

*A Heart Healthy  
Valentine*

*February 14, 2018*



*Sangria*

*Smoked Salmon-Cucumber Bites  
Caprese Kebabs with Balsamic Drizzle*

*Salmon Mousse*

*Lentil Soup*

*Mini Cheesecake Bites*

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# The Healthiest Sangria EVER

Serves 10

- 1.5 bottles red wine
- 1/4 cup triple sec
- 2 cups sparkling lemon/lime/orange-flavored water (with no added sugar)
- 1 pear diced
- 1 cup fresh strawberries, diced
- 2 oranges diced or sliced (not peeled)
- 1 cup pineapple chunks
- 1/4 cup orange juice

1. Combine everything (except the sparkling water) in a large pitcher, and store in the fridge for at least 4 hours.
2. Before serving, add the sparkling water to the pitcher, stir completely, and serve!

## Smoked Salmon Cucumber Bites

These quick and easy Smoked Salmon Cucumber Bites are gluten free and low carb. They offer a healthy boost of protein, omega-3s and vitamin D.

4 servings

### Ingredients

- 1 cucumber, large
- 4 ounces yogurt (plain, Greek or thicker yogurt such as Icelandic yogurt or Skyr will work best)
- 6 ounces smoked salmon, sliced
- 1/2cup dill

### Instructions

Slice the cucumber into rounds or use a mandolin. Smear with some yogurt, top with a piece of smoked salmon and a sprig of dill. Enjoy!

# Caprese Kebabs with Balsamic Drizzle

Kids can help put these easy appetizers together. Cherry tomatoes, basil, and creamy mozzarella glazed with a balsamic drizzle. Served chilled as an appetizer or snack.

4 Servings

## For the Kebabs:

- 2 cups cherry or grape tomatoes (red or yellow)
- 1 bunch fresh **basil leaves** (washed)
- 2 part-skim **mozzarella string cheese sticks**
- 8 long **wooden skewers** or 16+ smaller bamboo skewers

## For the Balsamic Drizzle:

- 2 Tbsp **balsamic vinegar**
- 2 tsp **extra virgin olive oil**
- 2 tsp no-calorie sugar substitute (granulated, 1 packet)

## Directions

- 1 Cut each string cheese stick in to 12 rounds (24 cubes total).
- 2 Assemble each kebab with 3 tomatoes, 3 mozzarella slices and 3 basil leaves (tomato, basil, cheese, tomato, basil, cheese, tomato, basil, cheese). Gently fold the basil leaves 2-3 times before skewering, larger leaves may be torn in half. If using smaller skewers, use 2 or 1 of each ingredient, depending on how long the skewer is.
- 3 In a small bowl, whisk together balsamic vinegar, olive oil and no-calorie sweetener. Lightly drizzle over skewers before serving.

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# Salmon Mousse

1 package unflavored gelatin  
1 cup cold water  
2 Tbsp. sugar  
2 Tbsp. lemon juice  
1 Tbsp. white wine vinegar  
2 Tbsp. grated onion  
2 Tbsp. horseradish  
½ tsp. salt  
1 pound of salmon  
½ cup finely chopped celery  
½ cup mayonnaise

Dressing, mix together:

1 large avocado, mashed  
½ cup sour cream  
¼ tsp. salt

Soften gelatin in the cold water. Stir over low heat until dissolved. Add sugar, lemon juice, vinegar, onion, horseradish, and salt.

Pour into small bowl and chill covered until partially set. About 1 ½ - 1 ¾ hour. It should wiggle and be a little sloppy.

Poach the salmon by starting in cold water and simmer 5-7 minutes per pound. Shred the salmon and mix with chopped celery and mayonnaise.

Fold salmon into gelatin.

Spoon into a 1 quart mold, or crystal bowl, or whatever.

Chill until firm, about 2 hours.

Serve as a salad with the dressing.

Or on crackers, with or without the dressing.

# Lentil Soup

## Ingredients

1 large yellow onion (chopped)  
1 tablespoon olive oil  
4-5 cloves of garlic  
1 bag of lentils  
1 6 oz can of tomato paste  
4 carrots (peeled and cut)  
4 stalks of celery (cut)  
Salt and Pepper  
Parmesan Cheese (for topping)

In a large sauce pot add olive oil and saute chopped onion and until almost carmelized, then add garlic (garlic takes less time). Rinse lentils and add to pot. Fill the pot with enough water to cover the lentils with about 4-5 inches of water. Add tomato paste, carrots and celery and stir. Cook on medium to low heat, stirring occasionally until lentils are cooked thoroughly. Add salt and pepper to your liking. Add parmesan cheese upon serving. This soup is thick and hearty.  
Enjoy!!!!

# Healthy no bake mini cheesecake bites

**- Yields 24 mini cheesecakes**

Crust:

- 1 cup graham cracker crumbs
- 3 tablespoons unsalted butter (or coconut oil), melted

Filling:

- 1 (8 oz.) package plain cream cheese (I use 1/3 reduced fat), softened
- 1/4 cup plain nonfat Greek yogurt
- 1 1/2 tablespoons honey (or none, if you prefer less sweet)
- 1/2 tablespoon lemon juice
- 1 teaspoon vanilla extract
- Pinch of salt

Toppings:

- Chopped fresh fruit and/or mini chocolate chips or chocolate sauce

Spray a mini muffin tin with cooking spray and set aside. Combine graham cracker crumbs and melted butter in a small bowl and stir well to combine. Spoon 2-3 tablespoons of the crumb mixture into each mini muffin cup. Press down using a small bottle or shot glass to help it get packed in. Put the pan in the freezer to firm up the crust while you make the filling.

To make the cheesecake filling: Use a hand mixer or stand mixer to mix all of the filling ingredients until creamy and smooth. Add about a tablespoon of the cream cheese filling to each muffin cup. I dollop it in with a spoon and then wet a couple of fingers and press down the tops to smooth them out.

Top with desired toppings.

Cover the pan and return to the freezer for 15-20 minutes to set up. Use a spoon or knife to loosen the edges of each cheesecake then pop out of muffin tin and serve!

Keep extras of these cheesecake bites stored in the freezer so they don't soften and fall apart. (You can pop them out of the muffin tin once they are set up and put them in a freezer-safe bag or container.) Bring them to room temp for at least 5 minutes before serving especially if they are decorated with fruit so it's not solid.

# Smoked Salmon Cucumber Bites



Sangria

Caprese Kebabs with Balsamic Drizzle



Salmon Mousse with Avocado Dressing

Lentil Soup



No-Bake Mini Cheesecake Bites