

Heart Healthy Dishes

Green Bean Casserole

Ingredients:

1. 1 can (10 1/2 ounces) Campbell's® Healthy Request® Condensed Cream of Mushroom Soup or low/no calorie ranch or blue cheese dressing.
2. 1/2 cup sliced mushrooms
3. 1/4 cup milk (2% fat) or (unsweetened soy/almond/rice milk)
4. 1 teaspoon onion powder
5. 1/8 teaspoon ground black pepper
6. 1 teaspoon reduced-sodium soy sauce
7. 1 pound cut fresh green beans (about about 3 cups), cooked and drained
8. 2 tablespoons crushed French's® French Fried Onions (or homemade fried onions)

Directions:

1. Stir the soup, milk, onion powder, black pepper, soy sauce and green beans in a 1 1/2-quart casserole.
2. Bake at 350°F. for 25 minutes or until the mixture is hot and bubbling. Stir the bean mixture. Top with the onions.
3. Bake for 5 minutes or until the onions are golden brown.

Garlic Shrimp

Ingredients and Directions:

1. Mix 1/2 stick softened butter,
2. 1 cup chopped parsley,
3. 2 chopped garlic cloves,
4. salt and pepper.
5. Toss with the juice of 1 lemon,
6. 1 pound unpeeled large shrimp
7. A big pinch of red pepper flakes.
8. Divide between into foil packets. Bake at 400 degrees heat, 8 minutes.

Jerk Shrimp

Ingredients and Directions:

1. 1/2 tbsp vegetable oil
2. 1/2 tbsp chopped scallions
3. 1/8 Scotch bonnet or habanero chile pepper, seeded and finely minced (wear gloves when handling). Or crushed pepper flakes
4. 1 clove garlic, minced
5. 1/2 teaspoon grated fresh ginger, or 1/4 teaspoon ground
6. 1/2 teaspoon allspice
7. 1 1/2 teaspoons fresh thyme or 1/2 teaspoon dried
8. 1 tablespoons reduced-sodium soy sauce
9. 1 tablespoons lime juice
10. 1 pound unpeeled large shrimp
11. 1/2 tbsp honey (optional)
12. Divide between into foil packets. Bake at 400 degrees heat, 8 minutes.