

## Healthy Holiday-Inspired Recipes

### Mushroom-Stuffed Zucchini Cups

*Provided by the Heart and Stroke Foundation of Canada*

Makes 4 servings

This is a delicious vegetable dish for a special dinner. It can be prepared early in the day, then reheated in the oven or microwave just before serving.

#### Ingredients:

2 medium zucchini (about 8-10 in/20-25 cm in length)  
2 tsp (10ml) soft non-hydrogenated margarine or olive oil  
2 cups (500 ml) finely chopped mushrooms  
2 tbsp (25 ml) minced onion or shallots  
2 tbsp (25 ml) minced fresh parsley  
Salt and freshly ground pepper  
1 tbsp (15 ml) grated Parmesan cheese

#### Directions:

1. Trim ends from zucchini; cut crosswise into 1-in/2.5-cm-thick pieces. Steam zucchini from about 5 minutes or until tender-crisp; let cool. Scoop out small hollow from one end of each piece; set aside.
2. In nonstick skillet, melt margarine over medium-high heat; cook mushrooms and onion or shallots, stirring, from 2 minutes or until tender. Stir in parsley; season with salt and pepper to taste. Spoon mushroom mixture into zucchini cavities. Arrange in microwave-safe dish or baking dish. Sprinkle with Parmesan cheese.
3. Just before serving, microwave at high (100%) power for 1 to 2 minutes or bake on 350°F/180°C oven for 15 to 20 minutes or until heated through.

#### Nutritional information per serving:

Calories: 50

Protein: 2 g

Fat: 3 g

Saturated fat: 1 g

Carbohydrate: 5 g

Dietary fibre: 2 g

Dietary Cholesterol: 1 mg

Sodium: 33 mg

Potassium: 320 mg



## Grilled Turkey Scallopini With Herbs and Garlic

Makes 4 servings

*Provided by the Heart and Stroke Foundation of Canada*

This dish is extremely fast and easy, and very tasty. Because turkey is tender and this is a fairly strong-flavored marinade, it doesn't need hours of marinating and can be prepared at the last minute or an hour or two in advance.

### Ingredients:

3 cloves garlic, minced  
½ tsp (2 mL) each dried thyme, rosemary, and oregano  
2 tbsp (25 ml) olive oil  
2 tbsp (24 mL) lemon juice  
¼ tsp (1 mL) salt  
Freshly ground pepper  
1 lb (500 g) turkey scallopini\*

### Directions:

1. In a small bowl, combine garlic, thyme, rosemary, oregano, oil, lemon juice, salt and pepper to taste; mix well.
2. Brush over both sides of turkey. (Grill immediately or cover and let stand at room temperature for 30 minutes or refrigerate for up to 2 hours).
3. On lightly greased grill over high heat, grill turkey for 2 minutes on each side or just until cooked through.

\*If turkey scallopini aren't available in your store, slice partially frozen turkey breast meat thinly, then pound between two pieces of waxed paper into ¼ inch / 5 mm-thick slices.

### Nutritional information per serving:

Calories: 206

Protein: 27 g

Fat: 10 g

Saturated fat: 2 g

Dietary cholesterol: 62 mg

Carbohydrate: 2 g

Dietary fibre: trace

Sodium: 201 mg

Potassium: 294 mg

## Chocolate Raspberry Brownie Bites

Makes 24 pieces

*Provided by the Heart and Stroke Foundation of Canada*

Don't feel guilty about indulging in these bite-size brownies because the applesauce keeps them moist without the added fat. The chocolaty taste is accented with a hint of raspberry. They freeze well and are great for take-along snacks or for a dessert tray.



### Ingredients:

1 tbsp (15 mL) butter  
2 oz (56 g) bittersweet chocolate, chopped  
1/3 cup (75 mL) unsweetened applesauce  
1/2 cup (125 mL) seedless raspberry jam  
1/2 cup (125 mL) packed brown sugar  
1 egg  
1 egg white  
1 tsp (5 mL) vanilla  
3/4 cup (175 mL) all purpose flour  
1/2 cup (125 mL) chopped walnuts  
24 walnut halves

### Instructions:

1. In glass bowl, melt butter and chocolate in microwave, stirring once, until melted and smooth, about one minute. Stir in applesauce, jam and sugar until well blended.
2. Lightly beat egg with egg white and vanilla. Stir into chocolate mixture.
3. Gently stir in flour and walnuts.
4. Use light cooking spray to grease mini muffin pan. Spoon batter into pan filling to top. Top each brownie with one walnut half.
5. Bake in 350°F (180°C) oven until tester comes out clean, about 10 – 12 minutes.
6. Let cool in pan five minutes; transfer to rack and cool completely. Repeat with remaining batter.

### Nutritional information per serving:

Calories: 81  
Protein: 1 g  
Fat: 3 g  
Saturates: 1 g  
Cholesterol: 9 mg  
Carbohydrate: 13 g  
Fibre: 1 g  
Sodium: 14 mg