Heart Healthy Italian Recipes

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Heart Healthy Italian Recipes

Chicken Italiano

Servings: 6  Preparation Time: 10 min.  Cooking Time: 15 min.

Ingredients
- 1/2 Lbs. angel hair pasta
- 3/4 Lbs. boneless chicken breast, cut into thin strips
- 3/4 cup light Italian dressing
- 1 Lbs. frozen mixed vegetables
- 1/3 cup grated Parmesan cheese, (optional)

Cooking Directions
Cook pasta in a large pan of boiling water 4-5 minutes until al dente. Drain. Set aside and keep warm. Combine chicken and 1/4 of the dressing in a heavy nonstick skillet over medium high heat. Saute chicken 2 minutes, until lightly browned. Add vegetables and remaining dressing. Cover and simmer 7-9 minutes until vegetables are crisp tender, stirring frequently. Serve over pasta. Sprinkle with cheese.

Per Serving:
calories: 297,  fat: 5.8g,  calories from fat: 18%,  protein: 21.8g,  cholesterol: 37.9mg,  dietary fiber: 4.3g.

Easy Italian Supper

Servings: 4  Preparation Time: 5 min.  Cooking Time: 15 min.

Ingredients
- 1/2 Lbs. angel hair pasta
- 3/4 Lbs. boneless chicken breast, cut into thin strips
- 3/4 cup light Italian dressing
- 1 Lbs. frozen mixed vegetables
- 1 oz. shredded fat-free mozzarella cheese
- 1/4 Lbs. angel hair pasta
- 3/4 Lbs. boneless chicken breast, cut into thin strips
- 3/4 cup light Italian dressing
- 1 Lbs. frozen mixed vegetables
- 1/3 cup grated Parmesan cheese, (optional)

Cooking Directions
Heat a heavy nonstick pan over medium high heat. Add ground beef and cook 4-5 minutes, stirring frequently until browned. Drain off excess fat. Add vegetables and pasta to pan. Reduce heat to low, cover pan and simmer 8-10 minutes, or until vegetables are crisp-tender, stirring occasionally. Stir in sauce and simmer 2 minutes, or until hot. Sprinkle with cheese before serving.

Per Serving:
calories: 314  fat: 9.8g,  calories from fat: 28%,  protein: 25.2g,  cholesterol: 40.6mg,  dietary fiber: 5.0g.
Italian Baked Halibut


Ingredients
- nonstick cooking spray
- 1/2 Lbs. halibut fillet or steak
- 1 lemon, zest grated, juiced
- 2 yellow crookneck squash, shredded
- 1 medium tomato, cooked, chopped
- 2 Tbs. onion, cooked, finely chopped
- 1 clove garlic, finely chopped
- 1/4 tbs. dried basil or oregano, crushed
- 1/8 tsp. pepper
- 1/8 tsp. salt
- 1 tsp. olive oil

Cooking Directions
Preheat oven to 350° F. Spray a baking pan with cooking spray. Arrange fish in a single layer. Pour juice over fish and sprinkle with zest. Combine next 7 ingredients in a bowl and spread over fish. Drizzle with oil. Cover and bake 25-30 minutes, or until fish is flaky and cooked throughout.

Per Serving:
calories: 203, fat: 8.1g, calories from fat: 36%, protein: 27.1g, cholesterol: 36.3mg, dietary fiber: 4.4g.

Italian Bean and Tuna Salad

Servings: 6  Preparation Time: 15 min.  Cooking Time: 0 min.

Ingredients
- 1 Lbs. canned baby lima beans, rinsed, drained
- 1 Lbs. canned Great Northern beans, rinsed, drained
- 1 Lbs. canned dark red kidney beans, rinsed, drained
- 8 cherry tomato, cut into fourths
- 1 small cucumber, cut lengthwise into halves, seeded, sliced
- 1/3 cup green or red bell pepper, chopped red onion, thinly sliced
- 3 Tbs. olive oil
- 1/2 cup tarragon white wine vinegar
- 1 Lbs. tuna steak, broiled or grilled, or canned white tuna in water, drained, flaked into small pieces
- 1-1/2 tsp. dried basil leaves
- 3 Tbs. nonfat plain yogurt
- 4-1/2 tsp. lemon juice
- 3/4 tsp. sugar
- 4-1/2 tsp. water
- 2 clove garlic
- 8 large lettuce leaf
- 4 basil or parsley sprig

Cooking Directions
Combine beans, tomatoes, cucumber, pepper, and onion in large bowl. Add the next 8 ingredients (basil vinaigrette) and toss. Refrigerate mixture at least 4 hours for flavors to blend, stirring mixture occasionally. Add tuna to mixture 1 to 2 hours before serving. Spoon salad onto lettuce-lined plate; garnish with basil. You can make the bean salad one day in advance and refrigerate, adding tuna 1 to 2 hours before serving. Courtesy American Dry Bean Board.

Per Serving:
calories: 616, fat: 12.0g, calories from fat: 18%, protein: 47.4g, cholesterol: 35.7mg, dietary fiber: 23.8g.
**Italian Flounder Roll-Ups**

**Servings:** 4  **Preparation Time:** 15 min.  **Cooking Time:** 25 min.

**Ingredients**
- 1-1/2 Lbs. flounder or sole fillet
- 2/3 Lbs. frozen French cut green beans
- 2 Tbs. onion\cooked, chopped
- 1 cup spaghetti sauce
- 2 Tbs. grated Parmesan cheese

**Cooking Directions**
Preheat oven to 400° F. Divide fish into 4 servings and set aside. Place green beans and onions in a steamer basket over boiling water. Cover pan and steam 7-8 minutes or until tender. Divide mixture evenly among the middle of each fish portion. Start with narrow end of fillet and roll up. Place in a baking pan with ends down. Pour spaghetti sauce over fish roll-ups. Sprinkle with cheese and bake 15-20 minutes, until fish flakes easily.

**Per Serving:**
- calories: 222
- fat: 5.4g
- calories from fat: 22%
- protein: 34.9g
- cholesterol: 83.4mg
- dietary fiber: 3.2g

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**Italian Grilled Tuna**

**Servings:** 4  **Preparation Time:** 5 min.  **Cooking Time:** 10 min.

**Ingredients**
- 1/4 cup lemon juice
- 2 Tbs. virgin olive oil
- 1 tsp. mint, or 2 tsp. fresh, chopped
- 1 clove garlic, minced
- 1/2 tsp. salt (optional), or to taste
- 2 tsp. black peppercorns, crushed
- 4 tuna steak, about 6 oz each

**Cooking Directions**
Prepare grill or broiler. Combine first 5 ingredients in a bowl. Mix thoroughly and set aside. Press peppercorns into both sides of tuna steaks. Arrange tuna on a broiler rack and grill or broil 3-4 minutes per side or until tuna is browned on the outside and slightly pink on the inside. Remove from heat. Serve tuna steaks with mint sauce.

**Per Serving:**
- calories: 476
- fat: 9.9g
- calories from fat: 19%
- protein: 87.4g
- cholesterol: 186.1mg
- dietary fiber: 0.4g
Italian Pepper Chicken Breasts

Servings: 4  Preparation Time: 5 min.  Cooking Time: 10 min.

Ingredients

- 1/4 cup lemon juice
- 1 Tbs. olive oil
- 1 tsp. mint, or 2 tsp. fresh, chopped
- 1 clove garlic, minced
- 1/2 tsp. salt (optional), or to taste
- 2 tsp. black peppercorns, crushed
- 1-1/2 Lbs. boneless skinless chicken breast half

Cooking Directions

Prepare grill or broiler. Combine first 5 ingredients in a bowl. Mix thoroughly and set aside. Press peppercorns into both sides of chicken breasts. Arrange chicken on a broiler rack and grill or broil 4-5 minutes per side or until chicken is cooked throughout. Remove from heat. Brush both sides of chicken breasts with mint sauce.

Per Serving:

calories: 225  fat: 4.9g,  calories from fat: 20%,  protein: 39.5g,  cholesterol: 98.7mg,  dietary fiber: 0.4g.

Italian Tuna

Servings: 4  Preparation Time: 10 min.  Cooking Time: 10 min.

Ingredients

- 1/4 cup lemon juice
- 2 Tbs. virgin olive oil
- 1 tsp. mint, or 2 tsp. fresh, chopped
- 1 clove garlic, minced
- 1/2 tsp. salt (optional), or to taste
- 2 tsp. black peppercorns, crushed
- 4 tuna steak, about 6 oz each

Cooking Directions

Prepare grill or broiler. Combine first 5 ingredients in a bowl. Mix thoroughly and set aside. Press peppercorns into both sides of tuna steaks. Arrange tuna on a broiler rack and grill or broil 4 minutes per side or until tuna is browned on the outside and slightly pink on the inside. Remove from heat. Serve tuna steaks with mint sauce.

Per Serving:

calories: 476  fat: 9.9g,  calories from fat: 19%,  protein: 87.4g,  cholesterol: 186.1mg,  dietary fiber: 0.4g.
**Italian Turkey**

**Ingredients**
- 1 Tbs. olive oil
- 1 Lbs. turkey breast fillet, cut into 1-0/1 inch cubes
- 1 onion\cooked, sliced
- 1 clove garlic, minced
- 3-1/2 cups recipe-ready crushed tomatoes
- 1/2 tsp. oregano, or 2 tsp. fresh, minced
- 1/8 tsp. salt (optional)
- 1/4 tsp. pepper

**Cooking Directions**
Heat oil in a heavy nonstick skillet over medium high heat. Saute turkey 2-3 minutes, stirring constantly, or until lightly browned. Transfer to a platter. Add onion and garlic to same skillet. Saute 3-4 minutes or until onion begins to soften. Return turkey and remaining ingredients to skillet. Reduce heat to low. Cover and simmer 35-40 minutes or until sauce is thickened and turkey is tender.

**Per Serving:**
calories: 214  fat: 6.3g  calories from fat: 27%  protein: 30.4g  cholesterol: 70.3mg

**Lower Fat Italian Vegetable Casserole**

**Ingredients**
- 3/4 cup vegetable stock
- 1 Lbs. eggplant, peeled and cubed
- 1 red bell pepper\cooked, seeded and cubed
- 1 large zucchini\cooked, peeled and cubed
- 1 onion\cooked, cut into small cubes
- 3 tomato\cooked, peeled, seeded and cubed
- 3 clove garlic, minced
- 1/4 tsp. thyme, or 1 tsp. fresh, chopped
- 1/8 tsp. salt (optional), or to taste
- 2 Tbs. grated Parmesan cheese
- 1/2 cup seasoned breadcrumbs

**Cooking Directions**
Heat half the stock in a heavy nonstick skillet over medium high heat. Add eggplant and saute 3 minutes, stirring frequently. Add bell pepper and zucchini and saute another 3-4 minutes or until vegetables are tender and liquid is just evaporated. Set vegetables aside. Heat remaining stock in a heavy flameproof casserole dish over medium low heat. Saute onions 8 minutes, stirring frequently, until onions are softened. Stir in tomatoes, garlic, thyme, and sauteed vegetables. Season with salt and pepper to taste. Cover casserole and reduce heat to low. Cook 15-20 minutes or until vegetables are tender. Turn on broiler. Sprinkle with Parmesan and breadcrumbs and broil 2 minutes or until golden brown.

**Per Serving:**
calories: 157  fat: 5.2g  calories from fat: 30%  protein: 7.0g  cholesterol: 2.1mg  dietary fiber: 6.7g.
**Meatloaf Italiano**

Servings: 6  Preparation Time: 10 min.  Cooking Time: 60 min.

**Ingredients**
- 1/2 Lbs. recipe-ready crushed tomatoes
- 1/2 cup seasoned breadcrumbs
- 1 egg
- 1/4 tsp. chili pepper flakes, crushed
- 1 Lbs. lean ground beef
- 1/4 Lbs. lean ground pork
- 3/4 cup lowfat cottage cheese

**Cooking Directions**
Preheat oven to 350° F. Combine first 4 ingredients and salt to taste in a bowl. Add remaining ingredients and knead with hands until mixed. Transfer to a loaf pan. Bake 1 hour or until meat thermometer reads 160° F when inserted in center of loaf. Discard excess fat; slice and serve.

**Per Serving:**
- calories: 230  fat: 8.5g,  calories from fat: 33%,  protein: 25.7g,  cholesterol: 71.7mg,  dietary fiber: 0.8g.

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**Quick Italian Turkey**

Servings: 4  Preparation Time: 5 min.  Cooking Time: 15 min.

**Ingredients**
- 2 tsp. olive oil
- 4 turkey breast fillet, about 4 oz each
- 2 cup spaghetti sauce
- 2 cup shredded fat-free mozzarella cheese
- 2 Tbs. Parmesan cheese

**Cooking Directions**
Heat oil in a heavy nonstick skillet over medium high heat. Add turkey and season with salt and pepper to taste. Saute 8-10 minutes, turning occasionally, until just cooked throughout. Pour spaghetti sauce over turkey and cook until sauce is hot. Serve turkey with sauce and cheeses sprinkled over the top.

**Per Serving:**
- calories: 1000  fat: 9.1g,  calories from fat: 8%,  protein: 212.6g,  cholesterol: 490.4g,  dietary fiber: 3.0g.
Heart Healthy Italian Recipes

### Turkey Ragu with Tomatoes and Olives

**Servings:** 4  
**Preparation Time:** 10 min.  
**Cooking Time:** 55 min.

**Ingredients**
- 1/4 cup olive oil
- 1-1/2 Lbs. turkey breast fillets, skinless and cut into 1-0/1 inch cubes
- 1/3 cup all purpose flour
- 2 tsp. tarragon, or 2 Tbs. fresh
- 2 cup recipe-ready crushed tomatoes
- 1 tsp. orange zest
- 1 cup dry white wine or chicken stock
- 1/4 tsp. salt (optional), or to taste
- 1 cup pitted green olives
- 2 Tbs. parsley, minced

**Cooking Directions**
Heat oil in a large heavy nonstick skillet over medium-high heat. Lightly dust turkey with flour. Shake off excess and saute 3-4 minutes per side, or until golden brown. Add tarragon, tomatoes, orange zest, and wine. Reduce heat to low. Cover and stew 45-50 minutes or until turkey is cooked throughout. If stew becomes too thick, add a little water. Season with salt and pepper to taste. Stir in olives and sprinkle with parsley before serving.

**Per Serving:**
- calories: 551  
- fat: 25.7g  
- calories from fat: 42%  
- protein: 53.4g  
- cholesterol: 129.3mg  
- dietary fiber: 2.0g

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### Snapper Ragu with Tomatoes and Olives

**Servings:** 4  
**Preparation Time:** 10 min.  
**Cooking Time:** 25 min.

**Ingredients**
- 1 Tbs. olive oil
- 1-1/2 Lbs. skinless snapper fillet, or cod, cut into 1-0/1 inch cubes
- 1/3 cup all purpose flour
- 2 tsp. tarragon, or 2 Tbs. fresh
- 1-1/2 cups Italian style peeled tomatoes, drained and chopped
- 1 tsp. orange zest, minced
- 1 cup dry white wine or fish stock
- 1 cup dry white wine or fish stock
- 1/2 cup green olives, pitted
- 2 Tbs. parsley, minced

**Cooking Directions**
Heat oil in a heavy nonstick skillet over medium high heat. Lightly dust fish cubes with flour. Shake off excess and saute 3-4 minutes, stirring occasionally, until golden. Transfer to a platter and set aside. Stir tarragon, tomatoes, orange zest, and wine into same skillet. Reduce heat to low. Cover and simmer 20-25 minutes. If stew becomes too thick, add a little water. Return fish to skillet. Season with salt and pepper to taste. Simmer 2 minutes. Stir in olives, sprinkle with parsley and serve.

**Per Serving:**
- calories: 281  
- fat: 8.2g  
- calories from fat: 26%  
- protein: 37.2g  
- cholesterol: 62.9g  
- dietary fiber: 1.5g
**Chicken with Olives and Rosemary**

**Servings:** 4  \hspace{1cm} **Preparation Time:** 10 min.  \hspace{1cm} **Cooking Time:** 10 min.

**Ingredients**

- 1-1/4 Lbs. boneless skinless chicken breast halves
- 1/8 tsp. salt (optional)
- 1/4 tsp. pepper
- 4 tsp. olive oil
- 3 clove garlic, minced
- 1 tsp. rosemary, crumbled, or 1 Tbs. fresh, minced
- 1/4 cup dry white wine or chicken stock
- 1/2 cup chicken stock
- 1 cup crushed tomatoes
- 4 black olive, rinsed
- 2 Tbs. lemon zest, minced
- 1/8 tsp. salt (optional)

**Per Serving:**

- calories: 230  \hspace{1cm} fat: 6.6g  \hspace{1cm} calories from fat: 26%  \hspace{1cm} protein: 34.1g  \hspace{1cm} cholesterol: 82.2mg  \hspace{1cm} dietary fiber: 1.1g

**Cooking Directions**

Place chicken breasts between two sheets of wax paper and pound lightly with a mallet or other heavy flat object to 0-1/2 inch thickness. Season with salt and pepper in a shallow pie plate and set aside. Heat oil in a heavy nonstick skillet over medium high heat. Sauté chicken 2 minutes per side or until brown. Transfer to a platter and keep warm. Reduce heat to low. Stir in garlic and rosemary and sauté 2 minutes or until garlic begins to turn golden. Add wine to skillet, stirring with a wooden spoon to deglaze. Increase heat to high and boil 1 minute or until mixture is reduced to a glaze. Stir in stock and tomatoes and boil 2 minutes or until reduced by half. Stir in remaining ingredients and pepper to taste. Serve sauce over chicken.
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