

Heart Healthy Recipes

These nutritious dishes, recommended by Valley Health registered dietitians, are tasty and good for you!

Moroccan Carrots Scented with Lemon and Spices

- 5 medium-size carrots
- 3 cloves garlic
- 1/4 cup lemon juice
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon ground cumin
- 1/4 teaspoon fennel seeds
- 2 sprigs fresh parsley
- 2 sprigs fresh cilantro
- Pepper to taste

Peel the carrots. Cut in half crosswise and then quarter lengthwise. Crush the garlic cloves.

Bring water to a boil in pot and add the carrots and garlic. Cook over medium-high heat until tender, about 20 minutes. Meanwhile, put the lemon juice, olive oil, cumin, fennel seeds, and cilantro in a shallow bowl. Beat the ingredients with a fork to combine. Set the dressing aside.

Thoroughly drain the cooked carrots. Add the dressing in a bowl. Gently mix to coat the carrots with the dressing. Season with pepper, and mix once again. Enjoy immediately, or for best flavor, refrigerate covered and serve later in the day.

Black Bean and Corn Salad Recipe

- 2 (14.5-oz) cans black beans (rinsed and drained)
- 2 cups frozen corn (thawed)
- 1 red bell pepper, finely diced
- 1/2 cup finely diced red onion
- 1/2 cup chopped fresh cilantro
- 2 small limes (juiced)
- 3 tbsp olive oil
- 1/2 tsp cumin
- 1/4 tsp garlic powder
- 1/4 tsp black pepper
- 1/4 tsp cayenne pepper (optional)

In a medium bowl, combine beans, corn, red pepper, red onion and cilantro. In a small bowl, whisk together remaining ingredients and pour over bean salad. Toss to coat.

