



Seafood At Its Best Recipes

Foiled Fish in a Flash

1 fish fillet (trout, salmon, or your favorite white fish)

1 tablespoon of lemon juice

Fresh or dried herbs (rosemary, oregano, or dill), or your favorite seafood seasoning

1 teaspoon olive oil

Preheat a barbeque grill or frying pan to hot. Place a fish fillet on each piece of foil and drizzle with olive oil. Sprinkle the fillet with lemon juice and herbs. Fold the foil to seal completely. Place the foil package on the grill or frying pan and cook for approximately 8 minutes, turning after 4 minutes. Test the fish by flaking the thickest part of the fillet with a fork. If the flesh is white (or light pink in the case of salmon), the fish is cooked. Serve the fish on a bed of your favorite rice with steamed vegetables or salad.

Fish Tacos and Mango Salsa

Two trout, catfish, or tilapia fillets, 3 to 4 oz. each

1 teaspoon olive oil

Juice of small lime

Salt and pepper

2 small whole wheat tortillas or 4 corn tortillas

Other toppings: 1 cup green cabbage, thinly sliced, or your favorite cole slaw; ½ cup avocado, sliced; 1 red bell pepper, thinly sliced

Coat fish on both sides with olive oil, lime juice, salt, and pepper. Place on broiler tray and refrigerate while you prepare salsa and other toppings. Broil fish on high for 4 to 5 minutes until fish flakes. Place fish on warm tortilla, top with salsa and toppings.

For the Mango Salsa:

Mix together the following ingredients:

- ¼ pound tomatillos, husks removed, chopped
- 1 bunch cilantro, stems removed, chopped
- 2 small mangos, peeled and chopped
- 1 large clove garlic, diced
- Salt and pepper to taste
- 1 or 2 jalapeños, seeded and diced (optional)



Teriyaki-Marinated Fish Filets

¼ cup brown sugar

¼ cups soy sauce

3 T pineapple juice

3 T red wine vinegar

2 or 3 favorite fish filets

1 T lemon juice

3 garlic cloves, finely minced

1 tsp ground ginger

1 tsp black pepper

Combine all marinade ingredients in a zip-top plastic bag. Add fish filets. Seal bag and turn to coat. Refrigerate at least 15 minutes but no more than 30 minutes (the acid starts to “cook” the fish if marinated longer.) Grill or broil, turning if necessary, until the fish is done and flakes with a fork.

Mock Lobster

2 cups water

1 tsp vinegar

1 tsp seafood seasoning or seafood boil spices

1 lb haddock, cod, or other firm white fish left in large pieces



Bring water, vinegar and seasoning to a boil. Add fish. Reduce heat, cover and simmer about 10 minutes or just until fish is cooked. Cut or break into serving-size pieces. Serve with melted butter.

BBQ Chip-Crusted Fish Fillets

4 mild fish fillets

2 T lemon juice

1 T melted butter or margarine

½ cup crushed barbecue potato chips (or may use cracker crumbs or dry bread crumbs)

Place fish in greased baking pan. Combine lemon juice and margarine, pour over fish. Top with chips. Bake at 400 for 10-15 minutes or until fish flakes easily with a fork. Serves 4.

Nutrition facts- 340 calories, 18 g fat, 3 g saturated fat, 210 mg sodium, 6 g carbohydrate

Tasty Tuna Salad

1 can (5-6 oz) can of tuna packed in water

1 hard-cooked egg

¼ cup chopped celery

¼ cup shredded carrot

2 T. sweet pickle relish

1 green onion, finely chopped (optional)

¼ cup lowfat mayonnaise or salad dressing

Mix all together and spread on bread, buns, pitas, crackers or stuff a tomato or place a scoop on a lettuce leaf. Makes 4 servings.

Nutrition information: 130 calories, 7 g fat, 1.5 g saturated fat, 340 mg sodium, 5 g carbohydrate

Salmon (or Tuna) Patties with Citrus Salsa

1 can (12-15 ounces) salmon, drained, bones and skin removed, or tuna packed in water, drained
½ cup dehydrated mashed potato flakes (or crushed cracker crumbs)
2 T finely chopped onion
2 T finely chopped celery
2 T carrots, shredded or finely chopped
1 egg
1 teaspoon parsley (if you like)
½ teaspoon black pepper
½ cup breadcrumbs
2 tablespoons vegetable oil

In a large bowl, mix together all of the ingredients except the breadcrumbs and vegetable oil. If using parsley, add that too. Shape mixture into patties. Coat with breadcrumbs. Heat oil in a skillet over medium heat. Place patties into hot oil and cook on both sides until golden brown, about 1 to 2 minutes per side. Makes 5 servings. Serve over cooked brown rice with citrus salsa, if desired.

Calories 220, Total Fat 11 g, Saturated Fat 1.5 g, Cholesterol 25 mg, Sodium 420 mg, Total Carbohydrate 13 g

Citrus Salsa:

1 tsp finely shredded orange peel
2 oranges, peeled, sectioned and chopped
1 cup canned pineapple tidbits (juice pack), drained
2 T snipped fresh cilantro
1 sliced green onion
1 fresh jalapeno pepper, seeded, finely chopped (or 1-2 T mild canned diced green chiles)
Combine all ingredients, substituting canned green chiles for milder taste, if desired. Cover and chill until ready to serve, or up to 24 hours.

Salmon Chowder

1 can salmon (about 14 ounces), bones and skin removed, broken into chunks
1 tablespoon vegetable oil
½ cup onion, chopped
3 ½ cups low-sodium chicken broth (or vegetable broth)
2 potatoes, peeled and diced
1 can (about 15 ounces) whole kernel corn, drained
¼ teaspoon black pepper
½ teaspoon dried dill (if you like)
1 ½ cups evaporated milk



In a large saucepan over medium heat, cook the onions in vegetable oil until soft, about 5 minutes. Stir in chicken broth, potatoes, corn, and black pepper. Bring to a boil, lower the heat, and cook 20 minutes or until potatoes are soft. Add the salmon and milk. If using dill, add that too.

Cook 5 minutes or until hot through. Serves 8.

Nutritional Information for 1 serving (about 1 cup): Calories 230 ~ Total Fat 8 g ~ Saturated Fat 2.5 g ~ Cholesterol 55 mg ~ Sodium 420 mg ~ Total Carbohydrate 23 g

Salmon Melts

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| 1 can (15 oz.) salmon, drained, bones & skin removed | 1/2 teaspoon dill weed |
| 1/4 cup chopped green onions | 1/4 teaspoon garlic powder |
| 1/4 cup chopped celery | 4 whole-grain hamburger buns or English muffins, sliced in half |
| 1/4 cup low-fat or lite mayonnaise | 1 cup grated cheese |
| 1/2 teaspoon black pepper | |

In a medium bowl, combine first seven ingredients and mix well with a fork. Place buns, sliced sides facing down, on a broiler pan and broil until lightly browned and crispy. Remove from oven. Turn rolls over and spread 2 to 3 tablespoons salmon mixture on each half. Top each with 2 tablespoons grated cheese. Return to oven and broil until the cheese melts on top, and serve right away. Serves 4.

NUTRITION FACTS- Calories 390 ~ fat 17 g ~ sodium 1150 mg ~ total carbohydrate 25 g ~ fiber 2 g

Cheesy Macaroni Salmon Bake

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| 1 cup uncooked macaroni | 1/2 can (6-7 oz.) salmon, drained and chunked |
| 1 cup low-fat milk | 1/4 cup onion, finely chopped |
| 1 cup processed cheese, cubed | 1/2 cup cheddar cheese, shredded |
| 1 can (10 3/4oz.) cream of mushroom soup | 1/2 cup cracker crumbs |
| 1 cup canned or frozen peas or peas & carrots | 2 Tbsp. butter/margarine, melted |

Cook macaroni according to package directions. Drain and set aside. Mix milk and processed cheese and cook over low heat, stirring constantly until cheese melts. Stir in soup until well blended and smooth. Pour cheese sauce over cooked macaroni. Add peas, salmon, onion and cheddar cheese to macaroni and cheese. Stir gently. Pour into greased 1-1/2-qt. baking dish. Mix together melted butter and cracker crumbs. Sprinkle buttered crumbs on top of casserole. Bake uncovered at 375°F for 30 minutes or until bubbly and heated thoroughly. Serves 5.

NUTRITION FACTS- Calories 440 ~ fat 23 g ~ sodium 1230 mg ~ total carbohydrate 32 g ~ fiber 3 g

Hooked on Salmon Sticks

1 can (15 ounces) pink salmon, drained, bones and skin removed, and flaked
1/2 cup crushed saltine crackers, (about 16 crackers)
1 egg, beaten
1 tablespoon vegetable oil



In a large mixing bowl, combine salmon, cracker crumbs and egg. Divide mixture into 8 balls and shape into sticks about 4 inches long. Lightly coat a skillet with cooking spray. Add oil and preheat the skillet on medium for 1 to 2 minutes. Add fish sticks and cook for 3 minutes. Flip over and cook about 3 minutes or until golden brown. Makes 8. Source: KSU Kids a Cookin'

Nutrition information for 1 stick: Calories 110, Total Fat 6 g, Saturated Fat 1.5 g, Cholesterol 50 mg, Sodium 105 mg, Total Carbohydrate 3 g

Salmon Quiche

- 1 (15 oz.) can salmon, bones and skin removed, and flaked or chunked
- 1 (9-inch) deep dish pastry shell, unbaked*
- 1 T. margarine
- 4 eggs
- 1 c. onion, chopped
- 1 c. Swiss cheese, shredded
- 1 c. low-fat milk

Preheat oven to 425°F. Place pastry shell in a 9-inch deep dish pie plate. Bake pastry shell for 10 minutes and remove from oven. Reduce oven to 350°F. Heat margarine in a pan over medium heat. Add onion and sauté. Remove from heat. Stir in salmon and Swiss cheese. Mix lightly and put in pie shell. In a bowl, beat the eggs. Add milk. Pour over salmon mixture in pastry shell. Bake for 45 to 50 minutes or until set in the center. Cut into 6 slices. * Tastes great without a pie shell too!

Nutrition Information per Serving: Calories 390, Total Fat 22 g, Saturated Fat 9 g, Cholesterol 215 mg, Sodium 570 mg, Total Carbohydrate 19 g, Dietary Fiber 1 g

Salmon Pasta Salad

- 1 can (15 oz) salmon, drained, bones and skin removed, broken into chunks
- 8 ounces uncooked macaroni noodles or shells
- 2 medium tomatoes, cut in pieces
- 2 cups sliced or chopped cucumber
- 1 cup mozzarella cheese, shredded or cut in small cubes
- 1 Tbsp. parsley flakes
- 1 tsp. lemon juice
- 1/4 cup Parmesan cheese
- Low-calorie Italian salad dressing to moisten



Cook macaroni, drain, and cool. Set aside. Toss salmon chunks with remaining ingredients in a large serving bowl. Toss with Italian salad dressing and serve immediately or refrigerate until ready to serve. (Note: may add sliced black or green olives, if desired.) Serves 8.

NUTRITION FACTS- Calories 280 ~ fat 11 g ~ sodium 670 mg ~ total carbohydrate 25 g ~ fiber 1 g

“Smoked” Salmon Spread

- 1 can of salmon (14-16-ounces)
- 8 oz. light or non-fat cream cheese, softened
- 1/2 cup nonfat dry milk powder
- 1 T. lemon juice
- 1/4 cup sliced almonds for garnish, optional
- 2 t. grated onion
- 1 t. prepared horseradish
- 1/4 t. liquid smoke
- 1/4 t. salt

Drain salmon, remove skin and bones. Flake meat and set aside. Beat cream cheese with remaining ingredients except almonds. Fold in flaked salmon thoroughly. Chill several hours, or overnight. May shape into a soft ball or serve in a bowl. Decorate with sliced almonds, if desired. Serve chilled as a spread for whole grain crackers. Makes about 16 servings. A good source of calcium.

One serving- about 1 Tablespoon- 65 calories, 2 g fat, 3 g carbohydrate, 9 g protein, 10% daily value of calcium

Honey Grilled Salmon

(A copycat of a favorite national chain restaurant recipe)



3/4 cup honey
1/3 cup soy sauce
1/4 cup dark brown sugar, packed
1/4 cup pineapple juice
2 T lemon juice
2 T white vinegar
4 8-ounce salmon filets without skin

2 tsp olive oil
1 tsp ground black pepper
1/2 tsp cayenne pepper
1/2 tsp paprika
1/4 tsp garlic powder

Make the glaze sauce by combining all ingredients except fish filets in a medium saucepan over medium-low heat. Stir occasionally until sauce begins to boil, then simmer uncovered for 15 minutes or until syrupy. Watch carefully to be sure it doesn't scorch or bubble over. It thickens as it cools. This sauce can be made ahead and stored in a tightly covered container in the refrigerator.

To cook, drizzle a bit of the glaze over each salmon filet and brush to coat evenly with a barbecue or pastry brush. *(Be careful to avoid cross-contaminating the container of glaze with any utensil which has touched the raw fish!)* Grill or broil the salmon 4 to 5 minutes per side or until the fish is done and flakes with a fork. If desired, serve with a small cup of the honey pepper glaze on the side for dipping.

Note: if the sauce is used only for brushing on the fish and not served for dipping, it will coat many more filets. It keeps well in a tightly-sealed container in the refrigerator— be diligent to avoid cross-contamination and discard if contamination occurs.

Cooking Fish— Follow the “10-Minute Rule”

Seafood can be called a “fast food” when it comes to preparation. Unlike meat, seafood doesn't need to be tenderized by cooking. Most products can be cooked in few minutes.

Fish is best cooked quickly over high heat 425–450° F. Just remember the 10-minute rule:

- For every inch of thickness, cook fish for 10 minutes, turning once, if desired
- For pieces of fish which are less than 1-inch thick, no turning is necessary.

Cook fish until it reaches an internal temperature of 140 to 145° F and flakes with a fork.



Recommendations for Eating Fish and Seafood

- ✓ American Heart Association- two servings per week
- ✓ American Diabetes Association- two to three servings per week
- ✓ World Health Organization- one to two servings per week
- ✓ National Cholesterol Education Program of the National Heart, Lung and Blood Institute- one serving daily

“Knowledge
for Life”

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