



Cooking Towards A Healthy Heart!

A HEART HEALTHY COOKBOOK
FROM THE CSUS CARDIOVASCULAR
WELLNESS PROGRAM

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Introduction

The CSUS Cardiovascular Wellness Program is at 7667 Folsom Boulevard Sacramento, CA 95826. It is located on the 3rd Floor of Folsom Hall California State University, Sacramento. The Program is nonprofit, its services vary from exercise program to cooking demonstrations and lectures on health and wellbeing. The program has volunteers that range from student interns, nurses, dieticians, physicians, and psychologists. This cookbook has recipes from different participants, interns, and volunteers of the program. It is a small reflection of the great people who make the program. This program began in 2012 thanks to the late Dr. Tissa Kappagoda. The people in the program change over time, but there is always a sense of community.

About the Author

My name is Karen Luis, I am a Senior at Sacramento State University. What brought me to the CSUS Cardiovascular Wellness Program was an internship for my Gerontology major. The program has many activities that promote a healthy lifestyle and that is what made being part of it more enjoyable. Seeing all the people around me taking care of their health has motivated me to do the same. My time as an intern is coming to an end,



but my memories and these recipes will always be with me. I hope they help you as much as they have for me. The following three recipes are my easy on-the-go recipes for my hectic college life. They are easy to make, low cost ingredients, and can last for days. This is my last semester at Sacramento State, it has been a couple of years of tremendous growth that I will take with me onto nursing school. I hope to go on to become a nurse practitioner and keep on serving the older adult population.

Ensalada de Nopales

Ingredients

- 2 cups of cooked nopales (cactus)
- 1 small chopped onion (purple or white)
- ¼ cup chopped cilantro
- 1 ½ red tomatoes
- 2 limes juice (2 tbs)
- Pinch of salt is optional



Directions:

1. Nopales can be bought cooked or fresh. For fresh nopales, rinse them off and cut into strips or dice. It is easier and faster to buy nopales that already have the spines removed. Put nopales in a pan with water and boil for about 20 minutes on medium low. When they are ready, they will have a dark green look to it instead of light green.
2. Once cooked, strain nopales and add in with rest of ingredients. You can add avocado and queso fresco (fresh cheese) if you wish.
3. Enjoy!

*Tip: for those who do not like the slime, rinse nopales after being cooked to reduce slime. I also like to add a few jalapeños and radishes for a spicy kick.

Purple Juice



Ingredients

- 2-3 medium beet
- 1 celery stick
- 1 medium carrot
- 1 apple
- 1 cup of water

Directions:

1. Wash and cut ingredients. Do not peel them, most of the vitamins are found in the skin of fruits and vegetables.
2. Place all ingredients in a blender or juicer.
3. If juice comes out too thick, you can add more water or strain.
4. Serve and enjoy.

I like to make extra and have it throughout the week for breakfast on the go.

More than one professor has asked what my purple juice is.

Beets and Potato Salad

Ingredients

- 1 can of beets
- 1 celery stick
- 2 tablespoons chopped chives
- 2 teaspoons mustard (I prefer Dijon)
- ¼ cup of nonfat yogurt
- ½ small red onion finely chopped
- 4 small-medium potatoes
- Black pepper to taste



Directions:

1. Dice potatoes into small pieces and boil until tender for 20 minutes.
2. Dice beets into small pieces.
3. Combine all ingredients in a bowl and serve immediately or refrigerate.

Linda Paumer, Program Coordinator



I was born in Wyoming but have lived in California most of my life. I came to Davis as a freshman in college and have never left. I have a life-long passion of working with older adults and had a 30+ year career at the UC Davis Medical Center overseeing the exercise components of the cardiac rehabilitation program. I have been rather instrumental in the development of our program as all the contacts I made during my career are the people helping pull everything together. My

cooking contributions are not because of a love of living in the kitchen but I like to help reinforce our plant-based eating goals. The thing I like the most about our program is our sense of community. I have known several of our participants for decades and I love them just like family.

Broccoli Salad

Ingredients

Dressing:

- 1 cup Non-fat Yogurt
- $\frac{1}{3}$ cup Splenda
- $\frac{1}{3}$ cup Flavored Vinegar – red wine, raspberry, or pomegranate

Salad:

- 2 cups Raw Broccoli florets
- 1 Red Onion, chopped
- 1 Red Apple, chopped
- 2 Mandarin Oranges, peeled, sectioned
- $\frac{1}{2}$ cup Dried Cranberries



Directions:

1. Mix dressing ingredients together.
2. Combine salad ingredients and toss with dressing.

Daily Dozen Salad



Ingredients

Salad:

- 3-4 cups chopped Spinach
- 2-3 cups Romaine Lettuce
- 2-3 cups Broccoli Slaw
- 1 Red Bell Pepper chopped
- 4 Green Onions chopped
- 2 Apples, chopped
- 1 ½ cups cooked Chickpeas (or bean of choice)
- ½ cup of Almonds (or sunflower seeds or walnuts)
- ½ cup Dried Cranberries
- 1 cup Fresh Blueberries
- 3-4 Tomatoes chopped

Dressing:

- ½ cup Balsamic Vinegar
- 1 tsp Olive Oil
- 4 tsp Honey
- 4 tsp Dijon Mustard
- 2 tsp Chia Seeds

Directions:

Combine all ingredients in a large bowl.

Ready to serve once finished!

Fruit Crisp

Ingredients

- 2 apple, cored and chopped
- 2 cups fresh peaches, chopped
- 2 cup mixed berries (fresh or thawed if frozen or ~ 6 cups mixed fruit, whatever is available)
- ½ cup raisins
- 1 ½ cups old fashioned oats
- 2 tbs flaxseed meal
- 1 tsp cinnamon
- ½ tsp nutmeg
- 1 tsp freshly grated ginger
- ½ cup applesauce
- ¼ cup water



Directions:

1. Preheat oven to 375 degrees
2. Lightly spray 13x9 rectangular baking dish with nonstick cooking spray.
3. Add fruit and raisins
4. In separate bowl, combine oats, flaxseed meal, spices, applesauce and water.
5. Stir until mixed well.
6. Spread mixture over fruit in baking dish.
7. Bake for 25 minutes.
8. Cool for about 5 minutes before serving.

Mary Sheikh, Program Assistant



Mary is the programs helping hand in all the daily activities. She is a volunteer who helps take blood pressure of all the participants before, during, and after exercises. Mary is from a small town about 50 miles from Pittsburg, Pennsylvania. She is the daughter of a coalminer. Mary moved to California with her sister and likes to paint, write storybooks for her family, and photography. Mary worked at UC Davis Medical Center with Linda as an EKG

Technician. Mary retired in 2012. After bumping into Linda, Mary decided to volunteer at the Cardiovascular Wellness Program. What she likes most about the program is that there are many people she has known for over 20 years which makes it a fun place to socialize.

Vegan Strawberry Cheesecake



Crust:

$\frac{3}{4}$ cup oats
 $\frac{1}{4}$ cup almonds
1 cup dried figs/dates/raisins
dash of water
dash of sea salt

Cheesecake Filling

$1\frac{1}{2}$ cups cashews, soaked for 2-3 hours, preferably overnight
 $1\frac{1}{2}$ cups (14-ounce can) chickpeas, drained and rinsed
2 cups strawberries, rinsed and hulled
1-2 tbs almond butter
 $\frac{1}{4}$ cup fresh lemon juice
1 tbs Lemon zest
2 tbs apple cider vinegar
 $1\frac{1}{2}$ tsp Vanilla extract
 $\frac{1}{3}$ cup Maple syrup
2 tbs cornstarch

Instructions

Crust

For the crust, place the oats and almonds in your food processor and pulse until you have a fine flour.

Add the remaining crust ingredients and blend until you have a sticky dough.

Line a round cake pan with parchment paper and press the dough into the bottom of the pan.

Cheesecake Filling

Preheat the oven to 320°F.

Add all ingredients to blender. Blend on high for 3-4 minutes, or until thoroughly blended and creamy.

Once smooth, pour the filling over the crust and place in the oven for 45-50 minutes. Once it's done, take it out, let cool down and store in the fridge overnight.

Cedrick Franklin



Cedrick Franklin is a kinesiology intern at the CSUS Cardiovascular Wellness Program. He is from Los Angeles, California. Cedrick played football for Sacramento State. He likes to play basketball, draw, cut hair, and listen to stories about life experiences from older adults.

Franklin found out about the program through his friend who is also an

intern at the program. This is his last semester at Sacramento State University and plans on continuing his education at UC Davis to become a Physicians Assistant. Franklin finds it therapeutic to cook and maintains a healthy diet because keeping his life balanced is important for him. His realization for maintaining a healthy lifestyle started with football and was enforced by seeing how much of an impact eating well had on his mother. Cedrick helps take blood pressure of participants as well as other vitals and helps where he can at the program.

Kale Salad with Tilapia



Ingredients

- 2 Tilapia filets
- 1 tbs Lemon juice
- 1 cup of Kale
- ½ Bell pepper
- 1 Garlic clove, finely chopped
- ¼ cup of Green onions, chopped
- ½ cup of Black beans
- (or bean you prefer)
- 2 small Sweet potatoes, diced

Directions:

1. Preheat oven to 350°.
2. Place tilapia in foil with lemon juice, onion, garlic, and bell peppers. Bake until tender for 30 minutes.
3. Bake sweet potatoes in separate foil for 45 minutes.
4. Combine all ingredients together.

Beverly Phan



Beverly is from Monterey, California. She is majoring in Kinesiology and loves to go to the beach, snowboarding, hiking, being outdoors. Beverly also loves to eat and cook food. For her career, she plans to be a physical therapist and run her own place which will incorporate prevention exercises and classes for people of all ages. She was referred to the program by her professor who thought that she would enjoy it because she took her Sports and

Aging class. “I had a great time observing and participating in an exercise class with seniors.”

“One of my favorite things about the program is interacting and talking to all the participants. I enjoy getting their feedback, hearing their stories, and overall doing what I can to help. The interest for me to have a healthier diet came with age. As I got older I noticed my metabolism slowed down and I noticed that certain food didn’t make me feel well. That’s when I decided to change and to cook more often and eat healthier.” This is Beverly’s last semester as a student at Sacramento State University. She currently leads a group resistance class at the Wellness Program three days a week.

Pineapple Vegetarian Poke Bowls

Ingredients

Tofu:

- 1 14 oz block of firm tofu 400 g
- 1 tbs sesame oil
- 2 tbs reduced sodium soy sauce
- 2 tbs pineapple juice
- ¼ cup rice vinegar or ½ tsp Sriracha + ½ garlic clove
- 1 lime juice and zest

Bowls:

- 1 cup chopped pineapple
- 1 lime, juice
- ½ cup sliced cucumber
- 1 carrot shredded
- 2 cups cooked white or brown rice
- Slices of avocados

For Serving:

- ½ red fresno chili seeded and sliced or jalapeño
- 1 slice lime
- Chopped chives
- Sesame seeds



Directions:

1. Cut tofu into ½ inch thick slabs and set on a few layers of paper towels. Cover with a few more paper towels and press out excess moisture.
2. Whisk remaining “Tofu” ingredients to create marinade. Adjust to your level of spiciness.
3. Dice up tofu into ½ inch cubes (the smaller the better the flavor). Combine tofu with marinade and refrigerate in the meantime.
4. Cook rice and prepare “Bowl” ingredients. Drizzle lime juice onto avocado to keep it from browning.
5. Place one spoon of rice in a serving bowl. Top off with pineapple, avocado, cucumber, carrots, and marinated tofu. Drizzle with leftover marinade and garnish with chilis, chives, and sesame seeds.

Sarah Gonzalez

“I’m from a small town called Hollister where I grew up most of my life. I enjoy reading, watching movies, cooking and hanging out with my family. I’m finishing my Bachelor of Science in Nutrition this semester, but I am going to continue on to nursing school next fall. I hope to have a long career working in the Emergency Department. I found the Cardiovascular



Wellness Program through my community nutrition class and I’m so glad I did. It’s taught me so much and has been an overall amazing experience. My favorite part of the program is the cooking demos because it’s fun, interactive and everyone gets to try new things! I have an interest in a healthy diet because I find it fascinating how the body can be positively affected by food.”

Sarah started coming to the program with her friend Jovana since the beginning of this Fall 2018 semester and has adapted well to the atmosphere. She interacts with the participants, other interns, and has led cooking demonstrations.

Apple Pie Oatmeal



Ingredients:

- ½ cup Rolled Oats
- 1 medium Gala Apple, peeled and chopped
- 1 tbs Chai Seeds
- ½ cup Unsweetened Apple Sauce
- 1 cup Almond Milk
- 1 tsp Ground Cinnamon
- ¼ tsp Ground Ginger
- ½ tsp Vanilla Extract
- 1 tbs Maple Syrup or Honey
- 1 tbs Chopped Walnuts
- 1 tbs Hemp Seeds
- Pinch of Unsweetened Coconut Flakes

Directions:

1. In a saucepan, over medium heat, combine the oats, chai seeds, apple, applesauce, almond milk, cinnamon, and ginger. Bring the mixture to a low boil and simmer for 8 to 10 minutes. Stir often.
2. When the mixture has thickened, and liquid has been absorbed, remove from the heat and add vanilla extract and maple syrup or honey.
3. Pour the oatmeal into a serving bowl and top off with walnuts, hemp seeds, a pinch of cinnamon, pinch of shredded coconut, and a drizzle of light maple syrup.

Toulee Vue



“I was born in USA, CA but my mom is from Thailand and my dad is from Laos. I love doing outdoor activities such as fishing, hiking, and swimming. As for indoor activities, I love computers, so I spend most of my time learning about computer parts. As of now, my career plan is to continue school and aim for a Doctorate in Physical Therapy. One of my fellow classmates told

me about this place. I went to check it out and I fell in love with it because there are so many things inside the center that I can relate to, mainly the gym equipment. It gives me a nostalgic vibe whenever I am there. What I like most about this program is the education. I learn a lot about things that wouldn't normally be taught through courses in college. What is even more amazing is having actual people in the workforce coming out to educate us in person. It gives them this credibility that attracts our attention. I recall having chest pain every now and then. I noticed that my weight was nearly 230lbs and I was having a hard time fitting in all my clothes. I knew I had to change something so that is what brought my interest to have a healthy diet. I absorb as much as I can from the center and apply at home.” Toulee was a Gerontology intern at the program for a year, he keeps coming as a volunteer and helps wherever he can. Toulee is involved in enhancing the experiences of participants, is the Gerontology club president, and helps other interns.

Spicy Eggplant

Ingredients

- 2-4 Japanese Eggplant
- 10-15 Tai Chili
- 1 tbs Salt
- 1-2 tbs Fish Sauce
- ½ Green Onion
- ½ cup Cilantro
- Pinch of MSG



Directions:

1. Peel eggplant skin off and cut the eggplant into three portions. Submerge eggplants into a pot of water. Boil at high heat for 30-40 minutes until the outer eggplants are transparent and soggy. Remove eggplants and cool in freezer for 10 minutes.
2. Add the Thai chili peppers with salt in a large mortar and mash for about 5 minutes (or when pepper completely mashed up).
3. Add green onions and cilantros into the large mortar and continue mashing for about 2 to 3 minutes for them to mix with the pepper.
4. Add the eggplants into the mortar and continue mashing for another 5-7 minutes until it is completely mixed.
5. Add in fish sauce and a pinch of MSG (OPTIONAL) into the mortal and mix thoroughly.

Carolyn Wyler



I have been an RN for over 10 years and an LVN for about 15 years. Most of that time I was working in the Cardiology clinic at UC Davis. I had wanted to be a nurse since I was little and I found that working with cardiology patients was my niche. I worked with Dr. Kappagoda for about 15 years. He was the nicest, sweetest person. I also worked with Debbie, Linda, Mary, Sharon, Cari, Dr. Bukkapatnam, and Dr. Lopez.

Dr. Kappagoda started CWP several years ago when I was still working in the clinic with him. It sounded like such a fabulous program, but because I was still working, I was unable to help out at all at that time. He died almost three years ago and it was such a great loss. I retired about two years ago and Linda asked if I would come and volunteer for the Cardiovascular Wellness Program. I was impressed when I first heard about the program, but when I started volunteering, I was so unbelievably amazed at all the program has to offer and FOR FREE! From Dietary advice to psychological and emotional help, aging and health advice, exercise, tai chi, stretching, cooking demonstrations, it offers so much! The best thing though are the friendships that develop within the program and the support that everyone gives each other. It is amazing!

My interests are my family, four children, five stepchildren and twelve grandchildren, playing pickleball, art, traveling and hanging out with friends.

Easy Potato and Pea Samosa Filling



Ingredients

- 1 tsp Vegetable oil
- ½ tsp Mustard Seeds
- 2 ½ oz chopped onion
- 1 tsp finely Chopped Ginger
- 2 ½ oz Frozen Peas
- 1 tbs Ground Coriander
- 1 tsp Ground Cumin
- ¼ tsp Red Chilli Powder
- ½ - ¾ tsp Garam Masala
- 1-2 tsp Dried Mango Powder
(or juice of ½ a lemon)
- Splash of water
- 1 lb 5 oz Potatoes, peeled, boiled until soft
and crushed into large lumps
- 4 tbs Chopped Fresh Coriander leaves

Directions:

1. Heat the oil in a small nonstick pan and fry the mustard seeds for about 10 seconds, or until they splutter.
2. Add the onion and ginger, cook for 2-3 minutes over high heat. Add the peas, stir well, and add the spices, mango powder (or lemon juice), and a splash of water.
3. Cook for 1-2 minutes, then add the potatoes and coriander and cook for 2-3 minutes. Taste and adjust the seasoning.

Roberta “Bobbie” Seyman

Bobbie Seyman is one of the programs longer attending members. She has been coming with her husband Willie since the beginning of the program. Bobbie is a retired nurse who experienced a major heart problem, this prompted her to begin taking steps towards a healthier lifestyle. She has a daughter with Willie and helps Mary take blood pressure if she needs help. These are some of Bobbie’s recipes which I have tried and become a personal fan of. She enjoys the activities at the center and socializing with others. She worked at UC Davis where she met Dr. Kappagoda.

Lentils with Vegetables



- 1 cup Lentils
- ½ cup Wild rice
- ¼ cup Quinoa
- ½ cup Dry beans
- ¼ cup Green beans
- 1 Zucchini, small
- 1 Sweet potato
- 1 Red potato
- 1 Yam
- ¼ cup Mushrooms
- 1 Carrot, medium
- 1 Butternut squash, small
- ½ Red onion, chopped
- ¼ cup Brussel Sprouts
- 1 cup Kale and Spinach
- 1 tbs Berbere
- 2 cups Water
- 2 Bay leaves
- 2-3 Garlic cloves, minced

Directions:

1. Cut all ingredients into small pieces.
2. Place all ingredients in a slow cooker.
3. Make sure there is enough water to cover all ingredients.
4. Turn slow cooker on high for two hours.

BLUEBERRY FRUIT QUINOA



INGREDIENTS

- ½ cup Blonde quinoa
- 1 cup Nonfat plain yogurt
- ½ cup Organic granola
- 1/3 cup Strawberries
- 1/3 cup Blueberries
- 2-3 Bananas
- Coconut strips
- ½ tsp Vanilla extract
- 1 cup Organic blueberry juice
- Cinnamon (optional)

1. Cook quinoa per directions, usually double amount of water to dry ingredients. For example, ½ a cup of quinoa to 1 cup water.
2. Cook approximately for 20 minutes and set aside. Add blueberry juice to quinoa and cover, put in refrigerator to cool down.
3. Cut strawberries into slices, cut bananas in half and lengthwise. If coconut strips are raw, place in oven for about 2 minutes at 350° to roast.
4. In a flat bowl, cover the bottom of the bowl with organic granola. Take a small round bowl (like a cereal bowl) and put blueberry-soaked quinoa in center.
5. Blend nonfat plain yogurt and add vanilla extract, can also sprinkle in some cinnamon. This should be the consistency of a milkshake.
6. Drizzle the yogurt over the quinoa and granola. Take the yogurt over the quinoa and granola. Take the fruit (strawberries, banana, and blueberries) and place around dish.
7. Sprinkle your coconut chips around dish.

Tips

You can add different fruits such as kiwi, pineapple, mango, or papaya.

You can also soak quinoa in organic mango juice or pineapple juice.

William “Willie” Seyman

William “Willie” Seyman was born in Woodland, California and grew up in Dixon, California. Willie was born on December 30, 1948. He met his wife, Bobbie, in his early 30’s and had a daughter together. They met at a Jewish wedding, he is the nephew of a Holocaust survivor. From there, the two became friends and then got married. Bobbie was hired at UC Davis medical center. Later on, Willie had some heart problems with his pacemaker and decided to become a member of the Cardiovascular Program after undergoing rehabilitation at UC Davis medical center. The cardiac rehab center is where he met Dr. Kappagoda and found out about the Wellness Program. Willie has been coming since the beginning of the program and enjoy spending time with others there. Willie is a talented artist; his work has helped raise money for the program.

Broccoli Soup

Ingredients

- 1 cup Broccoli chopped
- 1 cup Spinach
- 1 cup Asparagus finely chopped
- ½ cup Rice pilaf
- 1 tbs Olive Oil
- ½ tbs Italian Seasoning
- ½ tbs Cayenne Pepper
- 1 tbs Garlic Powder
- 1 cup Water



Directions

1. Heat olive oil.
2. Add in broccoli and asparagus, cook until tender.
3. Add in water, Italian seasoning, cayenne pepper, and garlic powder.
Simmer for 8 minutes on high heat.
4. Add in rice pilaf. Blend to puree until smooth.

For Rice Pilaf

1. Sauté ¼ cup of chopped onions with water. Add in rice with 1 cup of vegetable broth and cook. Reduce heat and cook for 25 minutes.

Rose Heston

Rose is one of the many members of the program who is always welcoming to new people. She has been coming to the program for a few years now after having some heart and other health problems. She has become one of the most active members who can even outrun some of the young interns. Whenever we have potlucks at the program, Rose's special recipes are always present. Here are some of her favorite recipes.

Black Bean Chili



Ingredients

- ¼ cup Olive Oil
- 2 cups Chopped Onion
- 1 ²/₃ cups Chopped Red Pepper
- 6 cloves of Garlic
- 2 tbs Chili Powder
- 2 tsp Dried Oregano
- 1 ¹/₂ tsp of Ground Cumin
- ½ tsp Cayenne Pepper
- 3 cans Black Beans
- 1 16 oz. can Tomato Sauce

Directions:

1. Heat oil on medium high heat. Add onions, bell peppers and garlic. Sauté until onions are soft for about 10 minutes.
2. Mix in chili powder, oregano, cumin, and cayenne. Stir for 2 minutes.
3. Mix in beans, ½ cup reserved bean liquid, and tomato sauce. Reduce heat to medium low and simmer until flavors blend and chili thickens. Stir occasionally for about 15 minutes.
4. Garnish with what you would like such as chopped green onions, grated Monterey jack cheese, and fresh cilantro.

Zucchini Lasagna



Ingredients

- 1 ½ cups Roasted Tomato Herb Sauce
- 6 Whole Wheat Lasagna Noodles
- 8 oz. Nonfat Ricotta or Cottage Cheese
- ½ cup Egg Substitute (For ex. Aquafaba)
- ½ tsp Ground Nutmeg
- 4 medium Zucchini sliced lengthwise
- 4 oz. nonfat Mozzarella Cheese grated
- Vegetable oil cooking spray
- Black Pepper to taste

Directions:

1. Cook lasagna noodles, drain, and cool.
2. Spray a 9x9 inch square pan with vegetable oil cooking spray.
3. Spoon in about 1 tablespoon of the tomato sauce.
4. Arrange lasagna noodles to cover the bottom of the pan.
5. In a bowl, mix ricotta cheese with the egg substitute, nutmeg, and pepper.
6. Spoon about half the cheese mixture on the noodles.
7. Arrange zucchini slices on top; sprinkle $\frac{1}{3}$ of the mozzarella. Spoon some of the sauce over.
8. Repeat for another layer. Sprinkle remaining mozzarella on top.
9. Cover with foil and bake 45 minutes, or until bubbly throughout.

Tita Callender

Tita is from Panama, Central America. She came to the United States in 1968 and met her husband in New York. From there she moved with her family to Sacramento, California in 1971. Her husband went to Sacramento State University, this is how she found out about The Renaissance Society. Tita was a nurse who primarily worked with newborn babies. After retirement, she became a member of The Renaissance Society. Her love to constantly learn is why she joined that program and it is through them that Tita learned about the Cardiovascular Wellness Program. She joined the program in 2014 and has been coming ever since for the workouts and to learn more about heart health. It was when she had some health issues that she became more interested in the program and saw the value of what it offers. Tita loves that the program offers a place to socialize, exercise, and learn about other people's stories. These are a few of her recipes.

Carrot Raisin Cookies



Ingredients

- ½ tbs Vanilla Bean Powder
- 1 ½ tbs Pumpkin Spice
- 1 cup Whole raisins
- 4 Dates, finely chopped
- ½ cup Chai Seeds
- ½ cup Water
- 4 cups Carrots, grated

Directions:

1. In a large bowl, mix all ingredients except carrots.
2. Let sit for 5 minutes. Add in grated carrots.
3. On parchment paper, drop in 3 tablespoon balls and flatten to $\frac{3}{4}$ in circles.
4. Dry on 115° in your dehydrator until firm, but not hard. If you do not have a dehydrator, you can use an ovens warmer drawer.

Raw Creamy Pea Soup



Ingredients

- 4 cups Peas dethawed
- ½ cup Raw Cashews
- ½ cup small Sweet Onion
- 1 small garlic clove
- ¼ cup fresh Lemon Juice
- 2 cups distilled water
- 1 ½ tsp sea salt (optional)

Directions:

1. Put everything in a blender starting at low and moving to high speed until creamy.
2. Serve and enjoy!

John Skarstad

John Skarstad is known as the chef at the Cardiovascular Wellness Program. He is always the first one there to open up and ready to help with whatever he can. John has a young daughter who is currently in college. He shares his passion for cooking with her. John had some health problems, this led him to change his eating habits. He has been coming to the program for a few years now and has lost weight which he attributes to eating a plant-based diet. These are a few of his recipes that have been modified from other sources.

Spinach and Kale Bites



Ingredients

- 1 small Yellow Onion, chopped
- 6 oz fresh Baby Spinach
- 2 cups Kale, chopped, stems removed
- 1 large Scallion or Green Onion, chopped
- 1 Egg White
- 2/3 cup Breadcrumbs
- ¼ tsp Nutmeg
- Dash Cayenne Pepper
- Olive oil cooking spray

Directions:

1. Preheat oven to 375°.
2. Heat a large nonstick skillet. Add onion, sprinkle with a tablespoon of water, saute until translucent, about 5 minutes. Add spinach and kale, cook for 1-2 minutes.
3. Place cooked contents in blender along with chopped scallions for a couple of seconds. Transfer mixture to medium bowl.
4. Add egg white, nutmeg, and breadcrumbs. Mix until well combined. Take a spoonful of the spinach and kale mix into your hand and roll into a small ball.
5. Lightly spray baking sheet with cooking spray. Place bites onto baking sheet. Bake for 15 minutes.

Guacamole Hummus



Ingredients

- 1 -1 ½ cups chickpeas
- 1 ripe avocado
- 1 Jalapeño seeded, chopped
- ¼ cup Cilantro
- 2 tbs Lime Juice
- 1 clove Garlic

Directions:

1. Blend all ingredients together in a blender or food processor.
2. Enjoy!

Joyce Matsumoto

Joyce has recently joined the Cardiovascular Wellness Program. She enjoys what the program has to offer, especially being able to meet new people and socialize. She enjoys the environment having older adults, health professionals, volunteers, interns, and other students. The following recipe she has adapted from the iFood Real Blog. She has been an active member at the program. She participates in all the programs activities including other interns' projects. Joyce heard about this program through a friend and has been coming since.

Healthy Peanut Butter Pie



Ingredients

For Crust

- 1 cup walnuts or pecans
- 1 cup cashews
- 2 tbs raw honey or maple syrup
- 3-4 tbsp soy milk or milk of choice
- 2 tsp pure vanilla extract
- 1 tsp cinnamon

For Filling

- 1 cup unsalted peanut butter powder
- 3 medium ripe bananas
- 3 tbs milk
- 1/3 cup dark chocolate chips (optional)

Crust:

1. Put crust ingredients in a food processor until dough forms. Add a few tablespoons of milk until at desired consistency. Transfer crust to pie dish.

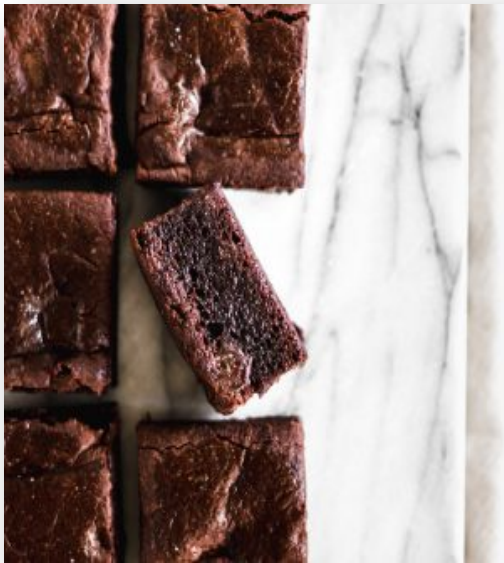
Filling:

1. Place filling ingredients in food processor. Blend until smooth, pausing to scrape sides. Pour filling into pie crust, sprinkle chocolate chips, cover with plastic wrap and freeze. Thaw prior to serving.

Velma Parker

Velma is another one of the program's active members. She enjoys reading, writing, organizing, and staying active. She works at the Arden Library, and is currently part of an exercise study with Kaiser Permanente. Velma comes to the program on Tuesdays to catch up with people and enjoy the daily activities offered with her daughter and friends. She enjoys the lively atmosphere at the program and has been coming for some time now. Taking care of her health is very important to her, she does this through exercise and diet. The following recipes have been adapted from the blog Green Creator and Michael Klunker, however, she changes recipes as she sees fit.

Black Bean Brownies



Ingredients

- 15 oz Black Beans, drained and rinsed
- 1 ½ cup Date Paste or Maple Syrup
- 2 tbs Ground Flax Seed
- ½ cup Raw Cacao Powder
- 1 tbs Vanilla Extract
- 1 tsp Baking Powder
- ½ tsp Baking Soda
- ¾ cup Barley Flour
(Whole Wheat/Gluten Free works too)
- 1 cup Chocolate Chips 75% Cacao

Directions

1. Preheat oven to 350°F.
2. Blend the black beans and date syrup in food processor until smooth.
3. Add in remaining ingredients, until well blended.
4. Place in a baking mold with parchment baking paper.
5. Place brownies in oven and bake for about 25 to 35 minutes. You can check by inserting fork, when it comes out clean they are ready.
6. Let cool off and serve!

Onion Jam

Ingredients

- 4 lb Sweet Onion peeled and sliced very thin
- ½ cup Maple Syrup
- ¼ cup Balsamic Vinegar
- 1 tsp Garlic Powder
- ½ - 1 tsp Red Pepper Flakes
- 1 tsp Liquid Smoke



1. Slice onions very thin, a food processor makes this easy.
2. Put sliced onions in a slow cooker and add the remaining ingredients. Stir everything together.
3. Put lid on slow cooker and turn on low setting. Cook for 10 hours.
4. After cooking time, onions should be brown.
5. Place onions in blender for a few seconds to get a chunky consistency.
6. You can store this for a couple of weeks, done!

Guadalupe Phillips

Guadalupe, “Lupe”, is from Departamento La Union, El Salvador. She left at the beginning of the country’s 12 year war and moved to San Francisco, CA. This is where she met her husband and has lived in the country for 50 years. Lupita studied in El Salvador, she continued her education here at City College to learn English when her children were young. She has worked as an Assistant Bilingual Teacher. She likes to read, garden, crochet, and sew. Lupita found out about the program through a friend who saw an advertisement in a magazine. It has been 7 months since Lupita has joined the program. What she enjoys most about this program is being able to socialize, build relationships, and exercise. She has been coming for 7 months now and has noticed her balance has improved over time from the various activities offered at the program. Guadalupe like the environment here, being able to share health information, and talking with others, this is what keeps bringing her back.

Curried Sweet Potatoes & Lentils



Ingredients

- 1 tbs olive oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 tbs curry powder
- 3 medium sweet potatoes, peeled & cut into 1 inch pieces
- 1 cup lentils, rinsed
- ½ cup white rice
- 1 can unsalted vegetable broth
- 2 ½ cups water
- ¼ cup cilantro leaves

Directions:

1. In a nonstick skillet, heat olive oil over medium heat. Add onions and cook for 5 minutes. Add garlic and curry powder, cook for 1 minute while stirring constantly.
2. Stir in sweet potatoes, lentils, rice, broth, and water. Heat to boiling and then reduce heat to low, cover for 30 minutes or until lentils and rice are tender. Almost all liquid should be absorbed.
3. Let cool off for 5 minutes and sprinkle cilantro as desired.

Cabbage and Bulgur Casserole

Ingredients

- 2 cups water
- 1 ½ cups bulgur
- 1 tbs vegetable oil
- 2 carrots, peeled and diced
- 2 stalks celery, diced
- 1 red bell pepper, diced
- 12 cups Napa cabbage

(Separate leaves from stems)

- 3 garlic cloves, crushed
- 3 green onions
- 2 tbs ginger, minced
- 3 tbs soy sauce
- 2 tbs rice vinegar
- 1 can diced tomatoes
- 2 tbs fresh parsley



Directions

1. Preheat oven to 350°F.
2. In a saucepan, boil 1 ½ cups of water and stir in bulgur. Remove from heat, set aside.
3. Heat oil over medium-high heat. Add carrots, celery, and red pepper; cook for 5 minutes. Add cabbage stems, cook until tender. Reduce heat and add in garlic, green onions, and ginger. Cook for 1 more minute, keep stirring.
4. Add remaining ½ cup of water, bring to boil. Simmer for 1 minute. Remove from heat. Stir in 2 tablespoons of soy sauce, 1 tablespoon vinegar, and cooked bulgur.
5. In small bowl, combine tomatoes, remaining soy sauce, and 1 tablespoon vinegar.
6. In a casserole, place ½ cabbage leaves, top with bulgur mix, and remaining leaves. Spoon tomato mix on top, cover and bake for 40 minutes.