

Discover culinary tips and tempting recipes
to help get your cholesterol under control

Low-Cholesterol Cookbook FOR DUMMIES®

Molly Siple, MS, RD

*Dietitian and author of
Healing Foods For Dummies*

A Reference for the Rest of Us!



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WILEY

Wiley Publishing, Inc.

Low-Cholesterol Cookbook For Dummies®

Published by

Wiley Publishing, Inc.

111 River St.

Hoboken, NJ 07030-5774

www.wiley.com

Copyright © 2005 by Wiley Publishing, Inc.,
Indianapolis, Indiana

Published by Wiley Publishing, Inc., Indianapolis, Indiana

Published simultaneously in Canada

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Library of Congress Control Number: 2004115692

ISBN: 0-7645-7160-5

Manufactured in the United States of America

10 9 8 7 6 5 4 3

1B/RV/QS/QV/IN



Dedication

To my stepfather, Milton Otis Shaw, for all his kindness.

About the Author

Molly Siple, MS, RD, is also the author of *Healing Foods For Dummies*. She writes a nutrition column that appears in *Natural Health* magazine and she has taught nutrition at the Southern California School of Culinary Arts in Pasadena, California.

She is the coauthor, with Lissa DeAngelis, of *Recipes for Change*, which was a finalist nominee for the International Association of Culinary Professionals' Julia Child Cookbook Awards in the Health and Special Diet category. Ms. Siple also founded a successful catering business in New York City.

Author's Acknowledgments

Here's a big thank you to Wiley Publishing for giving me the opportunity to write this book. First, thank you to the acquisitions editor, Natasha Graf, for signing off on my receiving the assignment and having the project start so quickly. And what would my days of writing have been like without the bright and cheery e-mails I'd open first thing in the morning from my brilliant project editor, Natalie Harris, who could always see the big picture? Much thanks also to Emily Nolan, a recipe tester who really knows her stuff and pointed out my glitches, and to Tina Sims, copy editor, who asked me clever questions and sometimes performed surgery on my sentences. I also much appreciate the work of Patty Santelli, general reviewer and nutritional analyst, for her thoughtful insights into the technical aspects of the text.

Special thanks also goes to Deborah Morley, a budding chef herself, who took time from her culinary studies to help me test recipes. And what a pleasure to have Lissa DeAngelis calling to give me company as I wrote and answering my cooking questions. But the biggest thank you of all goes to my partner in all things, Victor Watson. While I wrote the book, you ran my errands, hunted up research studies in the library, shopped for the food for testing the recipes, let me know quite clearly when the results were too bland, fed me when I had no time to

cook, and, in general, let me feel loved as you cheered me on.

Publisher's Acknowledgments

We're proud of this book; please send us your comments through our Dummies online registration form located at www.dummies.com/register/ .

Some of the people who helped bring this book to market include the following:

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Cover Photo: © Dennis Gottlieb, FoodPix

Illustrator: Elizabeth Kurtzman

Cartoons: Rich Tennant, www.the5thwave.com

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Layout and Graphics: Joyce Haughey, Stephanie D. Jumper, Barry Offringa, Lynsey Osborn, Jacque Roth, Brent Savage, Julie Trippetti

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Introduction

The first place to start in controlling cholesterol and lowering your risk of heart disease is in your lifestyle, in particular, changing and improving on what you eat. Sound hard? Don't despair. My advice is easy to swallow, as I'm sure you'll find when you sample the recipes in this book.

Good nutrition is still the foundation of health. Nutrients in food go to work in amazing ways, on the cellular and molecular level, to restore normal body function. The vitamins and minerals in the foods I tell you about in this book help your body lower the bad cholesterol, raise the good kind, and protect your arteries from damage. And that's just the beginning of the long list of everything they do. Of course, you've already taken the right first step in deciding to pick up this cookbook. Getting healthier starts in the kitchen!

Throughout this book, the dishes I've developed for you are geared to the needs of someone with cholesterol that's moderately elevated. You may have special needs and concerns that will require adjustments to the recipes. Work with your doctor or other health professional to tailor your diet as required. You may also need medication to treat your condition. But again, that's a matter between you and your doctor.

About This Book

The *Low-Cholesterol Cookbook For Dummies* gives you a good overview of an effective way to control cholesterol, backed up by my own experience as a nutritionist as well as scientific studies. The basics are there, about fat and cholesterol in foods, and how to put together meals that give you healthy amounts. I also load the pages with information on all the various nutrients that lower the “bad” LDL cholesterol or raise the “good” cholesterol. And you hear all about soluble fiber that soaks up cholesterol and escorts it out of your body. To make this book is as up-to-date as possible, I also touch on some newly recognized risk factors for heart disease that tie in with managing cholesterol.

Each chapter covers a category of food, such as vegetables or fish. You find out the basics of cooking these and also which ones best suit a cholesterol-controlling diet. Use these recommendations to write your grocery shopping lists. The recipes pages are also packed with useful health advice; the introductions to the recipes are filled with nutrition information on what you’re about to cook.

But let’s get to the good part: the recipes. First, they’re delicious so you’ll want to eat them even if they weren’t good for you. And as I created each dish, I made a special effort to feature the most nutritious, fresh, and natural foods that also help manage cholesterol. Recipe ingredients and procedures are kept as short and simple

as possible, but without sacrificing flavor. With certain recipes you have the chance to shop for special ethnic ingredients I thought you'd find intriguing. Throughout the book, I also try to make a few jokes here and there, especially in the section titles, to amuse myself and you.

Conventions Used in This Book

The recipes in this book are very complete, but they may not spell out every detail of prepping and cooking the food. For example, certain steps and techniques in cooking are standard no matter what you're preparing. In addition, in this book, I require specific types of ingredients and also want to make sure that you adhere to a few of my other cooking preferences. Take a quick look at the following list for points that apply to all the recipes:

- ✓ Organic foods are not required, because I figure you have enough to think about in shifting to a more heart-healthy diet. But by all means, buy organic when you can, to spare your body added toxins. Or at least wash produce in one of the products that removes toxins from fruits and vegetables.
- ✓ Fruits and vegetables are washed under cold running water before using.

- ✓ Pepper is freshly ground pepper. Invest in a pepper mill and give it a few cranks when you want pepper bursting with flavor.
- ✓ Fresh herbs are specified in many of the recipes for their bright, authentic flavor. But you can still make a recipe if you don't plan to use these by substituting dry herbs, using one-third the amount of fresh.
- ✓ Dairy products are lowfat.
- ✓ Eggs are large unless otherwise indicated.
- ✓ Canned goods are the low-sodium or no-added-salt versions.
- ✓ Food products never contain any partially hydrogenated oils.
- ✓ Water is filtered water.
- ✓ Keep pots uncovered unless I tell you to put on the lid.

Some other points about the recipes are also useful to keep in mind:

- ✓ Most of the recipes are written for four servings, an easy number to multiply or divide if you're feeding a crowd or you need just two servings for you and a friend.
- ✓ The nutrient information given at the end of each recipe is the amount of those items in a single serving. Have a larger serving size, and you need to increase these numbers.

✓ If you can't find the exact ingredient that a recipe calls for in a specific amount, don't worry. A little more or less of an item won't ruin the dish, and — who knows — if you tinker slightly with the ingredients, you may invent something that you like even better.

✓ The preparation time estimated for each recipe includes cutting veggies and assembling ingredients and measuring them. Doing this before you start cooking also makes the whole process more efficient. You won't be surprised that you're out of olive oil just at the moment you need some.

✓ The temperature for all recipes is in Fahrenheit.

Here are some non-recipe conventions to keep in mind when reading this book:

✓ *Italic* is used for emphasis and to highlight new words or terms that are defined.

✓ **Boldfaced** text indicates the action part of numbered steps.

✓ Monofont is used for Web addresses.

🍅 This little tomato indicates that the recipe is vegetarian. You see it in on the “tabs” in front of the recipe names in the recipe chapters.

What You're Not to Read

You don't have to read every single word I've written. The material in the regular paragraphs I do recommend.

These sections tell you the basics about the subject of controlling cholesterol. But you don't have to read items marked with the Technical Stuff icon, which, although interesting, may give you more details and facts than you want or need.

Reading sidebars is also optional. They provide supporting material on the subject of heart disease but they aren't absolutely essential for finding out how to manage cholesterol. And if you're already a pro at cooking, certainly skip over any cooking advice that you find obvious. But don't worry, I won't tell you how to boil water.

Foolish Assumptions

As I tested the recipes — and I did cook all of them right in my own home kitchen — I pictured you standing there right next to me, following the cooking procedures and sampling the results. I tailored the recipes to suit a certain kind of cook, who I imagine to be like this:

✓ You're fairly handy in the kitchen. You know how to clean mushrooms without being told, and stuffing a chicken is no big deal. But making a galantine of chicken (a simmered and boned, stuffed chicken glazed in aspic — oh please!) is beyond your scope, which is okay, because elaborate cooking techniques are nowhere to be found in this book.