

SHOPPING LIST

HEART HEALTHY COOKING DEMO

Salmon & Sweet Potato Cakes
Crunchy Broccoli Salad
Cookie Dough Granola Bars
Blueberry Smoothie

PRODUCE

1 large sweet potato
1 bunch scallions
1 bunch fresh parsley
1 bunch fresh dill
2 lemons
1 lb broccoli florets
2 granny smith apples
1 cup seedless green grapes
1 shallot

DAIRY

2 eggs
3/4 cup unsweetened soy or almond milk

MEAT

2 lbs cooked wild salmon (roasted, steamed, or
canned in olive oil or water - drained)

FREEZER

1/2 cup frozen blueberries
1/2 cup frozen riced cauliflower

FROM YOUR PANTRY/GROCERY

salt
pepper
extra virgin olive oil
3 Tbsp dijon mustard
1 jar capers
tartar sauce
1/2 cup chopped walnuts
3 Tbsp honey
2 Tbsp apple cider vinegar
1 cup oats
1 cup raw cashews
3 Tbsp chia seeds
2 Tbsp flax seeds
3 Tbsp coconut oil
2 tsp vanilla extract
2 Tbsp mini chocolate chips
2 Tbsp peanut butter chips
flaky salt
1 Tbsp almond butter
1 date

SALMON & SWEET POTATO CAKES

PREP TIME

10 mins

COOK TIME

20 mins

SERVINGS

6

INGREDIENTS

2 lbs cooked salmon
1/2 cup cooked and mashed sweet potatoes
5 scallions, chopped (white and light green parts)
1 Tbsp fresh parsley, minced
1 Tbsp fresh dill, minced

2 Tbsp dijon mustard
1 lemon, zested and juiced
3 Tbsp capers, drained, rinsed, and chopped
2 eggs, beaten
salt & black pepper
extra virgin olive oil, for cooking

INSTRUCTIONS

1. In a large bowl, flake apart the cooked salmon.
2. In a separate large bowl, combine the sweet potatoes, scallions, parsley, dill, mustard, lemon zest and juice, capers, eggs, and salt and pepper.
3. Gently fold the salmon into the sweet potato mixture.
4. Using a 1/3 cup measuring spoon or scoop, divide the mixture into cakes and place on a parchment paper-lined baking sheet.
5. In a large skillet, heat the olive oil over medium heat. Cook the cakes for 8 minutes per side (or until browned) and serve with tartar sauce or your favorite dipping sauce. Enjoy!

CRUNCHY BROCCOLI SALAD

PREP TIME

15 mins

COOK TIME

25 mins

SERVINGS

4-6

INGREDIENTS

BROCCOLI SALAD

1 lb broccoli florets, chopped into small bite sized pieces
1 granny smith apple, cored and chopped
1/2 cup walnuts, chopped
1 cup seedless green grapes, halved
salt & pepper

HONEY DRESSING

1/2 small shallot, minced
2 tsp honey
2 Tbsp apple cider vinegar
1 tsp dijon mustard
1/3 cup olive oil
salt & pepper

INSTRUCTIONS

1. For dressing, combine all ingredients in a small bowl or jar with tight fitting lid. Shake or whisk until mixed well.

2. For salad, toss broccoli, apple, hazelnuts, and grapes in a large bowl and drizzle with dressing. Season with salt and pepper. Enjoy!

COOKIE DOUGH GRANOLA BARS

PREP TIME

20 mins

COOK TIME

0 mins!

SERVINGS

4-6

INGREDIENTS

1 cup oats
1 cup whole raw cashews
2 Tbsp chia seeds
2 Tbsp flax seeds
1 Tbsp brown sugar
1/2 tsp salt
3 Tbsp coconut oil, melted and cooled

2 Tbsp honey
2 tsp vanilla extract
2 Tbsp mini chocolate chips
2 Tbsp peanut butter chips or crushed peanuts
flaky salt

INSTRUCTIONS

1. Preheat oven to 350 F. Line a loaf pan with parchment paper, overlapping just a bit so you're able to lift it out later.
2. Spread the oats on a rimmed baking sheet and toast in the oven until fragrant, about 8-10 minutes. Transfer to a food processor with cashews, chia/flax seeds, brown sugar, and salt. Blend until very fine.
3. To the food processor, add coconut oil, honey, and vanilla and pulse until dough starts to come together. It will be crumbly but hold together when you press.
4. Transfer to prepared loaf pan, spread evenly, and press firmly. Sprinkle with chocolate and peanut butter chips and press down firmly one more time. Sprinkle with flaky salt.
5. Place pan in the fridge for 20 minutes, then slice into 8 bars. Store in fridge, and enjoy!

BLUEBERRY SMOOTHIE

PREP TIME

5 mins

COOK TIME

0 mins!

SERVINGS

1

INGREDIENTS

½ cup frozen blueberries
½ cup frozen cauliflower
1 apple, cored & chopped
1 tablespoon almond butter
1 Tbsp chia seeds
¾ cup unsweetened almond milk
1 date, pitted & roughly chopped
Juice of ½ lemon

INSTRUCTIONS

1. Combine all ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy!