

Deborah Heart & Lung Center Holiday Entertaining

Popcorn is a great snack to welcome guests with before putting out a full buffet, and for a hungry hostess to munch on while cooking. This whole grain has three times more polyphenols—antioxidants linked to improving heart health—than kidney beans and four times more than cranberries.

Just half a teaspoon per day of cinnamon has been found to lower LDL cholesterol.

Holiday Cheer Popcorn

Recipe by Chef Walter Staib

Serves 12

½ teaspoon ground cumin

½ teaspoon chili powder

½ teaspoon smoked paprika

½ teaspoon ground cinnamon

¼ teaspoon sea salt

¼ teaspoon cayenne pepper

freshly ground pepper, to taste

12 cups popcorn, air-popped

cooking spray

1. In a small bowl, stir together spices, salt and pepper.
2. Spread popped popcorn in an even layer in a large shallow baking pan. Lightly coat popcorn with cooking spray. Sprinkle the spice mixture over popcorn in a very large bowl, toss the popcorn to coat.

Nutritional Breakdown

Recipes	Total # serv	Cals	Total Fat g	Sat Fat g	Chol mg	Sodium mg	Fiber g	Carbs g	Pro g
Orig & HH Cheer Popcorn Appetizer	12	42	0	0	0	48	26	9	1

Smoked Salmon on Potato Pancakes

Recipe by Chef Walter Staib

Serves 32

4 medium red skinned potatoes, peeled

1 cup all-purpose flour

1 cup skim milk

1 egg

2 egg whites

5 tablespoons soft, trans fat free margarine

1 teaspoon chopped fresh parsley

½ teaspoon freshly ground black pepper

Cooking spray

2 pounds smoked salmon

1 medium red onion, thinly sliced, for serving

1/4 cup small capers, drained, for serving

½ cup low fat sour cream, for serving

6 lemon wedges, for garnish

1 1/2 tablespoons chopped fresh parsley, for garnish

1. Place the potatoes in a large saucepan filled with water, bring to a boil over high heat, and boil until the potatoes are just tender, about 15 minutes. Drain the potatoes and reserve to cool slightly.
2. To make the pancakes, in a medium mixing bowl, combine the flour, milk, eggs, potatoes, margarine, parsley, and pepper. Whisk until there are no lumps.
3. For each pancake, spray a 7-inch nonstick skillet, and ladle approximately 2 Tablespoons of the batter into the skillet to make 32 pancakes.
4. Cook over medium heat for 2 minutes on each side, until brown.
5. Transfer the pancakes to a plate and keep warm in a 275°F oven.
6. Slice salmon into 32 thin slices. To serve, place 1 slice salmon on top of each warm potato pancake. Top with an onion slice, 1/3 teaspoon capers, and 1/4 teaspoon sour cream each.
7. Garnish each pancake with a lemon wedge and a sprinkling of parsley. Serve immediately.

Nutritional Breakdown

Recipes	Total # serv	Cals	Total Fat g	Sat Fat g	Chol mg	Sodium mg	Fiber g	Carbs g	Pro g
HH Smoked Salmon on Potato Pancake as Appetizer	32	97	3.8	0.9	15	292	1	8	7

Grilled Vegetable Napoleon

Recipe by Chef Walter Staib

Serves 4

4 portabello mushrooms, stems and gills removed
1 large eggplant, sliced ½” rounds
1 red bell pepper roasted, julienne
1 yellow bell pepper roasted, julienne
2 medium yellow squash, sliced ½” rounds
2 medium zucchini, sliced ½” rounds
1 bunch asparagus, cut 5” spears
2 cups Swiss chard leaves, cleaned trimmed and steamed
Cooking spray
Fresh basil for garnish
Balsamic reduction, recipe follows

1. Spray grill with nonstick cooking spray. Place vegetables on the grill over medium heat and cook until tender, about 10 minutes, turning frequently as the natural sugars will caramelize and burn.
2. Layer eggplant, mushrooms, zucchini, squash, asparagus, peppers and top with steamed Swiss chard.
3. Top with tomato fresco and sprinkle around the plate. Garnish with fresh basil.

Balsamic Reduction

1 cup balsamic vinegar

1. Bring the vinegar to a boil in a small saucepan over medium heat.
2. Turn the heat to low and reduce by half. Remove from heat and let cool.
3. The vinegar will thicken as it cools. To make ahead, it can be refrigerated in a covered container for up to two weeks and then used on the napoleons when needed.

Nutritional Breakdown

Recipes	Total # serv	Cals	Total Fat g	Sat Fat g	Chol mg	Sodium mg	Fiber g	Carbs g	Pro g
Orig & HH Grilled Vegetable Napoleon	4	128	1	0	0	51	7	18	6

Festive Chicken Roulades Topped with Tomato Fresco

Recipe by Chef Walter Staib

Over night preparation recommended

Serves 16

1 tablespoons olive oil
2 cloves garlic, finely minced
10 ounces fresh baby spinach, cleaned
¼ cup white wine
4 (4) ounce chicken breasts, pounded to ¼ inch or thinner
Freshly ground black pepper to taste
1 cup roasted red peppers, sliced

1. Heat 1 tablespoon of the olive oil in a large skillet over medium high heat. Add garlic and cook until translucent about 1½ minutes.
2. Add the spinach and wine and continue cooking until the spinach has completely wilted and all liquid has evaporated.
3. Reserve and let cool.
4. Lay the chicken breast flat, season with pepper. Spread ¼ of the cooled spinach and ¼ cup sliced roasted red peppers onto each chicken breast. Then roll the chicken into roulades away from you like a cigar.
5. Wrap the roulades well with plastic wrap making sure to seal the side tightly.
6. Steam or poach the chicken roulades. Place roulades in a pan, cover with water and simmer until center reaches an internal temperature of 165° F. Do not boil.
7. Place the cooked roulades in the refrigerator for at least 4 hours or over night.

Tomato Fresco:

4 vine-ripened or heirloom tomatoes, seeded and diced into 1/4 inch cubes
1 small red onion, peeled and finely chopped
About 1/3 cup fresh basil leaves, finely chopped
1 small clove garlic, peeled and finely chopped
1/2 cup red wine or balsamic vinegar
Freshly ground black pepper

1. In a medium mixing bowl, combine the tomatoes, onion, basil, garlic and oil in a large bowl, toss with the vinegar, and season with pepper.

To serve

1. Remove the plastic wrap and slice the chicken roulades into ½ inch rounds making a total of 16 rounds.
2. Arrange roulades on a platter and top with tomato mixture.

Nutritional Breakdown

Recipes	Total # serv	Cals	Total Fat g	Sat Fat g	Chol mg	Sodium mg	Fiber g	Carbs g	Pro g
HH Festive Chicken Roulades Topped with Tomato Fresco	16	76	1.8	0.4	22	53	1	5	9