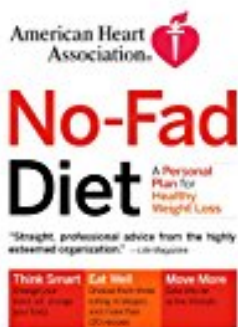


[PDF] American Heart Association No-Fad Diet: A Personal Plan For Healthy Weight Loss

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Description:

About the Author The American Heart Association is the nation's most trusted authority on cardiovascular health. Its bestselling library of cookbooks includes:

- *The New American Heart Association Cookbook, 7th Edition*
- *American Heart Association Low-Fat, Low-Cholesterol Cookbook, 3rd Edition*
- *American Heart Association One-Dish Meals*
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The American Heart Association has affiliates that serve the entire United States. For more information, call 1-800-AHA-USA1 (1-800-242-8721).

From the Hardcover edition.

Excerpt. © Reprinted by permission. All rights reserved. Tilapia and Spinach Roll-ups with Shallot and White Wine Sauce

Serves 4; 3 ounces fish per serving

Mild-flavored tilapia, which blends so nicely with other foods, is complemented here with baby spinach leaves and a topping of crushed walnuts.

Ingredients

- 4 tilapia fillets (about 4 ounces each)
- 1/4 teaspoon salt
- Pepper to taste
- 5 ounces fresh baby spinach leaves
- 1/2 cup shredded or grated Parmesan cheese
- 1 cup dry white wine (regular or nonalcoholic), plus more as needed
- 1/2 cup fat-free, low-sodium chicken broth or low-sodium vegetable broth, plus more as needed
- 1 medium shallot, minced
- 2 tablespoons walnuts, crushed

To Prepare

Preheat the oven to 375°F.

Rinse the tilapia and pat dry with paper towels. Place the fish on a flat surface. Sprinkle the fish with the salt and pepper. Place the spinach on the fish. Sprinkle with the Parmesan. Starting at a short end, roll each fillet jelly-roll style. Secure each roll-up with a wooden toothpick. Place the fillets in a glass 13 x 9 x 2-inch baking dish.

Pour the wine and broth over the fish, using enough liquid to fill the dish to a depth of about 1/2 inch.

Sprinkle the shallot over the fish.

Bake, covered, for 30 minutes, or until the fish flakes easily when tested with a fork.

To serve, using a slotted pancake turner, transfer the roll-ups to plates. Sprinkle with the walnuts.

Per Serving

calories 188
total fat 6.0 g
saturated 2.0 g
polyunsaturated 2.0 g
monounsaturated 1.0 g
cholesterol 50 mg
sodium 383 mg
carbohydrates 3 g
fiber 1 g
sugar 0 g
protein 22 g

Dietary Exchanges

1 vegetable; 3 lean meat

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