

HEART SMART

Newsletter



GLUTEN FREE Summer

A gluten-free diet is a diet that excludes foods containing gluten. Gluten is a protein found in wheat, barley, rye, and malts. It is used as a food additive in the form of a flavoring, stabilizing or thickening agent, often as "dextrin".

Grilled Shrimp Scampi (pictured above) Ingredients:

Prep Time: 30min
Cook Time: 6min
Servings: 6

1/4 cup of olive oil
1/4 cup of lemon juice
3 table spoon chopped parsley
1 tablespoon minced garlic
1 1/2 pounds medium shrimp, peeled and deveined
ground black pepper to taste
crushed red pepper flakes (optional)

- 1) In a large, non-reactive bowl, stir together the olive oil, lemon juice, parsley, garlic, and black pepper. Season with crushed red pepper, if desired. Add shrimp, and toss to coat. Marinate in the refrigerator for 30min
- 2) Preheat grill for high heat. Thread shrimp onto skewers, piercing once near the tail and once near the head.
- 3) Lightly oil grill grate. grill for 2 to 3 min per side, or until opaque.

courtesy of allrecipes

Red Broccoli Salad



Prep Time: 15min
Cook Time: 35
Serves: 11

Ingredients:

2 pounds bacon
1 large broccoli head chopped
3/4 cup chopped celery
1/4 cup minced green onions
1/4 cup diced red onion
1 1/2 cups seedless grapes, halved
3/4 cup blanched slivered almonds
1/4 cup raw brown sugar (or truvia)
2 tablespoons distilled white vinegar
1 cup light mayonnaise

- 1) Place bacon in a large skillet. Cook turning frequently; oven medium heat until evenly browned. Cool, then crumble.
- 2) Preheat oven 300F. Spread slivered almonds on cookie sheet and bake for approx 12-14mins until lightly brown. Cool after toasting.
- 3) In a small bowl, mix together mayo, sugar, and vinegar. Set aside.
- 4) In a large bowl, combine broccoli, crumbled bacon, celery, green onions, red onions, grapes, and toasted almonds. Toss with mayo dressing. Chill for several hours in the refrigerator.