

FEBRUARY HEART HEALTH

CUCUMBER WALNUT BITES

Walnuts: Walnuts are rich in omega-3 fatty acids, which have been associated reduced inflammation, improved cholesterol levels, and decreased risk of heart disease.

Cucumber: Cucumbers are low in calories and high in water content, making them a hydrating and nutritious addition to meals. They also contain compounds like cucurbitacin and lignans, which may have anti-inflammatory and antioxidant properties beneficial for heart health.

Roasted Red Pepper Hummus: Hummus, made from chickpeas and olive oil, provides healthy fats and fiber. Olive oil is rich in monounsaturated fats, which can help improve cholesterol levels and reduce the risk of heart disease. Additionally, chickpeas are a good source of protein and fiber, which contribute to satiety and may help manage weight, another factor in heart health.

INGREDIENTS:

Servings: 16 (2 each)

Ingredients:

- 1 cup walnuts (divided, chopped)
- 2 English cucumbers
- 1 cup roasted red pepper hummus
- 1/2 cup reduced-fat, crumbled feta cheese
- 10 cherry tomatoes (quartered)

Directions:

- Preheat oven to 350°F and arrange walnuts evenly on a baking sheet. Bake 8 minutes, checking frequently, until toasted.
- Slice cucumber crosswise into 18, ~3/4-inch thick slices.
- In a bowl, mix 1/2 chopped walnuts into the hummus. Spoon walnut-hummus mixture into each cucumber slice and top with reserved tablespoons of chopped walnuts, feta cheese and quartered tomatoes.

Nutrition Facts	
Calories	130
Total Fat	11 g
Saturated Fat	1 g
Trans Fat	0.0 g
Polyunsaturated Fat	4 g
Monounsaturated Fat	6 g
Cholesterol	0 mg
Sodium	150 mg
Total Carbohydrate	6 g
Dietary Fiber	2 g
Sugars	1 g
Added Sugars	0 g
Protein	5 g

