

# WHAT'S COOKING? *Nutritional Series*

RECIPES & INFORMATION FOR LIVING A HEART-HEALTHY LIFESTYLE



## *Dr. Sinatra's* **MARY'S TOMATO JUICE**

Mary's Tomato Juice is savory, hearty and satisfying. If you like heat, don't hesitate to throw in some fresh jalapeño or add a dash of [cayenne pepper](#) to your juice!

*\*Choose organic produce whenever possible\**

- 3 large [tomatoes](#)
- 3 celery stalks
- 1 green pepper, discard stem, it's ok to juice the seeds
- 1 cucumber
- 2 scallions
- 1 [clove garlic](#)
- ½ lemon, peeled
- Small bunch of parsley\*
- Dash of Worcestershire sauce, horseradish, or salt to taste (optional)

Feed all items into the juicer. Add a few dashes of Worcestershire sauce, a scoop of horseradish, or a sprinkle of salt for some added zest. Stir and enjoy! Serves 1.

(\*Omit the parsley if you are pregnant or if you have kidney disease.)

For more great recipes visit [Dr. Sinatra's Recipes for Health page!](#)