

MARCH: FISH AND OTHER SEAFOOD

Eating **fish** and **other seafood** is an important part of a healthy diet. **Fish**, especially oily **fish**, are rich in omega-3 polyunsaturated fatty acids and are a great source of lean protein, low in saturated fat. Omega-3 fatty acids are most concentrated in certain types of **fish**, including sardines and salmon. A well-balanced diet will include a wide variety of **fish** and **other seafood** (such as shrimp, scallops, and crab) – make a point to include these in your weekly meal plans!

CHECK OUT SOME VARIETIES OF FISH AND OTHER SEAFOOD DESCRIBED - TAKE HEED OF MERCURY WARNINGS BY USING THE RECOMMENDATIONS BELOW!

Eat Frequently: Enjoy these Fish!	6 Servings or Less per Month	Eat 3 Servings or Less per Month*	Highest Mercury*
<ul style="list-style-type: none"> ✓ Anchovies ✓ Clams ✓ Cod (Pacific) ✓ Crab (Domestic) ✓ Crawfish/Crayfish ✓ Flounder/Sole ✓ Haddock (Atlantic) ✓ Herring ✓ Mackerel (N. Atlantic) ✓ Oyster ✓ Pollock ✓ Salmon (fresh or canned) ✓ Sardine ✓ Scallop ✓ Shrimp ✓ Sole (Pacific) ✓ Squid/Calamari ✓ Tilapia ✓ Trout ✓ Whitefish 	<ul style="list-style-type: none"> • Bass • Carp • Cod • Halibut (Atlantic) • Lobster • Mahi Mahi • Monkfish • Perch (Freshwater) • Skate • Snapper • Tilefish (Atlantic) • Tuna (canned chunk light, Skipjack) 	<ul style="list-style-type: none"> ✗ Halibut ✗ Mackerel (Spanish, Gulf) ✗ Perch (Ocean) ✗ Sea Bass (Chilean) ✗ Swordfish ✗ Tilefish ✗ Tuna (Albacore, Yellowfin) 	<ul style="list-style-type: none"> ✗ Bluefish ✗ Grouper ✗ Mackerel (King) ✗ Perch (Ocean) ✗ Marlin ✗ Orange Roughy ✗ Shark ✗ Swordfish ✗ Tuna (Bigeye, Ahi)



Source <https://www.nrdc.org/stories/smart-seafood-buying-guide>

*Women who are or may become pregnant, nursing mothers, and children **should not** consume fish in this column.

Fish and Other Seafood Tips

- Many frozen **fish** come seasoned with various herbs and spices – just defrost and cook. For a quick and healthy dinner add whole grain brown rice and a side of healthy vegetables like squash, cauliflower, or fresh green beans.
- **Fish** can be quick and easy to prepare – heat 1T oil in nonstick pan, add tilapia sprinkled with a bit of salt and pepper. Panfry for a few minutes, then flip and panfry other side till inner flesh is flakey. Finish with a squeeze of lemon after placing it on your plate with vegetables.
- You cannot see, smell or taste the mercury in **fish**. Reduce toxins by trimming fat, skin, and any darker meat along the top or center of the fillet. Also smaller, younger fish such as **tilapia** have fewer toxins (see table on first page).
- **Seafood** such as **shrimp**, **scallops**, or even **crab legs** can add some nutritious yummy protein to your daily salads – throw some on!

Fish and Other Seafood Recipe!

SOY GLAZED SALMON – AN EASY, FLAVORFUL MAIN DISH!

Makes 4 servings

Ingredients

- 1.5 lbs **salmon** fillet (or 4 salmon steaks)
- ½ cup soy sauce
- 3 cloves garlic, minced (or 3 tsp. prepared, minced garlic)
- 2 tsp five-spice powder
- Zest of lemon (optional)
- 1 Tbsp Asian sesame oil
- 1 scallion, minced

Combine salmon, soy sauce, garlic, and five-spice powder (and zest if using) in large food storage bag or other container for marinating. Refrigerate 1-2 hours, turning occasionally. Preheat grill for med-high heat. Grill salmon skin side down for 3 minutes; turn. Cover grill, grill 8 minutes to medium doneness. Transfer to platter, drizzle with sesame oil. Top with onions. (Or roast in 450 oven skin side down for 12-15 minutes).

Fish and Other Seafood Recipes!

AUNT LINDA'S BLACKENING MIX – A DRY RUB FOR FISH!

Ingredients

- 2 Tbsp dark chili powder
- 1 Tbsp paprika
- 1 Tbsp Cayenne pepper
- 1 Tbsp black pepper
- 2 Tbsp Kosher salt
- 2 Tbsp dried basil
- 1 Tbsp garlic powder
- 1 Tbsp sugar

Mix all ingredients in small container with a lid for storage. Rub **fish** with blackening mix before cooking in your desired manner (grill, oven, panfry, etc.). Especially good on **salmon** and **mahi mahi!**

LEMON-GARLIC SHRIMP & VEGGIES

Makes 4 servings

Ingredients

- 4 tsp olive oil (divided)
- 2 large red peppers, diced
- 2 lbs asparagus trimmed, cut into 1-inch lengths
- 2 tsp lemon zest
- ½ tsp salt, divided
- 5 cloves of garlic, minced (or 5 tsp prepared, minced garlic)
- 1 lb **shrimp**, peeled, deveined (thawed if previously frozen)
- 1 cup reduced sodium chicken broth
- 1 tsp cornstarch
- 2 Tbsp lemon juice (fresh or bottled)
- 2 Tbsp chopped fresh parsley

Heat 2 tsp oil in large nonstick skillet over medium-high heat. Add peppers, asparagus, lemon zest and ¼ tsp salt and cook, stirring occasionally, until just beginning to soften (~ 6 mins). Transfer veggies to a bowl; cover to keep warm.

Add remaining 2 tsp oil and garlic to the pan and cook, stirring, until fragrant (~ 30 seconds). Add shrimp and cook, stirring, for 1 minute. Whisk broth and cornstarch in a small bowl until smooth and add to the pan along with the remaining 1/4 tsp salt. Cook, stirring, until sauce has thickened slightly and shrimp are pink and just cooked through (~ 2 mins more). Remove from the heat. Stir in lemon juice and parsley. Serve the shrimp and sauce over the vegetables.