**RECIPES FOR HEART-HEALTHY EATING**

**Tubettini Fagioli (Modified)** *(serves 4)*

**Ingredients:**
- 1C uncooked whole wheat tubettini pasta
- 8 oz ground chicken breast
- 3 T olive oil divided in 1T portions
- 2 C cut escarole
- 1 16 oz can low sodium white kidney beans (washed and drained)
- ½ medium onion – diced
- 2 1T portions diced carrots
- 2 1T portions diced celery
- 3 C low sodium chicken broth
- Pinch of low fat grated parmesan cheese
- 1 drop of truffle oil

**Directions:**
- Sauté most of diced onion in 2 T olive oil
- Add 1T diced carrots and 1T diced celery
- When vegetables are soft, add kidney beans and enough chicken broth to cover beans
- Cook for 15 min on medium heat
- Remove from heat and pour contents into blender
- Blend on puree until creamy texture
- Set aside
- Cook tubettini pasta and set aside
- Sauté rest of diced onion, celery and carrots in 1T olive oil for about 1 min
- Add chicken and sauté for 2 min on high heat
- Add escarole, cook for about a minute, add bean puree from blender and 2C chicken broth and reduce
- When the texture becomes creamy, add cooked pasta
- Add a light dusting of parmesan
- Drizzle a drop of truffle oil and serve

**Nutrition Facts** per serving

<table>
<thead>
<tr>
<th></th>
<th>Calories:</th>
<th>Good Fat:</th>
<th>Saturated Fat:</th>
<th>Trans Fat:</th>
<th>Cholesterol:</th>
<th>Sodium:</th>
<th>Total Carbohydrate:</th>
<th>Fiber:</th>
<th>Protein:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tubettini Fagioli</strong></td>
<td>350</td>
<td>15 g</td>
<td>3 g</td>
<td>0 g</td>
<td>48 mg</td>
<td>308 mg</td>
<td>30 g</td>
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</tbody>
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**Baked Chilean Sea Bass** *(serves 4)*

**Ingredients:**
- ½ head cauliflower
- 3 1T portions of olive oil
- 1T diced onion
- 1 stalk celery
- ¼ carrot cut into slices
- 6 C low sodium chicken broth
- 4 filets Chilean sea bass
- Cheesecloth for bouquet – wrap up all of the following ingredients:
  - 6 pieces of star anise
  - 3 bay leaves
  - Handful of peppercorns
  - Handful of rosemary

**Directions:**
- Sauté onion, carrot and celery in 2T olive oil until soft
- Break up cauliflower, add to pan and sauté for one min
- Add chicken broth and bouquet and cook for 20 min
- Remove bouquet, add remaining mixture to blender and puree until creamy texture
- Set aside
- Bake fish filets on 450° for 20 min
- Return contents of blender to pan and reduce until creamy
- Place ¼ mixture on each plate and add sea bass filet on top
- Drizzle with remaining olive oil and serve

**Nutrition Facts** per serving

<table>
<thead>
<tr>
<th></th>
<th>Calories:</th>
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<tbody>
<tr>
<td><strong>Baked Chilean Sea Bass</strong></td>
<td>250</td>
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<td>53 mg</td>
<td>318 mg</td>
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