



*Valentine's Day
Recipes
to
Take to Heart*



Gluten-Free Fudge Brownies

✓ Heart-Healthy Recipe

✓ Gluten-Free Recipe

No one will ever guess the secret ingredient that makes these fudge brownies extra fudgy—black beans. These black bean brownies are a decadent gluten-free dessert that everyone will love.

Ingredients

- * 1 can (15 oz) black beans, rinsed and drained
- * 2 Tbsp cocoa powder
- * 1/2 cup quick oats (gluten free if needed)
- * 1/4 tsp salt
- * 1/2 cup pure maple syrup or honey



- * 1/4 cup coconut or vegetable oil
- * 2 tsp vanilla extract
- * 1/2 tsp baking powder
- * 1/2 cup dark chocolate chips
- * 2 Tbsp confectioners sugar, optional

Preparation

Preheat oven to 350°.

Lightly coat an 8 x 8-inch baking pan with nonstick cooking spray. In a food processor, combine all ingredients except the chocolate chips and blend until completely smooth. Stir in the chocolate chips. Pour the batter into the prepared pan. Bake for 25 minutes. Transfer to a wire rack to cool completely.

Do not cut brownies until completely cooled.

If desired, decorate with confectioners sugar. On a 2-inch square piece of paper, cut out a heart shape. Place the heart template over a brownie. Place the confectioners sugar in a fine sieve. Dust the confectioners sugar over the heart template.

Remove the template and repeat with each brownie.

Yield: 12 brownies

Chocolate Raspberry Shortcake

✓ Heart-Healthy Recipe

No one will know this decadent dessert recipe—rich chocolate shortcake filled with a fresh raspberry sauce—has less than 150 calories per serving. This healthy chocolate recipe is romantic, delicious and low-calorie.

Ingredients

Shortcakes

- * 2 Tbsp unsweetened cocoa powder
- * 1/4 cup all-purpose flour
- * 1/4 cup whole wheat flour
- * 2 Tbsp granulated sugar
- * 3/4 tsp baking powder
- * 1/4 tsp baking soda
- * 1/8 tsp salt
- * 2 Tbsp cold reduced-calorie, trans-fat-free margarine, cut into bits
- * 1/4 cup skim evaporated milk

Raspberry Sauce and Topping

- * 1 1/2 cups raspberries
- * 1 tsp granulated sugar
- * 3 Tbsp low-fat vanilla yogurt
- * 1/4 tsp confectioners sugar
- * Mint sprigs, for garnish
- * 1/4 cup skim evaporated milk



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Chocolate Raspberry Shortcake

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Preparation

For the shortcakes:

Preheat oven to 425°. Lightly coat a baking sheet with nonstick cooking spray. Into a bowl, sift together cocoa powder, flours, sugar, baking powder, baking soda and salt. Add margarine, and blend the mixture until it resembles coarse meal. Add evaporated milk and stir mixture with a fork until it forms a dough. Divide the dough in half, arrange each half in a mound on baking sheet, and bake for 10 minutes, or until a tester inserted in the centers comes out with crumbs clinging to it. Transfer the shortcakes to a rack and let them cool.



For the raspberry sauce: In a bowl, mash 3/4 cup of the raspberries with a fork. Add sugar and stir until sugar is dissolved. Gently stir in the remaining 3/4 cup raspberries.

Assemble the shortcakes: Cut the shortcakes in half horizontally. Top each bottom half with half the raspberry mixture and 1 1/2 tablespoons yogurt. Top with the top half of a shortcake. Sprinkle shortcakes with confectioners sugar and garnish with mint sprigs, if desired.

Yield: 2 servings

Chocolate Almond Strawberries

✓ Heart-Healthy Recipe

✓ Diabetes Recipe

✓ Gluten-Free Recipe

Buying chocolate strawberries can be expensive, but it's easy to make them yourself. High-quality dark chocolate and crushed almonds make these chocolate strawberries healthy and delicious.

Ingredients

- * 2 oz dark chocolate chips
- * 1/2 tsp olive oil
- * 10 strawberries
- * 1 oz almonds (about 10), crushed



Preparation

In a microwave-safe bowl, combine chocolate chips and olive oil. Microwave on high for 20 seconds, stir, and continue to microwave at 10-second intervals until melted.

Transfer the melted chocolate to a small plastic freezer bag.

Close the bag and cut the tip off one end of the bag.

Place strawberries on a plate lined with parchment or foil. Drizzle chocolate in a zigzag motion over strawberries by squeezing chocolate down in the bag. Sprinkle strawberries with crushed almonds.

Cool in refrigerator for at least 15 minutes, or until chocolate is set.

Yield: 10 servings

Wild Berry Salad with Chocolate Dressing

✓ Heart-Healthy Recipe

✓ Diabetes Recipe

✓ Gluten-Free Recipe

Fresh fruits make this healthy salad recipe tasty and colorful. The chocolate balsamic dressing gives this healthy salad a sweet, tart touch of flavor.

Ingredients

Chocolate Balsamic Dressing

- * 3 Tbsp balsamic vinegar
- * 1 Tbsp chocolate syrup
- * 1 tsp minced shallots
- * 1/8 tsp salt
- * 1/3 cup olive oil

Salad

- * 6 cups mesclun greens
- * 3 cups sliced strawberries
- * 1/2 cup blackberries
- * 1/2 cup raspberries
- * 1 cup blueberries
- * 3 mandarin oranges, peeled and divided into segments
- * 2 Tbsp sliced almonds
- * 30 fresh basil leaves



Preparation

In a small bowl, whisk together all dressing ingredients except oil until blended. Whisk in oil, adding gradually, until well blended.

Evenly divide mesclun greens among 6 plates. Top evenly with fruit, almonds and basil. Drizzle with dressing.

Yield: 6 servings

Cocoa Filet Mignon with Creamy Cauliflower Dinner

✓ Heart-Healthy Recipe

✓ Diabetes Recipe

This Cocoa Filet Mignon dinner recipe combines two romantic delicacies: chocolate and lean filet. It's juicy, exotic and easy to make. A simple steamed vegetable on the side makes this meal complete.

Ingredients

Filet Mignon

- * 2 Tbsp cocoa powder
- * 1 Tbsp cumin
- * 1/2 tsp onion powder
- * 1 tsp cayenne pepper
- * 1/2 tsp white pepper
- * 1 Tbsp sugar
- * 1/8 tsp salt
- * 1 tsp cinnamon
- * 2 filets mignons (6 oz each)
- * 2 tsp olive oil

Creamy Cauliflower

- * 1/2 cup water
- * 1/2 cup skim milk
- * 1 cup chopped cauliflower
- * 1/8 tsp salt
- * 1/4 tsp white pepper
- * 2 tsp reduced-fat trans fat free margarine



Steamed Spinach

- * 2 cups steamed spinach
- * 1 Tbsp fresh lemon juice

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Cocoa Filet Mignon with Creamy Cauliflower Dinner

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Preparation

For Cocoa Filet Mignon:

Preheat oven to 350°. In a shallow bowl, combine cocoa powder, cumin, onion powder, cayenne, white pepper, sugar, salt and cinnamon. Roll each filet in cocoa crust mixture to coat all sides thoroughly.

In a skillet, heat oil over medium-high heat until hot. Sear each side of the filets for 1 minute. Transfer filets to a baking dish and roast in the oven for 15 minutes, or until the filets reach an internal temperature of 140°. Remove from oven and allow filets to rest for 10 to 15 minutes.



For Creamy Cauliflower: In a medium saucepan, mix together water and milk and bring to a simmer.

Add cauliflower into mixture and simmer for 10 to 15 minutes, or until cauliflower is tender. In a colander, strain cauliflower, reserving 1 cup of milk/ water mixture. Transfer cauliflower to a blender. Add salt, white pepper and reserved liquid. Purée until fluffy. Transfer to a bowl. Add margarine and stir to combine. On 2 plates, arrange filet mignon over cauliflower purée.

For Steamed Spinach: In a bowl, toss the steamed spinach with the lemon juice. On plates, arrange filet mignon over cauliflower purée. Serve steamed spinach on the side.

Yield: 2 servings

Credits

Gluten-Free Fudge Brownies

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Chocolate Raspberry Shortcake

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Chocolate Almond Strawberries

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Wild Berry Salad With Chocolate Dressing

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Cocoa Filet Mignon with Creamy Cauliflower

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