



Eat Heartily

Recipes for Heart-Healthy Eating!

Sunchoke Soup

Recipe yields 6 servings

INGREDIENTS:

- 1 cup white onion, chopped
- 1 cup celery, chopped
- ½ cup carrots, chopped
- 10 sunchoke
- 2 quarts of water
- Pinch of salt
- Olive oil

DIRECTIONS

1. Preheat oven to 350°F. Place sunchoke on a baking sheet, drizzle with olive oil and cover with aluminum foil. Bake for 25 minutes.
2. In a pot add roasted sunchoke, chopped onions, celery, carrots and 2 quarts of water with a pinch of salt.
3. Boil vegetables until they are soft
4. Pour everything from the pot into a blender and puree until smooth
5. Add pureed mixture back to the pot and heat to desired temperature. Depending on desired thickness add more water to thin soup out.

Serving Size 1 Serving (Based on a 2,000 calorie diet)

Nutrition Facts per serving	
Calories:	160
Calories from Fat:	2
Total Fat:	0.2 g (0%)
Saturated Fat:	0.0 g (0%)
Sodium:	44 mg (2%)
Potassium:	872 mg (25%)
Carbohydrates:	36.2 g (12%)
Dietary Fiber:	4.9 g (20%)
Sugars*:	18.1 g
Protein:	4.4 g

Vitamin A 129% · Vitamin C 21%
Calcium 5% · Iron 36%

*sugars are naturally occurring from vegetables

Turkey Meatballs with Cauliflower and Sweet Potato Puree

Recipe yields 20 meatballs

INGREDIENTS:

- 2 lbs. of 97% or 99% fat free ground turkey (ground chicken can be substituted)
- ¾ cup grated Parmesan and Romano cheese
- 2 cups fresh spinach, chopped
- 2 tbsp. golden raisins, chopped
- 3 eggs
- 3 slices white bread, cut up
- 1 head of cauliflower, cut up into pieces
- 1 sweet potato, skinned
- (Optional) 2 tbsp. chopped pignoli nuts

DIRECTIONS

1. Place skinned sweet potato in a pot with 2 cups of water and boil until soft.
2. In a separate pot boil 2 quarts of water and cut-up cauliflower until soft.
3. While vegetables are boiling put 2 lbs. of ground turkey meat in a strainer to drain all the liquid.
4. While turkey is draining put eggs and cut-up white bread in a mixer or food processor and blend together.
5. Once turkey is drained add it to a large mixing bowl and combine turkey, grated cheese, chopped spinach, chopped golden raisins, blended egg and bread mixture and a dash of salt and pepper. Mix ingredients evenly and roll into 20 balls (2.5 oz. raw, about the size of an ice cream scoop or golf ball).
6. Once cauliflower is soft take contents of cauliflower pot, pour into a blender and puree.
7. Add the cauliflower puree back to a pot large enough to fit the 20 meatballs. Boil the meatballs in the cauliflower puree for 15 minutes. If the puree starts to thicken add more water. It should be a watery puree.
8. While the meatballs are boiling put the softened sweet potato and water in a blender and puree.
9. To serve, place two spoons of sweet potato puree on a plate. Place a cooked meatball on top of each spoon of puree and add cauliflower puree sauce as desired on top of meatballs.

Serving Size 1 Meatball (based on a 2,000 calorie diet)

Nutrition Facts per serving	
Calories:	101
Calories from Fat:	18
Total Fat:	2.0 g (3%)
Saturated Fat:	0.8 g (4%)
Cholesterol:	57 mg (19%)
Sodium:	133 mg (6%)
Potassium:	121 mg (3%)
Carbohydrates:	6.1 g (2%)
Dietary Fiber:	1.0 g (4%)
Sugars:	2.1 g
Protein:	14.4 g

Vitamin A 28% · Vitamin C 34%
Calcium 2% · Iron 5%