

# “Bacon” Sauce



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*The Cooking Cardiologist®*

I must confess, I love bacon. It's the flavor, but not what's in it, animal fat, cholesterol and a chemical known as sodium nitrite. The entire product is a processed meat, not heart healthy. However, I believe you don't need to give up what you like to eat, just change your recipe.

This bacon sauce is delicious and totally vegan. It is perfect on a lettuce/tomato sandwich, replacing the mayonnaise and bacon. There is no oil or butter in this sauce. The mushrooms create the base. In place of using oil, frozen apple juice concentrate works well to brown the mushrooms, using natural pectin and sugars in the apple.

## Ingredients:

1T frozen apple juice concentrate

4-ounces white button or cremini mushrooms, sliced, about 2 cups loosely packed

1T low sodium vegetable broth plus ½ cup for the sauce

2T smoked Spanish Sweet Paprika

1T balsamic vinegar

1T vegan Worcestershire sauce, organic Annie's

1t maple syrup

1t Butcher's Blend Salt, available at [saltsisters.net](http://saltsisters.net), Goshen, IN

1t Applewood Smoked Cracked Peppercorns, [saltsisters.net](http://saltsisters.net), Goshen, IN

In a medium nonstick sauté pan, add the apple juice concentrate. On medium heat add the mushrooms and sauté lightly. Add one tablespoon of the vegetable broth to enhance browning. Remove from the heat and cool. Add remainder ingredients

into a blender: the mushrooms, vegetable broth, paprika, vinegar, Worcestershire, and spices. Blend until smooth, scraping down the sides.

The sauce can be stored covered in the refrigerator for 1 week.

Use on sandwiches, sauce for vegetables or as a dip.

# The Carrot Dog



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The blackened grilled hot dog may be the deadliest torpedo eaten by millions in America, especially enjoyed by children. These rockets are loaded with nitrites, fat and preservatives with chemicals you cannot pronounce. The America Cancer Society and the World Health Organization have recommended that we limit our consumption of processed meat, especially hot dogs.

Yet, what is more delicious and truly Americana than the hotdog at ballparks, picnics and barbeques? Consider that we ingest on most holidays (Labor Day being the most) over 1 million of these puppies. True, there have been improvements from trying to omit the nitrites, reduce the fat and blend other healthier ingredients than just meat.

So how can we give our children a delightful healthy hot dog, yet maintain the soft easy to hold bun smothered with delicious condiments of mustard, pickle relish and ketchup? There is a solution.

Re-invent the doggie. Make your own without preservatives. These aren't Hot Dogs, they're **Not Dogs** with all of the taste and flavor of the original. Safe because they use organic ingredients, are plant based, pre-cooked to take along at a picnic. No need to worry about uncooked meat. Carrot **Not Dogs** are fun on a bun!

## Ingredients:

12 large organic carrots, peeled, trimmed and ends rounded to resemble a hot dog

1 cup *Coconut Aminos*® available at Whole Foods (*Coconut Aminos* taste similar to soy sauce without the salt or soy plus it is fat free and gluten free)

½ cup salt free Italian seasoning

1T smoked paprika

1t garlic powder

1t onion powder



1T vegetarian Worcestershire Sauce. If gluten intolerant, suggest Wan Ja Shan available at Whole Foods

1T sugar

3 cups water

12 whole wheat hot buns. If gluten intolerant, use Udi's hot dog buns

Select 12 large organic carrots of uniform size, peel and cut off ends so they are approximately 6½-inches long, rounding the edges to create a “hot dog” shape. The more uniform the carrot, the better will be the consistency when cooked and grilled. In a 6-quart saucepan, mix all ingredients beginning with the *Coconut Aminos* and finishing with 3 cups of water. Bring to a boil. Add the carrots. Be sure all carrots are covered with water. If not, add more water. Note the carrots will float to the top of the herb bath which is fine. Simmer for 20 minutes or until carrots are just barely fork tender. There should be some resistance to the carrot. Do not overcook as the “dog” will be mushy.

Transfer the carrots into an air-tight container and pour the liquid over the carrots. They may be stored for up to 3-4 days in the refrigerator. Remove carrots and grill as though they were hot dogs. Grill until grill marks appear, turning frequently. Place inside fresh whole-wheat hot dog buns. Add the garnishes.

Serves twelve. Serving size: One carrot dog including whole wheat bun.  
Nutritional analysis does not include garnish.

**Nutritional Info:** Calories: 150, Total fat: 2 g, Saturated Fat: 0 g, Trans Fat: 0 g, Cholesterol: 0 mg, Sodium: 400 mg, Carbohydrate: 30 g, Fiber: 5 g, Sugars: 7 g, Protein: 4 g.

# Grilled Cajun Pickles



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Here is a twist on pickles that are alternatives to French Fries. Served with a veggie burger or my Carrot Dog, these *Pickle Fries* are lower in calories (just 5 calories/spear) and of course fat free. Grilling the pickle brings out a nice smoked flavor and the Cajun spice cranks up the taste. Be sure to purchase a salt free spice as salt is already in the pickles, see suggestion below. If salt needs to be restricted, reduced sodium pickles are available known as Rick's Picks<sup>®</sup> available at most natural grocery stores. Also try a variety of spices too, such as hickory or BBQ spices.

## Ingredients:

One 24-ounce (12 spears) deli-styled pickle spears, Rick's Picks, Classic Sours (75 mg sodium per 1-ounce), approximately ½ pickle.

Cajun spices, consider Spices Inc.<sup>®</sup> ([www.spicesinc.com](http://www.spicesinc.com)), 1-pound bulk bag price is \$14.28

Roll pickles in a small dish with ½ cup of cajun salt free spices, coating all sides. On a medium hot grill, place pickles skin side down. Grill for 5 minutes turning once to create grill marks on the pickles. Serve with your favorite veggie burger or my Carrot Dog.

Makes 12 spears. Serving size: 2 pickles, 10 calories, 0 fat.

# Flourless Lemon Torte



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This is an amazing recipe, a desert rich in beans, YES, beans for dessert! It's great on taste. You won't believe that something like this would taste so good, yet be healthy. It is made with chickpeas or garbanzo beans, available fresh (best method is over night soaking and using a pressure cooker) or canned which works just as well.

The recipe is also gluten free and low in fat. It is vegan using aquafaba liquid from the garbanzo beans. Do not discard the liquid in the can unlike years of past experiences. There is between  $\frac{1}{2}$  to  $\frac{3}{4}$  cup of liquid in each can. It is a natural occurring emulsifier.

The aquafaba can replace eggs....1 whole egg equals 3 tablespoons aquafaba and 1 egg white is equivalent to 2 tablespoons of aquafaba. To use as an egg binder, whip the aquafaba to a foam consistency, about 6-7 minutes of mixing. For a meringue, whip to fluffiness about 10-15 minutes. To hold the meringue,  $\frac{1}{2}$  teaspoon of cream of Tartar will help to hold the fluff.

## **Ingredients:**

### **Equipment:**

9-inch springform pan

Parchment paper for lining the pan

### **For the torte:**

2 cups canned garbanzo beans (approximately 2 (15-ounce) cans with a few beans left over), reserving the aquafaba liquid. Rinse the beans however,

$\frac{3}{4}$ -cup aquafaba, whipped to a foam

1 $\frac{1}{2}$ -cups sugar or substitute  $\frac{3}{4}$ -cup Truvia® Baking Blend (half Stevia and Sugar)

$\frac{1}{2}$  t baking powder

1 t vanilla extract

2 t lemon zest, approximately 1 lemon, reserving the lemon juice for drizzling on the cake after baking  
Powdered sugar and mint leaves for garnish

Preheat oven to 350°F. Coat a 9” springform pan with vegetable spray. Cut a round piece of parchment paper to fit into the bottom of the 9” pan.

Place garbanzo beans in a food processor and puree till smooth. Add the whipped foamed aquafaba, sugar substitute, baking powder, vanilla and lemon zest to the puree and blend to combine ingredients. Pour into the springform pan.

Bake on center rack for 60-65 minutes or until a knife inserted into the center comes out dry.

Remove and cool for 15 minutes. Remove cake from pan bringing to room temperature to firm. Just before serving, squeeze lemon juice over cake and sprinkle with powdered sugar. Garnish with a mint leaf.

Serves 12. Amount per serving: 1/12 slice

# Watermelon Gazpacho



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This is a perfect late spring or summer cold soup. A food processor makes this recipe very simple, but the key is to avoid completely pureeing the mixture. Use the pulse button to coarsely chop the melon and vegetables. Like any gazpacho, the soup is best prepared fresh, but earlier in the day to allow flavors to develop. Chill well, serve with garnishes of thin watermelon slices and fresh mint sprigs. I like to present this soup in large margarita stemware glasses or chilled martini glasses.

## Ingredients:

6 cups cubed seeds removed watermelon  
1 cup coarsely chopped English peeled cucumber  
½ cup coarsely chopped yellow bell pepper  
1/3 cup chopped green onions  
3 T chopped fresh mint  
3 T fresh lime juice  
¾ t salt (optional or use salt substitute)  
½ t hot sauce such as Siracha  
1 garlic clove, minced  
1 cup Cran-Raspberry Low Calorie, reduced sugar, juice  
Garnishes of watermelon slices and fresh mint sprigs

Combine ½ of watermelon and entire cucumber, bell pepper, onions, mint, lime juice, salt, hot sauce and garlic in a food processor. Pulse to coarsely chop, usually two or three brief pulses. Place in a large bowl. Add the remaining watermelon and chop again adding to the mixture. Stir in the cran-raspberry juice. Chill thoroughly.

Serves 8 (serving size ¾ cup).

Nutritional analysis: Total calories 60, total fat 0.5 g, cholesterol 0, sodium 138 mg, total carbohydrates 12.6 g, protein 1 g.