



Eat Heartily

Recipes for Heart-Healthy Eating!

Kale Soup

Zuppa di Cavolo Nero

- 4 oz white onion, chopped
- 4 oz celery and carrots, chopped (2 oz each)
- 1 cup potatoes, peeled and diced
(about 2 large Idaho potatoes)
- 1 bunch kale, stems removed and chopped
- 4 quarts of water (16 cups) + 4 oz
- 2 10-oz cans of white kidney beans (drained)
- 2 tbsp olive oil

BOUQUET GARNI:

Assortment of seasonings
used to flavor the soup

Using cheesecloth, wrap up
the following ingredients:

- 3 sprigs thyme
- 2 bay leaves
- 3 sprigs rosemary
- 3 star anise

1. Prepare the bouquet garni and set aside.
2. Add 2 tbsp olive oil in a large stock pot, add onions and sauté for several minutes, then add celery and carrots and cook until soft. Add the kale, 4 quarts of water and the bouquet. Bring to a boil and cook for approximately 20-25 minutes.
3. Puree one can of kidney beans in a blender with 4 oz of water. Add the pureed beans to the pot after it has been boiling for 20 minutes. Add the potatoes. At this time, you may add a second can of whole beans to the pot.
4. Cook until the potatoes are tender.
5. Remove bouquet just before soup is finished.

Serves 4

| Nutrition Facts | |
|---------------------|--------|
| Calories: | 270 |
| Good Fat: | 6 g |
| Saturated Fat: | 1 g |
| Trans Fat: | 0 g |
| Cholesterol: | 0 g |
| Sodium: | 137 mg |
| Total Carbohydrate: | 42 g |
| Fiber: | 10 g |
| Protein: | 12 g |

Salmon

with Roasted Peppers and Tomatoes

- 4 salmon fillets
(about 6 oz per person uncooked)
- 2 roasted peppers
- 1 small tomato
- 1 head of garlic
- 3 tbsp olive oil

1. Roast the head of garlic. Cut the ends to expose the cloves. Drizzle with a drop of olive oil, wrap in foil and roast at 375°F for about 30 minutes. Let cool, then squeeze the garlic out of each clove. Puree the roasted garlic with 1 tbsp olive oil.

2. Place salmon fillets on baking sheet, skin side up. Drizzle with 2 tbsp olive oil and cook at 450°F for 20 minutes or until cooked through and tender.

3. Combine the diced tomatoes and roasted peppers. Place ¼ tomato-and-pepper mixture on top of salmon and then ¼ garlic puree on top of the tomato-and-pepper mixture.

Serves 4

| Nutrition Facts | |
|---------------------|-------|
| Calories: | 350 |
| Good Fat: | 16 g |
| Saturated Fat: | 3 g |
| Trans Fat: | 0 g |
| Cholesterol: | 90 mg |
| Sodium: | 75 mg |
| Total Carbohydrate: | 7 g |
| Fiber: | 2 g |
| Protein: | 33 g |