

Winner

Heart-Healthy Quinoa & Eggplant Baked Kibe (9 Portions)

Overview

This innovative take on the Middle Eastern classic swaps traditional bulgur wheat for a nutrient-dense duo of quinoa and eggplant.

Cardiovascular Benefits

- Quinoa: A complete protein source that provides magnesium and potassium, essential minerals for maintaining healthy blood pressure.
- Eggplant: Rich in anthocyanins (antioxidants) and soluble fibers that help lower "bad" LDL cholesterol.
- Fresh Herbs & Spices: Herbs like mint and spices such as Za'atar and Paprika provide anti-inflammatory properties and allow for a flavorful meal with less added salt.
- Yogurt Sauce (Tzatziki style): Offers probiotics for gut health and a low-fat calcium source compared to heavy cream-based sauces.

Ingredients

Kibe Base Ingredients

- 500g lean ground beef
- 1.5 cups cooked quinoa
- 1.5 cups cooked eggplant (approximately 1 whole eggplant, softened)
- Onion, garlic, and fresh mint (to taste)
- Salt, black pepper, Za'atar, and paprika (to taste)

Refreshing Yogurt Sauce Ingredients

- 1 cucumber, grated
- 3 tablespoons Greek yogurt (plain and unsweetened)
- Fresh mint, salt, and black pepper (to taste)
- A squeeze of fresh lemon juice

Instructions

1. Prepare the Kibe: In a large bowl, combine the lean ground beef, cooked quinoa, and cooked eggplant. Add finely chopped onion, garlic, mint, and all the spices. Mix thoroughly until the texture is consistent throughout.
2. Bake: Spread the mixture evenly into a baking dish. Bake in a preheated oven at 350°F (180°C) for about 60 minutes, or until the kibe is firm and golden.
3. Prepare the Sauce: Grate the cucumber and squeeze it firmly with your hands or a clean cloth to remove any excess water. Combine the cucumber with Greek yogurt, mint, salt, pepper, and lemon juice.
4. Serve: Slice the kibe into squares and serve with a dollop of yogurt sauce on top, offering a refreshing contrast.

Chef's Tip

For an improved texture, pulse the cooked eggplant in a food processor before mixing it with the meat. This helps the eggplant blend seamlessly, making the kibe moist without any large chunks.

Winner

♥ Heart-Healthy Dark Chocolate Avocado Mousse Cups ♥

Description

A velvety dairy-free chocolate mousse made with heart-healthy avocado and antioxidant-rich cocoa, delivering indulgent flavor with a cardiovascular-conscious profile.

Ingredients

- 2 ripe avocados
- 1/3 cup unsweetened cocoa powder
- 1/3 cup maple syrup
- 1/3 cup unsweetened almond milk
- 1 tsp vanilla extract
- Pinch salt
- Optional: 1/2 tsp espresso powder

Optional coconut whip:

- 8 oz canned coconut cream
 - 2 tsp maple syrup
 - 1 tsp vanilla extract
-
- Optional: Berries and mint leaf for garnish

Instructions

1. Blend all ingredients in blender or food processor until completely smooth.
2. Pour into small bowls or glasses. Chill at least 30 minutes.
3. Portion into 6 cups and garnish with berries and/or mint leaf.

Estimated Nutrition (per serving)

Calories	~190
Total Fat	12 g
Saturated Fat	~2 g
Cholesterol	0 mg
Sodium	~40 mg
Total Carbohydrates	20 g
Dietary Fiber	~5 g
Protein	~3 g

Low Carb

Recipe Chicken Carrot Wraps

From Courtney Flyberger

Prep Time 15 min Cooking Time 25-30 min Serves 3

Can be made ahead _____ Can be frozen for _____

Ingredients: 3 Medium Carrots shredded, 1 egg,
1 cup shredded Mozzarella, 1/2 tsp smoked paprika,
1/2 tsp garlic powder, pinch of salt.

 Mix above ingredients in a bowl and form 3 wraps on a baking sheet covered

in Parchment Paper. Bake at 350° for 25-30 min.

Chicken Filling:

^{Pico}
 1 Lemon Pepper Rotisserie Chicken

1 Avocado

1/2 small onion

Chopped Cilantro

Lime, salt

1/2 tsp jalapeno (optional)

Mix together Avocado, onion, Lime, salt, and jalapeno and spread on wrap. Add chopped chicken and Cilantro and top with Mango Thai Chili Sauce and Pico

♥ Heart-Smart Berry Chia Almond Parfaits ♥

Description

A naturally sweet, fiber-rich layered parfait featuring antioxidant-packed berries, omega-3-rich chia seeds, and heart-healthy almonds. Low in saturated fat and aligned to promote cardiovascular wellness.

Ingredients

- ½ cup chia seeds
- 2 cups unsweetened almond milk
- 2 tbsp maple syrup
- 1 tsp vanilla extract
- Pinch salt

- 2 cups mixed berries (I used strawberries, blackberries, blueberries, and raspberries)
- 1 tbsp maple syrup (optional)
- 1 tsp lemon juice

- ¾ cup sliced almonds
- 1 tbsp maple syrup
- 1 tsp olive or avocado oil
- Pinch cinnamon and salt

Instructions

1. Puree raspberries, strain seeds, and put layer at bottom of clear glasses. Whisk almond milk mixture and chia, let sit 5 minutes and whisk again. Pour on top of raspberry puree layer; chill at least 2 hours.
2. Warm berries with maple syrup and lemon in small pan on stovetop; cool.
3. Bake coated almonds at 350°F for 6–8 minutes.
4. Layer chia, berries, and almonds into 6 clear glasses.

Estimated Nutrition (per serving)

Calories	~252
Total Fat	15 g
Saturated Fat	~1.5 g
Cholesterol	0 mg
Sodium	~60 mg
Total Carbohydrates	26 g
Dietary Fiber	~9 g
Protein	~7 g

♥ Mediterranean White Bean & Avocado Stuffed Mini Peppers ♥

Description

A vibrant Mediterranean-inspired appetizer featuring fiber-rich white beans and creamy avocado with extra virgin olive oil and herbs. This dish is plant-forward and heart-healthy.

Ingredients

- 18 mini sweet peppers
- 1 (15-oz) can white beans, drained and rinsed (cannellini or great northern beans)
- 1 ripe avocado
- 2 tbsp extra virgin olive oil
- 2 tbsp lemon juice
- 1 garlic clove, minced
- ¼ tsp salt
- ¼ tsp black pepper
- 2 tbsp chopped parsley
- 1 tbsp chopped dill (optional)
- Optional: smoked paprika or red pepper flakes

Instructions

1. Slice peppers lengthwise and remove seeds; Set aside.
2. Mash beans and avocado until mostly smooth.
3. Stir in remaining ingredients and season with salt and pepper to taste.
4. Fill pepper halves and garnish with dill or parsley and/or sprinkle of smoked paprika or red pepper flakes.

Estimated Nutrition (per serving)

Calories	~165
Total Fat	9 g
Saturated Fat	~1.3 g
Cholesterol	0 mg
Sodium	~180 mg
Total Carbohydrates	18 g
Dietary Fiber	~6 g
Protein	~5 g

Heart-Healthy Apple Crumble (8 Portions)

This Crumble is designed to be a natural "broom" for your arteries, utilizing ingredients that fight inflammation and cholesterol:

- **Apples (with skin):** Rich in pectin (a fiber that reduces fat absorption) and quercetin, an antioxidant that protects the lining of blood vessels.
- **Rolled Oats:** Contain beta-glucan—the "golden fiber" for the heart—which helps lower LDL (bad) cholesterol in the blood.
- **Avocado Oil:** Provides heat-stable monounsaturated fats, helping to maintain healthy HDL (good) cholesterol levels.
- **Pure Maple Syrup:** Contains over 24 antioxidants and minerals like manganese, which aid metabolic health.
- **Cinnamon:** Improves insulin sensitivity, preventing sugar spikes that can damage arterial walls.
- **Walnuts:** A plant-based source of Omega-3, essential for reducing systemic inflammation.

Ingredients (Grams):

The Fruit Base:

- 750g Medium apples, chopped (with skin)
- 15g Lemon juice
- 5g Ground cinnamon
- 20g 100% Pure maple syrup

The Golden Topping (Crumble):

- 150g Old-fashioned rolled oats
- 50g Chopped walnuts
- 40g Avocado oil
- 40g 100% Pure maple syrup
- 1g Pinch of salt

Instructions:

1. **Prepare the Base:** Mix the apples, lemon juice, cinnamon, and the 20g of maple syrup. Distribute the mixture into a baking dish or 8 individual ramekins.
2. **Create the Topping:** In a bowl, combine the oats, walnuts, avocado oil, the 40g of maple syrup, and the salt until the mixture reaches a "wet sand" texture.
3. **Cover and Bake:** Spread the crumble topping evenly over the apples. Bake at **180°C** for 25 to 30 minutes until golden brown.

Chef's Tip:

Serve warm with a dollop of **plain Greek yogurt** for a healthy and delicious temperature contrast.

Heart-Healthy Avocado Chocolate Mousse (8 Portions)

This dessert is a "superfood" disguised as a treat. By replacing dairy with noble plant-based fats, you are supporting your heart with:

- **Dark Chocolate (70%+):** Rich in flavonoids that improve arterial elasticity and help reduce blood pressure.
- **Avocado:** A source of monounsaturated fats and potassium, essential for controlling cholesterol and heart rhythm.
- **Cocoa Powder:** Contains potent polyphenols that combat vascular inflammation.
- **Coconut Cream:** A cholesterol-free alternative that provides creaminess without trans fats or saturated animal fats.

Ingredients (Grams):

- **220g** Dark Chocolate (at least 70% cocoa solids)
- **300g to 350g** Ripe Avocado flesh (approx. 2 large Hass avocados)
- **160g** Coconut Cream (the thick part from the top of a chilled can)
- **60g** Maple Syrup (or Honey)
- **10g** Sifted Cocoa Powder
- **10g** Vanilla Extract
- **1g** Pinch of Sea Salt

Instructions:

1. **Melt the Chocolate:** Break the chocolate into pieces and melt it slowly in a heatproof bowl over a pan of simmering water (Bain-marie). Once melted, set aside to cool slightly.
2. **Prepare the Avocado:** Scoop the flesh of the avocados into a food processor or high-speed blender.
3. **Combine:** Add the coconut cream, cocoa powder, maple syrup, vanilla extract, and salt to the processor.
4. **Blend:** Pour in the melted chocolate and blend immediately. Process until the mixture is completely smooth and velvety. Ensure there are no green flecks remaining.
5. **Set:** Divide the mousse into 8 small ramekins or glasses.
6. **The Overnight Trick:** For the best flavor, make it a day in advance. Cover the surface directly with cling film (touching the mousse) to prevent oxidation. Refrigerate for at least 1 hour (ideally overnight).

Chef's Tip:

For a sophisticated touch, finish just before serving with **fresh orange zest** and a **pinch of fleur de sel**. The contrast with the dark chocolate is sublime!

Crispy Zucchini Rings

A light, savory recipe that works well as a side dish or healthy snack. Best served fresh and warm.

Ingredients

3	Zucchini
20 g	Grated Parmesan cheese
1/2 clove	Garlic, crushed
1 tbsp	Olive oil
To taste	Salt and black pepper

Preparation

- 1 Cut the zucchini into thick slices or rings. Gently remove the soft inner pulp and set it aside.
- 2 Place the zucchini rings on a baking sheet lined with parchment paper.
- 3 Drizzle with olive oil and season with salt and black pepper. Sprinkle the grated Parmesan cheese evenly over the rings.
- 4 Bake in a preheated oven at 430°F (or use an air fryer) until golden brown and slightly crisp.
- 5 Meanwhile, sauté the reserved zucchini pulp in a skillet with a small amount of olive oil, salt, and black pepper. Cook until lightly golden.
- 6 Blend the cooked pulp in a food processor until smooth. Serve alongside the zucchini rings as a dip or spread.

Nutritional Highlights

- **Zucchini:** Low in calories and rich in water content, zucchini provides fiber, vitamin C, and beneficial plant compounds. It supports digestion and contributes to overall micronutrient intake.
- **Parmesan Cheese:** A flavorful cheese that adds protein and calcium. Small amounts can enhance taste while contributing essential minerals important for bone health.
- **Garlic:** Contains bioactive compounds such as allicin, which are associated with cardiovascular and immune-support benefits in nutrition research.
- **Olive Oil:** A source of monounsaturated fats and polyphenols. Frequently linked to heart-healthy dietary patterns, particularly in Mediterranean-style diets.

Fresh Psyllium–ACV Grape Kombucha

A quick, mix-and-drink recipe designed to be made fresh and consumed immediately with meals.

Ingredients (1 serving)

- 1 tbsp Psyllium husk (non-GMO, gluten-free certified, organic)
- 1 tbsp Organic apple cider vinegar
- 1/2 cup Organic non-GMO grape juice (100% juice, no added sugar)
- 8 oz Organic kombucha (from a trusted brand; “clean” label)

Directions

- 1 Pour **1/2 cup grape juice** into a glass.
- 2 Add **1 tbsp apple cider vinegar** and stir.
- 3 Add **8 oz kombucha** and stir gently.
- 4 Sprinkle **1 tbsp psyllium husk** on top while stirring briskly to prevent clumps.
- 5 **Drink right away** (before it thickens). If it thickens too fast, add a little more liquid and stir.

When to drink

Drink **with lunch and dinner**. Make it fresh each time. **Do not store** after mixing (psyllium thickens and quality/safety can change over time).

Medication timing (important): Psyllium is a gel-forming fiber that can bind to or “carry along” some oral medicines, which may reduce absorption. Many clinical and pharmacy references recommend taking oral medications **at least 2 hours before or 2 hours after** psyllium (some suggest 2–3 hours) and taking psyllium with a full glass of liquid.

Also be cautious if you: have swallowing problems, a history of bowel narrowing/obstruction, diabetes (because fiber and vinegar can affect blood sugar), kidney disease, are pregnant/breastfeeding, or have a weakened immune system (kombucha may not be appropriate). If you take any prescription medicines, ask your clinician/pharmacist what timing is safest for you.

Why these ingredients

- **Psyllium husk:** A viscous soluble fiber that helps soften stools and support regularity; evidence also shows it can lower LDL (“bad”) cholesterol and may improve glycemic control, especially in people with elevated blood sugar.