

Recipes for a Healthy Heart

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Black Bean Salsa

1 15.5-oz. can no-salt-added or low-sodium black beans, drained and rinsed
1 15-oz. can no-salt-added or low-sodium whole kernel corn, drained -or- 3/4 cup frozen corn, thawed
1 medium bell pepper, diced -or- 1 medium tomato, diced
1/2 cup red onion, diced
1 teaspoon minced garlic
2 teaspoons chopped cilantro
2 tablespoons apple cider vinegar
3 tablespoons extra virgin olive oil
Juice of 1 medium lime

Directions

In a large bowl, toss together all the ingredients. Chill for at least 1 hour before serving.

Yield: 6 servings – 3/4 cup per serving

Nutrition Facts (per serving)

Calories: 142, Carbohydrates: 26gm, Protein: 6gm, Fat: 3gm, Fiber: 5gm, Sodium: 11mg

Warm Spinach and Artichoke Dip

1 tablespoon canola oil
1 medium onion, finely chopped
3 cloves garlic, minced
1 9-oz. package frozen artichoke hearts, thawed, rinsed, dried and chopped
1 10-oz. package frozen chopped spinach, thawed, excess liquid squeezed out
1/2 cup reduced-fat sour cream
2 tablespoons mayonnaise
1/2 cup (4 oz.) Neufchatel cheese (reduced-fat cream cheese)
2 oz. (about 1/2 cup) shredded part-skim mozzarella cheese
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
Cooking spray
Pita wedges or raw vegetables, for serving

Directions

Preheat the oven to 375°F. Heat the oil in a sauté pan over medium heat. Add onions and cook, stirring occasionally, 3 to 5 minutes. Add garlic and cook for 1 minute more. Remove from heat and cool.

In the bowl of a food processor, combine artichoke hearts, spinach, sour cream, mayonnaise, Neufchatel cheese, mozzarella, salt and pepper. Process until smooth. Add cooled onion-garlic mixture to the food processor and pulse a few times to combine.

Transfer mixture into an 8-inch glass square baking dish or 9-inch glass pie plate which has been lightly sprayed with cooking spray. Bake for 20 to 25 minutes or until heated through. Serve with pita wedges or raw vegetables.

Recipe from The Food You Crave by Ellie Krieger, RD

Yield: 12 servings – 1/4 cup per serving

Nutrition Facts (per serving)

Calories: 100, Carbohydrates: 5gm, Protein: 4gm, Fat: 7gm, Fiber: 2gm, Sodium: 211mg

Herb-Roasted Turkey Breast

1 6-lb. bone-in turkey breast, skin removed
2 tablespoons olive oil
4 garlic cloves, crushed
2 teaspoons finely chopped fresh sage leaves -or- 1 teaspoon dried, crumbled
2 teaspoons finely chopped fresh rosemary leaves -or- 1 teaspoon dried, crumbled
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper

Directions

Preheat the oven to 375°F. Rinse the turkey breast and pat dry. In a small bowl, combine the oil, garlic, herbs, salt and pepper and rub the mixture onto the turkey breast.

Transfer the breast to a roasting pan and roast until the juices run clear when pierced with a fork and a thermometer inserted into the thickest part of the turkey registers 165°F (1 to 1 1/4 hours).

Let rest, covered with foil, for 10 minutes before carving.

Recipe from The Food You Crave by Ellie Krieger, RD

Yield: 8 servings

Nutrition Facts (per serving)

Calories: 325, Carbohydrates: 1gm, Protein: 66gm, Fat: 4gm, Fiber: 0gm, Sodium: 213mg

Cranberry-Glazed Pork Tenderloin

1 1-lb. pork tenderloin
1 teaspoon garlic powder
1/2 teaspoon salt-free lemon pepper
2/3 cup canned whole berry cranberry sauce
1/3 cup low-sugar orange marmalade
1/4 teaspoon ground cinnamon

Directions

Preheat the oven to 450°F. Lightly spray an 11x7x2 baking pan with cooking spray. Place the pork in the pan, and tuck the narrow end of the pork under to allow even cooking. Sprinkle it with garlic powder and lemon pepper. Gently press the seasoning into the sides and top of the pork. Roast for 15 minutes.

In a small bowl, stir together the cranberry sauce, marmalade and cinnamon. Measure 1/4 cup plus 2 tablespoons of the mixture into another small bowl, and set this smaller portion aside to use as the sauce when serving the pork.

When pork has roasted for 15 minutes, remove it from the oven. Spoon the larger portion of the cranberry mixture over the pork. Reduce the oven temperature to 350°F. Roast the pork for 30 to 35 minutes or until an instant-read thermometer inserted into the thickest part registers 155°F. Remove the pork from the oven, cover with foil and let it rest for 10 minutes before slicing. Serve topped with reserved sauce.

Recipe from the American Heart Association

Yield: 4 servings – 3-oz. serving of pork and 1 1/2 tablespoon serving of sauce

Nutrition Facts (per serving)

Calories: 217, Carbohydrates: 26gm, Protein: 21gm, Fat: 3gm, Fiber: 1gm, Sodium: 56 mg

Lemon Garlic Shrimp

2 tablespoons extra virgin olive oil
3 garlic cloves, sliced
1/2 teaspoon kosher salt
1/4 teaspoon red pepper flakes
1 lb. of large shrimp, peeled and deveined – use large (31/36) or extra-large (26/30) shrimp
1/2 cup white wine
3 tablespoons fresh parsley, minced
Zest of 1/2 lemon
Juice of 1/2 lemon

Directions

Heat the olive oil in a wok or large skillet over medium high heat. Add the garlic, salt and red pepper flakes and sauté until the garlic starts to brown, 30 seconds to 1 minute. Add the shrimp and cook until pink, 2 to 3 minutes on each side. Pour in the wine and deglaze the skillet, scraping up any flavorful brown bits, for 1 to 2 minutes.

Turn off the heat and mix in the parsley, lemon zest and lemon juice.

Recipe from the Mediterranean Dash Diet Cookbook by Abbie Gellman, MS, RD, CDN

Yield: 4 servings

Nutrition Facts (per serving)

Calories: 200, Carbohydrates: 3gm, Protein: 23gm, Fat: 9 gm, Fiber: 0gm, Sodium: 310 mg

Bruschetta Chicken

1/4 loaf crusty French bread, cut into 1/4-inch cubes
5 tablespoons olive oil
Black pepper
2 tablespoons unsalted butter
6 chicken cutlets
5 Roma tomatoes, diced
2 garlic cloves, minced
10 fresh basil leaves, cut into a chiffonade (long, thin strips)
2 tablespoons balsamic glaze
4 oz. feta cheese

Directions

Preheat the oven to 375°F. Spread the bread on the sheet pan and drizzle with 3 tablespoons of the olive oil. Sprinkle with pepper. Toss everything to coat. Bake until crisp, about 7 minutes. Set the croutons aside to cool.

In a large heavy skillet, heat the remaining 2 tablespoons of olive oil and butter over medium-high heat. Season the chicken with pepper. Place the chicken in the pan and cook until nice and golden on one side, about 3 minutes. Flip to the other side and cook for about another 2 minutes until cooked through. Turn off the heat.

In a medium bowl, combine the tomatoes, garlic, basil and balsamic glaze. Add the croutons and stir ingredients together. Spoon the topping over the chicken, and crumble the feta cheese on top. Garnish with small basil leaves, and drizzle with a little balsamic glaze.

Recipe from The Pioneer Woman Cooks Super Easy! by Ree Drummond

Yield: 3 to 6 servings

Nutrition Facts (per serving)

Calories: 531, Carbohydrates: 32gms, Protein: 31gm, Fat: 33gm, Fiber: 1gm, Sodium: 574mg

Simple Spinach Lasagna

1 tablespoon extra virgin olive oil
2 10-oz. packages frozen chopped spinach
1/2 onion, chopped
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
2 cloves garlic, crushed
1 32-oz. jar spaghetti sauce
1 1/2 cups water
2 cups low-fat cottage cheese
1 8-oz. package part-skim mozzarella cheese, shredded
1/4 cup grated Parmesan cheese
1/2 cup fresh parsley, chopped
1/2 teaspoon salt
1/8 teaspoon black pepper
1 egg
8 oz. lasagna noodles

Directions

Preheat the oven to 350°F. In a large pot over medium heat, sauté spinach, onion, oregano, basil and garlic in the olive oil. Pour in spaghetti sauce and water; simmer for 20 minutes. In a large bowl, mix cottage cheese, mozzarella cheese, Parmesan cheese, parsley, salt, pepper and egg. Place a small amount of sauce in the bottom of a lasagna pan. Place 4 uncooked noodles on top of the sauce and top with a layer of sauce. Add 4 more noodles and layer with 1/2 sauce and 1/2 cheese mixture, noodles and repeat until all is layered, finishing with sauce.

Cover with foil and bake in a preheated oven for 55 minutes. Remove foil and bake for another 15 minutes. Let sit for 10 minutes before serving.

Yield: 8 servings

Nutrition Facts (per serving)

Calories: 361, Carbohydrates: 42gm, Protein: 23gm, Fat: 12gm, Fiber: 6gm, Sodium: 524mg

Tomato Gratin

4 slices whole grain bread, torn into quarters
1 tablespoon minced garlic
1 tablespoon extra virgin olive oil
1/3 cup finely shredded Pecorino Romano, Romano or Parmesan cheese
4 medium tomatoes, sliced
1/4 cup chopped fresh basil
1/4 teaspoon freshly ground black pepper
1/4 teaspoon salt

Directions

Preheat the oven to 450°F. Coat a shallow 2-quart baking dish with nonstick spray. Place bread in a food processor and pulse until coarse crumbs form. Add garlic, oil and cheese; pulse to combine. Spread the seasoned breadcrumbs on a baking sheet and bake until beginning to brown, about 5 minutes.

Meanwhile, layer tomato slices in the prepared baking dish, sprinkling each layer with basil, pepper and salt. Bake the tomatoes for 10 minutes. Sprinkle with the toasted breadcrumbs and bake for 10 minutes more. Serve immediately.

Recipe from The Simple Art of EatingWell Cookbook by Jessie Price and the EatingWell Test Kitchen

Yield: 6 servings

Nutrition Facts (per serving)

Calories: 104, Carbohydrates: 12gms, Protein: 5gm, Fat: 4gm, Fiber 2gm, Sodium: 257mg

Smashed Potatoes with Sour Cream and Chives

1 1/4 lbs. Yukon gold potatoes (4 medium) unpeeled, cut into 1-inch pieces
1/4 cup low-sodium chicken broth, warmed
1/4 cup reduced-fat sour cream
1 1/2 tablespoons chopped fresh chives
1/4 teaspoon salt
Freshly ground black pepper

Directions

Place potatoes in a large pot of boiling water. Cover and cook for about 15 minutes or until potatoes are tender. Drain the potatoes, add the broth and coarsely mash the potatoes. Stir in the sour cream and chives. Season with salt and pepper to taste and serve.

Recipe from The Food You Crave by Ellie Krieger, RD

Yield: 4 servings – 3/4 cup serving

Nutrition Facts (per serving)

Calories: 130, Carbohydrates: 24gm, Protein: 4gm, Fat: 2gm, Fiber: 3gm, Sodium: 167mg

Tossed Caprese Salad

5 to 6 cups lettuce, spring mix
1/2 cup fresh mozzarella cheese
12 oz. heirloom tomatoes
3/4 cup fresh basil, chopped
1/2 teaspoon kosher salt
3/4 teaspoon ground black pepper
4 tablespoons extra virgin olive oil
2 tablespoons balsamic vinegar

Directions

Dice mozzarella cheese and tomatoes. Place all ingredients in a bowl and toss with oil and balsamic vinegar.

Yield: 6 servings

Nutrition Facts (per serving)

Calories: 190, Carbohydrates: 5gm, Protein: 8gm, Fat: 16gm, Fiber: 1gm, Sodium: 315mg

Sweet Potato-Pecan Casserole

Cooking spray

3 1/2 lbs. sweet potatoes (about 5 medium), peeled and cut into 1-inch chunks

1/3 cup honey

1 large egg

1 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

1/8 teaspoon ground ginger

1/2 teaspoon kosher salt

1 tablespoon packed dark brown sugar

1/3 cup finely chopped pecans

Directions

Preheat the oven to 350°F. Spray an 8-inch square baking dish with cooking spray.

In a pot, bring a few inches of water to a boil. Put the sweet potatoes in, cover and cook until tender, 20 to 25 minutes. Transfer the potatoes to a bowl and let cool slightly. Add the honey, egg, 1/2 teaspoon cinnamon, nutmeg, ginger and salt. Whip with an electric mixer until smooth. Spread the sweet potato mixture in the prepared baking dish.

Mix the brown sugar, pecans and the remaining 1/2 teaspoon cinnamon in a bowl. Sprinkle over the potatoes. Bake until hot and beginning to brown around the edges, 40 to 45 minutes.

Recipe from The Food You Crave by Ellie Krieger, RD

Yield: 8 servings

Nutrition Facts (per serving)

Calories: 160, Carbohydrates: 31gm, Protein: 3gm, Fat: 4gm, Fiber: 3 gm, Sodium: 180mg

Roasted Nutmeg Cauliflower

1 head of cauliflower, cut into florets
2 tablespoons extra virgin olive oil
1/4 teaspoon ground nutmeg
1/4 teaspoon salt

Directions

Preheat the oven to 350°F. Place the cauliflower in a 9x13 baking dish. Toss with the oil and sprinkle with the nutmeg and salt. Cover the dish and roast for 30 minutes. Remove the cover; stir and roast for another 30 to 45 minutes until the cauliflower is tender and nicely browned, stirring occasionally.

Recipe from The Food You Crave by Ellie Krieger, RD

Yield: 4 servings – 1 cup

Nutrition Facts (per serving)

Calories: 99, Carbohydrates: 8gm, Protein: 3gm, Fat: 7gm, Fiber: 4gm, Sodium: 189mg

Green Bean Salad with Toasted Walnuts

1 green onion, minced
1 tablespoon red wine vinegar
1 tablespoon Dijon mustard
1/4 teaspoon salt
Freshly ground black pepper to taste
2 tablespoons walnut oil
12 oz. green beans
2 tablespoons coarsely chopped walnuts
1 1/2 cups cherry tomatoes, halved
2 tablespoons chopped fresh parsley
6 cups Boston lettuce, torn into bite-sized pieces

Directions

Dressing – whisk green onion, vinegar, mustard, salt and pepper in a small bowl. Gradually whisk in oil.

Cook green beans, uncovered, in a large pot of boiling water until crisp tender, 4 to 6 minutes. Drain, rinse under cold water and pat dry.

Toast walnuts in a small dry skillet over medium-low heat, stirring constantly, until fragrant, 2 to 4 minutes. Transfer to a small bowl to cool.

To prepare salad – combine the beans, tomatoes and parsley in a large bowl. Toss with the dressing. Divide the lettuce among 6 salad plates. Spoon the bean mixture onto the greens. Sprinkle with the walnuts and serve.

Recipe from The Simple Art of EatingWell Cookbook by Jessie Price and the EatingWell Test Kitchen

Yield: 6 servings

Nutrition Facts (per serving)

Calories: 104, Carbohydrates: 11gm, Protein: 3gm, Fat: 7gm, Fiber: 5gm, Sodium: 140mg

Chickpea Salad

2 large cans chickpeas
1/4 cup olive oil
1 medium red onion
3 medium tomatoes
1 small red bell pepper
4 green onions
1 cup chopped fresh parsley
2 to 3 tablespoons chopped fresh mint leaves

Dressing

2 tablespoons sesame paste
2 tablespoons fresh lemon juice
2 tablespoons water
1/4 cup olive oil
2 cloves garlic, crushed
1/2 teaspoon ground cumin
Pepper to taste

Directions

Drain and rinse the chickpeas. Peel the onion and slice it thinly. Cut the tomatoes in half, remove the seeds with a spoon and dice the tomatoes. Cut the red pepper and green onions into long thin strips. Combine the onion, tomato, red pepper and green onion in a bowl. Add the chickpeas, parsley and mint.

To make the dressing – combine the sesame paste, juice, water, oil, garlic, cumin and pepper in a screw-top jar and shake vigorously to make a creamy liquid. Pour over the salad and mix well.

Recipe from The Backyard Barbecue Cookbook

Yield: 6 servings

Nutrition Facts (per serving)

Calories: 341, Carbohydrates: 28gm, Protein: 9gm, Fat: 23gm, Fiber: 8gm, Sodium: 221mg

Roasted Greek Salad

2 cups red and yellow cherry tomatoes
2 red bell peppers, cut into large chunks
1 4-oz. block feta cheese, cut into large cubes
3 lemons, halved lengthwise

2 English cucumbers, thickly sliced on the diagonal
1/4 cup olives (black or Kalamata)
1 small red onion, thickly sliced
1 bunch fresh dill

Dressing

1 1/2 cups olive oil
4 garlic cloves, minced
Juice of 2 lemons

3 tablespoons red wine vinegar
2 tablespoons fresh oregano
1/4 teaspoon kosher salt
Pepper

Dressing Directions

In a 1-quart mason jar, combine the olive oil and garlic. Squeeze in the lemon juice and add the vinegar. Sprinkle in the oregano, salt and pepper. Screw on the lid to the mason jar and shake for 30 seconds or until everything is well mixed. Store in the refrigerator for up to 2 weeks.

Directions

Preheat the oven to 475°F. Place the tomatoes, bell peppers and feta cheese on a sheet pan. Drizzle with 1/4 cup of the dressing and toss to coat the vegetables and feta cheese. Lay the lemon halves, cut side up all over the pan. Roast until the vegetables and feta start to brown, 17 to 19 minutes. Cool for 15 minutes and then squeeze one of the roasted lemon halves into the remaining dressing. Mix the dressing and pour half of it over the vegetables and feta cheese. Add the cucumbers, red onion and olives. Toss everything to mix the ingredients and coat them in dressing. Arrange on a large platter and top with fresh dill. Serve the dressing on the side.

Yield: 8 servings

Nutrition Facts

Per serving of salad without dressing – Calories: 81, Carbohydrates: 10 gm, Protein: 4gm, Fat: 4 gm, Fiber: 2gm, Sodium: 236mg

Per serving of the dressing (1/4 cup serving) – Calories: 366, Carbohydrates: 2gm, Protein: 0 Fat: 41gm, Fiber: 0, Sodium: 74mg

One Pan Mexican Quinoa

1 tablespoon olive oil
2 cloves garlic, minced
1 jalapeno, minced
1 cup quinoa
1 cup low-sodium vegetable broth
1 15-oz. can low-sodium black beans, drained and rinsed
1 14.5-oz can fire-roasted diced tomatoes
1 cup corn kernels, frozen, canned or roasted
1 teaspoon chili powder
1/2 teaspoon cumin
Freshly ground black pepper, to taste
1 avocado, halved, seeded, peeled and diced
Juice of 1 lime
2 tablespoons chopped fresh cilantro leaves (if desired)

Directions

Heat olive oil in a large skillet over medium-high heat. Add garlic and jalapeno and cook, stirring frequently, until fragrant, about 1 minute. Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder and cumin; season with pepper to taste. Bring to a boil. Cover, reduce heat and simmer until quinoa is cooked through, about 20 minutes. Stir in avocado, lime juice and cilantro.

Yield: 4 servings

Nutrition Facts (per serving)

Calories: 380, Carbohydrates: 61gm, Protein: 14gm, Fat: 13gm, Fiber: 12gm, Sodium: 340mg

Buckeyes

1 1/2 cups creamy peanut butter
1/4 cup honey
2 to 4 tablespoons softened butter
1 teaspoon vanilla extract
2 cups chopped dark chocolate, melted

Directions

In the bowl of a stand mixer, combine the peanut butter, honey, butter and vanilla. Beat until smooth and creamy. The mixture will be runny.

Scoop tablespoon-sized amounts of dough out and roll into a rough ball. Place on a parchment-lined baking sheet. Repeat with the remaining dough, cover and place in the freezer for 20 minutes.

After 20 minutes, remove the balls from the freezer and roll them once more between your hands to smooth out the balls. Return to the freezer for at least 45 minutes, being sure they are very cold before coating in chocolate.

Stick a toothpick into the top of each ball. Working with one ball at a time, dip the frozen balls into the chocolate, leaving a small opening at the top so the peanut butter can peek out. Place the balls back on the baking sheet. Repeat with the remaining balls. Store in the refrigerator until ready to eat. These are best straight out of the refrigerator.

Recipe from Half-baked Harvest website by Tieghan Gerard

Servings: 36 servings (1 buckeye per serving)

Nutrition Facts (per serving)

Calories: 83, Carbohydrates: 8gm, Protein: 3gm, Fat: 10gm, Fiber: 1gm, Sodium: 56gm

Banana Cream Pie

Nonstick cooking spray	3 tablespoons all-purpose flour
12 graham cracker squares (6 full sheets)	2 egg yolks
2 tablespoons butter, softened	1 1/2 cups 1% low-fat milk
1 1/2 teaspoons unflavored gelatin	1 teaspoon vanilla extract
3 tablespoons boiling water	2 cups sliced banana (3 medium bananas)
1/3 cup, plus 1/2 teaspoon sugar	1/4 cup whipping cream

Directions

Preheat the oven to 350°F. Spray a 9-inch pie plate with cooking spray. In a food processor, process graham crackers until finely ground. Add butter and 1 tablespoon of water and process until the crumb clumps together. Press crumb mixture into the bottom of a pie plate and about 1/2-inch up the sides. Bake in the oven for 10 minutes, then let cool.

In the meantime, make the filling. Put the gelatin in a small bowl and add 3 tablespoons of boiling water. Stir until gelatin is dissolved. In a medium saucepan, whisk together 1/3 cup of sugar and the flour. In a medium bowl, lightly beat the milk and eggs together. Add the egg and milk mixture to the saucepan and whisk so the flour and sugar dissolve. Cook over medium heat, stirring constantly, for 10 minutes, until mixture comes to a boil and has thickened. Stir in the vanilla extract and gelatin. Set aside to cool slightly.

Arrange the sliced bananas on the graham cracker crust and pour the pudding on top. Place in the refrigerator until the pudding has set, about 3 hours. Whip the cream with an electric beater. When it is about halfway done, add 1/2 teaspoon of sugar, then continue whipping until fully whipped. Put the whipped cream in a plastic bag, concentrating it in 1 corner of the bag. Snip that corner off the bag and squeeze the whipped cream out of the bag in a decorative pattern around the pie.

Recipe by Ellie Krieger, RD, for the Food Network Kitchen

Yield: 8 servings

Nutrition Facts (per serving)

Calories: 215, Carbohydrates: 32gm, Protein: 4gm, Fat: 8 gm, Fiber: 2gm, Sodium: 102mg

Honey Whole Wheat Banana Bread

1/3 cup extra virgin olive oil
1/2 cup honey or maple syrup
2 eggs
1 cup mashed bananas
1 teaspoon vanilla extract
1/2 teaspoon salt
1/2 teaspoon cinnamon, plus more to swirl on top
1 3/4 cups whole wheat pastry flour or regular whole wheat flour
1 teaspoon baking soda
1/4 cup hot water

Directions

Preheat the oven to 325°F and grease a 9x5-inch loaf pan. In a large bowl, beat oil and honey together. Add eggs and beat well. Stir in bananas and vanilla, then stir in the salt and cinnamon. Lastly, stir in the flour, just until combined. Add baking soda to the hot water and stir to mix. Then mix briefly into batter until it is evenly distributed. Spread batter into the greased loaf pan. Sprinkle with cinnamon and swirl with a toothpick or the tip of a butter knife for a pretty marbled effect. Bake for 55 to 65 minutes. Be sure to check that the bread is done baking by inserting a toothpick in the top. It should come out clean. Let the bread cool in the loaf pan for 5 minutes, then transfer it to a wire rack to cool for 30 minutes before slicing.

Recipe from the Cookie and Kate food blog

Yield: 10 slices (1 serving is 1 slice)

Nutrition Facts (per serving)

Calories: 229, Carbohydrates: 35, Protein: 4gm, Fat: 8gm, Fiber: 4gm, Sodium: 257mg

Heart Center Sweet Apple Crisp

1 20-oz. can sliced apples
2 tablespoons light brown sugar
3/4 teaspoon cinnamon
1/3 cup apple juice
2 3/4 teaspoons cornstarch
3/4 cup granola
1 cup low-fat whipped topping

Directions

Drain the apples. Dissolve the cornstarch into the apple juice. Put the apples, apple juice with cornstarch, sugar and cinnamon in a large saute pan. Bring to a boil, then reduce to a simmer. Stir occasionally until liquid becomes a syrup. Place apples into individual serving dishes. Garnish with granola and a dollop of whipped topping.

Yield: 4 servings

Nutrition Facts (per serving)

Calories: 243, Carbohydrates: 39gm, Protein: 3gm, Fat: 9gm, Fiber: 5gm, Sodium: 80mg