



Eat Heartily

Recipes for Heart-Healthy Eating!

Wild Striped Bass over Vegetable Puree

INGREDIENTS: SERVES 4

4-4oz. fillets of wild striped bass
3 cups low-sodium vegetable broth
3 cups water
1 cup chopped fennel bulb
1 cup chopped zucchini
1 cup frozen sweet peas
1 cup chopped asparagus
1/2 cup chopped carrots
1/2 cup chopped celery
1/2 Spanish onion chopped
1 tbsp. olive oil

DIRECTIONS

Preheat the oven to 350 F

Chop zucchini, asparagus, onion, fennel bulb, celery and carrots.

Add water and low sodium vegetable broth to a 4 quart stock pot and bring to a boil.

Combine all vegetables; add to boiling water and boil for about 15 minutes until vegetables are very soft.

In a separate frying pan, add 1 tbsp. of olive oil and distribute over the pan.

Place 4 fish filets on the pan and sear on high heat for about 2-3 minutes.

Lay filets on a non-stick baking sheet and place in the oven for 7-10 minutes. (Note: thicker filets will take longer to cook)

Pour cooked vegetables and liquid into a blender and blend until smooth.

Cover plates with the vegetable puree and place the fish on top.

Nutrition Facts per serving	
Calories:	242
Calories from Fat:	65
Total Fat:	7.2 g (11%)
Saturated Fat:	1.3 g (7%)
Cholesterol:	117 mg (39%)
Sodium:	247 mg (10%)
Potassium:	791 mg (23%)
Carbohydrates:	14.3 g (5%)
Dietary Fiber:	5.1 g (20%)
Sugars:	6.1 g
Protein:	29.4 g

Vitamin A 62% · Vitamin C 43%
Calcium 9% · Iron 17%

Red Quinoa, Shrimp and Broccoli Rabe Risotto

INGREDIENTS: SERVES 4

2 cups vegetable broth
2 cups water
2 cups broccoli rabe, cut-up
2 cups red quinoa, dry
1/4 lb. 13-15 size shrimp, cut-up
1/2 cup low-sodium tomato sauce
2 tbsp. olive oil
2 tbsp. Parmesan cheese
1 tbsp. chopped onion
4 mint leaves, chopped

DIRECTIONS

Soak quinoa in a bowl of water for 30 minutes and then rinse in a strainer.

While Quinoa is soaking, chop mint and onion.

Chop broccoli rabe and shrimp into small pieces.

Coat a large frying pan with 2 tbsp. of olive oil and turn burner to high heat.

Add quinoa and onions; toast quinoa for about 30 seconds.

Add water and low sodium vegetable broth, mint, broccoli rabe, and diced shrimp to quinoa and simmer for about 15 minutes until liquid is almost gone.

Top with grated Parmesan and tomato sauce; cook for an additional 2 minutes.

Plate and serve.

Nutrition Facts per serving	
Calories:	442
Calories from Fat:	120
Total Fat:	13.3 g (20%)
Saturated Fat:	1.3 g (7%)
Cholesterol:	40 mg (13%)
Sodium:	220 mg (9%)
Potassium:	134 mg (4%)
Carbohydrates:	66.0 g (22%)
Dietary Fiber:	8.7 g (35%)
Sugars:	8.1 g
Protein:	18.2 g

Vitamin A 44% · Vitamin C 32%
Calcium 12% · Iron 30%