Heart-healthy Spring Brunch  
March 2019

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

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<th>Nutrition Facts</th>
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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 ½ cups soy, almond, or skim milk
• 1 ⅔ 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).
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.
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

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<th>% Daily Value*</th>
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Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%
Calcium 37mg 2%
Iron 3mg 15%
Potassium 336mg 8%

*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.
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.