



*Heart Healthy Cooking Class*

# RECIPE BOOKLET



## *Alpha Phi Foundation*

*Alpha Phi Foundation has supported women's heart health education and research since our dedication to the cause in 1946.*

*Alpha Phi Foundation was established in 1956 and each year of growth since has introduced new and creative ways to encourage women's cardiac care, such as this fun and engaging heart healthy cooking class with our friends from Upper Crust Food Services.*

*Please enjoy the enclosed recipes and thank you for supporting Alpha Phi Foundation and women's heart health.*

### **RECIPES**

- 1. Heart Healthy Mocktail*
- 2. Sparkling Apple Cider Mocktail*
- 3. Cheesy Artichoke Bread*
- 4. Pear & Walnut Salad*
- 5. Sheet Pan Chickpea Chicken*
- 6. Red, White & Blue Parfait*
- 7. Mediterranean Chicken Pitas*

# Heart Healthy Mocktail

## Ingredients

1.5 oz. strawberry syrup

¼ tsp. rose water (or more to taste)

½ cup non-alcoholic rose' or soda water

1 strawberry

Pinch of pink edible glitter (optional)



# Sparkling Apple Cider Mocktail

## Ingredients

1 bottle of sparkling apple cider, like Martinelli's  
1 orange, thinly sliced  
1 lime, thinly sliced  
1 grapefruit, thinly sliced  
Large spring rosemary, sliced into 1-inch-long segments

## Directions

Place 1 slice of orange, lime and grapefruit in a flute, pour cider over the fruit.

Add small sprig of rosemary to each drink

Option – to make an alcoholic drink – substitute Champagne or Moscato for the sparkling apple cider.



# Cheesy Artichoke Bread

## Ingredients

4 thick slices sourdough bread  
1 – 9oz. package frozen artichoke hearts, thawed and roughly chopped  
1 clove garlic, finely grated  
2 oz. Parmesan, grated (about ½ cup)  
1 oz. Gruyere, coarsely grated (about ½ cup)  
2 Tbsp. sour cream  
1 tsp. finely grated lemon zest plus 1 Tbsp. lemon juice  
Kosher salt  
Pepper  
2 Tbsp. Panko  
¼ cup flat-leaf parsley, chopped  
1 – 5oz. package baby arugula  
2 Tbsp. olive oil

## Directions

### Step 1

Heat broiler. Broil bread slices until crisp, 1 to 2 minutes per side. Transfer to a baking sheet and reduce temperature to 425 degrees.

### Step 2

In a medium bowl, combine artichokes, garlic, Parmesan, Gruyere, sour cream, lemon zest, ¼ tsp. each salt and pepper. Spoon on toast and sprinkle with panko. Bake until golden brown and cheese is melted, 8 to 10 minutes. Sprinkle with chopped parsley, if desired.

### Step 3

Meanwhile, in a bowl, toss arugula with oil, lemon juice and pinch each of salt and pepper. Serve with toasts.



# Pear & Walnut Salad

## Ingredients

½ cup walnuts  
1 tsp. apple pie spice  
2 Tbsp. lemon juice  
2 Tbsp. olive oil  
½ tsp. salt  
¼ tsp. pepper  
2 stalks celery, thinly sliced  
1 Bartlett pear, thinly sliced  
1 bulb Fennel, thinly sliced  
1 scallion, thinly sliced  
2 small bunches arugula, thick stems discarded

## Directions

### Step 1

On a baking sheet, toss ½ walnuts with 1 tsp. apple pie spice and roast at 400 degrees until fragrant, 10 minutes and roughly chop.

### Step 2

In a large bowl, whisk together 2 Tbsp. each lemon juice and olive oil, ½ tsp salt, and ¼ tsp. pepper.

Add 2 stalks celery, 1 Bartlett pear, 1 bulb fennel, and 1 scallion and toss to combine.

### Step 4

Just before serving, toss 2 small bunches arugula with pear mixture and sprinkle with spiced nuts.



# Sheet Pan Chickpea Chicken

## Ingredients:

- 1 – 15.5 oz can chickpeas, rinsed
- 1 – 16oz bag mini sweet peppers
- 2 Tbsp. olive oil, divided
- Kosher salt and pepper
- 2 Tbsp. Harissa sauce
- 4 small skin-on chicken legs (about 2 ½ pounds)
- Chopped cilantro, for serving if desired

## Directions

### Step 1

Heat oven to 425 degrees F. On large rimmed baking sheet, toss chickpeas and peppers with 1 Tbsp. oil and ¼ tsp each salt & pepper.

### Step 2

In small bowl, whisk together harissa and 1 Tbsp. oil. Rub chicken with harissa mixture. Nestle among chickpeas and peppers and roast until chicken is golden brown and cooked through, 20 to 25 minutes.

### Step 3

Toss with cilantro before serving.





# Red, White & Blue Parfait

## Ingredients

1 pint of fresh strawberries, sliced  
1 ½ cups fresh blueberries

## Creamy filling

1 cup low-fat vanilla yogurt  
¼ c fat-free cream cheese, softened  
1 tsp. honey

## Directions

In a medium sized bowl, combine the yogurt, cream cheese and honey. Beat until the mix is well mixed and fluffy.  
To the parfait glasses, add the mix between layers of berries.  
Chill until ready to serve.





# Mediterranean Chicken Pitas

## Ingredients:

4 medium plum tomatoes  
¼ small sweet onion  
1 Tbsp. olive oil  
Kosher salt  
Pepper  
2 ½ cups cooked, shredded white meat chicken  
¾ cup roughly chopped fresh flat-leaf parsley  
2 pita breads  
1 container hummus (your flavor choice)  
½ head romaine lettuce  
½ cup roughly chopped mint leaves  
1 large lemon

## Directions

### Step 1

In a large bowl, toss together the tomatoes, onion, oil and ¼ tsp. each salt and pepper. Add the chicken and parsley and toss to combine.

### Step 2

Split the pitas to make 4 rounds. Spread each with hummus, then top with lettuce and mint and squeeze the juice of half the lemon wedges on top.

### Step 3

Spoon the chicken salad on top of the lettuce. Serve with the remaining lemon wedges.

