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# FOOD AS MEDICINE:

# Heart Health

Recipes by Allison Harrell



## Heart-Healthy Salad

### Ingredients:

Serves: 4

- 5 ounces arugula
- ¼ red onion, sliced thin
- 2-3 tablespoons hemp seeds
- 2-3 tablespoons walnuts, chopped
- 1 avocado, diced
- ½ cup blueberries
- ½ cup sliced strawberries
- ½ cup edamame, shelled
- Marinated Vegan Feta Tofu with leftover sauce

### Instructions:

#### STEP 1:

Add arugula to a large mixing bowl.

#### STEP 2:

Add the red onion, hemp seeds, and walnuts. Toss well.

#### STEP 3:

Fold in avocado, blueberries, strawberries, edamame, and marinated vegan feta cheese.



## Vegan Feta

### Ingredients:

Makes: 6 to 8 servings

- 1 14-ounce block of extra-firm tofu
- 2 ½ tablespoons white miso paste, brought to room temperature
- 1/3 cup (76 mL) apple cider vinegar
- ¼ cup (60 mL) lemon juice
- 2 tablespoons extra virgin olive oil
- 6 garlic cloves, crushed
- 2 tablespoons nutritional yeast
- 1 tablespoon dried oregano
- ¾ teaspoon onion powder
- ½ teaspoon kosher salt
- ¾ teaspoon black pepper
- ½ teaspoon red pepper flakes, optional

### Instructions:

#### STEP 1:

Drain the tofu and press to drain excess liquid out. Slice vertically into 3 to 4 slabs. Line a cutting board with a few layers of paper towels or a clean dish towel. Place the tofu slabs on top, wrap the tofu in more paper towels or a clean dish towel, then weigh the tofu down with a heavy cookbook or a large plate weighed down by a few cans of beans (or use a tofu press). Press the tofu for at least 30 minutes.

#### STEP 2:

Once pressed, cut the tofu into small cubes (you don't want large cubes).

#### STEP 3:

In a medium bowl for which you have a lid, whisk together the miso, vinegar, lemon juice, oil, garlic, nutritional yeast, oregano, onion powder, salt, pepper, and red pepper flakes (if using) until the miso paste is dissolved. Add the tofu pieces to the marinade (you can also add the tofu to a large glass jar and pour the marinade on top). Mix well, shaking the bowl or jar, but don't break up the tofu.

#### STEP 4:

Refrigerate for at least 12 hours, but preferably for 48 hours. The longer, the brinier it'll taste, like classic feta. It will stay good in the fridge for up to 7 days.



## Lentil Rice Soup

### Ingredients:

Makes: 6 to 8 servings

- 1 tablespoon olive oil
- 1 white onion, roughly chopped
- 3 celery stalks diced
- 3 carrots diced
- 1 cup chopped cremini mushrooms, about 3 ounces
- 4 garlic cloves, minced
- 1/4 teaspoon cumin
- 1/4 teaspoon dried thyme
- pinch of red pepper flakes
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1 14.5-ounce can diced tomatoes
- 1 can tomato paste
- 4 cups low sodium vegetable broth
- 3 cups water
- 3/4 cup wild rice
- 3/4 cup green lentils
- 6 ounces baby spinach
- juice of 1 lemon, large
- 1 tablespoon chopped parsley.



## Lentil Rice Soup

### Instructions:

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#### STEP 1:

Heat the olive oil in a large saucepan over medium high heat. Then sauté the onions, celery, carrots, and mushrooms until they start to soften, about 4 to 5 minutes. Add the garlic, cumin, thyme, red pepper flakes, salt and pepper and cook for another minute until fragrant. Stir in the diced tomatoes, tomato paste, vegetable broth, water and wild rice.

#### STEP 2:

Bring the mixture to a boil. Reduce the heat and simmer for 10 minutes. Add the lentils and continue simmering for 20 to 25 minutes, until the rice is cooked and the lentils are tender.

#### STEP 3:

Stir in the baby spinach, lemon juice, and parsley, letting the greens wilt.

#### STEP 4:

Taste the soup. Add more salt and pepper, if needed.



## Dessert Hummus

### Ingredients:

Recipe adapted from <https://cookeatlivelove.com/cacao-raspberry-dessert-hummus-recipe/#recipe>

- 1 15-ounce can chickpeas, drained
- ½ cup peanut butter
- 4 medjool dates, pitted and soaked in hot water for five minutes. (save the water to use some in the recipe)
- ½ cup cacao powder
- 1 teaspoon vanilla extract
- ¼ teaspoon sea salt
- ⅓ cup raspberry jam, low sugar
- fresh berries, optional for topping
- chopped almonds, optional for topping

### Instructions:

#### STEP 1:

Drain dates and reserve the soaking liquid for later.

#### STEP 2:

Place chickpeas, almond butter, dates, cacao powder, vanilla extract, salt and jam in food processor bowl and process until smooth.

#### STEP 3:

Add one tablespoon of the reserved soaking water to mixture if it seems too thick. Process again. Repeat with more of the liquid as needed to get it to a creamy consistency.

#### STEP 4:

Transfer to serving bowl and top with chopped almonds and fresh raspberries, if you are using them, and serve it with your favorite dippers.