

Home Life

Local chef shows how to cook heart healthy

By **DEBORAH WHEELER**
SUN REPORTER

Cooking in a way that is healthy for the heart is not that difficult to do if you keep in mind a few simple tricks, said Chef Dan Pettis.

Pettis is the corporate chef at Beachwalk Café. He shared some tips for heart healthy cooking with a class at Sacred Heart Hospital on the Emerald Coast April 18, and entertainingly demonstrated the preparation of a heart-healthy three-course meal.

Pettis' menu included an edamame salad with pomegranate dressing, jasmine tea steamed salmon with ginger lime sauce, and plum wine and sake poached pears. To the class's delight, the uncomplicated, visually appealing and tasty meal had a total of 19 grams of fat.

Pettis' edamame salad included romaine lettuce and grape tomatoes, topped with won-ton skins.

Edamames are young soy beans of pure protein, said Pettis.

The salad's dressing consisted of pomegranate

juice, canola oil, sugar, garlic, salt and pepper. Missing from this vinaigrette was vinegar and a heftier fat content.

Pettis again saved fat by steaming the salmon and seasoning it with a savory, yet low-fat, fresh-squeezed lime juice, soy sauce and rice vinegar concoction. The salmon was laid atop julienned cabbage.

With only one gram of fat, the poached pears were truly the crème de la crème, drizzled with a warm plum wine, sake, cinnamon, sugar and honey sauce.

Sacred Heart's Heart Healthy Cooking Classes will be held on a quarterly basis. The next class will be in July. All classes will feature heart healthy foods and recipes.



Chef Dan Pettis shows off the heart healthy meal he prepared at Sacred Heart Hospital on the Emerald Coast Tuesday. Deborah Wheeler/The Sun



The Walton County Bookmobile schedule

MONDAY

Glendale — 8:30 - 10 a.m.
Darlington — 10:30 - 12:30 p.m.
Gaskin — 1 - 3:30 p.m.

TUESDAY

Choctaw Beach — noon - 2 p.m.
Red Bay — 3 - 4:30 p.m.

WEDNESDAY

Mossy Head — 11 a.m. - 1 p.m.
New Harmony — 1:30 - 3 p.m.
Liberty — 3:15 - 4:30 p.m.

THURSDAY

Bay Early Education Center — 8:30 a.m. - 1:30 p.m.
Walton County Convalescent Center — 3 - 4 p.m.

FRIDAY

Crystal Bay Senior Living — 9 - 9:30 a.m.
Miramar Beach — 10 a.m. - Noon
Rosemary Beach — 1:30 - 3:30 p.m.

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