



Seafood with Wine and Tomato Sauce

1 onion, chopped
2 to 3 celery stalks, chopped
2 carrots, diced
1 garlic clove, minced
1 cup white wine
2 teaspoons olive oil
1 8-ounce can tomato sauce
3 tablespoons chopped parsley
1 pound fillet of halibut, red snapper, sole, cod, or other white fish

Sauté vegetables and garlic in a small amount of wine until tender; add olive oil, tomato sauce, parsley, and remaining wine. Simmer 15 minutes. Pour a quarter of the sauce into a baking dish; arrange fish on top. Cover with remaining sauce. Bake, covered, at 350 degrees for 15 to 20 minutes.

Serves 4. *Per serving: 269 calories, 6 grams fat, 12 grams carbohydrate, 488 mg sodium, 47 mg cholesterol, 2 grams fiber.*

From *Don't Eat Your Heart Out Cookbook*

This recipe was recommended and tested by Heart Path participants, Sybil and Bill Becker. Sybil prepared the dish in the afternoon and then refrigerated it. Several hours later when their dinner guest arrived she baked it in the oven for about 30 minutes (note the recipe instructions of 15 to 20 minutes when the dish is not refrigerated). Fish contains the heart healthy omega-3 fats. Aim for two to three servings of fish per week.

Your Partners in Health,
Candace and Lesley