

Practical and Low-Cholesterol Recipes for One Day

Cholesterol is a waxy substance and fat-like in appearance. It is present in every cell of the body and has important natural functions when it comes to digesting foods, producing hormones, and generating vitamin D.

Cholesterol comes from two sources. Your liver makes all the cholesterol you need. The remainder of the cholesterol in your body comes from foods derived from animals. For example, meat, poultry and full-fat dairy products all contain cholesterol, called dietary cholesterol. In these quarantine days we find an opportunity to try new recipes at our home. They could be include so much cholesterol at all. Here are some recipes including low cholesterol, they are great recipe alternatives for your meals.

For your breakfast; Strawberry Oatmeal Bars

Servings: 4

Ingredients:

- ✓ 2 sticks (30g) salted butter (cut into pieces)
- ✓ 1 ½ cup all purpose flour
- ✓ 1 ½ cup oats
- ✓ ½ cup grape molasses
- ✓ 1 teaspoon baking power
- ✓ 1 teaspoon salt
- ✓ 50g strawberry preserves
- ✓ 100g grounded walnut, hazelnut, almond and caju mixture

Directions:

- ✓ Preheat oven to 180C degree. Coat a baking tray with a piece of butter or olive oil.
- ✓ Mix together the butter, flour, oats, grounded walnut, hazelnut, almond and caju mixture, baking powder and salt.
- ✓ Press half the oat mixture into the prepared baking tray.
- ✓ Spread with the strawberry preserves.
- ✓ Sprinkle the other half of the oat mixture over the top and pat lightly.
- ✓ Bake until light Brown 30-40 minutes.
- ✓ Lets cool completly and then pour grape molasses then cut into squares.

For a lunch time; Black eyed pea- Kale Bowl

Servings: 4

Ingredients:

- ✓ ½ cup Brown rice or Bulghur
- ✓ 1 tablespoon olive oil
- ✓ ½ fresh onion, finely chopped
- ✓ 2 teaspoon minced garlic
- ✓ 450g black eyed peas -boiled, drained and rinsed
- ✓ 4 cups fresh spinach
- ✓ 2 large tomatoes, finely chopped
- ✓ 3 tablespoons finely chopped chives (optional)

Directions:

- ✓ Cook rice or bulghur within boiling.
- ✓ In a large skillet, heat the olive oil over medium-high heat.
- ✓ Saute the onion and garlic until softened, about 3 minutes.
- ✓ Stir the precooked black eyed peas and rice and cook until heated through, about 10 minutes.
- ✓ Stir in the spinach and saute until wilted, about 5 minutes.
- ✓ Spoon the mixture into 4 bowls and divide the tomatoes between the bowls.
- ✓ Serve topped with chives.

For your dinner; Salmon with Radish Cucumber Salsa

Servings:4

Ingredients:

- ✓ 8 baby radish, diced
- ✓ 1 cup diced cucumber
- ✓ 1 yellow bell pepper diced
- ✓ 2 teaspoons chopped fresh cilantro or parsley
- ✓ 1 teaspoon freshly squeezed lime or lemon juice
- ✓ 2 salmon fillets (150g)
- ✓ Freshly grounded black pepper
- ✓ Sea salt
- ✓ Olive oil (for pan)

Directions to Make Salsa:

- ✓ In a small bowl, combine the radishes, cucumbers, bell pepper, cilantro or parsley, and lime or lemon juice. Season with salt and pepper.

- ✓ Set aside.

Directions to Make Salmon:

- ✓ Season the salmon with salt and pepper.
- ✓ Generously coat a medium skillet with olive oil and heat over medium-high heat.
- ✓ Add the salmon and cook until it is just cooked through, turning once, about 6 minutes per side.
- ✓ Serve topped with the salsa.

