



# Eat Heartily

## Recipes for Heart-Healthy Eating!

### Tomato Soup

#### INGREDIENTS

- 2 tbsp olive oil
- ½ large onion, chopped
- 28 oz can of no- salt added, crushed, peeled plum tomatoes
- 4 fresh plum tomatoes, quartered
- 2 cups low-sodium chicken or vegetable broth
- 1 tbsp chopped fresh tarragon
- 4 leaves fresh basil, chopped
- Pinch dried fennel pollen
- 1 tsp part-skim ricotta (optional)

1. Heat 2 tbsp olive oil in a large stock pot. Add chopped onion and sauté until translucent.
2. Add canned and fresh tomatoes and bring to a boil, stirring occasionally.
3. Add broth and herbs, lower to simmer and cook for about 30 minutes, until tomatoes are soft and membranes are broken. Stir occasionally throughout.
4. Remove soup from heat and puree in blender.
5. Place strainer over a large bowl and use whisk to pass pureed soup through strainer. Discard seeds and pulp remaining in strainer.
6. Pour soup into bowl and finish with 1 tsp part-skim ricotta (optional)

Serves 4

| Nutrition Facts per serving |        |
|-----------------------------|--------|
| Calories:                   | 129    |
| Total Fat:                  | 7 g    |
| Unsaturated Fat:            | 6 g    |
| Saturated Fat:              | 1 g    |
| Cholesterol:                | 0.5 mg |
| Sodium:                     | 198 mg |
| Total Carbohydrate:         | 12 g   |
| Fiber:                      | 3 g    |
| Protein:                    | 5 g    |

Nutrition facts include 1 tsp ricotta

### Icelandic Cod in Pistachio Puree

#### INGREDIENTS

- 4 Icelandic cod filets (about 4 oz each)
  - ½ tbsp olive oil
  - ½ cup water
- #### FOR SAUCE
- (makes about 1 cup or 16 tbsp):
- ½ cup shelled pistachios, no salt added
  - ½ cup Italian parsley
  - 6-7 capers
  - 1 tsp sundried tomato puree (or 1 sundried tomato piece in oil)
  - 1 tbsp vanilla extract
  - ¼ cup olive oil

1. To make sauce, puree all ingredients in blender until paste-like texture is achieved. Set aside.
2. Pat fish dry with paper towel.
3. Heat ½ tbsp olive oil in pan (if using non-stick pan, can cut oil portion in ½) and pan sear fish until lightly brown. Flip fish over and cook until lightly brown on other side.
4. Keeping fish in pan, pour off excess oil.
5. Add ½ cup water, cover pan and cook on low heat for 5-10 minutes until fish is tender.
6. Add 1 tbsp pistachio puree for each piece of fish and serve.

Serves 4

| Nutrition Facts per serving |       |
|-----------------------------|-------|
| Calories:                   | 161   |
| Total Fat:                  | 7.5 g |
| Unsaturated Fat:            | 6 g   |
| Saturated Fat:              | 1 g   |
| Cholesterol:                | 49 mg |
| Sodium:                     | 75 mg |
| Total Carbohydrate:         | 1 g   |
| Fiber:                      | 0.5 g |
| Protein:                    | 21 g  |

Nutrition facts include fish and sauce