

DASH EATING PLAN

# Baked Red Snapper

With Zesty Tomato Sauce

HEALTHY EATING, PROVEN RESULTS

This traditional Mediterranean-style fish with a delicious tomato and pepper sauce pairs well with Pesto Baked Polenta and low-fat Greek yogurt.



Delicious heart healthy recipes are as good for your heart as they are for your taste buds! The [Heart Healthy Eating webpage \(healthyeating.nhlbi.nih.gov\)](http://healthyeating.nhlbi.nih.gov) features this recipe and more than 100 others created for the National Heart, Lung, and Blood Institute (NHLBI). Along with heart healthy recipes from cuisines around the world, there is plenty of information about food shopping, cooking, and eating healthfully for the entire family.

**DASH EATING PLAN**

The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. To learn more, go to [www.nhlbi.nih.gov/DASH](http://www.nhlbi.nih.gov/DASH).



National Heart, Lung, and Blood Institute

