Heart-Healthy Recipe Cards

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Title: Summer Salad Dressings - Buttermilk Ranch

Category: Lunch or Dinner

Advantage: This dressing is great over a green salad, as a dip for raw veggies or drizzled over a sandwich. It is a great alternative to the typical high-fat bottled ranch dressings.

Prep Time: 5 Minutes  Level: Easy  Serves: Four  Cook Time: 5 Minutes

Ingredients:
1/2 cup low-fat buttermilk
1/4 cup low-fat mayonnaise
2-3 tbsp white vinegar
1 clove finely-chopped fresh garlic
Salt and Pepper
Optional: 1/4 cup finely-chopped fresh dill or chives

Directions:
1. Combine all ingredients in large mixing bowl
2. Whisk until smooth

Tips: Served chilled over a garden salad on a hot summer day – this dressing delivers the perfect cool, crisp taste that your family will love.

Nutrition Facts
Serving Size 2 TBS
Calories 31.3
Total Fat 2.65g
Saturated Fat 0.5g
Sodium 67mg
Total Carbohydrate 1.75g
Dietary Fiber <0.1g
Protein 0.7g
Title: Summer Salad Dressings - Raspberry Vinigrette

Category: Lunch or Dinner

Advantage: This slightly sweet dressing is a delicious complement to a spinach salad. Try it with some fresh berries and toasted almonds tossed in for a heart-healthy treat your friends and family will love.

Prep Time: 5 Minutes | Level: Easy | Serves: Four

Cook Time: 5 Minutes

Ingredients:
- 1/3 cup canola oil
- 1/4 cup raspberry balsamic vinegar
- 2 tbs orange juice
- 2 tbs raspberry preserves (low sugar or sugar-free work fine)
Optional: 1/4 cup fresh raspberries or strawberries

Tips: Add some grilled chicken or steak to your salad and serve for a delicious meal.

Directions:
1. Combine all ingredients in a food processor
2. Puree until smooth

Nutrition Facts
Serving Size 2 TBS

Calories 96
Total Fat 9g
Saturated Fat 0.6g
Sodium 2.5mg
Total Carbohydrate 5.1g
Dietary Fiber 0.25g
Protein <0.1g
Title: Summer Salad Dressings - Dijon Vinigrette

Category: Lunch or Dinner

Advantage: Enjoy this deliciously fresh dressing on salads, as a marinade for grilled vegetables or drizzled on summer tomatoes.

Prep Time: 5 Minutes  Level: Easy  Serves: Four

Cook Time: 5 Minutes

Ingredients:
- 1/2 cup olive oil (extra virgin is best)
- 1/2 cup red wine vinegar
- 1 tsp Dijon mustard
- 3 cloves of finely-chopped garlic
- Juice of 1/4 fresh lemon
- Optional: Finely-chopped fresh herbs - such as tarragon, basil, dill and rosemary.

Tips: Adds a perfect note of spice to complement hot or cold pasta dishes.

Directions:
1. Combine all ingredients in a covered jar or salad dressing bottle
2. Shake until all ingredients are blended

Nutrition Facts
Serving Size 2 TBS

Calories 122
Total Fat 13.5g
Saturated Fat 1.8g
Sodium 15.5mg
Total Carbohydrate 0.6g
Dietary Fiber <0.1g
Protein <0.1g