

# RECIPES FOR HEART-HEALTHY EATING

## Tubettini Fagioli (Modified) (serves 4)

### Ingredients:

1 C 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

Nutrition Facts	per serving
Calories:	350
Good Fat:	15 g
Saturated Fat:	3 g
Trans Fat:	0 g
Cholesterol:	48 mg
Sodium:	308 mg
Total Carbohydrate:	30 g
Fiber:	7 g
Protein:	19 g

### 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

## 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

Nutrition Facts	per serving
Calories:	250
Good Fat:	11 g
Saturated Fat:	1 g
Trans Fat:	0 g
Cholesterol:	53 mg
Sodium:	318 mg
Total Carbohydrate:	6 g
Fiber:	4 g
Protein:	29 g

### 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