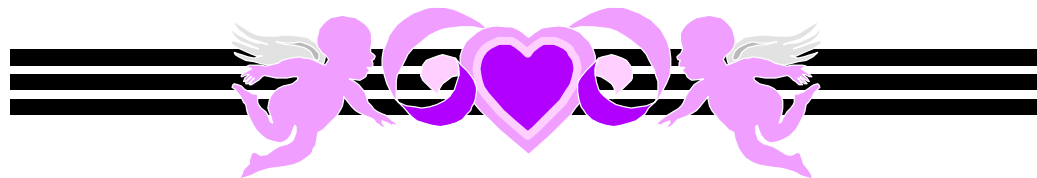


# HEART HEALTHY FOODS FOR YOUR VALENTINE

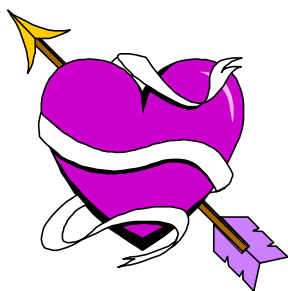


**FEBRUARY:** *Valentine's Day, Heart Month and Potato Lovers Month. This tip sheet has food ideas for celebrating all three occasions. The recipes encourage healthy eating for the cook who likes to keep it simple. Enjoy! Jan Temple*

## BREAKFAST IDEAS

♥ Valentine Muffins - Makes 1 dozen muffins.

- 1 1/3 cups all purpose flour
- 3/4 cup rolled oats
- 1/3 cup sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 beaten egg
- 3/4 cup milk
- 1/4 cup cooking oil
- 1 cup coarsely chopped cranberries
- AND 2 Tablespoons sugar**



1. Line twelve 2 1/2 inch muffin cups with paper bake cups; set aside. In a medium mixing bowl combine flour, oats, sugar, baking powder, and salt. Make a well in center of dry mixture; set aside.
2. In another mixing bowl combine egg, milk, and oil. Add egg mixture all at once to the dry mixture. Stir just till moistened. Fold in chopped cranberries.

3. Spoon batter into prepared muffin cups, filling each 2/3 full. Bake in a 400°F oven 20 minutes or till golden. Cool in muffin cups on wire rack for 5 minutes. Remove from muffin cups; serve warm.

**From *Better Homes and Gardens New Cook Book***  
Nutrition Facts per muffin: 185 cal., 7 g. total fat (1 g. sat. fat)

At just 7 grams of fat per muffin, the recipe above is low fat. It has just **1 teaspoon** fat per muffin. Following are two ways to cut the fat even more:

**Applesauce Method:** Eliminate all oil and replace it with 1/4 cup applesauce. This results in a **fat free** muffin. You may have difficulty getting the muffin to come out of the wrapper. TIP: Placing the cooled muffins in a sealed plastic bag over night will eliminate the problem.

**Yogurt Method:** Eliminate the egg. Use only 2 tablespoons oil and ADD 1/4 cup fat free yogurt (I used vanilla flavored fat free yogurt). Result: only 1/2 **teaspoon** of fat per muffin.

Valentine Tip – To make a muffin look like a heart shaped treat, fill the muffin cup 1/2 to 2/3 full and then insert a marble in between the muffin pan and liner. Bake as usual. No marbles? Use a small ball of tin foil.

♥ Valentine Waffles

Prepare a low fat waffle or pancake for your Valentine. Instead of serving with traditional syrup, use applesauce – plain or a fruit flavored variety currently available at the grocery store.

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## LUNCH IDEAS

### ♥ Valentine Potato - Makes 4 servings.

4 medium baking potatoes, baked  
1 15 oz. can black beans, drained  
1 16 oz. sack frozen, chopped green pepper  
1 cup low fat cottage cheese  
1 cup salsa  
½ cup reduced fat grated cheddar cheese

1. Mix together drained beans and green pepper.
2. Layer each hot, split baked potato with:
  - 1 cup bean and green pepper mixture;
  - ¼ cup cottage cheese
  - ¼ cup salsa
  - 2 tablespoons grated cheese
3. Microwave or broil until hot.

### ♥ Pizza Hearts

Use a heart cookie cutter to cut hearts from the pizza dough or form a big pizza dough heart. Make it more heart-healthy by using 2 times as many vegetables as usual AND only half the normal amount of cheese.



## PARTY AND SNACK IDEAS

- ♥ Serve popcorn in red plastic or paper cups.
- ♥ Serve low-fat or fat free strawberry flavored frozen yogurt.
- ♥ Serve bagels spread with fat free strawberry cream cheese.
- ♥ Prepare cereal treats using a nutrient rich cereal (examples: Multi-Grain Cheerios®; Total®; Wheaties®). Add red food coloring to the syrup mixture. Shape hot mixture into heart shapes or press into a pan and use cookie cutters to make heart shapes.
- ♥ Apple Smiles – Spread two apple slices with peanut butter. Make a ‘sandwich’ or smile using 3 to 4 mini marshmallows as teeth (peanut butter side next to marshmallows).

## DESSERT IDEAS

### ♥ Layers of Red and White

In a parfait glass or clear dish, layer pieces of angel food cake, frozen strawberries, and fat free vanilla yogurt. Top with a strawberry (frozen one is fine).

### ♥ White Chocolate Pudding Plus

*This is a great way to “stretch” pudding and get more calcium into your diet.*

Prepare packaged instant White Chocolate Pudding Mix with only 1 ½ cups skim milk. Fold in 2 cups fat free vanilla yogurt. To make into a Valentine treat, layer with frozen raspberries in a pretty dish.

### ♥ Valentine Cutouts

2 packages (.6 oz. each) cranberry flavored sugar free gelatin  
2 ½ cups cranberry juice heated to boiling  
1 cup skim milk, cold  
1 package (1 ¾ oz.) instant vanilla pudding mix

1. In a bowl, dissolve gelatin in hot cranberry juice. Set aside for 30 minutes.
2. In a small bowl, whisk milk and pudding mix until smooth – about 1 minute.
3. Quickly pour pudding mixture into gelatin. Whisk until well blended.
4. Pour into an oiled 9 X 13 X 2 pan. Chill until set.
5. Cut into hearts or cubes. Yield – 8 to 10 servings.



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Compiled by Jan Temple  
Nutrition Field Specialist  
Iowa State University Extension  
319-337-2145

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