

Heart-healthy Italian

- *Spinach and Artichoke Salad*
- *Chicken Cacciatore with Polenta*

Nutrition Facts	
Servings: 1 meal	
Amount Per Serving	
Calories 511	
Total Fat 28 g	
Saturated Fat 5 g	
Monounsaturated Fat 16 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
Cholesterol 58 mg	
Sodium 499 mg	
Potassium 639 mg	
Total Carbohydrate 35 g	
Dietary Fiber 7 g	
Sugars 4 g	
Added Sugars 1 g	
Protein 31 g	
Vitamin A	83%
Vitamin C	26%
Calcium	8%
Iron	22%

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
⅛ to ¼ teaspoon cayenne pepper, to taste
2 boneless, skinless chicken breasts (about 1 pound total), trimmed and cut in half
¼ 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
¼ 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