

# Cheese blintzes good for heart

"Sweets to the sweet" on Valentine's Day has become a cherished expression buoyed by tradition with a gift of rich, palate-pleasing chocolates from your heart of your loved one's heart.

But a nutrition-conscious world now also has concern for the vitality of that precious heart, which has been threatened by an over-indulgence in rich foods.

"One need not sacrifice the romance of Valentine's Day for the sake of a healthy heart," said to Denise Vilven, registered dietitian and nutrition consultant for the Pritikin Longevity Centers, nationally known centers dedicated to lowering the risk of heart disease through sound diet, exercise and stress management.

"The truth is that butter, sugar and salt are not essential in preparing intimate Valentine's meals," explains Vilven.

Appropriately enough, the American Heart Association has designated February, with Valentine's Day in the middle, as National Heart Month to remind everyone that fat and cholesterol-inducing foods hurt the heart. Its message is that there are simple alternate choices to eat well and help the heart.

"Simple substitutes like frozen apple concentrate for sugar or honey enhance a food's flavor and nutrition," said Vilven. "Other heart-healthy tips include sauteing foods in defatted chicken broth rather than oil or butter, substituting egg whites for whole eggs, and replacing nuts with roasted chestnuts."

Vilven has developed a Sunday brunch and intimate candlelight dinner for two to keep romance alive on Valentine's Day.

"Fllickering table candles help set the mood. A sweetheart's tastes may be catered to with a heart-healthy meal.



Cheese blintzes and fresh berry sauce may be served for a healthy heart candlelight dinner. Longevity Center.

1 cup non-fat milk  
1 teaspoon apple juice concentrate  
2 egg whites

Measure ¼ cup crepe batter and pour into a 7-inch non-stick crepe pan or skillet, tilting the pan so that the batter covers the bottom. Cook over low heat until the crepe is set. Turn crepe; cook until golden brown.

Slide the crepe onto a plate. Crepes may be frozen in a stack. Layer wax paper between each crepe. Wrap stack tightly with plastic wrap; freeze. Makes 6 crepes.

Combine all ingredients in a blender and mix thoroughly.

## CHEESE BLINTZES

**Filling:**  
2 cups hoop cheese  
½ cup non-fat buttermilk or ½ cup non-fat milk with 1 ½ teaspoons lemon juice  
2 tablespoons apple juice concentrate  
1 teaspoon vanilla extract  
1 teaspoon ground cinnamon  
1 medium banana  
6 crepes (see crepe recipe)

Heat oven to 350 F.

Put hoop cheese in food processor fitted with the steel chopping blade; process until it clumps together (approximately 30 seconds). Add remaining ingredients, except the crepes, and blend until smooth.

Spoon ¼ cup of the mixture into center of each crepe. Fold up bottom of the crepe, fold in sides and fold down top of the crepe, as though closing an envelope to enclose the filling. Place each crepe, seam side down, in flat baking dish. Heat 10 minutes in preheated oven or until crepe is heated through.

Makes 6 blintzes. Each blintz contains approximately 180 calories.

**FRESH BERRY SAUCE**  
2 cups fresh raspberries or strawberries  
1 to 2 tablespoons apple juice concentrate

Place berries and apple juice concentrate into a food processor fitted with the steel blade, or into a blender, and puree until smooth. Makes 2 cups.

**CREPES**  
¼ cup whole wheat flour

**'Other heart-healthy tips include sauteing foods in defatted chicken broth rather than oil or butter, substituting egg whites for whole eggs, and replacing nuts with roasted chestnuts.'**

— Denise Vilven  
Pritikin consultant



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## Which cheese is best?

AP — The calories in fat count up fast because there are twice as many in a gram of fat as in a gram of protein or carbohydrate. In addition to its effect on weight control, high fat consumption also increases the risk of heart disease.

In each of these food pairs, see if you can pick the light, low-fat choice.

1. Turkey sandwich or chef's salad?

A chef's salad with cheese, ham, turkey and half an egg dolloped with blue cheese dressing has 700 calories and 58 grams of fat. For less than half the calories and 10 percent of the fat you can have a turkey sandwich made with two slices of whole wheat bread, lettuce and tomato.

2. Lasagna or spaghetti with meat sauce?

Make your choice. Spaghetti with meat sauce has 25 percent fewer calories and 30 percent less fat. Much of the fat in lasagna is in the cheese.

3. Single burger or fish sandwich?

Fish has fewer calories per ounce than beef, but a sandwich made with

deep-fried, breaded fish contains 70 percent more calories than a single hamburger and twice as much fat.

4. Blueberry muffin or bagel with jelly?

The bagel contains as many calories as the muffin but no fat. The calories in a bagel come from carbohydrates rather than fat.

5. Oatmeal cookie or granola bar?

Go for the cookie. It has half the calories and 60 percent less fat than the granola bar. Although they are touted as healthy and natural, granola bars contain large amounts of sugar and fat.

6. Broccoli with cheese sauce or vegetable medley containing broccoli?

Broccoli is a healthful food, low in calories and high in vitamins A and C and fiber. But be careful what you add to it. A ½-cup serving of frozen broccoli with cheese sauce has the equivalent of 2 teaspoons of fat.

Broccoli appears or cuts with sauce or one of the frozen combinations of broccoli and other vegetables is a fat-free choice.

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