

# Dr. Janet's Spinach, Apple and Walnut Salad

Yield: 4 servings

[http://healthland.time.com/2012/10/01/guide-the-31-healthiest-foods-of-all-time-with-recipes/?hpt=hp\\_c2#spinach](http://healthland.time.com/2012/10/01/guide-the-31-healthiest-foods-of-all-time-with-recipes/?hpt=hp_c2#spinach)

## Salad

### Ingredients

6 cups organic baby spinach leaves  
1 green apple, cored and thinly sliced  
1 ripe pear, cored and thinly sliced  
½ cup chopped walnuts  
4 teaspoons gorgonzola cheese, crumbled

### Directions

Preheat a toaster oven to 350°F. Spread walnuts on an aluminum foil covered baking pan. Toast walnuts in a toaster oven for approximately 3 minutes, shaking pan occasionally to prevent scorching. Place spinach, apple slices and walnuts in a salad bowl and toss. Serve salad in salad bowls and sprinkle each with 1 teaspoon gorgonzola cheese and 1 tablespoon dressing.

## Dressing

### Ingredients

¼ cup red wine vinegar  
¼ teaspoon balsamic vinegar  
Juice from 1 lemon  
Dash pepper  
1 tablespoon Dijon mustard  
¼ cup 100% pure maple syrup  
¼ cup canola oil

### Directions

In a food processor, process all ingredients except oil until blended. Slowly pour oil into food processor, pulsing until well blended. Chill until serving salad.

Nutrition per serving (¼ of the salad plus 1 tablespoon of salad dressing):

Calories: 208

Fat: 15 g

Sodium: 155 mg

Carbohydrate: 21 g

Dietary fiber: 5 g

Sugars: 11 g

Protein: 4 g

Recipe excerpted from *Cholesterol Down* by Janet Bond Brill, Ph.D., R.D., LDN (Three Rivers Press, Dec. 2006). To learn more about this book, please visit [DrJanet.com](http://DrJanet.com).

Read more: <http://healthland.time.com/2012/10/01/guide-the-31-healthiest-foods-of-all-time-with-recipes/#ixzz28AYw3gLc>

# Crockpot Oatmeal

Yield: 8 servings

[http://www.tastingtable.com/entry\\_detail/chefs\\_recipes/8214?media=print&printEntry=true&allowDraft=true](http://www.tastingtable.com/entry_detail/chefs_recipes/8214?media=print&printEntry=true&allowDraft=true)

## Ingredients

1 cup steel cut oats  
1 cup dried cranberries  
2 cups water  
4 cups light soy milk  
1 ripe banana, sliced  
½ cup ground flaxseeds  
½ cup chia seeds  
Pinch of cinnamon  
Chopped almonds  
Brown sugar (optional)  
Fat-free half-and-half (optional)

## Directions

Spray inside of Crockpot with nonstick cooking spray. Combine all ingredients in Crockpot and stir. Cover and cook on low for 8 to 9 hours. Garnish with chopped almonds, brown sugar, and half and half, if desired.

Nutrition per serving (approx. 1 cup):

Calories: 195

Fat: 5 g

Sodium: 52 mg

Carbohydrate: 34 g

Dietary fiber: 6 g

Sugars: 7 g

Protein: 6 g

Recipe excerpted from *Cholesterol Down* by Janet Bond Brill, Ph.D., R.D., LDN (Three Rivers Press, Dec. 2006). To learn more about this book, please visit [DrJanet.com](http://DrJanet.com).

Read more: <http://healthland.time.com/2012/10/01/guide-the-31-healthiest-foods-of-all-time-with-recipes/#ixzz284klj39R>

# Dr. Janet's Whole Wheat Chia Pumpkin Pancakes

Yield: 1 servings

[http://healthland.time.com/2012/10/01/guide-the-31-healthiest-foods-of-all-time-with-recipes/?hpt=hp\\_c2#dark-chocolate](http://healthland.time.com/2012/10/01/guide-the-31-healthiest-foods-of-all-time-with-recipes/?hpt=hp_c2#dark-chocolate)

I first learned how to make potato pancakes in the kitchen of my German aunt. While these are by no means her traditional kartoffelpuffer, I am reminded of her kitchen every time I make them. Their smaller size makes for a perfect appetizer or snack at a party. And serving them with a tangy yogurt instead of cream makes them a little bit healthier.

## Ingredients

6-ounce container of 0% (fat-free) Greek yogurt  
1/4 cup canned pumpkin puree (no sugar added)  
2 packets Splenda with fiber (or sweetener of choice)  
1/4 teaspoon pumpkin pie spice  
2 tablespoons fat-free whipped cream  
1 tablespoon chopped (diced) walnuts

## Directions

Mix all ingredients together and top with whipped cream and walnuts, if desired.

Nutrition per serving:

Calories: 170

Fat: 5 g

Cholesterol: 0 mg

Sodium: 70 mg

Carbohydrate: 16 g

Dietary fiber: 3 g

Sugars: 10 g

Protein: 17 g

Recipe from Janet Bond Brill, Ph.D., R.D., LDN, author of Cholesterol Down, Prevent a Second Heart Attack and the upcoming Blood Pressure Down

Read more: <http://healthland.time.com/2012/10/01/guide-the-31-healthiest-foods-of-all-time-with-recipes/#ixzz28AVfvre8>

# Dr. Janet's Flourless Dark Chocolate Brownies with Walnuts

Yield: 16 servings

[http://healthland.time.com/2012/10/01/guide-the-31-healthiest-foods-of-all-time-with-recipes/?hpt=hp\\_c2#dark-chocolate](http://healthland.time.com/2012/10/01/guide-the-31-healthiest-foods-of-all-time-with-recipes/?hpt=hp_c2#dark-chocolate)

## Ingredients

One 15-ounce can black beans, drained and rinsed  
¾ cup packed Splenda® Brown Sugar Blend  
½ cup quick-cooking oats  
¼ cup unsweetened dark cocoa powder  
¼ cup extra-virgin olive oil  
2 tablespoons ground flaxseeds  
1 tablespoon espresso powder  
1 teaspoon vanilla extract  
¼ teaspoon salt  
½ cup chopped walnuts

## Directions

Preheat oven to 350°F. Spray a 9-in. baking pan with nonstick cooking spray. Place black beans in a mixing bowl. Add the sugar, oats, cocoa powder, olive oil, espresso powder, flaxseeds, vanilla and salt. With an electric mixer blend the ingredients until the black beans are mashed up and the mixture is smooth, about 2 minutes. Scrape batter into the prepared pan and bake for 30 to 35 minutes until the edges pull away from the sides of the pan and the middle of the brownies is firm. Let cool before slicing into 16 pieces.

Nutrition per serving (1 brownie):

Calories: 140

Fat: 6 g

Sodium: 89 mg

Carbohydrate: 16 g

Dietary fiber: 2 g

Sugars: <1 g

Protein: 3 g

Recipe excerpted from Prevent a Second Heart Attack by Janet Bond Brill, Ph.D., R.D., LDN (Three Rivers Press, Feb. 2011). To learn more about this book please visit [DrJanet.com](http://DrJanet.com) or [PreventaSecondHeartAttack.com](http://PreventaSecondHeartAttack.com).

Read more: <http://healthland.time.com/2012/10/01/guide-the-31-healthiest-foods-of-all-time-with-recipes/#ixzz28AYEaBhP>

# Chocolate Smoothie with Avocado and Banana

Yield: 2 servings

<http://healthland.time.com/2012/10/01/guide-the-31-healthiest-foods-of-all-time-with-recipes/#bananas>

## Ingredients

2 cups vanilla soy milk

1/2 avocado, pitted and peeled

1 medium banana, peeled

1/4 cup unsweetened cocoa powder

2 individual packets Splenda

Read more: <http://healthland.time.com/2012/10/01/guide-the-31-healthiest-foods-of-all-time-with-recipes/#ixzz28GAuwuBq>

## Directions

Place all ingredients in a blender and process until smooth. Serve immediately.

Nutrition per serving (12 oz.):

Calories: 252

Fat: 12 g

Sodium: 102 mg

Carbohydrates: 33 g

Dietary fiber: 8 g

Sugars: 8 g

Protein: 11 g

Recipe excerpted from the upcoming *Blood Pressure Down* by Janet Bond Brill, Ph.D., R.D., LDN (Three Rivers Press, May 2013). To learn more about this book, visit [DrJanet.com](http://DrJanet.com)

Read more: <http://healthland.time.com/2012/10/01/guide-the-31-healthiest-foods-of-all-time-with-recipes/#ixzz28GB8LwWz>