

## *Love Your Heart with Healthy Red Foods*

*Developed by Elaine Bowen, West Virginia University Extension Specialist, 2013*

***Have a heart-healthy celebration by enjoying these red foods and drinks***



### **Appetizers:**

- **Red Bean Salsa:** Mix 2 cups red beans, ½ cup diced red onions, 1 cup diced red tomato, ¼ cup diced jalapeño (no seeds), ¼ cup chopped parsley, 2 tbsp. lemon juice, salt and pepper.
- **Red and White Kabobs:** red cherry or grape tomatoes and mozzarella cheese skewers



### **Salads and Side Dishes:**

- **Salad Bar:** Arrange mixed greens (including red leaf lettuce) with various red toppings – radishes, tomatoes, red onions, red beans, sweet red peppers – and red dressings – french, catalina, raspberry vinaigrette.
- **Roasted Red Cabbage Salad:** In a large bowl, combine 2 cups chopped red cabbage (roasted), ½ cup red onion (thinly sliced and sautéed), ¼ cup red wine vinegar, 1 tbsp. olive oil and a shake of sea salt.
- **Roasted Red Veggies:** Toss sliced beets and red potatoes in olive oil, minced garlic, black pepper, and dill weed. Bake at 325 degrees for an hour until tender.
- **Perfect Polenta:** Cook polenta as directed on package and mix with roasted cherry tomatoes, roasted red bell pepper and sun-dried tomato.
- **Pickled Eggs:** Marinate hard-cooked eggs in liquid from canned beets.



### **Main Dishes:**

- **Red Pasta:** Cook whole-wheat spaghetti and top with low-sodium marinara sauce, diced tomatoes and sun-dried tomatoes.
- **Stuffed Red Bell Peppers:** Stuff 1 red bell pepper (cored) with ½ cup cooked brown rice, ¼ diced red onion, ¼ cup ground turkey (browned), 1 tbsp. parsley, salt and pepper. Bake at 350° for 15 minutes or until pepper is heated through.
- **Red Beans and Rice:** Chop then cook until soft 1 onion, sweet pepper, and 3 celery stalks in 2 tablespoons oil. Add ½ pound of turkey sausage links (cut in chunks) and 3 minced garlic cloves and cook until sausage is done. Add a can of red beans (drained and rinsed) and two cans of vegetable broth. Simmer an hour. Season to taste with thyme and pepper. Serve over brown rice.



## Beverages:

- **Ravin' Red Smoothie:** Blend 1 cup low-fat yogurt, ½ cup frozen strawberries, ½ cup frozen raspberries and 1 frozen banana.
- **Strawberry-flavored Milk**
- **Red Juice Punch:** Mix your choice of red juices (raspberry, cranberry, cherry) with sparkling water.



## Sweet Endings:

- **Baked Red Apple Dessert:** Fill 1 whole red apple (cored) with ¼ cup chopped almonds, ¼ cup dried cranberries, 1 tsp. honey and 1 tsp. brown sugar. Bake for 15 minutes at 350 degree or until sugar bubbles.
- **Mixed Red Berries:** Mix strawberries, raspberries, pomegranate seeds, red grapes, and add a dollop of strawberry yogurt on top
- **Red Berry Squares:** Make strawberry-flavored gelatin mixed with fresh strawberries and raspberries. Cut into squares to serve.
- **Watermelon Bites:** Alternate frozen cubes of watermelon and mint leaves on a skewer and serve cold.