Heart-healthy Italian

- Spinach and Artichoke Salad
- Chicken Cacciatore with Polenta

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
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</thead>
<tbody>
<tr>
<td>Calories 511</td>
</tr>
<tr>
<td>Total Fat 28 g</td>
</tr>
<tr>
<td>Saturated Fat 5 g</td>
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<tr>
<td>Monounsaturated Fat 16 g</td>
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<tr>
<td>Polyunsaturated Fat 4 g</td>
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<tr>
<td>Trans Fat 0 g</td>
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<tr>
<td>Cholesterol 58 mg</td>
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<tr>
<td>Sodium 499 mg</td>
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<tr>
<td>Potassium 639 mg</td>
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<tr>
<td>Total Carbohydrate 35 g</td>
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<tr>
<td>Dietary Fiber 7 g</td>
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<tr>
<td>Sugars 4 g</td>
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<tr>
<td>Added Sugars 1 g</td>
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<tr>
<td>Protein 31 g</td>
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<tr>
<td>Vitamin A 83%</td>
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<tr>
<td>Vitamin C 26%</td>
</tr>
<tr>
<td>Calcium 8%</td>
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<tr>
<td>Iron 22%</td>
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Spinach and Artichoke Salad
Makes 4 servings

Ingredients
Dressing:
¼ cup extra-virgin olive oil
¼ cup balsamic vinegar
1 tablespoon lemon juice
1 clove garlic, minced
1 teaspoon sugar
Pinch of salt
Ground black pepper, to taste
¼ teaspoon dried oregano

Salad:
1 6-ounce bag of baby spinach
1 can quartered artichoke hearts in water, rinsed and drained
2 tablespoons toasted pine nuts

Preparation
Put all dressing ingredients in a jar. Cover, and shake vigorously until combined.

Toss spinach and artichoke hearts in a large bowl. Drizzle on enough dressing to lightly coat; toss well. Sprinkle with pine nuts.

Notes: Any extra dressing will keep in refrigerator, covered, for about a week.

Nutrition information (per 1 serving of salad with 2 tablespoons dressing): 207 calories, 17 grams total fat (2 grams saturated fat, 11 grams monounsaturated fat, 3 grams polyunsaturated fat, 0 grams trans fat), 0 mg cholesterol, 105 mg sodium, 250 mg potassium, 14 grams total carbohydrate, 5 grams fiber, 3 grams sugar (1 gram added sugar), 4 grams protein
Chicken Cacciatore with Polenta
Makes 4 servings

Ingredients
1 tablespoon plus 2 teaspoons extra-virgin olive oil, divided
3 cloves garlic, minced, divided
1 tablespoon fresh rosemary, finely chopped, or 1 teaspoon dried
¼ to ⅛ teaspoon cayenne pepper, to taste
2 boneless, skinless chicken breasts (about 1 pound total), trimmed and cut in half
⅛ cup white wine
8 pitted black or Kalamata olives, halved
1 tablespoon capers, rinsed
3 sun-dried tomatoes, chopped
1 tablespoon balsamic vinegar
Ground black pepper, to taste
1 teaspoon fresh rosemary, finely chopped
1 teaspoon fresh sage, finely chopped
1 teaspoon fresh thyme, finely chopped
2 cups water
⅛ teaspoon salt
½ cup dry instant polenta
Optional: low-sodium chicken or vegetable broth
4 teaspoons grated Parmesan cheese

Preparation
Heat 2 teaspoons olive oil in a large skillet over medium-high heat with 2 cloves minced garlic, rosemary, and cayenne. When hot, add chicken and cook until golden brown, turning once, about 6 minutes per side. Add wine, olives, capers, and sun-dried tomatoes, and cook until the wine has evaporated. Add the vinegar and cook a few minutes more until slightly reduced. Remove from heat; season with ground black pepper.

Meanwhile, heat the remaining 1 tablespoon olive oil, 1 clove minced garlic, rosemary, sage, and thyme in a small skillet. Cook until garlic is fragrant, 1 to 3 minutes; remove from heat and set aside.

In a medium saucepan, bring water and salt to a boil. Slowly add polenta, whisking to prevent clumping. Reduce heat and simmer, stirring constantly, for 3 minutes (or per instructions on package). Remove from heat, and stir in the reserved oil, garlic, and herb mixture. If needed, thin the polenta with broth, adding 2 to 3 tablespoons at a time until desired consistency is achieved.
To serve, divide polenta between 4 plates or shallow bowls. Top each portion with 1 teaspoon Parmesan. Serve chicken and sauce over the polenta.

**Nutrition information (per serving):** 304 calories, 11 grams total fat (3 grams saturated fat, 5 grams monounsaturated fat, 1 gram polyunsaturated fat, 0 grams trans fat), 58 mg cholesterol, 394 mg sodium, 389 mg potassium, 21 grams total carbohydrate, 2 grams fiber, 1 gram sugar (0 grams added sugar), 27 grams protein