

Heart-healthy Spring Brunch

March 2019

- *Buckwheat Blintzes*
- *Turkey-Apple Sausage Patties*
- *Steamed Asparagus with Lemon-Sage Brown “Butter”*
- *Roma Tomato with Spinach*

Nutrition Facts	
6 servings per container	
Serving size	1 meal
Amount per serving	
Calories	560
<small>% Daily Value*</small>	
Total Fat 26g	33%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 560mg	24%
Total Carbohydrate 52g	19%
Dietary Fiber 10g	36%
Total Sugars 21g	
Includes 4g Added Sugars	8%
Protein 38g	
Vitamin D 1mcg	6%
Calcium 318mg	25%
Iron 7mg	40%
Potassium 1238mg	25%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Traditional restaurant brunch

Nutrition Facts
Amount Per Meal
Calories 1255
Total Fat 78 g
Saturated Fat 33 g
Cholesterol 365 mg
Sodium 2405 mg
Total Carbohydrate 88 g
Dietary Fiber 7 g
Sugars 42 g
Protein 51 g

Heart Protection Kitchen brunch

Nutrition Facts
Amount Per Meal
Calories 560
Total Fat 26 g
Saturated Fat 5 g
Cholesterol 75 mg
Sodium 560 mg
Total Carbohydrate 52 g
Dietary Fiber 10 g
Sugars 21 g
Protein 38 g

Restaurant brunch menu used for comparison: cheese blintzes with strawberries, turkey sausage, steamed and sauteed vegetables

Buckwheat Blintzes

Makes 6 servings

Ingredients

- 1 ¼ cups low-fat ricotta cheese
- ½ cup slivered almonds
- Zest and juice of 1 orange
- 1 tablespoon honey
- 1 ⅔ cups soy, almond, or skim milk
- 1 ¼ cups buckwheat or whole-wheat flour
- ¾ cup liquid egg substitute (such as Egg Beaters)
- 2 tablespoons canola oil, divided
- 1 ½ teaspoons sugar
- ¼ teaspoon salt
- 12 medium strawberries, sliced
- 6 sprigs fresh mint leaves (optional)

Preparation

Preheat oven to 350 degrees F. Cover a baking sheet with parchment paper; set aside.

Toast the almonds by placing on a small baking sheet. Bake for approximately 6 minutes, or until golden brown and fragrant. Keep the oven on.

To make the filling, combine the almonds with the ricotta cheese, orange zest, orange juice, and honey in a medium bowl. Set aside.

In a large bowl, mix soy milk, flour, egg substitute, 1 tablespoon canola oil, sugar, and salt until well combined.

Heat a 6-inch skillet over medium-high heat. Using a pastry brush, lightly coat the skillet a small amount of the remaining canola oil. Add ¼ cup of batter, tilting the skillet to evenly distribute the batter so that the entire bottom of the skillet is covered in a thin layer. Cook until the batter appears dry on top. Carefully flip the crepe and cook 30 more seconds. Transfer to the parchment-lined baking sheet, browner side down. Repeat with remaining batter to make a total of 12 crepes.

To fill the blintzes, place approximately two tablespoons of the ricotta mixture onto the center (lighter side) of each crepe. Fold in the sides and roll to seal. Repeat with remaining blintzes, and transfer the baking sheet to the oven. Bake for 6 to 8 minutes, or until heated through.

To serve, place two blintzes onto a plate, and garnish with strawberry slices and a mint sprig (if using).

Nutrition Facts

6 servings per container

Serving size 2 blintzes

Amount per serving

Calories 290

% Daily Value*

Total Fat 14g 18%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 300mg 13%

Total Carbohydrate 31g 11%

Dietary Fiber 4g 14%

Total Sugars 9g

Includes 4g Added Sugars 8%

Protein 16g

Vitamin D 1mcg 6%

Calcium 215mg 15%

Iron 2mg 10%

Potassium 355mg 8%

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Turkey Apple Sausage Patties

Makes 6 servings

Ingredients

- 2 apples, grated (any variety)
- Juice of 1 lemon
- 18 ounces ground turkey
- 1 teaspoon garlic powder
- 1 teaspoon rubbed sage
- 1 teaspoon paprika
- 1 teaspoon fennel powder
- ½ teaspoon ground black pepper
- ¼ teaspoon salt
- 1 tablespoon canola oil

Preparation

In a large bowl, toss apples with lemon juice to prevent browning. Add the ground turkey, garlic powder, sage, paprika, fennel powder, pepper, and salt to the bowl and thoroughly combine.

Divide the mixture into 12 ¼-cup portions, pressing lightly into patties.

Heat the oil in a large skillet over medium heat. Cook the patties for 4 to 5 minutes on each side, until no longer pink in the center (or until an instant-read thermometer registers 165 degrees F).

Remove the patties to a plate lined with a paper towel, blotting any excess oil.

Chef's Note: For more intense aromatics, the ground black pepper and fennel powder can be substituted with whole peppercorns and fennel seed. Toast for 4 minutes, then grind in a spice grinder.

Nutrition Facts

6 servings per container

Serving size **2 patties**

Amount per serving

Calories 180

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 150mg **7%**

Total Carbohydrate 10g **4%**

Dietary Fiber 2g **7%**

Total Sugars 7g

Includes 0g Added Sugars **0%**

Protein 17g

Vitamin D 0mcg **0%**

Calcium 28mg **2%**

Iron 1mg **6%**

Potassium 293mg **6%**

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Steamed Asparagus with Lemon-Sage Brown “Butter”

Makes 6 servings

Ingredients

- 60 pencil-thin asparagus spears, tough ends removed
- 1 small yellow squash, sliced into 6 ¼-inch-thick rings on a bias
- Pinch (about ⅛ teaspoon) of salt
- Pinch of ground black pepper
- 2 tablespoons soft margarine spread (such as Smart Balance)
- 1 small shallot, finely diced
- 12 fresh sage leaves
- Zest and juice of 2 lemons

Preparation

Use a small cutter (about 1-inch diameter, such as the lid to a vinegar bottle) to punch a hole through each slice of squash. Place a bundle of 10 spears of asparagus through each squash ring.

Place asparagus bundles into a steamer basket set over a pan of boiling water, and cover with a tight-fitting lid. (Alternatively, if no steamer basket is available, place 2 to 3 tablespoons water into a pan along with the asparagus, and cover with a tight-fitting lid.) Allow to cook until just tender, about 2 to 3 minutes. Place asparagus portions onto plates and lightly season with the salt and pepper.

Heat margarine spread in a shallow pan. Add the shallots, and cook, stirring, until golden brown. Add sage leaves, lemon zest, and lemon juice. Using a pastry brush, evenly brush the lemon-sage “butter” over each portion of asparagus.

Nutrition Facts

6 servings per container
Serving size about 10 spears

Amount per serving
Calories 60

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 37mg	2%
Iron 3mg	15%
Potassium 336mg	8%

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Roma Tomato with Spinach

Makes 6 servings

Ingredients

- 3 medium Roma tomatoes
- 6 cups fresh spinach leaves, washed
- Zest and juice of 1 lemon
- 2 tablespoons (1 small bunch) fresh basil, finely chopped
- 2 teaspoons fresh oregano, chopped
- Pinch of salt
- Pinch of ground black pepper

Preparation

Cut tomatoes in half lengthwise. Using a spoon, scoop out the center and discard.

Place spinach into a steamer basket over a pan of simmering water, cover with a tight-fitting lid, and cook until spinach volume has reduced by half, about 6 minutes.

When cool enough to handle, squeeze the liquid from the spinach, and transfer the spinach to a medium bowl. Add lemon zest, lemon juice, basil, oregano, salt, and pepper, and mix well. Evenly divide spinach into each tomato half.

If making ahead, reheat prior to serving: preheat oven to 375 degrees F. Place stuffed tomatoes on a baking sheet, and bake for 10 minutes.

Nutrition Facts

6 servings per container

Serving size 1/2 tomato

Amount per serving

Calories 15

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 50mg 2%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 37mg 2%

Iron 1mg 6%

Potassium 254mg 6%

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