

Heart Healthy Recipes

Featured Ingredient: "Tomatoes"

Fresh Salsa

- 6 tomatoes, preferably Roma (or 3 large tomatoes)
- ½ medium onion, finely chopped
- 1 clove garlic, finely minced
- 2 jalapeño peppers, finely chopped
- 3 Tbsp cilantro, chopped to taste fresh lime juice
- ⅛ tsp oregano, finely crushed
- ⅛ tsp salt
- ⅛ tsp pepper
- ½ avocado, diced (black skin)

1. Combine all ingredients in glass bowl.
2. Serve immediately or refrigerate and serve within 4–5 hours.

Minestrone Soup

- ¼ C olive oil
- 1 clove garlic, minced (or ⅛ tsp powder)
- 1 ⅓ C onion, coarsely chopped
- 1 ½ C celery with leaves, coarsely chopped
- 1 can (6 oz) tomato paste
- 1 Tbsp fresh parsley, chopped
- 1 C carrots, sliced, fresh or frozen
- 4 ¾ C cabbage, shredded
- 1 can (1 lb) tomatoes, cut up
- 1 C canned red kidney beans, drained, rinsed
- 1 ½ C frozen peas
- 1 ½ C fresh green beans
- Dash of hot sauce
- 11 C water
- 2 C spaghetti, uncooked, broken

1. Heat oil in 4-quart saucepan. Add garlic, onion, and celery, and sauté for about 5 minutes.
2. Add all remaining ingredients except spaghetti. Stir until ingredients are well mixed.
3. Bring to boil and reduce heat, cover, and simmer for about 45 minutes or until vegetables are tender.
4. Add uncooked spaghetti and simmer for only 2–3 minutes.

Baked Trout

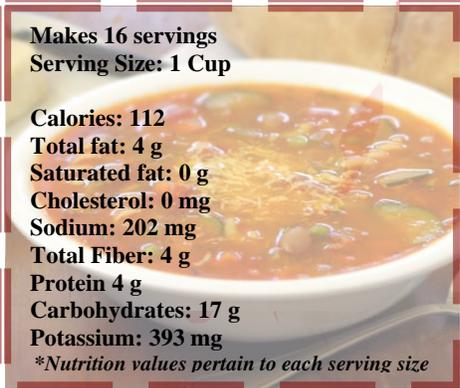
- 2 lb trout fillet, cut into 6 pieces (Any kind of fish can be used)
- 3 Tbsp lime juice (about 2 limes)
- 1 medium tomato, chopped
- ½ medium onion, chopped
- 3 Tbsp cilantro, chopped
- ½ tsp olive oil
- ¼ tsp black pepper
- ¼ tsp salt
- ¼ tsp red pepper (optional)

1. Preheat oven to 350 °F.
2. Rinse fish and pat dry. Place in baking dish.
3. In separate dish, mix remaining ingredients together and pour over fish.
4. Bake for 15–20 minutes or until fork-tender.



Makes 8 servings
Serving Size: ½ Cup

Calories: 42
Total fat: 2 g
Saturated fat: less than 1 g
Cholesterol: 0 mg
Sodium: 44 mg
Total Fiber: 2 g
Protein 1 g
Carbohydrates: 7 g
Potassium: 337 mg
**Nutrition values pertain to each serving size*



Makes 16 servings
Serving Size: 1 Cup

Calories: 112
Total fat: 4 g
Saturated fat: 0 g
Cholesterol: 0 mg
Sodium: 202 mg
Total Fiber: 4 g
Protein 4 g
Carbohydrates: 17 g
Potassium: 393 mg
**Nutrition values pertain to each serving size*



Makes 6 servings
Serving Size: 1 piece

Calories: 236
Total fat: 9 g
Saturated fat: 3 g
Cholesterol: 104 mg
Sodium: 197 mg
Total Fiber: less than 1 g
Protein: 34 g
Carbohydrates: 2 g
Potassium: 865 mg
**Nutrition values pertain to each serving size*