**February- Love Your Heart**

**Heart-Healthy Dutch Crumb Apple Pie**

Makes 8 servings

Pie Crust:

½ cup all purpose flour

½ cup whole-wheat flour

½ teaspoon salt

¼ cup vegetable oil

2-3 Tablespoons cold low-fat milk

Mix flour and salt together. Add the oil and milk all at once, and stir lightly until dough forms. Pat dough into the bottom and sides of a 9” pie pan (It will be difficult to roll.) Set aside.

Pie Filling:

6 cups sliced, peeled apples

¾ cup Splenda (or 18 packets Stevia)

1 teaspoon cinnamon

1/8 teaspoon nutmeg

2 Tablespoons all-purpose flour

1 Tablespoon margarine (optional)

Combine dry ingredients. Toss with sliced apples. Place mixture in pastry-lined pan. Dot with margarine if desired. Set aside.

Crumb Topping:

½ cup instant oats

¼ cup wheat germ

¼ cup all-purpose flour

1 teaspoon cinnamon

2 Tablespoons Canola oil

Combine dry ingredients. Add oil and mix thoroughly. Place crumb topping on top of apples. Bake at 400 degrees for 45-50 minutes. Cover with aluminum foil during first 20-30 minutes, and then remove it to prevent over-browning of toppings.

**Sweet Potato Salad**

Ingredients:

4 quarts water

2 large sweet potatoes, scrubbed clean, fibers removed (1 ½ pounds)

2 Tablespoons white vinegar

1 Tablespoon fresh lemon juice – juice of half a lemon

5 green onions, trimmed and chopped, green part only

3 stalks celery, trimmed and chopped

½ firm English cucumber, chopped

½ cup fresh cilantro, chopped

½ cup nonfat plain yogurt

Rind of one fresh lemon, grated

Sea salt and freshly ground black pepper

¼ cup toasted unsalted sunflower seeds (optional)

Peel and cut sweet potatoes into ½” cubes. In medium saucepan, place 4 quarts water and chopped sweet potatoes. Bring water to a boil and reduce heat. Cook potatoes over low heat until they are tender – about 15 minutes. Do not let potatoes get too soft or mushy. Remove from heat and drain. Transfer to medium bowl. Set aside and let cool.

Meanwhile, place vinegar and lemon juice into a large decorative serving bowl. Mix and all chopped vegetables – onion, celery, cucumber – and cilantro. Toss to coat veggies with vinegar and lemon juice. Now add cooled sweet potatoes and nonfat yogurt, and gently toss. Season with salt and pepper.

Divide among 4 salad bowls, and sprinkle with toasted sunflower seeds and lemon zest.

**Salmon Cakes with Fiery Bell Pepper Salsa**

Ingredients:

1 large sweet red pepper, finely diced, divided

1 small yellow pepper, finely deiced

¾ small jalapeno pepper, seeded and minced (Don’t touch seeds with bare hands.)

1 Tablespoon white vinegar, or red balsamic vinegar

1/8 teaspoon table salt

1/8 teaspoon black pepper

2 medium scallions, trimmed and minced, divided

1 Tablespoon cilantro, fresh, minced

14 ½ oz. canned salmon, drained

1 small stalk celery, finely chopped

1 medium shallot, minced

1 large egg, beaten

2 Tablespoons fat-free mayonnaise

¼ teaspoon cayenne pepper, or ancho chili powder

¼ teaspoon black pepper

1/8 teaspoon table salt

1 spray cooking spray

To make salsa, combine 1 cup of diced red pepper, yellow pepper, jalapeno, vinegar,

1/8 teaspoon salt, 1/8 teaspoon pepper, 1 minced scallion, and cilantro in a medium bowl; set aside to allow flavors to blend.

Place salmon in large mixing bowl and mash with back of spoon. (It’s not necessary to pick out the bones.) Stir in remaining scallion, remaining red pepper, celery, shallot, egg, mayonnaise, cayenne pepper, remaining ¼ teaspoon of black pepper, and remaining 1/8 teaspoon of salt; mix well.

Coat a large skillet with cooking spray; heat skillet over medium heat.

Loosely pack a ¼ cup measuring cup with salmon mixture; turn measuring cup ingredients out onto skillet and press down on salmon cake with a spatula until it is about ¾” thick; repeat to make 8 salmon cakes total. Cook salmon cakes for 3 minutes on first side; gently turn over and cook until golden on second side, about 2-3 minutes more. (Be careful not to crown salmon cakes; cook in 2 batches if necessary.)

**Balsamic Chicken**

Makes 6 servings

Ingredients:

6 boneless skinless chicken breast halves

1 ½ teaspoons fresh rosemary leaves, minced or ½ teaspoon dried rosemary

2 cloves garlic, minced

¾ teaspoon pepper

½ teaspoon salt

1 Tablespoon olive oil

¼ cup good-quality balsamic vinegar

Rinse chicken and pat dry. Combine rosemary, garlic, pepper, and salt in small bowl, and mix well. Place chicken in large bowl; drizzle chicken with oil, and rub with spice mixture. Cover and refrigerate overnight.

Preheat oven to 450 degrees. Spray heavy roasting pan or iron skillet with nonstick cooking spray. Place chicken in pan; bake 10 minutes. Turn chicken over, stirring in 3-4 Tablespoons water if drippings are beginning to stick to pan.

Bake about 10 minutes or until chicken is golden brown and no longer pink in the center. If pan is dry, stir in another 1-2 Tablespoons water to loosen drippings.

Drizzle balsamic vinegar over chicken in pan. Transfer chicken to plates. Stir liquid in pan; drizzle over chicken. Garnish, if desired.