



## Recipes for Blood Pressure Management

April 2015

### Southwestern Potato Skins

*Mayo Clinic*

Makes: 6 servings (4 wedges=1 serving)

#### Ingredients

6 large baking potatoes  
1 teaspoon olive oil  
1 teaspoon chili powder  
1/8 teaspoon Tabasco sauce  
6 slices turkey bacon, cooked until crisp, chopped  
1 medium tomato, diced  
2 tablespoons sliced green onions  
1/2 cup shredded cheddar cheese

#### Directions

1. Preheat the oven to 450 F. Lightly coat a baking sheet with cooking spray.
2. Scrub potatoes and prick each several times with a fork. Microwave uncovered on high until tender, about 10 minutes. Remove the potatoes from the microwave and place on a wire rack to cool. When cool to the touch, cut each potato in half lengthwise and scoop out the flesh, leaving about 1/4 inch of the flesh attached to the skin. (Save potato flesh for another meal.)
3. In a small bowl, whisk together the olive oil, chili powder and hot sauce. Brush the olive oil mixture on the insides of the potato skins. Cut each half of the potato skin in half again crosswise. Place the potatoes onto the baking sheet.
4. In a small bowl gently mix together the turkey bacon, tomato and onions. Fill each potato skin with this mixture and sprinkle each with cheese.
5. Bake until the cheese is melted and the potato skins are heated through, about 10 minutes. Serve immediately.

Nutritional Information (per serving): Calories 180, Total Fat 5g, Saturated Fat 2g, Cholesterol 20mg, Sodium 200mg, Carbohydrates 28g, Fiber 5g, Protein 6g

## Garlic Lime Marinated Pork Chops

*Dashdietoregon.org*

Makes: 4 servings

### Ingredients

4 (6 ounces each) lean boneless pork chops

4 cloves garlic, crushed

1 teaspoon cumin

1 teaspoon chili powder

1 teaspoon paprika

Fresh black pepper to taste

Juice of 1/2 lime (about 1 tablespoon)

Zest of 1/2 lime (about 1 teaspoon)

### Directions

Trim any fat off pork. In a large bowl season pork with garlic, cumin, chili powder, paprika, and pepper. Add lime juice and lime zest. Allow pork to marinate at least 20 minutes. Line a broiler pan with foil for easy clean-up. Place pork chops on the broiler pan and broil about 4-5 minutes on each side or until nicely browned. Alternatively, grill pork chops on the outdoor grill over high heat, 4-5 minutes per side until the internal temperature reaches 145 degrees.

Nutrition Information: Calories 200, Total Fat 5g, Saturated Fat 1.5g, Cholesterol 90mg, Sodium 400mg, Carbohydrates 2g, Fiber 1g, Protein 38g

# Fresh Fruit Kebobs with Lemon Lime Dip

*Mayo Clinic*

Makes: 2 servings

## Ingredients

4 ounces low-fat, sugar-free lemon yogurt  
1 teaspoon fresh lime juice  
1 teaspoon lime zest  
4 to 6 pineapple chunks  
4 to 6 strawberries  
1 kiwi, peeled and diced  
1/2 banana, cut into 1/2-inch chunks  
4 to 6 red grapes  
4 wooden skewers

## Directions

1. In a small bowl, whisk together the yogurt, lime juice and lime zest. Cover and refrigerate until needed.
2. Thread 1 of each fruit onto the skewer. Repeat with the other skewers until the fruit is gone. Serve with the lemon lime dip.

Nutritional analysis per serving: Calories 160, Total Fat 1g, Saturated Fat 0g, Cholesterol 4mg, Sodium 45mg, Carbohydrate 36g, Fiber 4g, Protein 4g