



Eat Heartily

Recipes for Heart-Healthy Eating!

Gluten Free Penne with Heirloom Tomatoes

INGREDIENTS: 4 SERVINGS

8 oz. (3 cups dry) Gluten Free Pasta
 4 cups heirloom cherry tomatoes cut in half
 2 cups julienne carrots and celery
 2 cups julienne asparagus and zucchini
 8 cloves of garlic
 4 tsp. olive oil
 4 cups low sodium vegetable or chicken broth (use dry measuring cup)
 4 tsp. Parmesan cheese
 16 fresh basil leaves

DIRECTIONS

In a quart sized pot bring water to boil and add pasta. Cook 10-12 minutes and drain.

At the same time, heat olive oil and cloves of garlic (whole) in a large skillet on high heat

Add cherry tomatoes and cook for 2-3 minutes

Add vegetable broth, celery, and carrots and cook for another 2-3 minutes.

Add asparagus and zucchini and cook for 2-3 more minutes.

Add 4 tsp. of parmesan cheese and 16 chopped basil leaves and cook for 2 more minutes.

Turn heat off and add pasta to skillet. Mix together and serve.

Serves 4

Nutrition Facts per serving	
Calories:	360
Calories from Fat:	57
Total Fat:	6.3 g
Saturated Fat:	1.2 g
Cholesterol:	1 mg
Sodium:	270 mg
Potassium:	160 mg
Carbohydrates:	68.6 g
Dietary Fiber:	7.4 g
Protein:	9.5 g

Vitamin A 153% · Vitamin C 111%
 Calcium 9% · Iron 30%

Arugula Salad over Panko Crusted Organic Chicken

INGREDIENTS: 4 SERVINGS

4-4 oz. organic chicken breasts
 8 tbsp. plain panko bread crumbs
Optional seasonings for bread crumbs - lemon oil, black pepper, chopped rosemary, cumin, oregano

1 egg or egg white
 4 tsp. flour or whole wheat flour
 4 cups baby arugula
 2 cups heirloom cherry tomatoes

1 cup persimmon or honeydew melon

DRESSING: PROVIDES 4 SERVINGS

3 tbsp. of olive oil
 1 tbsp. lemon juice

DIRECTIONS

Pre-heat the oven to 450°F

Place chicken in flour and lightly coat it.

Dip chicken into beaten egg and then dip into the breadcrumbs

Bake in the oven at 450°F for 10 minutes

While chicken is baking, rinse and drain arugula and tomatoes.

Cut tomatoes in half and cut persimmon or honeydew melon into cubes or slices

Mix olive oil and lemon juice together to make the salad dressing.

Toss salad with dressing.

Remove chicken from the oven and lay salad over the chicken.

Serves 4

Nutrition Facts per serving	
Calories:	329
Calories from Fat:	115
Total Fat:	12.8 g
Saturated Fat:	1.9 g
Cholesterol:	122 mg
Sodium:	155 mg
Potassium:	124 mg
Carbohydrates:	22.9 g
Dietary Fiber:	3.1 g
Protein:	31.8 g

Vitamin A 21% · Vitamin C 161%
 Calcium 12% · Iron 33%