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### Salmon Bake with Mustard Sauce

Makes 6 servings, serving size 1/6 loaf or 1.33-inch slice

If you're not sure what size your loaf pan is, fill it with measured cups of water to find out. Leftover salmon bake is great cold for the next day's lunch. This recipe can also be made with tuna.

- 3 6-oz cans boneless, skinless, wild, no-salt added salmon, drained (2 cups)
- 1 1/2 cups fresh whole-wheat breadcrumbs
- 1/2 cup liquid egg substitute
- 1/2 cup nonfat milk
- 1/2 cup finely chopped green onions
- 1/2 cup finely chopped celery
- 1/2 cup shredded carrot
- 2 tsp. poultry seasoning
- 2 tsp. lemon juice
- Cooking spray

Preheat oven to 350°. Prepare fresh whole-wheat breadcrumbs by tearing 3 slices of bread and use a blender or food processor to the desired consistency. In a large bowl, mix together all ingredients. Lightly spray a 1-quart capacity loaf pan and fill with salmon mixture. Bake for 45 minutes to 1 hour. Let cool for 10 minutes before slicing. Serve with Mustard Sauce.

### Mustard Sauce

Makes 3/4 cup; 6 2-tablespoon servings

- 1 tbsp. canola or vegetable oil
- 1 tbsp. unbleached white flour
- 3/4 cup nonfat milk
- 1 tbsp. Dijon-style mustard

In a small saucepan over medium heat. whisk together oil and flour. Slowly add milk, whisking constantly. Cook, stirring frequently, until mixture thickens and comes to a boil. Turn off heat and whisk in mustard.

Nutritional Information	per serving (incl. sauce)
Calories	291
Total Fat	9.0 g
Saturated Fat	2.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	3.0 g
Monounsaturated Fat	3.5 g
Cholesterol	48 mg
Sodium	392 mg
Carbohydrates	26 g
Fiber	3 g
Sugars	6 g
Protein	25 g
Dietary Exchanges:	1 1/2 starch, 3 lean meat

The enclosed information, recipes and instructions are provided to you to help you learn to cook healthy at home. Please follow safe, responsible practices and use caution when cooking. By using the information provided in this Kit, you acknowledge that there are inherent risks in cooking, including but not limited to the risk of allergic reaction to foods and personal injury. YOU UNDERSTAND AND AGREE THAT YOUR USE OF THE ENCLOSED INFORMATION, RECIPES AND INSTRUCTIONS IS AT YOUR SOLE RISK. Further, you agree on behalf of yourself and your heirs, beneficiaries and estate, not to hold the American Heart Association, Inc. and its sponsors, officers, agents, employees ("Released Parties") responsible for any accidents and loss or damage to your property & person, and you release and discharge the Released Parties from all damages, actions, claims and liabilities of any nature, specifically including, but not limited to, damages, actions, claims and liabilities arising from or related cooking at home.

# A Healthy Start to Home Cooking

Course 3: Kitchen Cents



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## *Beans from Scratch*

**One pound (2 cups) of dried beans makes about 6 cups of cooked beans, the equivalent of 4 cans of canned beans.**

Rinse dried beans in a colander and check them for any impurities, such as small stones. Put beans in a container with 3 times as much water as beans. Cover and soak for 8 to 12 hours at room temperature.

Drain beans in a colander and put in a heavy pan of a size appropriate to the amount of beans you're making. Add water to cover beans by at least 2 inches. Bring to a boil over high heat, skimming off the foam that rises to the top.

Reduce heat and simmer, covered, for about 2 hours. Check occasionally and add more water if necessary. (If water level is too low, the beans on the top of the pot will not cook as well as the ones on the bottom.)

Cooking times can vary according to the type and age of the beans. To check if the beans are done, just eat a bean and see if it's soft to your liking. If you are cooking beans to be used in soup, you will want them to be tender, but not too soft. If you are cooking beans for hummus, you'll want them to be cooked quite soft.

Nutritional Information	per serving
Calories	128
Total Fat	0.0 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
Cholesterol	0 mg
Sodium	6 mg
Carbohydrates	23 g
Fiber	7 g
Sugars	3 g
Protein	8 g
Dietary Exchanges:	1½ starch, ½ lean meat

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## ***Navy Bean Hummus***

Makes 1½ cups; 8 3-tablespoon servings

*Garbanzos are not the only bean worthy to be hummus. This recipe uses creamy navy beans instead. All types of beans have no cholesterol, almost no fat, and plenty of protein, vitamins and fiber. Enjoy this hummus spread on whole-wheat bread for lunch or with whole-grain, low-salt crackers or raw vegetables.*

**1½ cups cooked navy beans or 1 15-oz can no-salt-added navy beans, rinsed and drained**

**¼ cup bottled roasted red bell peppers, chopped**

**¼ cup fat-free sour cream**

**1 tbsp. apple cider vinegar**

**1 tsp. bottled minced garlic, preferably roasted**

**½ tsp. dried oregano, crumbled**

**¼ tsp. no-salt-added liquid smoke (optional)**

**1 tbsp. extra-virgin olive oil**

In a food processor or blender, process all ingredients except the oil until the desired consistency. Transfer to a small bowl. Stir in the oil. Serve at room temperature with vegetables or cover and refrigerate for up to two days before serving.

### **Nutritional Information per serving**

Calories	72
Total Fat	2.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	1.5 g
Cholesterol	1 mg
Sodium	10 mg
Carbohydrates	10 g
Fiber	4 g
Sugars	1 g
Protein	3 g
Dietary Exchanges:	½ starch, ½ fat

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