



Eat Heartily

Recipes for Heart-Healthy Eating!

Black Sea Bass with Tomato Sauce

SAUCE

½ large onion—diced
3 cloves garlic—minced
2 T olive oil
1 28 oz. can diced tomatoes (no salt added)

In a large saucepan cook the onion and garlic in olive oil on medium-low heat until the onion becomes translucent. Add the diced tomatoes and simmer for 20 minutes. Stir occasionally. Set aside.

FISH

4 4 oz. black sea bass filets
2 T olive oil
½ C whole wheat flour
tomato sauce (recipe above)
1 oz. brandy
½ C water
½ C sliced black olives
½ C roasted red peppers

Cover each filet with a light dusting of flour. In a new pan, add olive oil and brown fish on both sides on medium-low heat. Remove from pan and discard oil. Add fish back to pan (or use fresh pan) and add tomato sauce, brandy, water, black olives and roasted red peppers. Cover and cook over low heat until tender. This can also be cooked in the oven on 400° for 7–10 minutes.

Serves 4

Nutrition Facts	
Calories:	366
Good Fat:	9 g
Saturated Fat:	0 g
Trans Fat:	0 g
Cholesterol:	47 mg
Sodium:	428 mg
Total Carbohydrate:	36 g
Fiber:	8 g
Protein:	27 g

Whole Wheat Orecchiette with Potato Leek Puree and Shrimp

POTATO LEEK PUREE

1 bunch leeks
2 large potatoes
2 T olive oil

In a large saucepan, sauté leeks in olive oil on low heat until soft. Add potatoes to pan and enough water to just cover potatoes. Boil until potatoes are soft. Remove from heat, pour into blender and blend until pureed. Set aside.

CHIC PEA SAUTÉ

½ large onion—chopped
1 C sliced puntarelle chicory
1 C chick peas (rinsed and drained)
1 T olive oil

Sauté onions in olive oil until translucent, add puntarelle and chick peas. Sauté one minute. Set aside.

SHRIMP STOCK

8 shrimp shells
2 large carrots—sliced
1 large onion—sliced
2 celery stalks—chopped
2 C whole wheat orecchiette pasta

Add all ingredients except pasta to medium-sized pot and simmer over medium-low heat for one hour. Strain and save broth. Next, cook pasta al dente and set aside.

FINISHING TOUCHES

8 medium-sized peeled shrimp
Pinch of low sodium Parmesan cheese
Pinch of chopped, fresh rosemary

Add 8 oz. shrimp stock to large pan with chick pea sauté. Add one 8 oz. ladle full of potato-leek puree to mixture as well. Boil for 2 minutes until it reduces. Add 8 shrimp and cooked pasta to mixture, stir and cook over medium heat for 2 minutes. Add a pinch of low sodium Parmesan and mix. Plate and top with a touch of rosemary.

Serves 4

Nutrition Facts	
Calories:	515
Good Fat:	8 g
Saturated Fat:	1 g
Trans Fat:	0 g
Cholesterol:	24 mg
Sodium:	200 mg
Total Carbohydrate:	84 g
Fiber:	14 g
Protein:	19 g