

Heart Healthy Italian Recipes



QualityHealth[®]



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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

- 3/4 Lbs. lean ground beef
- 1 Lbs. pasta accents garden herb
- 3/4 cup spaghetti sauce
- 1 oz. shredded fat-free mozzarella cheese

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

Servings: 2 Preparation Time: 10 min. Cooking Time: 25 min.

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 tsp. dried basil or oregano, crushed
- 1/8 tsp. pepper
- 1/8 tsp. salt
- 1 tsp. olive oil

Per Serving:

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

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.

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\raw, cut into fourths
- 1 small cucumber, cut lengthwise into halves, seeded, sliced
- 1/3 cup green or red bell pepper\raw, chopped
- 1/3 cup red onion\raw, 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 vvmmin. 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.

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

Servings: 4 Preparation Time: 10 min. Cooking Time: 45 min.

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, dietary fiber: 2.8g.

Lower Fat Italian Vegetable Casserole

Servings: 4 Preparation Time: 10 min. Cooking Time: 35 min.

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.

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.





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. 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.

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 Preparation Time: 10 min. 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)

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. Saut  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 saut  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.

Per Serving:

calories: 230 fat: 6.6g, calories from fat: 26%, protein: 34.1g, cholesterol: 82.2mg, dietary fiber: 1.1g.





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