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HEART-HEALTHY MEATLESS MONDAY RECIPES





WILD BLUEBERRY CHEESECAKE BAKED OATS

This recipe comes to us from dietitian Anne of Craving Something Healthy

INGREDIENTS (SERVES 6)

1 12 oz. bag frozen wild blueberries (let partially thaw while you assemble recipe)

2 cups old fashioned oats

1 teaspoon baking powder

1/4 teaspoon salt

½ cup toasted pecans, chopped

2 eggs (lightly beaten)

1½ cups 1% milk

4 oz. Greek cream cheese (softened)

4 oz. plain fat-free Greek yogurt

1 teaspoon vanilla

2 tablespoons maple syrup

RECIPE

Preheat the oven to 350 degrees. Spray an 8" x 8" baking pan with cooking spray.

Pour wild blueberries over the bottom of the pan.

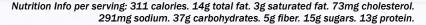
In a mixing bowl, combine all of the dry ingredients and stir to combine.

In a separate mixing bowl, combine eggs, milk, 4 oz. of cream cheese, 4 oz. of yogurt, 2 tablespoons of maple syrup, the vanilla, and mix with a hand mixer or stand mixer so cream cheese is well combined.

Pour the dry ingredients in with the wet ingredients and stir well to combine.

Pour this mixture into the baking pan over the wild blueberries.

Bake for 35-45 minutes or until a knife inserted into the center comes out clean.





HEARTY OATMEAL & GREEK YOGURT PANCAKES

This recipe comes to us from Tina of Fuel Your Future with Tina

INGREDIENTS (SERVES 3)

3/4 cup (80g) rolled oats ½ cup (150g) whole wheat flour

1 teaspoon baking powder

½ teaspoon baking soda

1 teaspoon cinnamon

½ mashed banana (or ½ cup pumpkin puree)

150g (1 container) Greek yogurt

1 tablespoon agave/honey

1 egg

1/4 cup (65 ml) skim milk

½ cup blueberries, or other berries (optional)

RECIPE

Mix the wet ingredients into a large bowl. Stir until well combined.

Stir the dry ingredients in a medium bowl. Slowly stir the dry mixture into the wet mixture until well combined. The batter will be very thick, but the texture works!

Grease a pancake pan/sauté pan/frying pan with spray or butter as it heats up over a medium heat. Spoon the mixture onto the pan and spread it out a little with the spoon (they will still be thicker pancakes), and drop the blueberries onto the batter. Press them into the batter. Leave to cook for 4-5 minutes, or until the underside is brown. Flip the pancake over and allow the other side to cook.

Serve with fresh berries and pure maple syrup for an immune system boost. Makes 3 large pancakes.



CHICKPEA & AVOCADO SALAD SANDWICH

This recipe comes to us from Jordan of Jordan's Family of Foodies

INGREDIENTS (SERVES 4)

1 can garbanzo beans
1 avocado
1/4 cup diced red onion
1/4 cup chopped cilantro
2-4 tablespoons lime juice
1 teaspoon smoked paprika
Kosher salt to taste
Freshly ground pepper to taste
Baby spinach leaves
8 slices toasted bread
Dijon mustard

RECIPE

Drain and rinse garbanzo beans.

Add garbanzo beans to hot sauté pan with ½ teaspoon of smoked paprika, tossing to coat beans with spice. Roast beans in pan for 10-15 minutes stirring often, until beans are dry and lightly browned.

Prepare avocado. Cut in half, remove pit and with a small pairing knife, cut $\frac{1}{2}$ of avocado into thin slices while still in skin. Using a spoon, remove avocado flesh carefully from first avocado half, reserving 4 of the slices to top sandwich. Place all the rest of avocado flesh from both halves on large plate and completely mash with fork.

Add 2-3 tablespoons of lime juice (this is a loose direction; add less or more as needed) to mashed avocado and mix to combine thoroughly. Season with salt and remaining $\frac{1}{2}$ teaspoon smoked paprika. Add diced red onion and chopped cilantro to avocado and stir to combine.

Place roasted garbanzo beans over top avocado mixture. Using a fork, mash some of the beans into avocado mixture until mixture is desired texture. Add additional 1 tablespoon lime juice depending of how dry the mixture is. Season to taste with salt and freshly ground pepper.

Place $\frac{1}{4}$ of salad on each slice of bread, followed by desired amount of baby spinach and avocado slice. Schmear Dijon mustard on top piece of bread and place overtop sandwich.

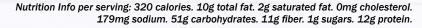


Photo courtesy of Debbie Spivey. Visit The Mountain Kitchen for Debbie's take on Tuscan White Bean Soup.

TUSCAN WHITE BEAN & ESCAROLE SOUP

This recipe comes to us from chef Jason Weiner of Almond

INGREDIENTS (SERVES 6)

Tuscan White Bean & Escarole Soup:

½ cup olive oil

1 bulb fennel (medium diced)

1 yellow onion (medium diced)

3 ribs celery (medium diced)

1 bay leaf

2 sprigs thyme

1 sprig rosemary

1 teaspoon chile flakes

3 15 oz. cans of high quality white beans (rinsed)

1 head of escarole (rinsed and torn into hand sized pieces)

4 cups vegetable stock (or water)

Grated Parmigiano Reggiano or Pecorino to taste

Salt to taste

2 oz. balsamic vinegar

Olive oil for garnish

Roasted garlic cloves (recipe follows)

Roasted Garlic Cloves:

1 bulb of garlic

Pinch of salt

1-2 teaspoons canola oil

RECIPE

Tuscan White Bean & Escarole Soup:

Using ½ cup of oil, add the fennel, onion, celery, bay leaf, herbs, chile flakes and a pinch of salt in a heavy-bottomed stock pot.

Cook on medium heat until the vegetables take on a golden color, 5-6 minutes.

Add the beans and escarole to the pot. Stir together and cook for another 1-2 minutes.

Add 4 cups of warmed low-salt vegetable stock (or water).

Bring to a simmer and finish with the salt and balsamic vinegar to taste. Remove the herb sprigs and bay leaf.

Dish into bowls and garnish with cheese, a drizzle of olive oil and the roasted garlic cloves.

Roasted Garlic Cloves:

Preheat your oven to 350 degrees.

Rub loose paper from the bulb but keep the skin on.

With a serrated knife, cut off the top ($\frac{1}{4}$ inch) exposing the bulb's cloves. Toss with a pitch of salt and canola oil and wrap in aluminum foil.

Bake in the oven until it is soft and fragrant. About 1 hour.

Allow to cool for a few minutes and peel away the skin and remove the cloves of garlic.

Nutrition Info per serving: 297 calories. 12g total fat. 1g saturated fat. 0mg cholesterol. 129mg sodium. 39g carbohydrates. 13g fiber. 2g sugars. 12g protein.



ROASTED SWEET POTATO WITH RED BEANS, SALSA & CABBAGE SLAW

This recipe comes to us from Caitlin of So Hungry I Could Blog

INGREDIENTS (SERVES 2)

2 large sweet potatoes, pricked all over with a fork

1 cup kidney beans, rinsed thoroughly

½ cup salsa

2 cloves garlic, minced

Juice from half a lemon

1 tablespoon olive oil

Salt and pepper

1 cup finely shredded cabbage

2 scallions, chopped finely

2 tablespoons feta cheese

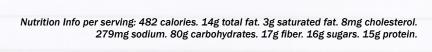
 $\frac{1}{2}$ cup crumbled tortilla chips

RECIPE

Preheat the oven to 400 degrees. Place the sweet potatoes on a foil-lined baking sheet. Bake until tender, about 45 minutes. Set aside.

Mix together the beans, salsa and garlic. Set aside. Whisk together the lemon and oil, and season with salt and pepper. Toss together the cabbage, scallions and feta, then pour the dressing over top. Toss to combine.

Slit the sweet potatoes down the center, then divide the bean salsa and slaw between the two. Top with crushed tortilla chips.





ROASTED BUTTERNUT SQUASH & SPINACH ALFREDO

This recipe comes to us from dietitian Maria of Bean A Foodie

INGREDIENTS (SERVES 4)

3 cups cubed butternut squash

1 teaspoon dried sage

½ onion, diced

3 cloves of garlic, minced

¹/₄ cup extra virgin olive oil, divided

1 teaspoon salt and pepper

½ cup grated Parmesan cheese, plus extra for serving

2 tablespoons fresh lemon juice

½ cup vegetable stock

1 lb. spinach, finely chopped

8 oz. short cut pasta, like rigatoni or penne

RECIPE

Preheat the oven to 425 degrees.

Boil water for pasta and cook according to package directions. Save about 1 cup of the pasta water and set aside.

Toss butternut squash with sage, 2 tablespoons olive oil, salt and pepper. Roast squash for about 30-40 minutes or until fork tender and lightly golden brown.

While squash roasts, heat the remaining 2 tablespoons olive oil in a medium sauté pan over medium high heat. Add in diced onions and garlic. Sauté for about 3-5 minutes or until onions and garlic are just starting to get translucent.

In a high powered blender or food processor, place the roasted squash and onion mixture in the bowl. Blend on high until the squash is smooth. Add in the Parmesan cheese, lemon juice and blend on high for another minute. Taste and adjust for seasoning.

At this point the sauce is probably somewhat thick. Slowly add in some of the vegetable stock, blending at the same time. Check frequently for consistency. You may or may not use all of the stock, depending on the thickness of the sauce. If you want the sauce thinner (or if it thickens over time on the stove), thin out with the reserved pasta water.

Pour the butternut sauce back into the medium sauté pan. Heat over low and add in the chopped spinach, stirring to combine. Cook over medium low until the spinach wilts – about 10 minutes. Again, if the sauce thickens, use some of the reserved pasta water to keep it at the consistency you like.

Toss in the hot cooked pasta with the butternut and spinach sauce. Toss to combine. Add more Parmesan cheese if you'd like. Serve hot!

Nutrition Info per serving: 435 calories. 16g total fat. 3g saturated fat. 5mg cholesterol. 346mg sodium. 62g carbohydrates. 9g fiber. 7g sugars. 17g protein.



BUFFALO QUINOA & BEAN BURGER WITH BLEU "CHEESE" SAUCE

This recipe comes to us from Carolyn of *Healthy Voyager*

INGREDIENTS (SERVES 4-6)

- 1 15 oz. can black beans, rinsed and drained
- 1/4 cup quinoa
- ½ cup water
- ½ cup bread crumbs
- ½ teaspoon celery seed
- 1/4 cup minced onion
- 1-2 large garlic cloves, minced
- 1½ teaspoons ground cumin
- Salt and pepper, to taste
- 1 flax egg (1 tablespoon ground flax seeds mixed with 2 tablespoons water until gel-like)
- 3 tablespoons high heat oil (if not using a grill)
- 4-6 burger buns, lightly toasted
- Arugula leaves
- Tomato slices, if desired

RECIPE

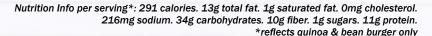
Bring the quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the quinoa is tender and the water has been absorbed, about 15 to 20 minutes.

Roughly mash the black beans with a fork leaving some whole black beans in a paste-like mixture. Mix the quinoa, bread crumbs, onion, garlic, cumin, celery seed, salt, pepper and flax egg into the black beans using your hands. Form the black bean mixture into 4-6 patties, depending on size.

Heat the oil in a large skillet to medium heat. If using a grill, heat to medium temperature. Cool burgers for 2-3 minutes each side, brushing the buffalo sauce mixture (see blog) all over the patties for the last 2 minutes of cooking. Make sure they are heated all the way through.

Slather a bit of the bleu cheese sauce (see blog) on the bottom of the bun. Then set slices of lettuce and tomato, if using, on top. Next, top with patty, extra hot sauce, if desired, and top with a generous helping of bleu cheese sauce or slices or chunks of the bleu cheese tofu.

Visit Healthy Voyager's blog for recipes for the two sauces.





MOROCCAN GARBANZO BEAN STEW

This recipe comes to us from Kristina of Former Chef

INGREDIENTS (SERVES 10)

2 tablespoons olive oil

1 yellow onion, sliced

5 cloves of garlic, minced

1 teaspoon cardamom, ground

½ teaspoon cinnamon, ground

1 teaspoon cumin, ground

½ teaspoon paprika, ground

1 teaspoon chili pepper, ground

1 can (28 oz.) diced tomatoes and juice

2 cans (15 oz. each) garbanzo beans (a.k.a. chick peas)

3 cups vegetable stock (or chicken stock or water)

1 lb. zucchini, cut into 1-2 inch chunks

4 oz. dried apricots, diced

1/4 cup green olives, pitted and chopped

2 cups (packed) fresh spinach Salt and pepper to taste

RECIPE

Heat a large pot (6 or 8 quarts) and add the olive oil.

Cook the sliced onions over a medium heat until soft and add the minced garlic. Add the ground cardamom, cumin, paprika and chili pepper and cook 2 minutes.

Add the can of diced tomatoes, the garbanzo beans, the vegetable stock and bring to a simmer. Cook for 15 minutes and then add the diced zucchini, chopped dried apricots and green olives. Cook until the squash is tender.

Before serving, fold in the 2 cups of fresh spinach and cook until the spinach wilts. Season with salt and pepper. Serve with couscous.

Makes 10 1-cup servings.



YAM & BLACK BEAN TACOS WITH PICKLED CABBAGE

This recipe comes to us from Jory of *Teeny Tiny Foodie*

INGREDIENTS (SERVES 6)

1 medium yellow onion, diced

2 yams (around 2 lbs. total), julienned into ½ inch fries

1/2 red cabbage, sliced into thin strips Small handful of parsley, finely chopped 2 limes, quartered

6 oz. queso fresco, sliced into $\frac{1}{4}$ inch strips

3 cloves garlic, smashed and peeled

2 15 oz. cans black beans, rinsed and drained

Olive oil, salt, pepper and red pepper flakes, to taste

2 teaspoons sugar

1/4 cup white vinegar

12 soft corn tortilla, warmed according to directions on the package

RECIPE

Heat the oven to 400 degrees.

Quick pickle the cabbage:

Finely chop one clove of garlic and, in a large bowl, mash it with 1 teaspoon of salt and $\frac{1}{2}$ teaspoon of pepper. Mash in the sugar and whisk in the vinegar. Add the cabbage and stir to coat. Cover and set aside.

Roast the yams:

In a large bowl, toss the yam sticks with olive oil, salt and pepper. Line a baking sheet with parchment paper and spread the yams out in an even layer. Roast for 15 minutes. Remove them from the oven, shake them around a bit and sprinkle with more salt. Roast for an additional 15 minutes or until the yams are soft and tender. Set aside.

Prepare the beans:

Heat a medium saucepan over medium heat. Add in around 1 tablespoon olive oil, 2 smashed garlic cloves and red pepper flakes. Cook for around 30 seconds and add the onions and 2 pinches of salt. Stir and sauté for 8-10 minutes, stirring occasionally, until the onions begin to yellow and then brown. As the onions begin to brown and caramelize, add in 1-2 tablespoons room temperature water and stir to scrape up the brown bits on the bottom of the pan. Pour in the beans, another pinch of salt and stir through. Let the mixture come to a simmer, cover and cook for around 10 minutes stirring occasionally. Remove the cloves of garlic before serving.

Build your tacos:

Layer two tortillas on top of each other so they don't break. Then add some yams, a small scoop of beans, cheese and cabbage. Sprinkle some parsley on top and a squeeze of lime. Enjoy!

Nutrition Info: 478 calories per serving. 10g total fat. 4g saturated fat. 15mg cholesterol. 433mg sodium. 78g carbohydrates. 19g fiber. 15g sugars. 20g protein.



ROASTED "MEATBALLS" WITH ROASTED ROMANESCO

This recipe comes to us from Nikki of Pepperoni Is Not a Vegetable

INGREDIENTS (SERVES 2)

1 package gluten-free tempeh

3 cloves garlic

2 tablespoons soy sauce

3 tablespoons red wine

1 head Romanesco

Olive oil

Salt & pepper

½ package gluten-free spaghetti

12 oz. spaghetti sauce

2 tablespoons ground flaxseed

2 tablespoons water

3 tablespoons polenta

RECIPE

Finely dice the garlic. Cut the tempeh in half, and slice each half into $\frac{1}{2}$ inch slices. Place tempeh, soy sauce, red wine and garlic in a one-quart plastic bag. Seal and shake well to cover tempeh with marinade. Place bag in fridge and chill for at least 30 minutes.

While the tempeh is marinading, preheat the oven to 350 degrees. Prep the Romanesco by removing florets from the stalk and chopping into bite-size pieces. Toss with about 2 tablespoons of olive oil, salt and pepper. Roast at 350 degrees for about 20 minutes.

Take the bag of tempeh out of the fridge and transfer its contents to a large mixing bowl. In a small bowl or cup, mix the flaxseed and water together. Let stand for 5 minutes.

Use your hands to break down the tempeh into a crumbly mixture. Pour in the flaxseed+water, and mix well with a spoon. Form tempeh mixture into tight, dense golfball-sized balls. Roll or coat the outside of them with polenta. Carefully set them onto ungreased cookie sheet. Bake for 20 minutes, flipping once.

While the tempeh "meatballs" are baking, start water boiling for the pasta and cook according to package directions. Heat spaghetti sauce in a small saucepan over medium heat.

Drain noodles and divide between two plates. Top with spaghetti sauce and three tempeh "meatballs." Add half of the roasted Romanesco on the side.

You will have 6 tempeh "meatballs" leftover. Place leftovers in a 1-quart plastic freezer bag and store in freezer up to 4 weeks.

Nutrition Info per serving: 521 calories. 9g total fat. 1g saturated fat. 0mg cholesterol. 416mg sodium. 83g carbohydrates. 14g fiber. 7g sugars. 25g protein.



VEGAN SWEET POTATO BROWNIES

This recipe comes to us from Donna of Apron Strings

INGREDIENTS (SERVES 16)

1 cup mashed sweet potatoes (from a can or baked until soft)

½ cup light brown sugar

½ cup extra virgin olive oil

1 cup applesauce

1/4 cup almond butter

½ teaspoon salt

1 cup vanilla almond milk

-13/4 cups oat flour (or other hearthealthy whole grain)

²/₃ cup cocoa powder

½ tablespoon baking powder

1/2 teaspoon cinnamon

2/3 cup diced walnuts

RECIPE

Preheat oven to 350 degrees.

Process in food processor the sweet potatoes, brown sugar, oil, applesauce, almond butter and salt until very smooth. Add almond milk and process a few pulses until mixed.

Mix all dry ingredients. Stir dry ingredients into sweet potato mixture. Stir in walnuts.

Pour batter into a 9" by 13" oiled pan, smoothing top evenly.

Bake for about 60 minutes, until center is set and a knife comes out clean. Let cool and then frost as desired or drizzle with a powdered sugar glaze, as pictured.

Makes 16 brownies.

The Monday Campaigns



ABOUT

Meatless Monday is part of The Monday Campaigns, a non-profit public health initiative that dedicates the first day of every week to health. Check out all of our campaigns at MondayCampaigns.org.



Eating to protect your heart doesn't have to mean giving up your favorite comfort foods! To celebrate American Heart Month, we've put together 11 of the most comforting, heart-healthy meatless recipes we could find for this free cookbook. Whether you're looking to start a heart-healthy diet without sacrificing your favorite dishes or you're already a Meatless Monday enthusiast, we know you'll find a recipe that hits the spot.

As you cook, please keep the following heart-healthy cooking tips in mind:

- Nutrition information will vary depending on the brands you choose to cook with. Look for low-sodium and low-fat versions of each ingredient when possible.
- Adjust the amount of salt you use according to your personal dietary needs. For strict low-sodium diets, consider skipping the salt altogether and relying on other spices for flavor.
- Many of these recipes contain canned beans. Look for beans marked low- or reduced-sodium and be sure to drain the contents and rinse under running water before cooking to minimize the sodium content.

For more information on heart-healthy cooking, visit the American Heart Association at Heart.org.