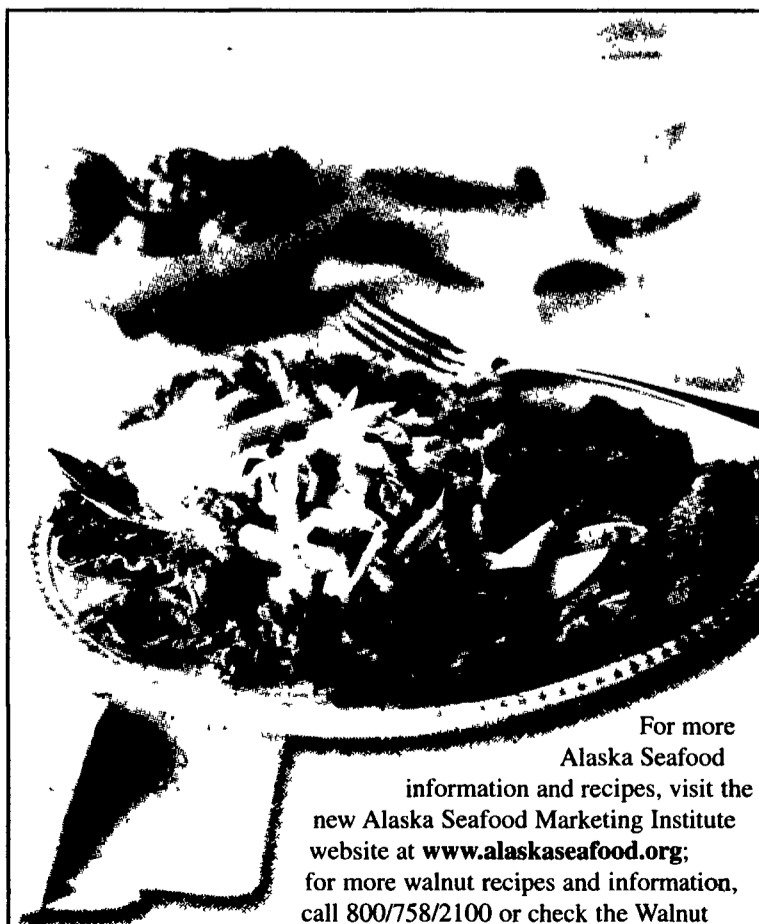
- 2 cups cooked, diced chicken breasts
  - 1½ cups seedless grapes
  - 1 medium apple, cored, sliced
  - ½ cup each raisins, diced celery
  - ½ teaspoon dried tarragon, crushed
  - Salt and pepper to taste
  - 2 to 4 tablespoons low-fat mayonnaise
  - 2 to 4 tablespoons low-fat yogurt
  - ¼ cup chopped parsley
  - Lettuce leaves
  - Sprig thyme, optional
- Combine all ingredients except lettuce and thyme; mix well. Serve chicken salad on lettuce leaves. Garnish with thyme, if desired. Makes 4 to 6 servings.

## Featured Recipe

Salads have undergone a stunning transformation in recent years to become the megastars of the plate. Instead of side dishes, they are "entrees" and present complete nutrition in a single dazzling dish.

Start with packaged salads as your base, which make it quick and convenient to get your "five a day" with a variety of washed greens and ready-to-eat veggies.

Sprinkle on crunchy walnuts. Add strips of salmon, halibut, beef, poultry or meat of your choice. It's a super salad complete with protein, fiber, carbohydrates, vitamins, and minerals.



For more Alaska Seafood information and recipes, visit the new Alaska Seafood Marketing Institute website at [www.alaskaseafood.org](http://www.alaskaseafood.org); for more walnut recipes and information, call 800/758/2100 or check the Walnut Marketing Board website at [www.walnut.org](http://www.walnut.org); for more recipes and interesting tidbits about Dole fresh salads, visit [www.dole.com](http://www.dole.com).



Salmon Salad Monterey With Lemon-Dijon Vinaigrette unites salmon with crunchy greens. The result is a complete entree brimming with beneficial omega-3s for heart-healthy eating.

- ### ORANGE AND CHICKEN SALAD
- Grated peel of half a lemon
  - 3 tablespoons lemon juice
  - 1½ tablespoons vegetable oil
  - 1 tablespoons honey
  - ¼ teaspoon ground ginger and curry powder
  - 1 cup shredded cooked light meat chicken
  - 1 cup cooked orzo pasta
  - 2 navel oranges, peeled, cut into bite-sized pieces
  - 2 medium bananas, peeled, sliced
  - 1 red or green apple, unpeeled, cut into bite-sized pieces
  - 1 cup seedless green or red grapes, cut in half
  - ½ cup sliced celery
- In large bowl, combine lemon peel and juice, oil, honey and spices. Stir in remaining ingredients; chill. Serve on salad greens and garnish with lemon slices. Makes six 1-cup servings.

- ### CHINESE VEGETABLE STIR-FRY
- Sweet and Sour Sauce:
- ¾ cup pineapple juice
  - 1 tablespoon sugar
  - 1 tablespoon lemon juice
  - 1½ teaspoons corn starch
  - 1 teaspoon light soy sauce
- Stir-Fry Vegetables:
- 4 teaspoons vegetable oil
  - 1 cup broccoli florets
  - 1 cup sliced carrot
  - 1 cup cauliflower florets
  - 1 cup sliced celery
  - 1 cup chunked red bell pepper
  - 1 cup sugar peas, stems removed

Combine ingredients for the Sweet 'N Sour sauce in a mixing bowl. Heat oil in a skillet over medium high heat. Add broccoli, carrots, cauliflower, and celery, cook for 2 minutes. Add bell pepper and sugar peas, cook for 2 minutes. Add Sweet 'N Sour sauce, bring to a boil and cook for one minute, covered. Serve vegetables while hot. Makes 4 to 6 servings.

- ### SALMON SALAD MONTEREY WITH LEMON-DIJON VINAIGRETTE
- ¼ pound salmon fillet, thawed
  - Salt and pepper
  - 3 tablespoons olive oil
  - 1½ tablespoons lemon juice
  - 1½ teaspoons snipped chives
  - 1 teaspoon honey
  - ½ teaspoon Dijon-style mustard
  - ¼-½ cup chopped walnuts, toasted
  - 10-ounce package salad mix
  - 1 cup red seedless grapes, halved
- Preheat broiler. Cut salmon into 4 pieces; place on lightly oiled broiler pan. Season with salt and pepper as desired. Broil salmon 4 inches from heat for 7-9 minutes or until fish flakes easily with fork. Meanwhile, for dressing, in a shaker jar combine oil, lemon juice, chives, honey, and mustard.

Cover and shake well. Reserve half the toasted walnuts for garnish. In large bowl, toss together desired salad mix, grapes, and remaining walnuts. Spoon salad mixture onto four dinner plates. Place one piece of salmon over each salad. Shake dressing; drizzle over each salad. Sprinkle salads with reserved walnuts. Garnish with fresh chives, grape clusters and lemon slices as desired.

- ### GOLDEN APPLE MERINGUES
- 2 large apples, pared, halved
  - 2 cups apple juice
  - ½ cup orange marmalade
  - 2 egg whites
  - 2 tablespoons sugar
  - 2 tablespoons chopped toasted almonds
- Poach apples in apple juice about 5 to 7 minutes or until barely tender; drain. Spoon 2 tablespoons marmalade into center of each half. Beat egg whites to soft peaks. Add sugar gradually; beat until stiff. Fold in almonds. Cover tops of apple halves to edges with meringue. Bake at 350 degrees for 7-10 minutes or until lightly browned. Makes 4 servings.
- Apple Commission*

- ### WHOLE WHEAT DROP BISCUITS
- 1 cup whole wheat flour
  - 1 cup unbleached flour
  - 1 tablespoon oil
  - 1 tablespoon baking powder
  - ¾ cup skim milk
- Mix all ingredients together. Adjust milk if necessary to obtain desired consistency. Drop by spoonfuls onto a non-stick baking sheet. Bake at 350 degree oven 10-15 minutes. Yields 14 biscuits.
- Leona Matz Galeton*

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## Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date listed below.

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|----------|--|
| February | 26 - Potatoes for All Occasions          |
| March    | 4 - National Nutrition Month             |
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