



LOW CHOLESTEROL RECIPES

(THAT TASTE GREAT!)

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ASIAN TUNA PATTIES

SERVES 2

INGREDIENTS

(2) 5 oz cans of tuna, packed in water
(1) 16 oz can garbanzo beans
5 egg whites
1 onion, finely chopped
1½ tbsp fresh ginger, minced
2 tbsp Dijon mustard
2 tbsp liquid aminos
1-2 tsp coconut oil
1 tsp black pepper
2-4 cups leafy greens (lettuce or arugula)

INSTRUCTIONS

1. In a large mixing bowl, mash the tuna and beans together and then add the rest of the ingredients. Mix well.
2. Press mixture firmly with your hands to shape into very tightly packed patties.
3. Place patties in a skillet with coconut oil. Cook over medium-high heat until outside turns light brown.
4. Serve over a bed of lettuce greens.



GREEK SALAD

SERVES 2

INGREDIENTS

6–8 oz free-range chicken breast or wild salmon
1 stalk celery, chopped
¼ cup red onions, sliced or chopped
1 cup watercress, chopped
1 medium red bell pepper, sliced or chopped
2–4 cups mixed lettuce greens
2 tbsp Greek vinaigrette
1 tbsp pine nuts

INSTRUCTIONS

1. Assemble salad ingredients and then drizzle with dressing. Top with your choice of protein.