

Heart Healthy Cooking



Herbed Hummus

Mediterranean Tabbouleh

Chicken Rosamarino

Drunken Pineapple with Greek Yogurt



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Herbed Hummus

Ingredients

1 ½ cups (15.5-ounce can) no-salt-added chickpeas (garbanzo beans), rinsed and drained

1 garlic clove, fresh, chopped

¼ cup warm water

¼ cup tahini (sesame seed paste)

2 Tbl lemon juice

1 Tbl olive oil

3 Tbl of your favorite fresh herbs

- Dill
- Parsley
- Basil

½ tsp salt

⅛ tsp black pepper

Cumin powder, to taste

cayenne, to taste

Mediterranean Tabbouleh

Ingredients

1 cup bulgur, rinsed thoroughly

1 ½ cups water

Kosher salt

¾ cup grape tomatoes, diced

¾ cup seedless English cucumber, diced

¼ cup scallions, sliced thinly on the bias

¼ cup fresh parsley, chopped

1 tsp dried oregano

1 tsp citrus zest (orange or lemon)

¼ cup fresh squeezed lemon juice

2 Tbl olive oil

½ teaspoon Kosher salt

¼ teaspoon cracked black pepper

Procedure

1. Blend all of the ingredients for the hummus until smooth. Season to taste.
2. Add warm water in stages to adjust consistency.

Servings: 6

***Other recommendations for serving:**

1. **Lettuce wraps with carrots, tomatoes and cucumber sprinkled with balsamic vinegar**
2. **Substitute for mayonnaise on sandwiches**
3. **Mix inside your favorite mashed potato recipe**

Nutrition Facts

Amount Per Serving: Calories 143.98 (48% from fat); Total Fat 7.7g (sat 1.15g); Protein 6.15; Carbohydrate 13.06g; Fiber 3.49g; Cholesterol 0 mg, Sodium 44mg

Procedure

1. Portion bulgur into a bowl. Set aside.
2. Bring water to a boil and then season with salt and pour over bulgur. Cover tightly with plastic wrap and let steep about 15 minutes. Drain excess water.
3. Once cool toss with tomatoes, cucumber, scallion, parsley, oregano and zest. Finish by mixing in lemon juice, olive oil, salt and pepper..

Servings: 6

Nutrition Facts

Amount Per Serving: Calories 132 (33% from fat); Total Fat 5g (sat 0.7g); Protein 3.5g; Carbohydrate 20.9g; Fiber 5g; Cholesterol 0 mg, Sodium 166mg



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Chicken Rosamarino

Ingredients

3 Tbl fresh rosemary
3 Tbl lemon juice
1 1/4 tsp garlic, crushed
1/3 cup olive oil
1 tsp lemon zest, grated
1 1/4 lb chicken breast, boneless,
skinless

Drunken Pineapple with Greek Yogurt

Ingredients

1 1/2 Tbl freshly squeezed lime juice
2 Tbl brown sugar
2 tsp dark spiced rum
2 tsp mint, finely chopped
3 cups diced pineapple (if using canned,
purchase variety labeled "packed in its own juice")
*
3 cups Greek yogurt
2 Tbl chopped pistachios

Procedure

Marinade

1. Combine the rosemary, lemon juice, garlic, olive oil and zest in a sealable plastic bag or non-reactive bowl. Add the chicken and marinate for 4-6 hours.

To Cook the Chicken

2. Heat a non-stick skillet over medium high heat. Remove the chicken from the marinade. Sauté the chicken for 3-4 minutes then turn and cook another 3-4 minutes. Reduce heat to medium-low and cook chicken covered for another 10 minutes or until internal temperature reaches 165 degrees F.

Servings: 4

Nutrition Facts

Amount Per Serving: Calories 245 (46% from fat); Total Fat 12.7g (sat 2.1g); Protein 30g; Carbohydrate 1g; Fiber 0g; Cholesterol 91mg, Sodium 165mg

Procedure

1. In a bowl, mix the lime juice, brown sugar and dark rum together.
2. Add the chopped pineapple and mint and stir to combine the ingredients.
3. To serve: spoon yogurt into bowls, top with pineapple mixture, and garnish with pistachios.

Servings: 6

Nutrition Facts

Amount Per Serving: Calories 163 (19% from fat); Total Fat 3.6g (sat 1.9g); Protein 12.5g; Carbohydrate 21g; Fiber 1.5g; Cholesterol 5.7mg, Sodium 40mg