

Heart-Healthy Spring Menu

- *Grilled Turkey and Mushroom Sausages*
- *Early Summer Salad with Farro, Cherries, and Walnuts*
- *Individual Berry Trifles*

Nutrition Facts	
Serving: 1 meal	
Amount Per Serving	
Calories 704	
Total Fat 26 g	
Saturated Fat 5 g	
Monounsaturated Fat 11 g	
Polyunsaturated Fat 8 g	
Trans Fat 0 g	
Cholesterol 168 mg	
Sodium 459 mg	
Potassium 983 mg	
Total Carbohydrate 74 g	
Dietary Fiber 10 g	
Sugars 33 g	
Added Sugars 19 g	
Protein 40 g	
Vitamin A	11%
Vitamin C	68%
Calcium	15%
Iron	36%

Grilled Turkey and Mushroom Sausages

Makes 6 servings

Ingredients

1 tablespoon extra-virgin olive oil
8 cremini mushrooms, finely chopped (about ½ cup)
8 shiitake mushrooms, finely chopped (about ½ cup)
1 shallot, chopped (about 2 tablespoons)
1 ½ pounds lean ground turkey (the average weight of 1 package)
2 tablespoons chopped fresh chives
¼ teaspoon dried thyme (or substitute ½ teaspoon fresh thyme leaves)
1 tablespoon Worcestershire sauce
½ cup quick oats (dry)
2 egg whites, beaten
¼ teaspoon salt
¼ teaspoon ground black pepper
¼ teaspoon dry mustard powder

Note: Clean mushrooms with a damp cloth. Do not run directly under water.

Preparation

Heat a nonstick skillet over medium-high heat. Add oil, mushrooms, and shallots. Sauté mushrooms for 5 to 6 minutes, then remove from heat and transfer to a bowl to cool.

Once cool, add turkey to the mushroom mixture, stirring to combine. Make a well in the center of the meat. Add chives, thyme, Worcestershire sauce, oats, egg whites, salt, pepper, and dry mustard powder. Stir well to combine. Evenly form the turkey mixture into 6 oval patties approximately 1-inch thick.

Preheat a grill to medium (or heat a skillet over medium heat). Lightly coat the turkey patties with nonstick spray (or lightly brush with additional oil). Place on the grill (or skillet) for 6 minutes; flip over and cook for an additional 6 minutes or until an instant-read thermometer reads 165° F when inserted into the thickest part of the patties. Transfer to a serving plate.

Nutrition information (per serving): 220 calories, 11 grams total fat (2 grams saturated fat, 4 grams monounsaturated fat, 3 grams polyunsaturated fat, 0 grams trans fat), 70 mg cholesterol, 212 mg sodium, 497 mg potassium, 9 grams total carbohydrate, 2 grams fiber, 1 gram sugar (0 grams added sugar), 24 grams protein

Early Summer Salad with Farro, Cherries, and Walnuts

Makes 10 servings

Ingredients

5 cups water
1 ½ cups whole-grain farro
½ teaspoon salt, divided
2 tablespoons fresh lemon juice
1 tablespoon whole-grain Dijon mustard
1 tablespoon honey
¼ teaspoon freshly ground black pepper
2 tablespoons extra-virgin olive oil
¾ pound sweet cherries, pitted and halved (about 2 cups)
¾ cup diced celery
½ cup coarsely chopped walnuts, toasted
¼ cup packed fresh flat-leaf parsley leaves

Preparation

Bring water to a boil in a large saucepan. Add farro and ¼ teaspoon salt to the water; cook for 20 to 25 minutes or until al dente. Drain farro and cool at room temperature for 15 minutes.

While the farro is cooling, whisk together the lemon juice, mustard, honey, pepper, olive oil, and the remaining ¼ teaspoon salt in a large bowl. Add the farro, cherries, celery, walnuts, and parsley to the bowl, tossing to coat.

Nutrition information (per serving): 197 calories, 7 grams total fat (1 gram saturated fat, 3 grams monounsaturated fat, 3 grams polyunsaturated fat, 0 grams trans fat), 0 mg cholesterol, 166 mg sodium, 208 mg potassium, 30 grams total carbohydrate, 4 grams fiber, 6 grams sugar (2 grams added sugar), 6 grams protein

Individual Berry Trifles

Makes 4 servings

For this recipe, we recommend using ladyfingers with a soft, sponge-cake texture found in the in-store bakery of most supermarkets.

Ingredients

1 ¼ cups halved strawberries (or substitute ripe stone fruit)

1 ¼ cups fresh blueberries

1 tablespoon light brown sugar

16 ladyfingers

1 cup nonfat vanilla Greek yogurt

4 tablespoons toasted sliced almonds

Preparation

Toss strawberries, blueberries, and brown sugar in a medium bowl to combine.

In four 10- to 12-ounce tumblers or similar-sized glasses, layer 2 ladyfingers, about ¼ cup berry mixture, and 2 tablespoons yogurt. Repeat with another layer of ladyfingers, berries, and yogurt.

Refrigerate trifles for at least 1 hour or up to 1 day. Top each trifle with 1 tablespoon almonds just before serving.

Nutrition information (per serving): 287 calories, 8 grams total fat (2 grams saturated fat, 4 grams monounsaturated fat, 2 grams polyunsaturated fat, 0 grams trans fat), 98 mg cholesterol, 81 mg sodium, 278 mg potassium, 45 grams total carbohydrate, 4 grams fiber, 26 grams sugar (17 grams added sugar), 10 grams protein