

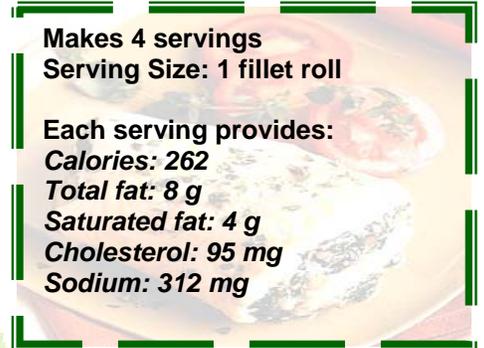
"Does the Body GOOD!" Recipes

Featured Ingredient: Spinach

Spinach Stuffed Sole

Nonstick cooking spray
1 tsp olive oil
1/2 lb fresh mushrooms, sliced
1/2 lb fresh spinach, chopped
1/4 tsp oregano leaves, crushed
1 clove garlic, minced
1-1/2 lb sole fillets or other white fish
2 Tbsp sherry
1 cup part-skim mozzarella cheese, grated

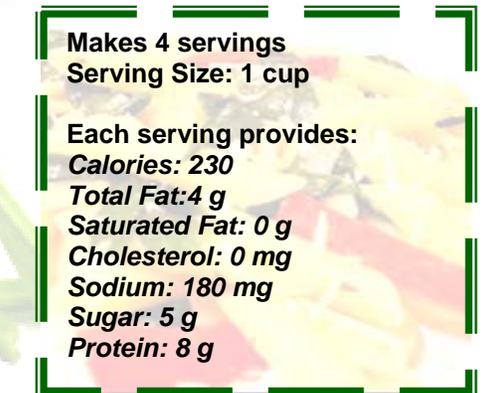
1. Preheat oven to 400° F.
2. Spray a 10x6-inch baking dish with nonstick cooking spray.
3. Heat oil in skillet; sauté mushrooms about 3 minutes or until tender.
4. Add spinach and continue cooking about 1 minute or until spinach is barely wilted. Remove from heat; drain liquid into prepared baking dish.
5. Add oregano and garlic to drained sautéed vegetables; stir to mix ingredients. Divide vegetable mixture evenly among fillets, placing filling in center of each fillet.
6. Roll fillet around mixture and place seam-side down in prepared baking dish.
7. Sprinkle with sherry, then grated mozzarella cheese. Bake 15-20 minutes or until fish flakes easily. Lift out with a slotted spoon.



Spinach and Pepper Pasta

6 ounces uncooked pasta
1/2 cup onion, peeled and sliced
1 clove garlic, finely chopped
3/4 tsp dried basil (if you like)
1 tablespoon vegetable or olive oil
1 medium bell pepper, cut in strips
1 1/2 cups Chopped spinach
2 tbsp Parmesan cheese (reduced-fat)

1. Cook pasta according to package directions; drain.
2. In a skillet, cook onion, spinach, and garlic in oil until onion is soft. If using basil, add that too. Add and cook peppers for 3 minutes.
3. Toss in the pasta. If using low-fat Parmesan cheese, add that too. Serve immediately.



Baby Spinach With Golden Raisins and Pine Nuts

4 Tbsp pine nuts
2 bags (10 oz each) leaf spinach, rinsed
2/3 C golden seedless raisins
1/8 tsp ground nutmeg
1/8 tsp salt-free seasoning

1. In a medium nonstick pan over high heat, cook and stir the pine nuts until they begin to brown lightly and smell toasted, but not burnt. Set the pine nuts aside in another dish.
2. Return the pan to the burner over medium-high heat. Add 1/4 cup water. As it begins to boil, add a small handful of the spinach. Cook and stir just until it begins to wilt. Then push it to the side of the pan, and add another 1/4 cup water and handful of spinach. Continue until all the spinach has been cooked, adding the raisins with the last handful of spinach.
3. Sprinkle with nutmeg and seasoning. Cook and stir until all the spinach is wilted and the raisins are warm.
4. Remove from heat. Press out excess water. Place 1 cup spinach and raisins in a serving bowl. Top with pine nuts.



These heart healthy recipes were provided by National Heart, Lung and Blood Institute at: <http://www.nhlbi.nih.gov/health/public/heart/other/syah/index.htm>

*This information is not meant as a substitute for personal medical advice. If you have a current medical condition, you should consult your health care professional.

