

Heart Healthy Items

Recently, we have been asked to produce menu items with no or low-fat content; during the past year, we have worked with medical & nutritional experts to develop a variety of items that are both heart healthy and delicious. Here is a sample (most of which have 3 or fewer fat grams and less than 150 calories):

sugar snaps with lemon, parmesan, and extra virgin olive oil
zucchini, stuffed or roasted
grilled portobello mushrooms with caponata
corn and edamame salad
garbanzo salad
grilled salmon fillet with mango & tarragon salsa
grilled breast of chicken with a lime garlic mojo
grilled swordfish steak with a citrus sambal
wild rice
Mexican Caesar salad
roasted broccoli
tossed salad with a no-fat yogurt & applesauce dressing
grilled vegetables wrap
mixed fruits with a sweetened yogurt dip

We would be pleased to include some of these items in your next menu. In addition, we would be pleased to present some of these items to you and your friends or staff in a demonstration format to show you how easy it can be to produce heart healthy and flavorful menus at home or in the office.