

## Dining A La Heart



*Ticker's Kitchen The Heart Health Chef*

### ORANGE ROUGHY PROVENÇAL

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cooking spray  
4 – 6 oz. orange roughy fillets, skinned  
1/8 tsp. salt  
1 tsp. black pepper  
4 tsp. olive oil, extra virgin  
2 cups sweet yellow onion, julienned  
4 tsp. fresh garlic, minced or garlic pressed  
2- 1/3 cups fresh Roma tomatoes, seeded and diced  
2 cups white wine  
2 tsp. anchovy paste

#### DIRECTIONS

##### ORANGE ROUGHY PROVENÇAL

Season fillets on both sides with salt and pepper. Spray hot non-stick sauté pan with cooking spray. Sear fillets 1-2 minutes per side, until nicely browned; transfer fillets to 4 serving plates. Add olive oil to sauté pan – reduce heat; add onion – sauté 1 minute or until soft. Add garlic – sauté 1 minute; add tomato – sauté 2-3 minutes. Add wine, anchovy paste and olives; and stir until sauce begins to thicken (2-3 minutes). Add capers, herb de Provençe, and parsley – stir. Return fillet to pan to reheat and finish cooking until fish flakes easily. Meanwhile, prepare rice.

##### BASMATI RICE WITH EDAMAME

Place 4 cups of water in a heavy 2-3 quart pot; heat to boiling. Add rice and salt - simmer

#### **Yield: 4 servings**

*Recipe by:* Chef Eric Christen, CC, CPC  
Chef Eric's Custom Cuisine – A Personal Chef Service; P.O. Box 3594, Carmel, IN 46082  
317-815-1270 Web: PersonalChefEric.com

2 cup Kalamata olives, sliced  
4 tsp. capers, rinsed and drained  
2 tsp. Herbs de Provençe  
4 tsp. fresh parsley, chopped

##### BASMATI RICE WITH EDAMAME

1 cup Basmati rice  
4 cups water  
1 tsp. salt  
1 T. margarine  
½ cup edamame (fresh shelled soybeans)  
1/8 tsp. black pepper

uncovered for 10 minutes. Drain rice in a sieve – rinse well with cold water. Drain. In the same pot, melt the margarine over low heat. Return the rice to the pan and stir. Place a dishtowel over the inside of the lid – place the lid on the pot, bringing the overlapping ends of the towel up over the top of the lid. Steam over low heat for 30 – 35 minutes. Rice will be ready when a cloud of steam emerges from the pan when the lid is lifted. While rice is cooking prepare edamame by cooking in 1 cup of boiling water for 5 minutes. Drain and mix into cooked basmati rice. Portion equally and serve with the Orange Roughy Provençal.

#### **Information for 1 Serving:**

580 calories, 14 gm fat, 2 gm saturated fat, 35 mg cholesterol and 770 mg sodium

***Dining A La Heart is sponsored The Care Group, LLC***

**8333 Naab Rd, Suite 400, Indianapolis, IN 46260**

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