



Happy  
New Year

# Heart Healthy Recipes - January 2006

From INTER<sub>x</sub>VENT<sup>USA</sup>, Inc.

Happy  
New Year

In 2006, embark on the exciting journey to improve your health and well being .....  
*You can do it... We can help .....INTER<sub>x</sub>VENT<sup>USA</sup>*  
*Our outstanding results are published in many prestigious medical journals, including "The American Journal of Cardiology."*



## Curried Couscous with Walnuts

### INGREDIENTS:

- 1 (14¼ oz) can fat-free, less-sodium chicken broth
- ¼ cup water
- ½ tsp curry powder
- 1 (10 oz) package couscous
- ½ cup sliced green onions
- 2 TBSP walnuts (chopped)
- 2 TBSP golden raisins

**METHOD:** Combine chicken broth, water, and curry powder in a saucepan; bring to a boil. Stir in couscous; cover, remove from heat, and let stand 5 minutes. Stir in green onions, walnuts and raisins; fluff couscous with a fork.

**YIELD:** Approximately 4 servings; 98 cal; 2 g fat; 18 g carbs per serving.

## Chicken and Cheese Enchiladas

### INGREDIENTS:

- 1 cup white onion (chopped) –divided into half
- 1 cup bell pepper (chopped) – divided into half
- 1 (19-oz) can enchilada sauce
- 10 (8-inch) flour tortillas
- ¼ cup fresh cilantro (chopped)
- 2 large chicken breast halves (frozen, skinless, boneless) approx. 5-6 oz each
- 1½ cups shredded reduced fat Mexican blend cheese- divided into half
- ¾ tsp ground cumin
- ¼ cup fat-free sour cream
- Low-fat cooking spray

**METHOD:** Preheat oven to 350 degrees. Microwave chicken breasts 4-5 minutes on high (turning half way through). Allow to cool and then shred or chop and set aside.

**Sauce:** Heat a large non-stick skillet over medium-high heat. Coat pan with low-fat cooking spray. Add ½ chopped onion and ½ chopped green pepper. Saute for two minutes or until crisp and tender. Add enchilada sauce and bring to a boil. Cover, reduce heat and simmer for 5 minutes.

**Chicken Mixture:** Combine chicken with the remaining onion and bell pepper, ¾ cup of cheese and cumin, tossing well.

**Tortillas:** Wrap tortillas in paper towels – microwave at high for 30 seconds or until warm. Spoon ¼ cup of chicken mixture in the center of each tortilla; roll up. Place tortillas seam side down, in an 11x7 inch baking dish coated with low-fat cooking spray. Pour sauce over enchiladas. Bake for 10 minutes. Remove from oven and sprinkle with remaining cheese. Bake for another 10 minutes. Serve with fat-free sour cream and cilantro (optional).

**YIELD:** 5 servings; 364 cal; 10.9 g fat; 34 g carbs per serving.

## Apple Crisp

### INGREDIENTS:

- 1 ½ lbs (5 medium) apples, cored, sliced, unpeeled
- 2 TBSP fresh lemon juice
- Low-fat cooking spray
- ¼ tsp ground cinnamon
- 2/3 cup all-purpose flour
- ½ cup firmly packed brown sugar
- ½ cup uncooked oatmeal
- 1/3 cup Smart Balance

**METHOD:** Preheat oven to 375 degrees. Lightly spray a 2-quart casserole dish with low-fat cooking spray. Arrange apples in prepared dish. Sprinkle with lemon juice and cinnamon. In a medium bowl, combine flour, brown sugar and oatmeal. Add Smart Balance with a fork or pastry blender until mixture is crumbly. Spread over fruit. Bake 40 minutes or until apples are tender.

**YIELD:** Approximately 8 servings; 219 cal; 8 g fat; 36 g carbs per serving.

*Variation 1: Peach Crisp – Use 1 lb (6 medium), peeled and sliced, fresh peaches in place of apples.*

*Variation 2: Blueberry Crisp – Use 3 cups fresh or frozen unsweetened blueberries in place of apples.*



A special thanks to Julie Blakely, INTERVENT mentor, for these recipes.  
INTERVENT<sup>USA</sup> -- 1-866-476-1113 or 912-353-9997

For additional information: e-mail: [info@interventusa.com](mailto:info@interventusa.com) or [www.interventusa.com](http://www.interventusa.com)

Recipes-January 2006.doc

Copyright © 2005 INTER<sub>x</sub>VENT<sup>USA</sup>, Inc. All Rights Reserved.