



## More Than Just a Cookbook...

Heart-Healthy Recipes from  
Halifax's Best-Loved Restaurants



PROCEEDS FROM THE SALE  
OF THIS BOOK SUPPORT  
THE MARITIME HEART CENTER



# Fid Resto

1569 DRESDEN ROW | (902) 422-9162 | www.fidresto.ca



## Home-grown. Innovative. Perfect.

Fid is dedicated to the use and promotion of local, organic and virtually organic foods, including sustainably harvested food products and produce in their menu as much as possible. The menu is usually part Nova Scotian, part Quebecois: part organized, part deconstructed, part Asian, part ocean, part land, and part nut-bar!

## Fid Cakes & Beet Quickle

SERVES 10

### For the Fid Cakes:

- 14 oz. salt cod
- 1¾ lb. cooked baked potato (no skins)
- 1 tsp. garlic purée
- 5 turns of a pepper mill
- ½ cup olive oil
- 1 lb. Panko breadcrumbs
- 2 cups egg whites
- 2 cups all-purpose flour
- 4 Tbsp. vegetable oil
- 20 leaves fresh cilantro

### For the Beet Quickle:

- 2 beets: boiled, peeled and finely diced
- 2 tsp. rice vinegar
- 1 tsp. sugar

1. Soak the salt cod overnight in cold water in the refrigerator.
2. The next day, remove the salt cod from the water and put into a pot of cold water. Bring to the boil for a few minutes then drain.



3. Pick the cod to make sure there are no bones. Add the cooked potato and blend together using a hand-held mixer. While mixing, add the olive oil to make a workable consistency (not too loose). Add pepper and garlic.
4. Form small rounds that are ¾ -inch high and 1½ inches in diameter. Lightly dust the cakes with flour, dip into egg whites then coat with breadcrumbs.
5. In a large frying pan, heat the vegetable oil until just before smoking. Fry to obtain slight coloration on each side then roast in the oven for 4 minutes at 475° F.
6. For the Beet Quickle, combine the beets, vinegar and sugar together.
7. To serve, mix approximately 2 ounces of the beet mixture with some fresh cilantro leaves and mold on a plate. Place the Fid cakes as pictured and garnish with cilantro leaves.

*“I’ve tried to stay active most of my life and I don’t think about age as having any limits to what I can do. If you didn’t know how old you were, how old do you think you would be?”*

– DENNIS JOHNSTON, OWNER/CHEF, FID RESTO



# Cora's Breakfast And Lunch

1535 DRESDEN ROW | (902) 490-2672

277 LACEWOOD DRIVE | (902) 457-2672 | www.chezcora.com



## Irresistible. Elaborate. Energizing.

For 24 years, Cora's Breakfast and Lunch has been delighting clients with its signature breakfast fare that offers traditional favourites and exciting new tastes. Cora has redefined all-day breakfasts to include Panini crepes, omelette sandwiches and featured specials. Mountains of fresh fruit adorn each plate and add to the beautiful presentation of every dish.

## Apple Delight

SERVES 1

- ½ red apple, diced in 1 cm cubes
- ½ green apple, diced in 1 cm cubes
- ½ pear, diced in 1 cm cubes
- 10 or more grapes, cut in half
- 6 Tbsp. yogurt
- ½ cup "Harvest Crunch" cereal
- 1 English muffin, toasted  
butter and honey

### To decorate on the bowl & plate:

Sliced red apples, exotic and seasonal fruit

One leaf of chicory

1. In a bowl, combine the apples, pears, grapes, and yogurt.
2. Add ¾ of the Harvest Crunch cereal: mix again gently and evenly. Pour the mixture into a serving bowl. Sprinkle the remaining Harvest Crunch on the top to make the first bites crunchy.



3. Decorate the bowl with the red apple slices and exotic fruit. Finally, add the chicory leaf and seasonal fruits on the side.

Serve with toasted English muffin with butter and honey.

*"I firmly believe that the kindness in my heart finds its way to my neighbour's heart. Sharing my passion for breakfast is the best way I found to spread health and inspiration!"*

– CORA TSOULIDOU, FOUNDER, CORA'S BREAKFAST AND LUNCH



# THE MARITIME HEART CENTER: ABOUT US

## Advocacy, Prevention, Education and World-Class Care in the Fight Against Heart Disease

- Heart Disease is Canada's biggest killer
- 32% of Maritime children are overweight or obese
- 1 in 3 people in Nova Scotia will die of a heart-related condition

*This is the reality of heart disease in the Maritimes.*



### A Center with Heart:

The Maritime Heart Center is a registered not-for-profit organisation founded in 1976 by a group of cardiac care professionals who could see the future impact of heart disease in the Maritimes – and the need for a dedicated center to fight these shocking statistics. With death from heart disease at an all-time high and risk factors such as diabetes and obesity on the rise, the work of the Maritime Heart Center is now more important than ever.

We raise money to combat the devastating effects of heart disease through both PREVENTION and CARE: running a variety of accessible heart-health initiatives to encourage our communities to live healthier lifestyles and providing world-class surgery and clinical support to Maritimers already suffering with heart disease.

*“We are proud to be leaders in raising public awareness of heart-health and providing world-class care to Maritimers with heart disease.”*

### Support for Our Communities:

Disease prevention is as critical as patient care and our community heart-health initiatives work to educate, inspire and encourage. We run a number of free public annual events, host affordable and accessible exercise classes and look for innovative ways to raise people's awareness of heart-health – such as the book you are reading now, which has been produced by the Maritime Heart Center in conjunction with Cook the Hood Publishing.

Our flagship initiative is our H2K Program (Heart Healthy Kids), which is running in schools across Halifax Regional Municipality to promote physical activity in elementary school children and educate kids and their caregivers in the risk factors of heart disease and the practicalities of heart-healthy living.

### Support for Our Hospitals:

We are committed to offering the very best care to those suffering with heart disease, encompassing pre-surgery counselling, world-class surgical procedures/equipment and post-operative support. We are also proud to provide funding for specialist procedures and equipment NOW that may otherwise take years to become readily available. Our hospital funding ensures we are always at the cutting edge of cardiac surgery and are in a position to provide the



very best care to our patients. Our Open Heart Support Group is a peer-led team of volunteers who have undergone open heart surgery. They visit patients in hospital before and after their procedure to provide support from a very personal perspective.

*Visit our website to read more about the work we do: [www.maritimeheartcenter.ca](http://www.maritimeheartcenter.ca)*





# MŌDA Urban Dining

1518 DRESDEN ROW | (902) 405-3480 | [www.modaurbandining.com](http://www.modaurbandining.com)



*“A good laugh  
and a good cup  
of tea; you’ll  
get through  
anything.”*

– MELISSA BUCKLEY,  
OWNER,  
MŌDA URBAN DINING

## Chic. Local. Ambitious.

MŌDA Urban Dining is a relaxed fine dining experience with a globally influenced menu of fresh, local ingredients. Their philosophy to “think global, eat local” results in a creative food adventure with a fusion of flavours that make choosing a dish almost impossible – so try many and visit often!

## Baby Eggplant over Spaghetti Squash Aglio e Olio

SERVES 4

- 1 spaghetti squash
- 1 - 2 baby eggplants
- 3 Tbsp. olive oil
- 2 cloves garlic, finely chopped
- 16 cherry tomatoes, halved
- 4 oz. tomato sauce
- fresh cilantro
- a pinch salt & pepper
- 2 tsp. black pepper
- 2 pinches crushed red chillies
- 50 grams goat’s cheese
- freshly grated Parmesan cheese (optional)

1. Preheat oven to 375 °F. Prepare the spaghetti squash by cutting in half lengthways. Using a spoon, scoop out seeds.
2. Place in baking dish with ½ inch of water and bake for one hour. Remove from oven and cool squash enough to handle. Using a fork, shred squash widthwise to produce spaghetti-like strands.

### For the eggplant and tomato sauce:

3. Slice eggplants thinly in circles. In a skillet over medium heat, add 1 Tbsp. olive oil and 1 clove chopped garlic. Sauté 1-2 minutes.



4. Add eggplant rounds and then cherry tomatoes. Sauté until eggplant is cooked through.
5. Add four ounces of tomato sauce, approximately half a handful of fresh cilantro, a pinch of crushed red chillies and salt and pepper to taste.
6. Continue simmering, and once sauce has reduced by 50%, add goat’s cheese. Remove from heat and set aside.

### To make “pasta”:

7. In a separate skillet, heat 2 Tbsp. olive oil. Add 1 clove garlic and a pinch of crushed red chillies.
8. Once the garlic begins to change colour, add spaghetti squash strands. Salt and pepper to taste. Add a generous amount of fresh grated Parmesan cheese (optional).
9. Toss until spaghetti squash is coated in the olive oil sauce and warmed through.
10. Place the skillet with the eggplant mixture back over medium heat to warm. Place squash “pasta” on plate and top with eggplant tomato sauce.



Onyx

5680 SPRING GARDEN ROAD | (902) 428-5680 | www.onyxdining.com



**Dramatic. Extravagant. Sexy.**

Onyx offers an oasis of casual elegance with an experience that includes more than just fine dining. The luxurious interior and remixed jazz in the air gives a big-city feel, yet the mood remains intimate. The cuisine is French with an Asian influence, the atmosphere is warm and inviting and the service impeccable yet friendly.

## Red Lentil and Coconut Soup

SERVES 4

- 2 Tbsp. extra virgin olive oil
- 2 medium red onion, finely chopped
- 1 birds-eye chilli, seeded and chopped (optional)
- 1 stalk lemongrass, outer layers removed and chopped
- 2 cloves garlic, chopped
- 1 cup red lentils, rinsed and drained
- 1 tsp. ground coriander
- 1 tsp. paprika
- 1 1/3 cups coconut milk
- 3 3/4 cups water
- juice of one lime
- 3 spring onions, chopped
- 1/2 cup coriander, finely chopped
- salt & pepper
- 1 1/2 cups garlic croutons



1. Heat the oil in a large pan, add the onions, chilli, garlic and lemongrass. Cook for five minutes, or until the onions have softened but not browned, stirring occasionally.
2. Add the lentils, spices, coconut milk and water: stir gently. Bring to a boil, stir, then reduce the heat and simmer for 40-45 minutes or until the lentils are soft and mushy.
3. Stir in the lime juice, spring onions and coriander.
4. After ladling into bowls, top the soup with garlic croutons to serve.

*"I drink plenty of heart-healthy red wine!"*

- KYLE HIGGINS, MANAGER, ONYX



## THE MARITIME HEART CENTER: HALT THE SALT!

Cutting salt in your diet is a major step towards reducing your risk of heart disease.



When people think of eating salt, they think of shaking it on to prepared food to season it or adding it whilst cooking. **Ditching the salt shaker** is the first step everyone should take – we simply do not need added salt in our diets. But even those who claim they don't add salt to food or cooking should consider this: **80% of dietary sodium comes from processed, packaged foods** that are a regular part of most people's diets: seasoned deli meats, hot dogs, bread products, canned soups and sauces, frozen meals, condiments such as ketchup and mayonnaise, ready-rice and noodles, pickled foods, processed cheese and salted snacks. Bear that in mind the next time you add canned tomatoes and chicken broth to a homemade soup or prepare a chilli or gravy with store-bought mix.

*The recommended daily intake of sodium is 2300mg or 5ml – that's the equivalent of just 1 teaspoon.*

To help reduce the sodium in your diet, try the following:

**Opt for low-sodium products:** The good news is that low-and-no-sodium alternatives to almost everything are easily available. When buying packaged foods such as broth, vegetables, soups and sauces, select those that have reduced sodium. But beware – if a label says '30% less sodium' it doesn't mean LOW sodium. Always check the label to review the actual sodium levels. Many brands now offer 'No salt added' everyday products such as canned vegetables, broths, beans and tomatoes. This makes preparing homemade low-sodium pasta sauces, stews and soups a quick and easy alternative to high-salt store brands.

**Use salt substitutes wisely – or not at all:** To achieve that familiar salty taste, you may use too much of the substitute and actually use MORE sodium!

**Eat more fresh foods and fewer processed foods.** It's obvious... but true. Most fresh fruits and vegetables are naturally low in sodium and fresh meat is lower in sodium than luncheon meat, bacon, hot dogs, sausage and ham. And beware frozen chicken breasts – some brands contain up to 30% of your daily sodium per portion!



**Spice it up:** Fresh and dried herbs and spices are an excellent and flavourful way to zing up your cooking without cranking up the sodium, and there are now lots of salt-free seasoning blends available in the supermarket.

**Learn your labels:** Food nutrition labels – particularly the percentage of daily value (%DV) per serving information – are a great way to monitor everything from sodium to fat to nutrients when making decisions on processed foods. And remember – most cans and packages contain at least 2 servings – so don't be misled and make sure you understand the serving size!

*Eating too much salt is directly linked with high blood pressure, which is a major risk factor for heart disease.*

*The average Canadian consumes 2-3 times the daily recommended intake of sodium.*

*For resources on reducing sodium in your diet, visit our website: [www.maritimeheartcenter.ca](http://www.maritimeheartcenter.ca)*



### John Britton

Manager of Events and Promotions, Maritime Heart Center

John's role at the Maritime Heart Center is to raise awareness of heart-health in the Maritimes, and he is thrilled to be one of the producers of this book. "The way our restaurant community has come together to promote the importance of heart-healthy eating is incredible" says John, who is happy to share his delicious dip recipe.

### John's Curry Cauliflower Dip

MAKES 2 CUPS

- |            |                                     |   |
|------------|-------------------------------------|---|
| 1 cup      | fat-free plain yogurt               | 1. In a large bowl, toss cauliflower and garlic cloves with oil, curry powder, cumin, ground coriander and ginger until all pieces are well coated.   |
| 3 Tbsp.    | extra-virgin olive oil              | 2. Spread pieces evenly on a large baking sheet. Roast at 425 °F for 25 minutes. Remove garlic cloves. Turn cauliflower pieces and roast for 20 more minutes.                                 |
| 1 Tbsp.    | curry powder                        | 3. Place cauliflower and garlic in blender. Add yogurt, lemon juice, salt and pepper and pulse until coarse-blended, scraping down sides as needed. Add up to ½ cup more yogurt if too thick. |
| 1 Tbsp.    | ground cumin                        | 4. Spoon into a serving bowl, stir in fresh cilantro and chill, covered, for at least 4 hours.  |
| ½ Tbsp.    | ground coriander                    |   |
| ½ Tbsp.    | ground ginger                       |   |
| 1 head     | cauliflower, cut into small florets |   |
| 6 cloves   | garlic, peeled                      |   |
| juice of 1 | whole lemon                         |   |
| a pinch    | salt & pepper                       |   |
| a handful  | fresh cilantro, chopped             |   |

*Serve with whole-wheat pita chips and sliced, raw vegetables.*



### Cyril Lunney

Host of Breakfast Television Halifax

With a family history of heart disease and a father who recently had a triple bypass (and is doing great!), Cyril does as much as he can for the Maritime Heart Center through his position at Breakfast Television. "Heart-health for me comes in the form of eating well and time spent with my beautiful wife Lori and our 3 children. I'm honoured to share my recipe to support the Maritime Heart Center".

### Cy's Stuffed Peppers

SERVES 4

- |  |                         |   |
|--|-------------------------|---|
| 4 large  | bell peppers with stems | 2. Heat oil in a large non-stick pan over a medium/high heat. Cook onion and garlic until soft, about 5 minutes. Stir in spinach and cook until wilted, about 2 minutes. Transfer to a mixing bowl.   |
| 2 tsp.   | olive oil               | 3. Cook beef in the pan, about 8-10 minutes, until browned.   |
| 1  | onion, chopped          | 4. Add beef, rice, tomatoes, Parmesan, and salt and pepper to spinach mixture: stir until well mixed.   |
| 3 cloves   | garlic, minced          | 5. Preheat oven to 375 °F. Stuff each pepper evenly. Place the stuffed peppers in a casserole dish (1.5 L or 1½ quart). Put tops on peppers and spray with an olive oil non-stick spray. Bake until peppers are tender and filling is heated through, about 30 minutes. |
| 3 cups   | baby spinach            |   |
| ½ lbs.   | extra-lean ground beef  |   |
| 1 cup  | cooked brown rice       |   |
| 1 cup  | diced tomatoes          |   |
| ½ cup  | light Parmesan cheese   |   |
| salt & pepper to taste   |                         |   |
| 1. Cut top half-inch of pepper and set aside. Clean peppers and place on a plate. Cover with wax paper and microwave on high for about 3 minutes, or until soft. Then repeat with tops for about 2 minutes or until soft. Set peppers aside. |                         |   |

*Serve with your favourite salad.*

