

Dr. Caldwell Esselstyn, MD rose to prominence a decade ago with the publication of his New York Times bestselling book, *Prevent and Reverse Heart Disease*. It documented research and science behind his advocacy of whole food, plant-based nutrition. Thousands of heart patients owe their lives to his groundbreaking findings.

Patient compliance with Dr. Esselstyn's dietary protocols remains the critical factor in the success of his program. To that end, Dr. Esselstyn's wife and daughter – Ann Crile Esselstyn and Jane Esselstyn – took to the kitchen to create a series of recipes that prove as delightful for the taste buds as they are to the blood vessels that sustain heart function. The *Prevent and Reverse Heart Disease Cookbook* makes their culinary expertise available to the general public.

Although my husband and I (*mercifully*) do not suffer from heart disease, we adopted a principally whole foods plant based diet in October 2016. I've really enjoyed sampling Ann and Jane's creations and found their instructions really easy to follow. Their commentaries about each recipe brought a smile to my face!

If you've adopted the whole food plant-based diet or plan to do so, this cookbook would be a worthy addition to your bookshelf.

Breakfasts

I've noticed that quite a few fitness experts recommend good old fashioned oatmeal for breakfast. If you follow that advice – or simply love oatmeal – this cookbook has quite a few variations on that theme that will start your day with a bang!



Essy's Breakfast Bowl



Ann's Oats with Grapes



Banana Steel Cut Oats



Cinnamon Stick Oatmeal



Chickpea Omelets



Pancake Puffs - Sweet



Pancake Puffs - Savory



Breakfast Hash



All-Oat Pancakes



Savory Smoky Oats

Lunches

I'm still getting used to preparing somewhat "traditional" lunch for myself. (*Our usual fare involves leftovers from the prior night's dinner.*) I found the sandwiches in this cookbook quite tasty. My favorite lunch turned out to be the Lettuce Wraps with Creamy Marinated Vegetables. They're easy to prepare, and I love the crunch of the veggies combined with the tang of the hummus-vinegar sauce.



Cucumber and Spinach
Open-Faced Sandwich



Spinach Bruschetta



Thick Heirloom Tomato
Open-Faced Sandwich



Lemon and Kale
Open-Faced Sandwich



Kale and Sauerkraut Sandwich



Dagwood Sandwich



Carrot Dog



Lettuce Wraps with
Creamy Marinated Vegetables



Lovely Collard Sushi



Wraps: Spinach and Mushroom,
Italian, Tex-Mex



Wraps: Veggie and Cheeze, Dal,
Rainbow, Asian



Wraps: Berlin, Matthew,
Hot Stuff, Parallel



Wraps: Plain Jane, Caramelized
Onion, Emergency, BBQ



Rockin' Spring Rolls



Lunch on the Road

Soups

I really like homemade soup. Ann and Jane's recipes did not disappoint. For no particular reason, I saved the Big Bean Soup for last. It turned out to be my favorite – especially with lima beans cooked al dente.



Red Lentil and Dill Soup with Miso



Tarrazan Soup



Endothelium-Enhancing
Beet Soup



Georgie's Soup



Oberlin Corn and Shallot Chowder



Polly's Lentil Soup



Citrus Gazpacho



Light Spring Pea Soup



Middle Eastern Chickpea Stew



Seminar Soup



Big Bean Soup

Hummus, Sauces, Spreads, Gravy, and Salsas

Part of what makes the whole food plant based diet tasty are the sauces and spreads that give life to various dishes. Ann and Jane give you lots of options with which to experiment. I found several that I'll repeat, and quite a few that gave me ideas for my own versions.



Our Hummus



Variations on Hummus: Green Onion, Caramelized Onion, Sweet Potato, Pesto



Pear-Apple Chutney



Cherry Tomato Chutney



Pico de Gallo



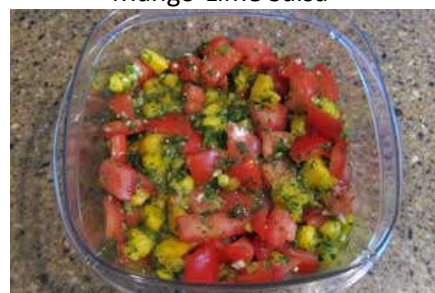
Mango-Lime Salsa



Down Under Cranberry Salsa



Roasted Tomatillo Salsa



How-Off Peach Salsa



Pomegranate Salsa



Besto Pesto

Not Pictured: Cannellini Bean Sauce, Sweet Corn Sauce, Lemony Cheese Sauce, Raspberry Sauce, Enchilada Sauce, Shiitake Mushroom and Onion Gravy, Mommy's Mushroom Gravy 2.0, Light and Easy Marinara, and Basil and Leek Marinara.

Appetizers and Sides

We had good success with these dishes. I've made the "Enlightened" Dr. Seuss Stacked Polenta and Smoky Little Devils for social gatherings and gotten rave reviews. The Jalapeño and Salsa Corn Muffins make appearances regularly on our breakfast menu and as accompaniments to soup recipes.



Dr. Seuss Stacked Polenta



Smoky Little Devils



Jalapeño and Salsa Corn Muffins



Brian's Stuffing



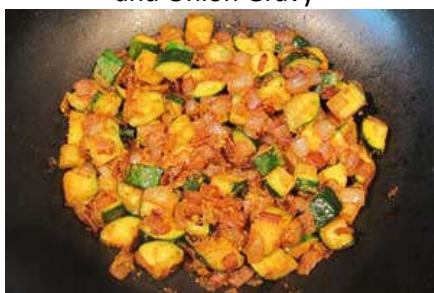
Garlicky Mashed Potatoes
with Shiitake Mushroom
and Onion Gravy



Jen's Potato Salad with Fresh Dill



Roasted New Potatoes and Gravy



Zucchini Au Gratin



Zeb's Roasted Butternut Squash



Tex-Mex Kale Chips



Philly-Style Soft Pretzels



Cheezy Rounds



Tatties and Neeps



Aloo Parantha-Stuffed
Indian Tortillas

Hearty Salads

The Hearty Salads came to the rescue on multiple occasions to serve as our contributions for summer potlucks. My Favorites: Gorgeous Black Rice Salad, Quinoa Tabbouleh, and Light Asian Slaw.

Ann and Jane also provide several salad dressing recipes. (*I didn't photograph them because they're just not visually captivating.*) They're all oil-free and quite tasty. We use them all the time in lieu of bottled dressing.



Fresh Fig and Arugula Salad



Gorgeous Black Rice Salad



Lentils with Grapes and Mint



Beets and Beet Greens
with Dijon Drizzle



Kale Waldorf Salad



Reboot Salad



Black Bean Succotash Salad



Quinoa Tabbouleh



Light Asian Salad



Massaged Kale Salad
with Mango and Lime



Ted's House Salad

Dinners

This cookbook provides LOTS of options for the evening meal. There's so much variety that you hardly notice that meat, poultry, and fish never make an appearance. If pressed to choose my top 5 recipes, I'd go with Eat Loaf (*which I've made several times*), Red Thai Curry Vegetables over Brown Basmati Rice (*good and easy to prepare*), Sandra's Chili (*my favorite chili recipe to date*), Shrapnel Burritos (another quick and tasty dish), and Chili Rellenos (*because I just love 'em*).



Triple-Decker Lasagna



Eat Loaf



Triple Pepper-Crowned Risotto



Red Thai Curry Vegetables



Roasted Roots



Pacific Rim Soba Noodles



Kale-Stuffed Tugboats



Sandra's Chili



Tortilla Azteca-Mexican Lasagna



Tomato Chutney over Caramelized
Onion Hummus Pizza



Salad Pizza



Asparagus Mushroom Pie



Polenta Pie



Five-Star Rice and Beans



Rice, Beans, and Greens



Matt's Sofrito Black Beans



Black Bean and Sweet
Potato-Collard Burrito



Shrapnel Burrito



Singapore Dal



Black Rice-Filled Nori Rolls



Chili Relleno



Stuffed Portobello Caps



Smoky Oat Bean Burgers
(a.k.a. S.O.B. Burgers)



Kale Burger



Beet Burger with Broiled Pineapple



Tidy Jane



Cauliflower Steaks



Cauliflower Buffalo “Wings”



BBQ Portobello, Rice, and Greens



Mellow Ginger Sauce over
Chickpeas and Greens



Fast Pasta and Greens



Mushroom Ragout



Hot (Sweet) Potato



Piccadilly Bowl

Desserts

We still go easy on dessert to preserve our waistlines and minimize sugar consumption. So, we tend to favor desserts that feature fresh fruit – Fruit Mélange, 4th of July Fireworks, and Chocolate-Filled and Lime-Kissed Strawberries. I highly recommend use of the Yonana machine to make frozen banana soft serve desserts. They’re tasty, healthy, and really easy to whip up. Chocolate lovers should find satisfaction with the Minty Frozen Chocolate Balls.



Fruit Mélange



4th of July Fruit Fireworks



Minty Frozen Chocolate Balls



Mango Magic with Raspberries



Chocolate-Filled and
Lime-Kissed Strawberries



Chocolate Raspberry-Mango Parfait



Lemon Cupcakes with
Lime Frosting



Kale Cake with Blueberry Frosting



Chocolate-Mint Swirled Pudding



Lime Custard Tart with Fresh Fruit



Gingerbread Biscotti



Strawberry-Banana Soft Serve