

1990

# The Maine Seafood Adventure : Light, Easy and Delicious Seafood Recipes from Maine

Maine Department of Marine Resources

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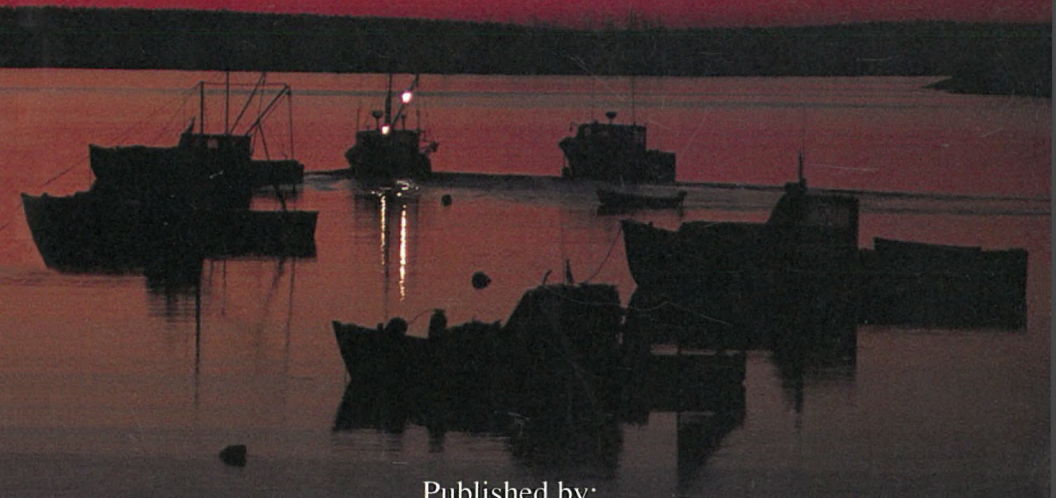
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# The Maine Seafood Adventure

Light, Easy and Delicious  
Seafood Recipes from Maine



Published by:  
The Maine Department of Marine Resources



# The Maine Seafood Adventure

Light, Easy and Delicious  
Seafood Recipes from Maine

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# Credits

The recipes in this cookbook were developed through the joint efforts of the Maine Department of Marine Resources and Susan Davis, M.S., R.D./L.D.

Susan Davis is a Registered Dietitian with a Masters Degree in nutrition. She is currently owner of Susan Davis Associates, a private practice specializing in nutrition counseling, public speaking and consulting. She is also author of a nutrition column in several Maine papers. Her professional experiences include: hospital dietetics, community nutrition services, consultation for restaurants, businesses, hospitals, school systems, nursing education, senior citizen programs, and instruction of Basic Nutrition for the University of Maine.

Susan Davis is a registered member of the American Dietetic Association. She is also active in, and past president of, the Maine Dietetic Association. Her affiliates include: the American Diabetes Association, Maine Diabetes Association, Maine Public Health Association, National Council Against Health Fraud, Maine Media Women, and the National Federation of Press Women. Susan has made several television appearances promoting good nutrition.

The Maine Department of Marine Resources has worked with the seafood industry for many years and has gathered the information in this book through continued work with consumers, retailers, and wholesalers. Our years of experience have allowed us to see a new variety of seafood reach the tables of consumers and to help define the cooking methods that are best for seafood. Over 25 years of combined experience has gone into this cookbook. We hope that it will answer some of your questions.

We would also like to acknowledge the efforts of Shaw's Supermarket in Rockland, Maine for their donation of seafood throughout the project that culminated in the printing of this cookbook. Other suppliers that deserve special thanks include: Peacock Canning Company of Lubec for their donation of sea trout (steelhead), Great Eastern Mussel Farms, Inc., of Tenants Harbor for their donation of mussels, F.J. O'Hara & Sons, and Stinson Seafood Company of Rockland, Maine and Blair Pyne of Medomak, Maine for their donations of seafood.

We also thank Peter Ralston of the Island Institute in Rockland for his donation of the photo used on our cover. We especially appreciate the assistance of all these individuals and companies in their contributions toward making this an inexpensive cookbook for everyone to enjoy!

# **A Seafood Cookbook for You From Maine.....**

Eating fresh seafood is a tasty way to eat well, as many nutrition-conscious people will tell you. In fact, seafood is an important part of the American Heart Association's prudent diet.

When you add seafood to your diet, you are adding taste, variety, and valuable nutrients. Fresh fish and shellfish have little waste, loses little of its food value when cooked, and because it is fresh, gives you optimum nutritional value. It is high in protein, low in fat and calories, and a source of important vitamins and minerals.

This cookbook will introduce you to heart-healthy seafood using easy-to-prepare and good tasting low fat recipes. Special emphasis has been placed on using ingredients the average person has on hand, although there are several "company dinner" recipes that will require a few extra ingredients. All of the recipes have been tested in Maine Kitchens.

These recipes were developed to be low in total fat, saturated fat, and cholesterol. Many are down-home favorites that have been modified to reduce fat but still retain flavor and texture of the original recipe.

Calories in our recipes tend to be slightly higher than other "diet" cookbooks because rather than the typical 3 to 4 ounce portion, our recipes average a 6 ounce portion of fish or seafood. We chose to use a larger portion because fish is a naturally low fat food and does not need to be restricted to very small portions to beat the calorie game. Recipes have been analyzed for calories, carbohydrates, protein, fat and percentage of fat, cholesterol and sodium.

Although most recipes are low in fat, recipes using higher fat fish such as mackerel and salmon are somewhat higher. Since these higher fat fish have higher amounts of heart healthy omega-3 fatty acids, they do not need to be restricted.

Unlike fat, reducing sodium affects flavor a great deal so we have not reduced the sodium in all recipes. You may want to reduce the sodium in certain recipes to suit your personal preferences. You can do this by using less salt than called for, or substituting salt-free products for regular processed products such as tomato sauce or soy sauce.

We hope you enjoy the recipes as much as we do!

# HEALTH BENEFITS OF EATING SEAFOOD

**Seafood is naturally low in calories.** Most species have less than 100 calories in a 3 1/2 ounce portion.

**Seafood is high in protein.** A 3 1/2 ounce portion of fish has very similar amounts of protein as poultry and red meat but with much less fat.

**Seafood is low in fat** with the average fish having one-third the amount of fat as skinless chicken has. The oil in fish is rich in polyunsaturated fats and low in saturated fat.

As a general rule, all **fish and shellfish are low in cholesterol.** Only squid, shrimp, abalone, octopus, razor clams, and fish roe are fairly high in cholesterol. But since the fat content is low, moderate amounts (4 ounces) of these are acceptable on a heart-healthy eating plan.

**Seafood is a good source of vitamins and minerals** such as the B vitamins and trace minerals such as iodine, flouride, zinc, selenium, and copper. Clams, oysters, and mussels are especially good sources of iron, while canned sardines have edible bones that are rich in calcium.

Fresh, unprocessed **fish and shellfish are very low in sodium.** Shellfish have somewhat more sodium than finfish but this small difference is not significant for most people. Canned, smoked, or pickled seafood, however, is usually very high in sodium.



### **Seafood is a good source of Omega-3 fatty acids.**

Omega-3 fatty acids seem to be protective against heart disease and other health problems. Although most medical professionals advise against dietary supplements of fish oil except in certain cases, fish, especially fattier fish, is recommended to increase Omega-3 intake.

## **NUTRITIONAL QUICK REFERENCE**

The nutrition analysis of each recipe is included to help individuals meet their nutritional goals and to inform others about the foods they eat. Recipes have been analyzed for calories, carbohydrates, protein, fat, cholesterol, and sodium.

**CALORIES:** Calorie requirements vary with age and activity level but the average daily caloric intake for women to maintain weight is 2000-2200; for men it is 2500 to 2800 calories per day.

**CARBOHYDRATES:** Although most people do not need to measure carbohydrates in their diet, some people, especially athletes, do. A high carbohydrate diet enhances performance and is of concern to many competitive athletes.

**PROTEIN:** Protein requirements vary with age, but the average adult needs approximately 55 grams per day.

**FAT:** Fat is a real problem in American diets. Americans currently eat about 40% of their total calories coming from fat, when 25-30% is desirable. There are two ways to measure total fat in the diet.

One measurement is grams (gm). On the average, men should eat less than 90 grams of fat each day while women

shouldn't exceed approximately 65 grams of fat each day.

A second way to measure fat is by percent of fat. Ideally, a meal should not exceed 30% of the calories coming from fat. Although most of the recipes in this cookbook are far below 30% of the calories coming from fat, recipes using higher fat fish such as mackerel or salmon are not. Use these recipes in a meal including potato, rice or noodles and the percent of total fat in the meal will come into line with recommended levels.

**CHOLESTEROL:** The American Heart Association recommends a daily intake of 300mg of cholesterol or less.

**SODIUM:** The American Heart Association recommends an intake of approximately 3000mg of sodium per day. For those on low salt diets, this number may be even lower; check with your physician to be sure.

## Purchasing Seafood

When purchasing whole or dressed fish, be sure that the eyes are bright and clear, the gills or gill area is reddish pink, and the skin is shiny. If the fish has not been scaled, the scales should be firmly attached to the skin. The odor of fresh fish is slightly seaweedy.

In purchasing shucked clams or oysters, the liquor should be clear, the shellfish plump and creamy colored and the smell should be mild.

The purchase of live shellfish should not be a guessing game. Most shellfish, with closed shells, is still alive and safe to

eat. If the shells are gaping open, tap them lightly with your fingernail. The shell should close. If it does not respond, do not cook or eat it!

**When shopping for quality seafood, keep these points in mind:**

1. Buy your fish and shellfish from a reputable market.
2. Check to be sure the product is being stored properly. (Seafood should be displayed in its own case on a bed of ice to keep it cold.)
3. Use your nose. (If you smell an ammonia scent, the fish is bad.)
4. Be careful when buying pre-cooked seafood. (This cooked product should not be displayed directly in contact with raw products. This can cause cross contamination of the two products and creates a health risk.)
5. Purchase raw shellfish carefully. (Follow the rules above to be sure.)
6. Promptly refrigerate what you buy. (The longer the product is above 34 degrees, the faster it will spoil.)

# How Much Fish To Buy

<u>Type of Fish</u>	<u>Amount to Buy Per Serving</u>
Fish, whole	3/4 lb.
Fish, dressed or pan dressed	1/2 lb.
Fish, fillets or steaks	1/3 to 1/2 lb.
Fish, portions	1 to 2 portions

## Seafood Storage

Seafood is the most perishable food that you purchase. Follow these procedures to help assure your family a fresh seafood meal.

1. Wash the fish under cold running water and pat dry with absorbent paper towels. Do not rub the fish flesh; it is very sensitive.
2. Place the fish in an airtight moisture-proof paper, or rigid covered container.
3. Store in the refrigerator until ready for cooking. Place the fish in the middle of the refrigerator to avoid heating and cooling when the door is opened and closed. If there is a lot of "traffic" in your refrigerator, place the container of fish in the bottom of a bowl and cover with ice. Be sure the fish container is well sealed.

Fish tastes best when it is fresh but can be eaten 1 to 3 days after purchase. The longer you plan to store the fish, the colder you should keep it. Be sure to consult nature's checking system, if it has an ammonia smell, don't eat it!

Fresh oysters and clams should be eaten as soon as possible but can be stored for 1 or 2 days in a 40 degree refrigerator if necessary. Remember that these shellfish, when in the shell, are alive and need air and some moisture. Add a little ice to the bag they are in, being careful not to allow them to sit in puddles. Fresh shellfish that have been shucked should be stored in their own liquor in containers and packed in ice. They can be kept in the refrigerator under these conditions for 5-8 days.

## **Freezing**

Commercially packed frozen fish should be stored unopened, in the freezer at 0 degrees Fahrenheit. Once opened, the fish will take on the smells in the freezer and will easily get "freezer burned."

To freeze fresh fish, wrap in airtight freezer containers or airtight plastic bags, squeeze the air out of the package. Never freeze fish in waxed paper, parchment paper, tinfoil or plastic store overwrap.

Shucked oysters and clams should be rinsed in fresh water and packed in plastic airtight containers with water just covering them. Using small containers will speed up the freezing process and give you a better product in the end. Do not freeze shellfish in their shells.

## **Thawing**

It is not necessary to thaw most fish prior to cooking. When cooking with frozen fish, be sure to adjust the cooking time accordingly.

Some recipes call for handling the fish in ways that are not possible with frozen fish. In these instances, thaw the fish in the refrigerator. Never thaw fish on the counter top or under warm water. Never refreeze thawed seafood.

Frozen oysters and clams can be thawed in the refrigerator or under cold running water. Never thaw them at room temperature or under warm water. Small containers of shellfish will thaw quickly.



# So Many Ways To Cook Fish

Fish is convenient, versatile, and delicious. It cooks quickly by almost any method. Fish is adaptable to just about any dish - so you can use it in casseroles, chowders, sandwich fillings and salads, as well as the main course. Once you know a few simple things about preparing fish, there is no end to the variety of tasty dishes you can make.

## The 10 Minute Rule

The "10 Minute Rule" is designed to be an effective guideline for cooking all different kinds of fillets. Fish retains more moisture when it is cooked quickly and at a high temperature. Cook all fillets at 450 degrees for 10 minutes per inch of thickness.

For example: a 1" thick fillet will cook for 10 minutes, a 1 1/2" fillet cooks for 15 minutes. At that time, the fillet should pry apart easily when prodded with a fork. Adding stuffing to the fillet, or stacking fillets, will increase the necessary cooking time. In these cases, follow the cooking time on the recipe.

## Cooking Methods

**BAKE** - Place cleaned dressed fish in a greased baking dish. Brush with margarine, oil, or sauce to keep it moist. Bake at a moderate temperature (350 degrees) until fish flesh flakes easily with a fork. Whole fish lend themselves well to baking, as do fillets and steaks.

**BROIL** - Select fillets, steaks or whole fish, arrange in a single layer on a well greased broiler rack. Season with dill, parsley, tarragon, or your favorite herbs and spices before broiling. Keep fish 4 inches from the heat. Baste with marinade or oil before and

during broiling. Do not turn. Follow the 10 minute rule for cooking time.

**PAN-FRY** - Dip clean, dressed small fish or fish servings into milk and then into bread crumbs, cornmeal, or flour. Heat enough oil to barely cover the bottom of the skillet. Place coated fish in hot oil in a single layer. Turn once midway through cooking. Most whole fish may be pan-fried without breading, if desired.

**OVEN-FRY** - Bread fish as in pan-frying. Place in a well greased shallow baking dish. Pour a little melted margarine over the fish. Bake in a preheated oven at 500 degrees for 10 minutes per inch of thickness. Do not turn or baste.

**POACH** - Place enough liquid to barely cover a single layer of fish in a shallow wide pan such as a wide frying pan. Milk, plain or seasoned water or wine are some of the liquids that can be used. Bring liquid to a boil. Add fish; then reduce heat and simmer.

**STEAM** - Use a steam-cooker or deep pot with a tight cover. The pot should be deep enough to hold a wire basket or rack to keep the fish above the liquid. Pour about 2 inches of water into the pot and bring to a vigorous boil. Place the fish in the rack or basket. Cover pot tightly and steam. Steaming is a wonderful way to preserve all of the nutrients in the fish.

**PLANK** - Oil a plank or board carefully and heat slowly in oven. Arrange fish on the warmed plank, brush with butter or margarine and bake in preheated 350 degree oven. Whole fish, steaks, and fillets can be used.

**BARBECUE** - Select a barbecue with a closely spaced grill. Grease grill well. For smaller fillets, use a special fish grill or barbecue basket. Place fish four inches from hot coals. Baste with marinade or barbecue sauce. Serve a mixed seafood grill - make kabobs with cubes of new and different fish. (See our special section on barbecuing on the following pages.)

**MICROWAVE** - Fish cooked in the microwave is tender, moist, and flavorful. Seafood is naturally delicate. Once it is hot, it almost cooks itself. Fish is less dense than red meats, so microwaves will penetrate more quickly and cooking times will be shorter. Because of the differences in ovens, some experimentation will be necessary to gauge correct timing. Do not use the 10 minute rule when cooking in the microwave.

To Cook: Use a flat, shallow baking dish that allows the fish the most exposure to the microwaves. Cover with plastic wrap or waxed paper; vent by punching holes in the covering or turning back a corner.

Cook fillets at high power a minimum length of time. **Three minutes per pound of boneless fish fillets is a general rule.** For whole fish, season inside the cavity; wrap in plastic or waxed paper and place in oven with the tail in the corner.

Turn dish with fillets or whole fish half way through cooking time.

Fish should be taken from the oven when the outer edges are opaque but the center is still slightly translucent. Allow the fish to stand, covered for a few minutes, to complete the cooking process.

FOR A HEALTHY ADDITION TO YOUR  
DIET,  
EAT FISH AND SEAFOOD  
TWICE A WEEK!

# Grilling/Barbecue Style Cooking

A versatile source of protein and nutritious oils, fish and shellfish are gaining momentum as staples in today's homes. The average American household eats fish twice a month; grilling seafood may help you to increase that to twice a week!

## Tools You will Need:

Grilled seafood can be made on a screen placed on the grill, in a grill basket, on skewers, or wrapped in aluminum foil. Specialty catalogs and stores may carry an interesting variety of grilling tools for you to choose from. **Please note that we do not recommend that lobster be cooked on the grill.**

**SKEWERS:** For kabobs, always plan to use a firm fleshed seafood. Monkfish, halibut, cusk, shark, shrimp, and scallops work well for this purpose. Haddock and cod tend to be too flaky when cooked and don't stay on the skewers. (Be sure the skewers are either square or flat in order to turn them effectively during cooking.) Always be aware of the cooking time required for each kind of food on your skewers. Fish does not take as long to cook as vegetables. Cook vegetables on separate skewers if they require longer cooking times to avoid overcooked fish that will be tough and tasteless.

**SCREENS:** Screens allow you to cook nearly any seafood on the grill without worrying about the flaky texture of the seafood. Haddock, cod, and nearly all other finfish and shellfish can be cooked using this method. A screen placed on your grill will allow you to use a spatula to turn the seafood. They also allow the fluids from the fish and marinade to drip onto the fire. Be careful not to put too much marinade on the fish at one time. It is recommended that you brush on marinade rather than pouring it



directly from the dish. This will help to avoid the flaming that will blacken the fish. (Remember that the screen can not be removed from the grill until it has been allowed to cool.)

**GRILL BASKETS:** Grill baskets come in a wide variety of styles, shapes, and sizes. For ease and convenience, select one that is adjustable to accommodate the thickness of a variety of seafood. If you typically grill whole fish, you may want a grill basket that is shaped like a fish. These are not as helpful if you usually grill fillets or shellfish. Any larger fillet, steak, or roast can be cooked conveniently in a grill basket. Scallops and shrimp may be too small to keep in the basket so this method is not recommended for shellfish. (There are some grill baskets that are designed for this purpose and have small holes in them. Determine what your use of the basket will be before you purchase one.)

**FOIL:** If you do not have the luxury of any of the above utensils, aluminum foil can work just as well. Wrap seafood, a small amount of marinade, and any other ingredients you wish in well oiled foil. Seal the foil on all sides securely. This alternative will create a more moist finished product because it encloses the fluids that the other methods allow to drip onto the fire. Any seafood can be cooked this way.

FOR A HEALTHY ADDITION TO YOUR  
DIET,  
EAT FISH AND SEAFOOD  
TWICE A WEEK!

# New England Species Availability Chart

The Species Availability Chart below shows the seasonality of fish and shellfish. Using this chart will assist you in making plans for your seafood consumption. For instance, mackerel is most abundant in May and June and again in October, November, and December. During these months it is likely to be available fresh instead of frozen, and for a better price than it is when there is little of it being harvested.

## NEW ENGLAND

FINFISH	J	F	M	A	M	J	J	A	S	O	N	D
Bass, Striped												
Bluefish												
Cod												
Cusk												
Flounder (sole)												
Haddock												
Hake												
Mackerel												
Monkfish												
Pollock												
Redfish												
Shark (dogfish)												
Skate												
Swordfish												
Tautog												
Tuna												
Whiting												
Wolffish												
SHELLFISH	J	F	M	A	M	J	J	A	S	O	N	D
Clams												
Crab, Rock												
Lobster												
Mussels												
Scallops, Bay												
Scallops, Sea												
Shrimp												
Squid												

SEAFOOD BUYER'S CATALOG AND SOURCEBOOK



# Edibility Chart

This listing, developed by the National Marine Fisheries Service, lists the different types of fish and some interchangeable species. If a recipe calls for cod, you can substitute any of those fish listed under "White Meat; very light, delicate flavor".

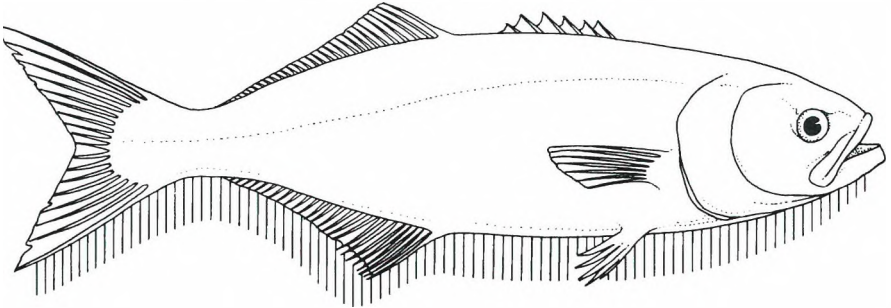
Use this chart to purchase seafood that is the most reasonably priced for the recipe rather than the specific fish asked for, or to substitute for a species that is unavailable. You may find, through personal preference, that you do not prefer to use some species as substitutes.

	Mild Flavor	Mild Flavor	Mild Flavor
Delicate Texture	Cod Crabmeat Flounder Haddock Pollock Scallops Skate Sole	Black Cod Buffalo Butterfish Lake Perch Lingcod Whitefish Whiting	Bluefish Mussels Oysters
Moderate Texture	Crawfish Lobster Rockfish Sheepshead Shrimp Tilapia Walleye Pike	Canned Tuna Conch Mullet Ocean Perch Shad Smelt Surimi Products Trout	Canned Salmon Canned Sardines Mackerel Smoked Fish
Firm Texture	Grouper Halibut Monkfish Ocean Catfish Sea Bass Snapper Squid Tautog Tilefish	Amberjack Catfish Drum Mahimahi Octopus Pompano Shark Sturgeon	Clams Marlin Salmon Swordfish Tuna

# Herb/Spice Chart

	Anise	Allspice	Basil	Bayleaves	Caraway Seeds	Cayenne Pepper	Chili Powder	Cloves	Curry	Dill	Garlic	Ginger	Mace	Ground Mustard	Nutmeg	Onion	Oregano	Paprika	Rosemary	Sage	Tarragon	Thyme	Turmeric
Bluefish				•			•				•	•				•		•			•		
Clams/Quahog				•	•		•				•	•		•		•	•	•			•	•	
Cod	•			•			•		•	•	•	•	•	•	•	•	•	•		•	•	•	
Crabmeat	•			•			•	•			•	•		•		•		•			•	•	
Cusk	•			•			•		•	•	•	•	•	•	•	•	•	•			•	•	
Flounder	•			•			•		•	•	•	•	•	•	•	•	•	•		•	•	•	
Haddock	•			•			•		•	•	•	•	•	•	•	•	•	•		•	•	•	
Hake	•			•			•		•	•	•	•	•	•	•	•	•	•			•	•	
Halibut			•	•			•			•	•	•		•		•		•	•	•	•		
Lobster			•	•			•			•	•	•				•	•	•			•		•
Mackerel				•			•				•	•				•		•			•		
Monkfish				•			•				•	•				•		•			•		
Mussels				•			•				•	•				•		•			•		
Ocean Catfish				•			•				•	•				•		•			•		
Ocean Perch				•			•				•	•				•		•			•		
Oysters				•	•		•		•		•	•		•	•	•	•	•			•		
Pollock	•			•			•		•	•	•	•	•	•	•	•	•	•			•		
Salmon				•			•				•	•		•		•		•		•	•		
Scallops				•			•				•	•		•		•		•			•	•	
Shark				•			•				•	•		•		•		•			•		
Shrimp	•	•	•	•	•		•	•	•	•	•	•		•		•	•	•	•		•		•
Squid				•			•				•	•				•		•			•		
Steelhead				•			•				•	•				•		•			•		
Swordfish				•			•				•	•		•		•		•			•		
Bluefin Tuna				•			•				•	•	•	•	•	•	•	•			•	•	
Salads			•	•			•		•		•	•		•		•		•			•		
Sauces			•	•			•				•	•			•	•		•	•	•	•		
Stews & Chowders			•	•	•		•		•		•	•		•		•	•	•			•	•	

# BLUEFISH



## BRILLIANT BAKED BLUEFISH

Prep Time: 10 minutes

Serves: 4

1 1/2 lbs. bluefish fillets

1/2 tsp. dried ginger

3/4 cup low fat lemon yogurt

1 tsp. dijon mustard

1 Tbsp. soy sauce

1 Tbsp. chopped parsley

1/3 cup minced onion

Preheat oven to 450 degrees. Place washed fish (patted dry) on a baking dish coated with cooking spray. Mix all other ingredients, except parsley, together; spread evenly over the top of the fillet. Bake 10-15 minutes or until fish flakes easily with a fork. Garnish with chopped parsley and serve.

Nutritional information per serving: Calories: 229;  
Carbohydrates: 4gm; Protein: 36gm; Fat: 7gm (27%);  
Cholesterol: 104mg; Sodium: 311mg.

## **CREAMY BAKED BLUEFISH**

Prep Time: 8 minutes

Serves: 4

1 1/2 lbs. bluefish fillets,  
washed and dried  
1/2 tsp. salt  
pepper to taste  
2 Tbsp. light mayonnaise

2 Tbsp. plain low fat yogurt  
1 Tbsp. lemon juice  
1 tsp. Worcestershire sauce  
paprika  
lemon wedges

Preheat oven to 450 degrees. Salt and pepper fillets. Mix together mayonnaise, yogurt, lemon juice and Worcestershire sauce. Spread mixture over fillets. Sprinkle with paprika. Bake 10 minutes or until fish flakes easily with a fork. Use lemon wedges to garnish.

Nutritional information per serving: Calories: 227;  
Carbohydrates: 2gm; Protein: 34gm; Fat: 9gm (35%);  
Cholesterol: 106mg; Sodium: 395mg.

## **JOYCE NETTLETON'S BLUEFISH WITH APPLES AND ONIONS**

Prep Time: 15 minutes

Serves: 4

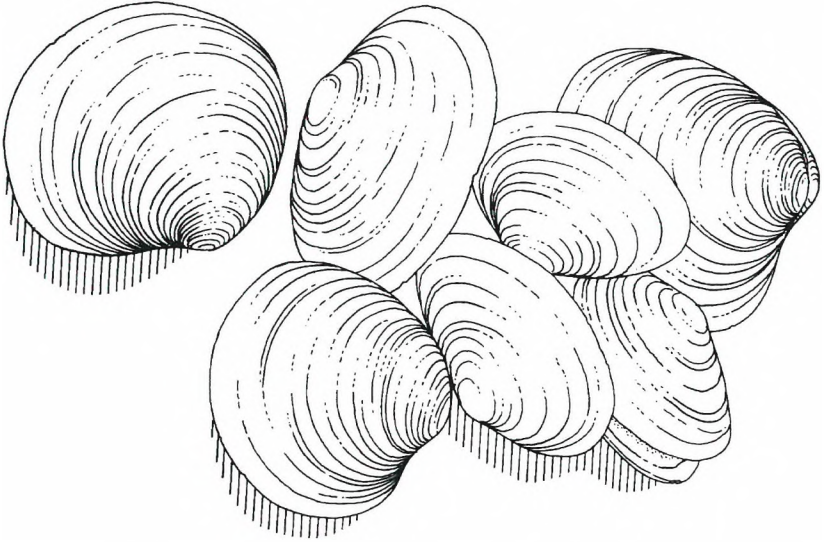
1 1/2 lbs. bluefish fillets  
2 tart apples, cored and  
sliced with skin on  
1 Tbsp. lemon juice

1 large onion chopped  
3 Tbsp. white wine  
1 Tbsp. dijon mustard  
1/4 tsp. pepper

Preheat oven to 450 degrees. Toss sliced apple with lemon juice to keep it from turning brown. Saute onions with cooking spray for 5 minutes in non-stick skillet. Add apples and cook about 1 or 2 minutes. Place in baking dish. Place fillets on top of onions and apples. Combine wine, mustard, and pepper and spoon over bluefish. Bake 10-15 minutes or until fish just turns opaque and place fillet with apple-onion mixture and sauce in serving dish to serve.

Nutritional information per serving: Calories: 244;  
Carbohydrates: 8gm; Protein: 34gm; Fat: 7gm (26%);  
Cholesterol: 103mg; Sodium: 191mg.

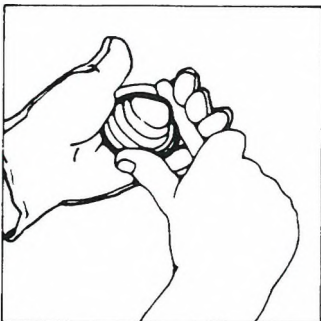
# CLAMS/QUAHOGS



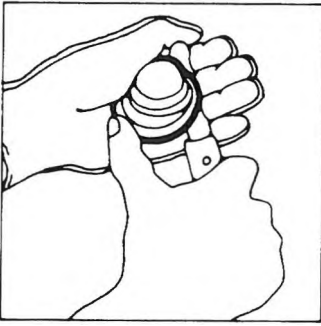
## Cleaning and Opening Clams

1. Purging freshly caught clams of sand is an important preliminary step. To purge clams, place them in a large container and cover with a mixture of 1/3 cup of vinegar to every 1/2 gallon water. Leave for 20-30 minutes and change the water. For an even finer effect, add a handful of cornmeal to the water; the clams will eat it, thus replacing their stomach contents.

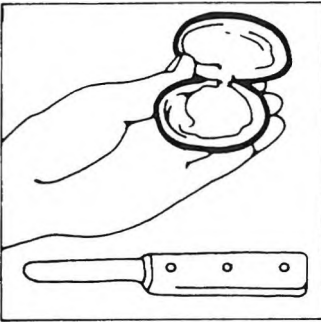
2. Scrub the shells under cold running water.



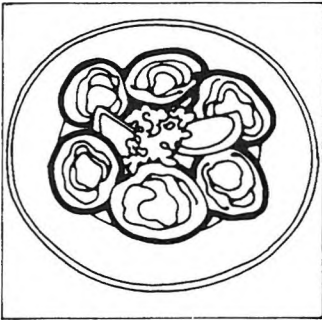
3. Place a clam in the palm of your hand with the hinge between the thumb and index finger. Take a clam knife and line it up along the base. Curl the fingers of the hand holding the clam around the back of the knife and apply slow steady pressure until the knife slides in between the shells.



4. Twist the knife to open the shell wide enough to cut the muscle on top. Break off the top shell and keep the clam level to avoid losing juice.



5. If serving on the half-shell, place on crushed ice, which will keep the clams level and chilled. If not, sever the bottom and top muscle and drop the meat into a container. Pour juice in a bowl to strain and use later.



6. If you find it very difficult to shuck clams, try warming them very briefly--just until they open wide enough to insert the knife. This can be done in the microwave or conventional oven or by steaming or boiling. Another helpful method is to freeze the shellfish or to wash it and place it in the freezer for 15-30 minutes before shucking.



## CLAM/QUAHOG CAKES

Prep Time: 20 minutes

Serves: 4

2 cups chopped clams  
2 eggs, beaten  
1/4 cup clam juice  
3/4 cup cracker crumbs  
2 Tbsp. flour

1 tsp. baking powder  
1/2 tsp. salt  
1/8 tsp. pepper  
1 tsp. sugar

Chop clams after "bellies" have been removed. Drain, reserving the clam juice. Combine eggs and juice. Measure 1/2 cup crumbs into a mixing bowl, mix in sifted flour, baking powder, salt, pepper and sugar. Add the egg-clam juice mixture and stir in clams. Let stand for a few minutes so that the crumbs can absorb the liquid. Drop by large spoonfuls into frying pan sprayed with cooking spray. Flatten and shape so the edges are even. Cook until golden brown on each side, about 10 minutes. Serve hot.

Nutritional information per serving: Calories: 175;  
Carbohydrates: 12gm; Protein: 19gm; Fat: 5gm (25%);  
Cholesterol: 179mg; Sodium: 432mg.

## CLAM/QUAHOG CASSEROLE

Prep Time: 10 minutes

Serves: 4

1 pint clams/quahogs, chopped  
1 cup crushed salted crackers  
1 cup skim milk

2 Tbsp. melted margarine  
1/4 tsp. salt  
2 egg whites  
pepper to taste

Preheat oven to 350 degrees. Mix ingredients together and turn into casserole dish. Let stand for 1/2 hour. Bake for 45 minutes. (You may substitute unsalted crackers if you prefer.)

Nutritional information per serving: Calories: 174;  
Carbohydrates: 13gm; Protein: 19gm; Fat: 4gm (22%);  
Cholesterol: 42mg; Sodium: 396mg.

## **CLAM/QUAHOG CHOWDER**

Prep Time: 20 minutes

Serves: 4

1 lb. minced clams/quahogs  
1 onion, chopped  
4 medium potatoes, diced  
1/4 tsp. salt (to taste)  
13 oz. evaporated skim milk (1 can)  
1 Tbsp. polyunsaturated margarine

Put onions, potatoes and salt in 3 quart sauce pan. Add water to barely cover. Cook until potatoes are tender, but not mushy. Add clams and bring to a boiling point for 2 minutes. Add evaporated skim milk and margarine. Heat thoroughly. Do not boil. Serve immediately.

Nutritional information per serving: Calories: 306;  
Carbohydrates: 42gm; Protein: 25gm; Fat: 4gm (13%);  
Cholesterol: 43mg; Sodium: 349mg.

## **LINDA'S ISLAND CLAM/QUAHOG CASSEROLE**

Prep Time: 12 minutes

Serves: 4

2 cups minced clams/quahogs  
1 Tbsp. margarine  
2 cups saltines, crushed  
1/2 cup skim milk  
2 eggs  
1 can cream of chicken soup (cream of mushroom could also be used)  
1 large onion  
1 tsp. Worcestershire sauce

Preheat oven to 350 degrees. Mix together all ingredients. Place in a 8x8 baking dish coated with cooking spray. Bake for 45 minutes. (You can also use this mixture to fill large quahog shells, bake for 25 minutes.)

Nutritional information per serving: Calories: 309;  
Carbohydrates: 27gm; Protein: 20gm; Fat: 11gm (35%);  
Cholesterol: 180mg; Sodium: 777mg.

## MAINE STEAMED CLAMS

Prep Time: 10 minutes

Serves: 2

Approximately 30 clams  
cleaning ingredients from page 6

Prepare clams just before cooking, do not clean in advance. Scrub shells and carefully wash clams free of sand and mud. Change water several times. Place in large kettle with 1/2 cup of water. Cover and bring to the boiling point and steam until shells open. Serve hot. (For "Littleneck Clams," after you have pulled the cooked clam out of the shell, pull off the excess "skin" on the dark colored neck of the clam before eating.)

Nutritional information per serving: Calories: 67; Carbohydrates: 2gm; Protein: 11gm; Fat: 1gm (12%); Cholesterol: 30mg; Sodium: 50mg.

*Steamed clams (15) and 2 Tbsp. of butter or margarine:*

*Nutritional information per serving: Calories: 271; Carbohydrates: 2gm; Protein: 12gm; Fat: 24gm (79%); Cholesterol: 92mg with butter or 30mg with margarine; Sodium: 285mg.*

## "SKINNY" CLAM DIP

Prep Time: 6 minutes

Serves: 4 (as appetizer)

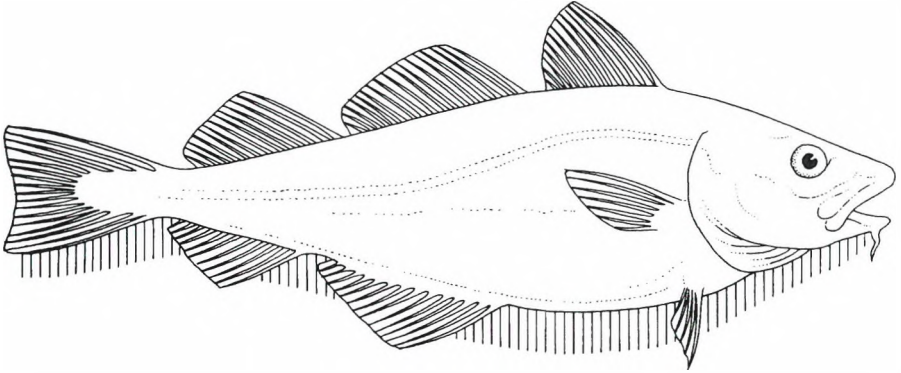
6 oz. fresh minced clams,	1 Tbsp. clam juice
or 1 - 6 oz. can	1/2 tsp. Worcestershire sauce
6 drops Tabasco sauce	1/2 tsp. salt
1 cup low fat cottage cheese	1/2 med. onion, quartered

Simmer raw clams in their own liquor 3-5 minutes, until firm. Cool. Drain clams. Place clams into blender container with remaining ingredients. Cover and process at BLEND speed until smooth, using a rubber spatula to keep mixture moving toward blades. Chill before serving.

Nutritional information per serving: Calories: 73 ;  
Carbohydrates: 3gm; Protein: 12gm; Fat: 1gm (13 %);  
Cholesterol: 17mg; Sodium: 567mg.



# COD



## BASIL BAKED COD

Prep Time: 5 minutes

Serves: 4

1 1/2 lbs. cod fillets

1/2 tsp. onion powder

1 Tbsp. olive oil

1 tsp. dried basil

1 Tbsp. lemon juice

1 tsp. dried parsley

Preheat oven to 400 degrees. Place fish in baking pan sprayed with cooking spray. Mix olive oil and lemon juice, pour over fish. Sprinkle onion powder, basil, and parsley over fish. Cover and bake in oven for 15 minutes. Uncover and bake 5 more minutes or until fish flakes.

Nutritional information per serving: Calories: 187;  
Carbohydrates: 0; Protein: 33gm; Fat: 5gm (25%); Cholesterol:  
84mg; Sodium: 146mg.

## CAJUN-STYLE COD

Prep Time: 10 minutes

Serves: 4

1 1/2 lbs. cod fillets

1/2 tsp. pepper

3/4 cup fresh orange juice

\*1 Tbsp. diced jalapeno

1 Tbsp. fresh lemon juice

peppers

1 1/2 Tbsp. fresh lime juice

\*1 Tbsp. hot chili powder

1 1/2 Tbsp. wine vinegar

3 cloves garlic, crushed

1/2 tsp. salt

Preheat oven to 450 degrees. Combine juices, vinegar, garlic, jalapeno pepper, chili powder, salt and pepper and let stand at room temperature for 3 hours. Place fillets in casserole dish. Pour half of sauce over fillets. Cover and bake for 10-15 minutes. Heat remaining sauce to boiling and serve with fish.

\*This recipe is hot, but good! Use less or none of this ingredient according to your taste.

Nutritional information per serving: Calories: 161;  
Carbohydrates: 1gm; Protein: 33gm; Fat: 2gm (10%);  
Cholesterol: 84mg; Sodium: 207mg.

## DOUBLE W COD

Prep Time: 5 minutes

Serves: 4

1 1/2 lbs. cod fillets

1/4 cup white wine Worcestershire sauce

1/2 tsp. dried parsley

butter flavored cooking spray

Place fillets in microwave cooking dish coated with cooking spray. Cover fillets with approximately 1 tsp. of white wine Worcestershire sauce per fillet. Microwave on high for 6-8 minutes, rotating after each 2 minute interval (or bake at 375 degrees for 15 minutes). Sprinkle with dried parsley and serve.

Nutritional information per serving: Calories: 169;  
Carbohydrates: 3gm; Protein: 33gm; Fat: 2gm (10%);  
Cholesterol: 84mg; Sodium: 268mg.



## **FRENCH COD FILLETS**

Prep Time: 5 minutes

Serves: 4

1 1/2 lbs. cod fillets  
1/3 cup light French dressing  
1 Tbsp. lemon juice  
1 cup whole wheat cracker crumbs  
Paprika  
Salt

Mix dressing and lemon juice. Dip fillets, then roll them in the crumbs. Place in a shallow baking dish coated with cooking spray. Sprinkle with paprika and salt and cover with waxed paper. Microwave on high for 6-8 minutes, turning the dish after 3 1/2 minutes. Let stand 5 minutes.

Nutritional information per serving: Calories: 217;  
Carbohydrates: 11gm; Protein: 34gm; Fat: 4gm (15%);  
Cholesterol: 84mg; Sodium: 517mg.

## **GRILLED COD WITH DILL**

Prep Time: 5 minutes.

Serves: 4

1 1/2 lbs. cod fillets	1 Tbsp. lemon juice
2 Tbsp. polyunsaturated margarine, melted	2 Tbsp. wine
1/2 tsp. dill weed	1/8 tsp. black pepper
	1/4 tsp. onion powder

Melt margarine, add remaining ingredients except cod fillets. Place cod fillets on grill, grill basket, or screen and brush with sauce. Set gas grill on HIGH. Cook 4 inches from coals for 5 minutes. Turn, baste with sauce, cook for 5 minutes more. Salt to taste after grilling. Serve with lemon.

Nutritional information per serving: Calories: 173;  
Carbohydrates: 0; Protein: 33gm; Fat: 4gm (20%); Cholesterol:  
73mg; Sodium: 168mg.

## GRILLED LEMON COD

Prep Time: 8 minutes

Serves: 6

1 1/2 lbs. thick cod fillets	1 bunch scallions, finely chopped
1/4 cup low fat plain yogurt	1/4 cup parsley, finely chopped
1/4 cup lemon juice	skewers

Cut fish into 1 1/2" cubes. Blend together the yogurt and lemon juice and coat the fish cubes thoroughly. Thread the cubes on skewers and cook on the grill (set gas grill on HIGH) or in the broiler for about 10 minutes. Turn the skewers often to allow the fish to cook evenly. Baste during cooking with the remaining lemon/yogurt sauce. Serve at once, sprinkled with the scallions and parsley.

Nutritional information per serving: Calories: 169;  
Carbohydrates: 2gm; Protein: 34gm; Fat: 2gm (10%);  
Cholesterol: 84mg; Sodium: 156mg.

## MADRAS STUFFED COD

Prep Time: 15 minutes

Serves: 4

1 1/2 lbs. cod fillets	1 small apple, peeled and chopped
1 Tbsp. minced onion	3 Tbsp. seedless raisins
1/2 cup chopped celery	1 Tbsp. brown sugar
3 slices whole wheat bread, crumbled small	1/4 tsp. curry powder
	1/4 cup chicken boullion

Preheat oven to 350 degrees. Layer half the fillets in a shallow baking dish coated with cooking spray. Saute onion and celery until lightly browned. Stir in 3/4 cup of the bread, add the apple, raisins, and brown sugar. Stir in bouillon and curry powder and mix thoroughly. Put an equal amount of stuffing on each fillet, then top each with another fillet. Sprinkle tops with reserved bread crumbs. Bake for 25 minutes or until fish flakes easily with a fork.

Nutritional information per serving: Calories: 263;  
Carbohydrates: 24gm; Protein: 36gm; Fat: 3gm (10%);  
Cholesterol: 84mg; Sodium: 343mg.

## MONHEGAN FISH CASSEROLE

Prep Time: 25 minutes

Serves: 4

2 cups cooked flaked fish* (tightly packed, 16 oz.)	1/8 tsp. pepper
2 tsp. margarine	1 Tbsp. sauterne
2 Tbsp. flour	1 Tbsp. capers
1 cup skim milk	1 tsp. dried parsley
1/4 tsp. salt	1/2 cup crumbled bread
1/2 tsp. curry	1 oz. grated Cheddar cheese
	paprika

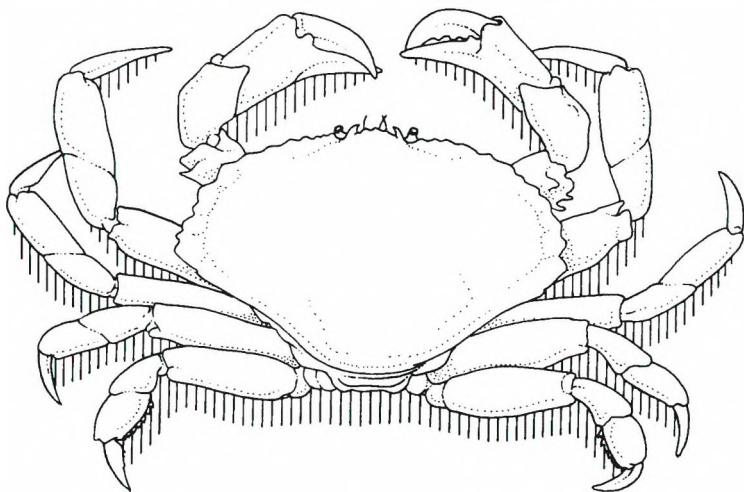
Preheat oven to 375 degrees. Melt margarine in a saucepan. Whisk flour and cold skim milk to make a white sauce. Season with salt, curry, pepper, sauterne, capers (optional), and dried parsley. Add cooked fish and mix together. Put mixture in a casserole dish and sprinkle with bread crumbs, grated cheese, and paprika. Bake for about 20-30 minutes (until cheese is melted and nicely browned on top).

\*Any white fleshed fish can be used for this recipe. Choose from haddock, cod, cusk, hake, etc.

Nutritional information per serving: Calories: 229;  
Carbohydrates: 10gm; Protein: 31gm; Fat: 5gm (22%);  
Cholesterol: 91mg; Sodium: 450mg.



# CRABMEAT



## SPICY CRAB SOUP

Prep Time: 15 minutes

Serves: 4

1 lb. crabmeat

1 clove garlic

3/4 cup onion

3/4 cup green pepper

1 Tbsp. olive oil

2 Tbsp. lime juice

1/2 cup dry sherry

1 (28 oz.) can crushed tomato\*

1/4 tsp. crushed red pepper\*\*

2 Tbsp. parsley, minced

4 cups chicken stock

Chop onion, pepper, and garlic and saute them over medium heat in oil until soft (add a small amount of water if necessary to prevent sticking). Add lime, sherry, tomato, red pepper, parsley, and chicken stock; cook 30 minutes. Add crabmeat and stir lightly to mix evenly immediately before serving. Do not overcook. This hearty soup could stand alone as a meal with plenty of french bread and a nice salad.

\* You may use unsalted crushed tomatoes.

\*\* A scant tsp. cayenne can be used in place of the red pepper.

Nutritional information per serving: Calories: 152;  
Carbohydrates: 15gm; Protein: 9gm; Fat: 6gm (31%);  
Cholesterol: 7mg; Sodium: 1121mg.

## **CRABMEAT MELT**

Prep Time: 5 minutes

Serves: 1

3 oz. fresh crabmeat  
1/2 oz. grated cheese  
1 tsp. low calorie mayonnaise  
1 tsp. low fat yogurt  
1 slice bread

Mix mayonnaise and low fat yogurt until smooth. Add to the crabmeat and spread on bread. Shake cheese over it and broil until it turns a light brown.

Nutritional information per serving: Calories: 227;  
Carbohydrates: 13gm; Protein: 24gm; Fat: 9gm (35%);  
Cholesterol: 98mg; Sodium: 851mg.

## **HOT CRAB-PASTA TOSS**

Prep Time: 20 minutes

Serves: 3

1/2 lb. crabmeat	1 chopped red pepper
4 cups cooked rotini*	1/4 cup Parmesan cheese
1 chopped green pepper	3 Tbsp. lemon juice
1 chopped onion	1 Tbsp. parsley
1 Tbsp. olive oil	1/4 tsp. salt
1/2 cup water	pepper to taste

Saute onions and peppers in olive oil for about 3 minutes, until tender-crisp. Add water and crabmeat and cook 1 minute more. Add red pepper, cheese, parsley, lemon juice, and pasta; toss ingredients together. Salt and pepper to taste.

\* spiral pasta

Nutritional information per serving: Calories: 375;  
Carbohydrates: 46gm; Protein: 26gm; Fat: 10gm (24%);  
Cholesterol: 82mg; Sodium: 546mg.



## **DELICIOUS STUFFED TOMATOES WITH CRABMEAT**

Prep Time: 15 minutes

Serves: 3

1 cup crabmeat (1/2 lb.)

grated onion to taste

6 medium tomatoes

1 Tbsp. vinegar

1/2 cup celery, minced fine

1 Tbsp. low cal. mayonnaise

3 Tbsp. catsup

shredded lettuce

Hollow out tomatoes. Combine all other ingredients with part of the hollowed out tomato. Stuff tomatoes with the mixture and serve on shredded lettuce.

Nutritional information per serving: Calories: 126;

Carbohydrates: 16gm; Protein: 11gm; Fat: 3gm (21 %);

Cholesterol: 47mg; Sodium: 319mg.

## **CURRIED CRAB**

Prep Time: 10 minutes

Serves: 2

8 oz. fresh crabmeat

1/2 onion, cut in rings

1/4 tsp. salt

1/3 cup chopped green pepper

3/4 tsp. curry powder

2 medium tomatoes, cut in

2 tsp. vegetable oil or  
margarine

thin wedges

Pick over crabmeat and remove small bones. Add salt and curry powder. Saute onions and green pepper in hot oil in a large heavy skillet for about 3 minutes. Add tomato wedges and crabmeat. Cook 4-5 minutes more. Stir occasionally. Serve when heated through, vegetables should be slightly crispy.

Nutritional information per serving: Calories: 185;

Carbohydrates: 6gm; Protein: 24gm; Fat: 7gm (34%);

Cholesterol: 113mg; Sodium: 593mg.

## **CRABMEAT SALAD - LIGHT 'N EASY**

Prep Time: 8 minutes

Serves: 2

8 oz. fresh crabmeat

2 Tbsp. plain low fat yogurt

1/3 cup chopped celery

1 Tbsp. lemon juice

2 Tbsp. low calorie mayonnaise

Mix yogurt, mayonnaise, and lemon juice. Add sauce to crabmeat and chopped celery to desired consistency. Serve on lettuce leaves or stuffed in a tomato.

Nutritional information per serving: Calories: 166;

Carbohydrates: 4gm; Protein: 22gm; Fat: 6gm (38%);

Cholesterol: 120mg; Sodium: 693mg.

## **CRABMEAT ENCHILADAS**

Prep Time: 20 minutes

Serves: 4

1 lb. crabmeat

1 Tbsp. chili powder

2 8 oz. cans of tomato sauce\*

1/2 cup minced onion

1/2 cup minced green pepper

4 oz. reduced fat cheddar cheese, shredded

8 flour tortillas

Preheat oven to 375 degrees. Mix chili powder and tomato sauce. Combine onion, pepper, crabmeat, and half of the cheese and enough sauce to moisten (about 1/3 cup). Spread mixture evenly between 8 tortillas; roll up. Place in a non-stick pan, sprayed with cooking spray, seam side down. Top enchiladas with remaining sauce and cheese. Cover with foil and bake for 15-20 minutes (until hot). Cheese should melt.

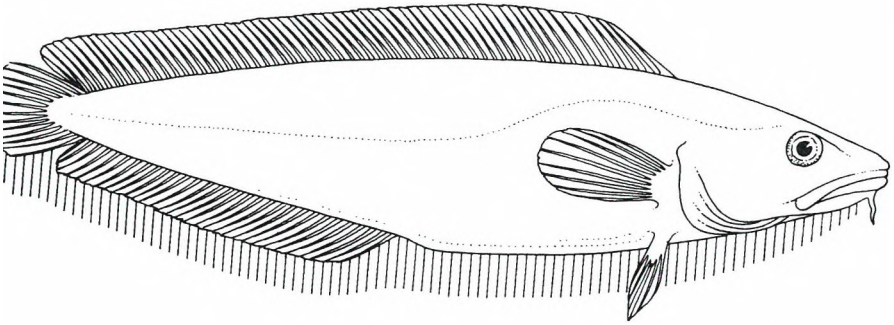
\* You may use salt-free tomato sauce.

Nutritional information per serving: Calories: 412;

Carbohydrates: 47gm; Protein: 35gm; Fat: 10gm (22%);

Cholesterol: 105mg; Sodium: 1172mg. (Sodium is 525mg if you use salt-free tomato sauce.)

# CUSK



## ALMONDINE CUSK

Prep Time: 10 minutes

Serves: 4

1 1/2 lbs. cusk fillets  
1/4 cup slivered almonds  
parsley to garnish

2 Tbsp. lemon juice  
3 Tbsp. low cal. margarine

Preheat oven to 450 degrees. Melt margarine. Place cusk in baking dish coated with cooking spray. Garnish with almonds. Combine margarine and lemon juice and pour over fish. Bake allowing 10 minutes for each inch of thickness of the fillet, or until fish flakes easily with a fork. Garnish with parsley.

Nutritional information per serving: Calories: 238;  
Carbohydrates: 2gm; Protein: 34gm; Fat: 10gm (37%);  
Cholesterol: 72mg; Sodium: 244mg.

## CUSK A LA WALDORF SALAD

Prep Time: 30 minutes

Serves: 4

1 1/2 lbs. cusk fillets

1/3 cup light mayonnaise

1 1/2 cup diced apples

1/3 cup plain low fat yogurt

1/4 cup chopped walnuts

1/4 tsp. salt

3/4 cup chopped celery

juice of 1/4 lemon

4 oz. fresh spinach or lettuce

Bake, steam or microwave fish until flaky. Remove center strip of bones. Let cool, then flake. Add remaining ingredients, except spinach or lettuce, and mix. Chill and serve as salad on fresh spinach leaves or lettuce.

Nutritional information per serving: Calories: 352;

Carbohydrates: 14gm; Protein: 39gm; Fat: 16gm (41%);

Cholesterol: 80mg; Sodium: 324mg.

## CUSK KABOBS

Prep Time: 15 minutes

Serves: 4

1 1/2 lbs. fresh cusk fillets

1/2 lb. fresh mushrooms

large green pepper, cubes

2 Tbsp. lemon juice

large onion, cut in chunks

1/4 cup light French dressing

1/2 lb. cherry tomatoes

4-6 long skewers

Cut fish in 1 inch cubes. Steam the green pepper and onion chunks for 2 minutes (or microwave for 1/2 minute) to soften slightly. Alternate the fish and vegetables on long skewers. Brush with dressing. Broil 3 inches from the heat source for 6 minutes. Turn, baste with dressing and lemon juice and broil for 5-6 minutes more, until fish turns opaque in the center.

Nutritional information per serving: Calories: 230;

Carbohydrates: 15gm; Protein: 36gm; Fat: 3gm (13%);

Cholesterol: 73mg; Sodium: 289mg.

## QUICK CUSK

Prep Time: 5 minutes

Serves: 4

1 1/2 lbs. cusk fillets

dried parsley **or**

6 Tbsp. Light Ranch Dressing

dried dill weed

Place fillets in a microwaveable dish. Pour Light Ranch Dressing over fillet. Sprinkle with dried parsley and/or dill weed. Microwave 6-8 minutes, rotating pan once during cooking. Be careful not to overcook, cusk will toughen in the microwave.

Nutritional information per serving: Calories: 208;  
Carbohydrates: 1gm; Protein: 34gm; Fat: 7gm (30%);  
Cholesterol: 72mg; Sodium: 310mg.

## YUMMY FISH CASSEROLE

Prep Time: 20 minutes

Serves: 4

1 lb. cusk, cooked, flaked

1 cup low fat cottage cheese

1 green pepper

2 Tbsp. light mayonnaise

1 cup celery

2 Tbsp. lemon juice

1 small onion

1 tsp. Worcestershire sauce

1 cup toasted bread cubes

paprika

(2 slices whole wheat toast)

1/2 cup grated part-skim  
mozzarella cheese

Preheat oven to 350 degrees. Finely chop pepper, celery, and onion. Combine all ingredients except paprika. Mix well. Pour into 1 1/2 quart glass casserole or other baking dish. Sprinkle with paprika. Bake for 25-30 minutes. To microwave, cook at medium power for 10 minutes, rotate dish after 5 minutes cooking time, and stir.

Nutritional information per serving: Calories: 246;  
Carbohydrates: 12gm; Protein: 34gm; Fat: 7gm (27%);  
Cholesterol: 46mg; Sodium: 504mg.

## CUSK STIR FRY

Prep Time: 30 minutes

Serves: 6

1 1/2 lbs. cusk fillets, skinless  
2 Tbsp. vegetable oil  
1 cup carrots, thinly sliced  
1 cup mushrooms  
1/3 cup green onion, cut in eighths  
1 cup cold water  
2 Tbsp. cornstarch  
1/4 tsp. pepper

### MARINADE:

3 Tbsp. lemon juice  
2 Tbsp. light soy sauce  
1 clove garlic crushed

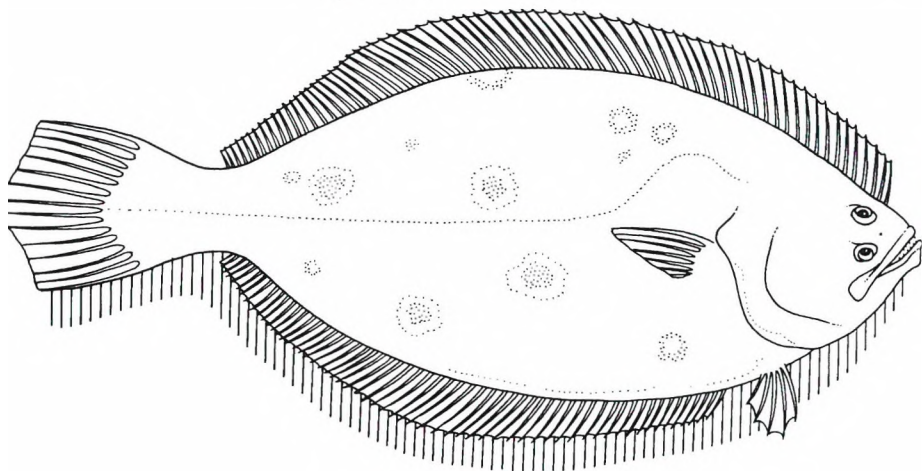
Cut fish in 3/4 inch strips and place in bowl. Combine marinade and pour over fish. Let stand while preparing vegetables. Heat 1 Tbsp. of oil in skillet or wok. Add carrots and stir-fry for 2 minutes. Add remaining vegetables and stir-fry for another 2 minutes. Remove vegetables to a warm platter. Add remaining oil to pan; drain fish strips reserving marinade. Stir-fry strips for approximately 2 minutes, or until fish flakes when prodded with a fork. Add vegetables to fish in pan. Combine cornstarch, marinade, pepper and cold water, mix well. Add to pan and stir until broth is clear and thickened. Serve over rice or alone.

Nutritional information per serving: Calories: 265;  
Carbohydrates: 11gm; Protein: 35gm; Fat: 9gm (30%);  
Cholesterol: 72mg; Sodium: 671mg.



# FLOUNDER

(FLAT FISH)



## BAKED FLOUNDER

Prep Time: 8 minutes

Serves: 4

1 1/2 lbs. flounder fillets

1 cup tomato juice

1/2 cup mushrooms, sliced

salt and pepper to taste

1 tsp. lemon juice

2 Tbsp. dried onion **or**

1 small chopped onion  
parsley for garnish

Preheat oven to 375 degrees. Place all ingredients, except fish, in a pan and bring to a boil. Lower the heat and simmer for 5 minutes. Place fish in a shallow baking dish and pour sauce over it. Sprinkle with dried parsley before baking or fresh parsley after baking. Bake for 10-15 minutes. Baste several times.

Nutritional information per serving: Calories: 169;  
Carbohydrates: 3gm; Protein: 34gm; Fat: 2gm (10%);  
Cholesterol: 88mg; Sodium: 489mg.

## **CHEESY CRABMEAT FLOUNDER ROLLS**

Prep Time: 15 minutes

Serves: 4

1 1/2 lbs. flounder fillets	1/2 cup whole wheat bread crumbs
4 oz. chopped mushrooms	1 Tbsp. parsley flakes
3 Tbsp. chopped onions	8 oz. fresh crabmeat
1 Tbsp. lemon juice	4 slices low fat cheese

Preheat oven to 400 degrees. Combine mushrooms, onion, crabmeat, whole wheat bread crumbs, parsley, and lemon juice. Spread a portion of the mixture over each flounder piece and roll up. Place rolls, seam side down, in a shallow baking dish coated with cooking spray. Cover each roll with approximately 1/2 slice of low fat cheese such as Lite Line or So Lo American. Bake for 15-20 minutes or until fish flakes with a fork.

Nutritional information per serving: Calories: 293;  
Carbohydrates: 6gm; Protein: 51gm; Fat: 6gm (18%);  
Cholesterol: 162mg; Sodium: 604mg.

## **FLOUNDER ROLL UPS**

Prep Time: 15 minutes

Serves: 4

1 lb. flounder fillets	1/8 tsp. pepper
8 oz. fresh crabmeat	1/2 tsp. Worcestershire sauce
1 egg white	2 Tbsp. lemon juice
1 Tbsp. light mayonnaise	2 tsp. low calorie margarine
1/2 tsp. dry mustard	1/2 cup seasoned bread crumbs
1 Tbsp. non-fat yogurt	paprika
1/8 tsp. salt	

Preheat oven to 400 degrees. Mix crabmeat with egg white, light mayonnaise, dry mustard, non-fat yogurt, salt, pepper, and Worcestershire sauce. Stuff fillets (by placing a small amount of stuffing on each one and rolling it inside the fillet) and sprinkle with lemon juice. Sprinkle each roll up with bread crumbs and paprika. Dot each with 1/4 tsp. margarine. Bake for 15-20 minutes or until fish flakes easily with a fork.

Nutritional information per serving: Calories: 234;  
Carbohydrates: 11gm; Protein: 36gm; Fat: 5gm (18%);  
Cholesterol: 111mg; Sodium: 899mg.

## EASY FLOUNDER FILLETS

Prep Time: 10 minutes

Serves: 4

1 1/2 lbs. flounder fillets	1 tsp. basil
1/4 cup chopped onion	1 Tbsp. lemon juice
1 10 oz. package of frozen mixed vegetables*	1 Tbsp. polyunsaturated margarine
1/4 tsp. salt	1/4 cup dry white wine
pepper to taste	

Preheat oven to 400 degrees. Combine onion and vegetables and spread over the bottom of an 8x8 baking dish. Sprinkle with salt. Place fillets on top of the vegetables. Sprinkle with pepper, basil, and lemon juice. Dot with margarine. Pour wine over fish. Cover and bake for 15-20 minutes or until fish flakes with a fork.

\* The vegetable mix used should be California mix, Japanese mix, etc.

Nutritional information per serving: Calories: 236;  
Carbohydrates: 10gm; Protein: 35gm; Fat: 5gm (18%);  
Cholesterol: 88mg; Sodium: 341mg.

## TARRAGON SMOKED FILLET

Prep Time: 12 minutes

Grill: Med-high

Serves: 4

4 6 oz. flounder or white fish fillets  
2 Tbsp. polyunsaturated margarine, melted  
2 1/2 Tbsp. crumbled, dried tarragon  
1/4 tsp. white pepper

Arrange fillets on a grill basket or screen coated with cooking spray. Brush with melted margarine. Sprinkle fish with white pepper and tarragon. Sprinkle 2 Tbsp. tarragon directly on hot coals to create tarragon smoke. Grill fillets for 4 minutes, until it begins to flake when tested with a fork.

Nutritional information per serving: Calories: 182;  
Carbohydrates: 2gm; Protein: 34gm; Fat: 4gm (19%);  
Cholesterol: 120mg; Sodium: 170mg.

## **GRATIN OF FLOUNDER**

Prep Time: 15 minutes

Serves: 4

1 1/2 lbs. flounder fillets  
1/4 cup parsley, chopped  
1/2 cup shallots\*, chopped  
2 cups mushrooms, chopped  
1/4 tsp. salt  
1/8 tsp. white pepper

1/2 cup dry white wine  
1/2 cup fresh bread crumbs  
1 Tbsp. low cal. margarine

Preheat oven to 450 degrees. Combine parsley, shallots, mushrooms, salt, and pepper. Divide in half and spread half in casserole dish coated with cooking spray. Place flounder fillets in casserole dish, cover with remaining vegetable mixture. Pour wine over all ingredients and top with bread crumbs and melted margarine. Bake for 8-10 minutes.

\* Onions may be substituted if shallots are not available.

Nutritional information per serving: Calories: 262;  
Carbohydrates: 15gm; Protein: 36gm; Fat: 4gm (14%);  
Cholesterol: 88mg; Sodium: 415mg.

## **LEMON/LIME BAKED FISH**

Prep Time: 5 minutes

Serves: 4

1 1/2 lbs. fish fillets  
1/2 tsp. dry mustard  
2 Tbsp. lemon juice  
2 Tbsp. lime juice

1 Tbsp. brown sugar  
dash salt  
1 Tbsp. low cal. margarine

Melt margarine and combine with dry mustard, lemon juice, lime juice, brown sugar, and salt. Mix well. Pour over fish, turn to coat well. Cover and marinate in the refrigerator for 1 hour, turning once. Coat broiler pan with cooking spray. Transfer fish to broiler pan reserving sauce. Baste fish with sauce during broiling. Broil 4 to 5 inches from heat for 5-7 minutes or until fish flakes when tested with a fork.

Nutritional information per serving: Calories: 133;  
Carbohydrates: 5gm; Protein: 22gm; Fat: 3gm (18%);  
Cholesterol: 80mg; Sodium: 253mg.



## **DILLY FISH**

Prep Time: 5 minutes

Serves: 4

1 1/2 lbs. flounder fillets  
1/4 cup fresh lemon juice  
salt and pepper to taste

1/4 clove minced garlic  
1 tsp. dill weed

Preheat oven to 400 degrees. Place fillets in baking pan coated with cooking spray. Pour lemon juice over fish. Sprinkle with salt and pepper, garlic and dill weed. Bake for 5-10 minutes or until fish flakes easily.

Nutritional information per serving: Calories: 156;  
Carbohydrates: 1gm; Protein: 33gm; Fat: 2gm (10%);  
Cholesterol: 88mg; Sodium: 268mg.

## **GEORGIA'S FAVORITE BAKED FLOUNDER**

Prep Time: 20 minutes

Serves: 4

1 1/2 lb. flounder fillets  
1 cup chicken stock  
dash thyme  
1/4 bay leaf  
1 cup shredded carrots  
1 cup onion, thinly sliced  
2 Tbsp. low calorie margarine

1/2 tsp. salt  
dash of white pepper  
1/2 cup bread crumbs  
1 Tbsp. low cal. margarine  
1/4 tsp. paprika

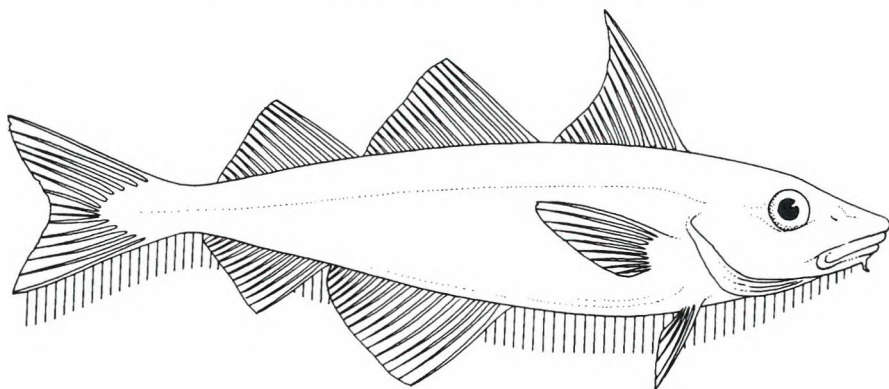
Preheat oven to 350 degrees. Combine chicken stock, thyme, and bay leaf. Simmer 10 minutes. Saute carrots and onion in 2 Tbsp. margarine until tender. Spread evenly in a baking dish. Place flounder fillets on vegetables. Sprinkle with salt and white pepper. Remove bay leaf from stock and pour mixture over fish. Melt 1 Tbsp. margarine and mix with bread crumbs and paprika. Place on top of fish. Bake for 20-30 minutes.

Nutritional information per serving: Calories: 278;  
Carbohydrates: 15gm; Protein: 37gm; Fat: 7gm (24%);  
Cholesterol: 88mg; Sodium: 785mg.





# HADDOCK



## CREAMY BAKED HADDOCK

Prep Time: 20 minutes

Serves: 4

1 1/2 lbs. haddock fillets  
1 cup skim milk  
1/2 cup chopped onion  
1/2 tsp. salt  
1/4 tsp. thyme

1 medium potato, diced  
1/4 tsp. dry mustard  
1 tsp. lemon juice  
dash pepper  
1 Tbsp. fresh chives

Place haddock fillets in a large shallow pan. Add skim milk, chopped onion, salt, and thyme. Bring liquid to a simmer, cover pan and cook fish over gentle heat, until fish flakes (about 8 minutes). While this is cooking, cook potato in lightly salted water until done; drain and set aside. Place fish on a warm plate. In blender jar place cooked potato, poaching liquid, dry mustard, lemon juice, and pepper. Blend until smooth and slightly thickened, add more liquid if necessary. Pour half of the sauce over the fish and garnish with chopped fresh chives. Use remaining sauce to serve over fish or vegetables.

Nutritional information per serving: Calories: 247;  
Carbohydrates: 11gm; Protein: 44gm; Fat: 2gm (7%);  
Cholesterol: 109mg; Sodium: 426mg.

## **HADDOCK AND TARTAR SAUCE**

Prep Time: 8 minutes

Serves: 4

1 1/2 lbs. haddock fillets	1 tsp. lemon juice
1/4 cup light mayonnaise	1 1/2 Tbsp. sweet pickle relish
1/4 cup low fat yogurt	1 tsp. dijon style mustard
2 tsp. dried parsley	

Preheat oven to 350 degrees. Place fillets in a baking dish coated with cooking spray. Mix light mayonnaise, low fat yogurt, dried parsley, sweet pickle relish, dijon style mustard, and lemon juice. Using only half the sauce, coat the fillets and bake for 15-20 minutes or until fish flakes easily with a fork. Serve with remaining sauce.

Nutritional information per serving: Calories: 247;  
Carbohydrates: 4gm; Protein: 42gm; Fat: 6gm (22%);  
Cholesterol: 114mg; Sodium: 205mg.

## **HADDOCK WITH HERB SAUCE**

Prep Time: 12 minutes

Serves: 4

1 1/2 lbs. haddock fillets	1/4 tsp. onion powder
2 Tbsp. low fat yogurt	pinch of rosemary
3 Tbsp. light mayonnaise	pinch of tarragon
1/4 tsp. marjoram	3 Tbsp. chopped pimento
1/4 tsp. thyme	1/3 cup dry vermouth

Preheat oven to 350 degrees. Place fillets in a baking dish coated with cooking spray. Fillets can overlap. Thoroughly mix low fat yogurt, light mayonnaise, marjoram, thyme, onion powder, rosemary, tarragon, and pimentos. Spread mixture on top of fillets. Pour vermouth over fish. Bake uncovered for 30 minutes.

Nutritional information per serving: Calories: 228;  
Carbohydrates: 2gm; Protein: 42gm; Fat: 5gm (20%);  
Cholesterol: 112mg; Sodium: 275mg.

## **LIGHT 'N EASY HADDOCK**

Prep Time: 8 minutes

Serves: 4

1 1/2 lbs. haddock fillets

1 cup skim milk

1 tomato

1 lemon

1 onion

1 Tbsp. low cal. margarine

1 green pepper

Preheat oven to 350 degrees. Cut fillets in squares and place about 1 inch apart in a glass baking dish coated with cooking spray. Top each piece with a thin slice of onion, tomato, green pepper, and approximately 1/4 tsp. of low calorie margarine. Add one cup of skim milk to pan and bake for 20 minutes. Serve with lemon slices if desired.

Nutritional information per serving: Calories: 235;  
Carbohydrates: 5gm; Protein: 44gm; Fat: 3gm (13%);  
Cholesterol: 109mg; Sodium: 215mg.

## **OVEN FRIED HADDOCK**

Prep Time: 10 minutes

Serves: 4

1 1/2 lbs. haddock fillets

3 cups cereal flakes

1 cup skim or low fat milk

1 tsp. salt

1 Tbsp. low calorie margarine, melted

Preheat oven to 500 degrees (this is correct). Cut fish into serving sized pieces. Roll cereal flakes into fine crumbs. Add salt to milk and dip fish in milk, then in crumbs, place on a baking sheet coated with cooking spray. Dribble melted margarine over top of fish. Bake for 15-20 minutes.

Nutritional information per serving: Calories: 290;  
Carbohydrates: 18gm; Protein: 45gm; Fat: 3gm (10%);  
Cholesterol: 109mg; Sodium: 912mg.

## **ZESTY BROILED HADDOCK**

Prep Time: 10 minutes

Serves: 4

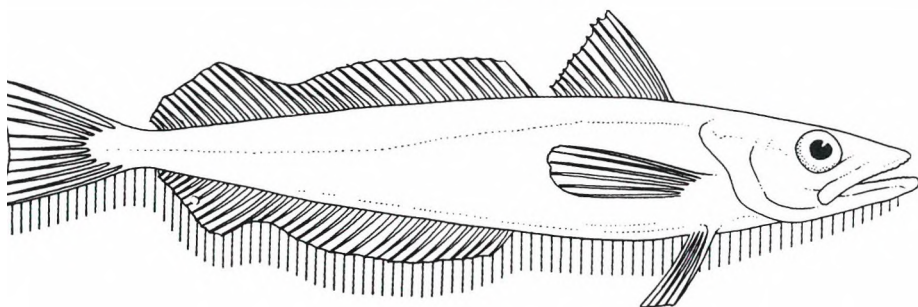
1 1/2 lbs. haddock fillets  
1/4 cup lemon juice  
2 Tbsp. low calorie margarine  
1/2 tsp. onion powder

1 1/2 Tbsp. brown sugar  
3/4 tsp. dry mustard  
1/4 tsp. salt  
pinch of pepper  
paprika

Arrange fish in a baking pan. Heat lemon juice, low calorie margarine, onion powder, brown sugar, mustard, salt and pepper in saucepan or microwave until well blended. Pour 2/3 of the sauce over the fish and broil about 4 inches from the broiler. Baste often with remaining sauce. Fish will be done when it flakes easily with a fork, sprinkle with paprika and serve.

Nutritional information per serving: Calories: 213;  
Carbohydrates: 3gm; Protein: 41gm; Fat: 3gm (13%);  
Cholesterol: 108mg; Sodium: 304mg.

# HAKE



## HAKE STEW

Prep Time: 25 minutes

Serves: 4

1 lb. hake fillets

2 Tbsp. water

1 cup chopped onion

1 clove garlic, minced

1 can (16 oz.) no-salt-added  
tomatoes, undrained, diced

1 green pepper, diced

salt and pepper to taste

2 stalks celery, diced

3 Tbsp. chopped fresh  
parsley (or 1tbsp. dry)

3 Tbsp. dry white wine

1 tsp. oregano

1 small bay leaf

Add water, onion, garlic, tomatoes, green pepper, celery, parsley, white wine, oregano, and bay leaf to non-stick skillet. Cover and simmer 25-30 minutes. Cut fillets into 1 1/2 inch chunks. Add to skillet, cover and simmer for 12-15 minutes or until fish flakes easily when tested with a fork. Remove bay leaf before serving.

Nutritional information per serving: Calories: 155;

Carbohydrates: 10gm; Protein: 24gm; Fat: 2gm (9%);

Cholesterol: 75mg; Sodium: 260mg.

## CREAMY HAKE

Prep Time: 5 minutes

Serves: 4

1 1/2 lbs. hake fillets  
2 Tbsp. lemon juice  
4 Tbsp. light creamy Italian dressing

Preheat oven to 350 degrees. Marinate hake fillets for about 2 hours in dressing and lemon juice. Bake for 20 minutes or until fish flakes.

Nutritional information per serving: Calories: 174;  
Carbohydrates: 1gm; Protein: 33gm; Fat: 3gm (17%);  
Cholesterol: 118mg; Sodium: 264mg.

## HAKE CREOLE

Prep Time: 20 minutes

Serves: 4

1 1/2 lbs. hake fillets	2 Tbsp. fresh lemon juice
1 cup chopped onion	1 bay leaf
1/2 cup chopped green pepper	1/4 tsp. Tabasco sauce*
1 can (16 oz.) tomatoes	salt and pepper to taste

\* (optional)

In non-stick skillet, saute until tender, onion and green pepper. Add tomatoes, lemon juice, bay leaf, Tabasco sauce, salt and pepper. Simmer covered 15 minutes. Cut hake fillets into serving size pieces; add to skillet containing vegetables. Cover and simmer 8-10 minutes or until fish flakes easily when tested with a fork.

Nutritional information per serving: Calories: 196;  
Carbohydrates: 9gm; Protein: 35gm; Fat: 2gm (10%);  
Cholesterol: 117mg; Sodium: 454mg.



## **HAKE WITH BROCCOLI AND CHEESE**

Prep Time: 10 minutes

Serves: 4

1 1/2 lbs. hake fillets  
3 Tbsp. light mayonnaise  
1 (10 oz.) pkg. frozen  
chopped broccoli,  
thawed, drained  
3 Tbsp. (1-2 oz.) shredded  
sharp cheddar cheese

1 (2 oz.) jar diced pimento,  
drained (optional)  
1 Tbsp. lemon juice  
1 clove garlic, crushed  
cooking spray

Preheat oven to 400 degrees. Combine all ingredients except hake in a medium bowl, stir well, set aside. Arrange fillets in a 12x8x2 baking dish coated with cooking spray. Spoon broccoli mixture evenly over fillets. Bake uncovered for 15 minutes or until fish flakes easily when tested with a fork. Serve immediately.

Nutritional information per serving: Calories: 232;  
Carbohydrates: 6gm; Protein: 37gm; Fat: 7gm (26%);  
Cholesterol: 126mg; Sodium: 196mg.

## **SALSA CARROT HAKE**

Prep Time: 8 minutes

Serves: 4

1 1/2 lbs. hake fillets  
3 cups carrots, thin slices/fine julienne  
1/2 cup salsa (your choice, hot to mild)

Preheat oven to 350 degrees. Place carrots in non-stick baking dish. Place hake fillets on bed of carrots. Cover hake fillets with salsa. Bake for 20 minutes or until fish flakes.

Nutritional information per serving: Calories: 202;  
Carbohydrates: 10gm; Protein: 34gm; Fat: 3gm (11%);  
Cholesterol: 117mg; Sodium: 287mg.

## SHANGHAI HAKE

Prep Time: 8 minutes

Serves: 4

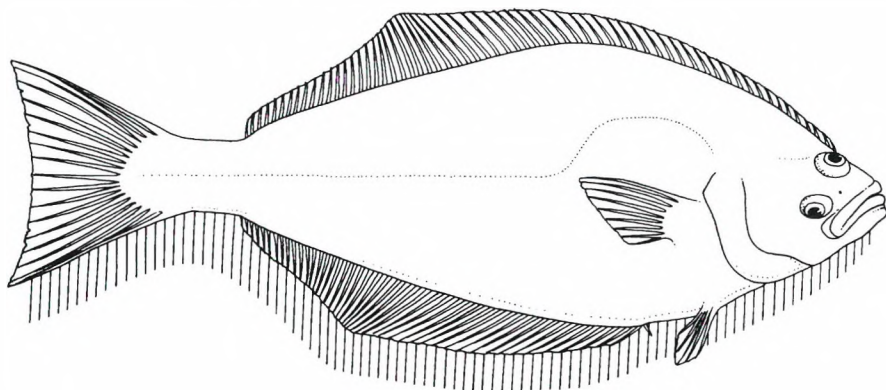
1 1/2 lbs. hake fillets  
1 1/2 Tbsp. soy sauce  
3 cloves garlic, minced

1 Tbsp. dry sherry  
3 green onions, sliced  
dash of Tabasco sauce

Marinate hake fillets in soy sauce, garlic, sherry, green onions, and Tabasco sauce for several hours in the refrigerator. Drain marinade and reserve. Broil hake fillets for 5-10 minutes or until fish flakes easily and is opaque. Heat marinade to boiling and serve over fish.

Nutritional information per serving: Calories: 163;  
Carbohydrates: 1gm; Protein: 34gm; Fat: 2gm (10%);  
Cholesterol: 117mg; Sodium: 532mg.

# HALIBUT



## BBQ HALIBUT

Prep Time: 20 minutes

Grill Setting: High    Serves: 6

2 lbs. halibut steaks

1/2 cup catsup

1/2 tsp. onion powder

3 Tbsp. lemon juice

1 clove garlic, minced

1/2 tsp. salt

1/2 tsp. powdered mustard

1/4 tsp. paprika

2 Tbsp. red wine vinegar

2 drops hot pepper sauce

1 tsp. Worcestershire sauce

Arrange steaks in a shallow dish. Combine remaining ingredients and pour over fish. Let stand in refrigerator for 30 minutes, turn steaks after first 15 minutes. Spray grill or grill basket with cooking spray (do this away from the fire). Grill steaks for 6-8 minutes on each side, or until fish flakes, basting often with sauce.

Nutritional information per serving: Calories: 169;  
Carbohydrates: 3gm; Protein: 30gm; Fat: 3gm (17%);  
Cholesterol: 47mg; Sodium: 241mg.

## **BAKED MARINATED HALIBUT**

Prep Time: 10 minutes

Serves: 4

1 1/2 lbs. halibut fillets

1 1/2 tsp. ground ginger

1 Tbsp. vegetable oil

1/2 tsp. sugar

1/4 cup low sodium soy sauce

12 green onions,

1/4 cup sherry

sliced in thin rounds

2 tsp. sesame seeds

1/2 tsp. pepper

Preheat oven to 400 degrees. In a baking dish coated with cooking spray combine oil, soy sauce, sherry, sesame seeds, ginger, and sugar. Stir well. Place green onions and fish fillets in the dish. Turn the fish to coat it on all sides. Marinate 20 minutes. Turn the fish occasionally to even marinating. Bake for 20 minutes or until fish flakes easily with a fork.

Nutritional information per serving: Calories: 247;  
Carbohydrates: 3gm; Protein: 37gm; Fat: 8gm (30%);  
Cholesterol: 54mg; Sodium: 607mg.

## **CHEESY DILL HALIBUT**

Prep Time: 8 minutes

Serves: 4

1 1/2 lbs. halibut steaks

1 1/2 tsp. dill

1/2 cup low fat yogurt

1/2 cup low fat cheese\* shredded or chopped fine

1 Tbsp. low calorie mayonnaise

Preheat oven to 400 degrees. Place halibut in 8x8 baking pan coated with cooking spray. Mix all other ingredients together and spread over halibut. Bake for 15 minutes or until fish flakes when tested with a fork.

\*(So Lo American, Weight Watchers, etc. 2 oz.)

Nutritional information per serving: Calories: 252;  
Carbohydrates: 2gm; Protein: 40gm; Fat: 8gm (29%);  
Cholesterol: 66mg; Sodium: 179mg.

## HALIBUT WITH RED PEPPER SAUCE

Prep Time: 15 minutes

Serves: 4

1 1/2 lbs. halibut

1 1/2 Tbsp. parsley, chopped

2 tsp. olive oil

1 large red pepper, sliced in  
thin strips

1 1/2 Tbsp. onion, chopped

3 cloves garlic, chopped

3/8 tsp. pepper

Preheat oven to 350 degrees. In a small saute pan, heat olive oil, add onions, garlic, parsley, red peppers and pepper. Saute until pepper and onions are crisp, about 4 minutes. Remove from heat and pour over fish and bake or microwave. **Bake** for 15 minutes or until fish flakes easily when tested with a fork, **or microwave** on high for 4 minutes, rotate fish, microwave again on high until fish flakes easily with a fork, about 3-4 minutes.

Nutritional information per serving: Calories: 216;

Carbohydrates: 2gm; Protein: 36gm; Fat: 6gm (27%);

Cholesterol: 54mg; Sodium: 94mg.

## RED ROSEMARY HALIBUT

Prep Time: 5 minutes

Grill Setting: High Serves: 6

2 lbs. halibut steaks

1 tsp. rosemary leaves

3 Tbsp. tomato juice

2 Tbsp. red wine vinegar

Bruise rosemary between fingers and combine with vinegar and tomato juice; shake well and let stand at room temperature for an hour or longer, strain. Dip halibut in tomato mixture and place in grill basket or on grill. Grill for 6-8 minutes, baste with mixture and turn carefully. Grill for 6-8 minutes or until fish flakes easily.

Nutritional information per serving: Calories: 160;

Carbohydrates: 0; Protein: 30gm; Fat: 3gm (20%); Cholesterol:

47mg; Sodium: 106mg.

## NEW ORLEANS STYLE HALIBUT

Prep Time: 15 minutes

Serves: 4

3 Tbsp. mild or medium salsa

1 1/2 lbs. halibut steaks

3 Tbsp. water

1/3 cup fine dry bread crumbs

1 Tbsp. dijon mustard

1 tsp. creole seasoning

Mix salsa, water, and mustard in a shallow dish; stir well. Add halibut steaks, turning to coat. Cover and marinate in the refrigerator for 30 minutes. Combine bread crumbs and seasoning; toss well. Remove steaks from marinade mixture. Dredge in the bread crumb mixture. Place a large non-stick skillet over medium heat until hot. Add steaks and cook for 3 minutes on each side or until fish flakes easily. Serve immediately.

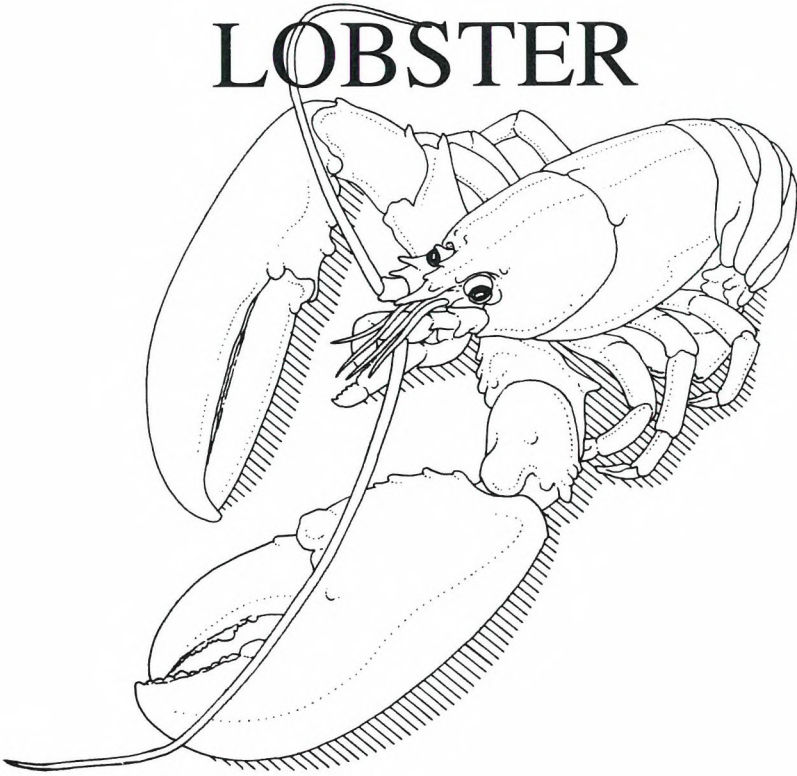
Nutritional information per serving: Calories: 223;

Carbohydrates: 6gm; Protein: 37gm; Fat: 5gm (19%);

Cholesterol: 54mg; Sodium: 253mg.



# LOBSTER



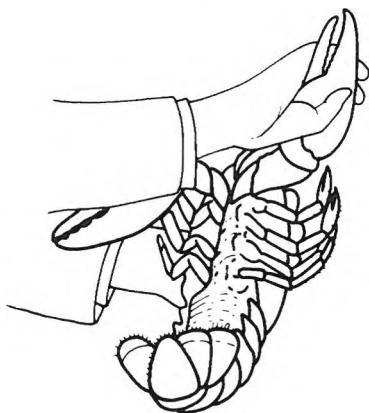
## Classification of Lobsters

All Maine Lobsters are carefully graded according to weight before shipment. In some sections of the country the shellfish is sold by the classification name. The classified weights and names are as follows:

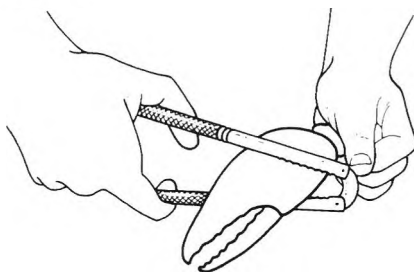
- 1 lb. - Chickens
- 1 - 1 1/8 lb. - Heavy Chickens
- 1 1/4 lb. - Quarters
- 1 1/2 - 1 3/4 lb. - Selects
- 2 lb. - Dueces or 2 Pounders
- 2 - 2 1/4 lb. - Heavy Selects
- 2 1/4 - 2 1/2 lb. - Small Jumbos
- Over 2 1/2 lb. - Approx. 4 lb. - Jumbos

# How to Eat Maine Lobster

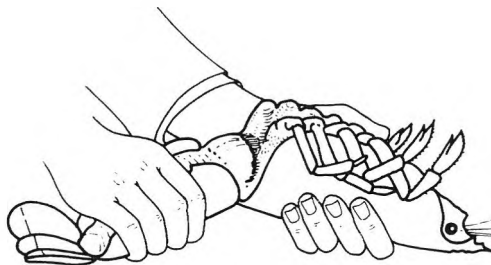
1. Twist off the claws.



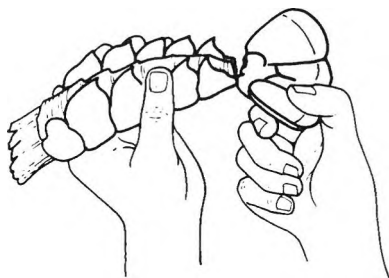
2. Crack each claw with a nutcracker, pliers, knife, hammer, rock or whatever you have.



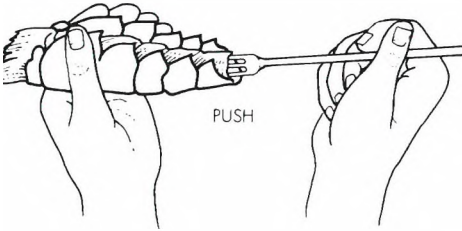
3. Separate the tail piece from the body by arching the back until it cracks.



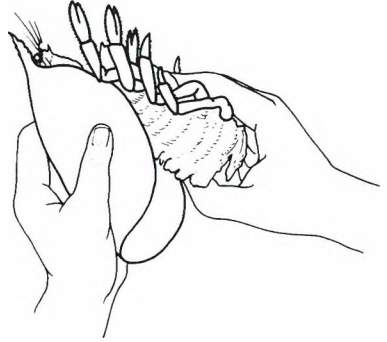
4. Bend back and break the flippers off the tail piece.



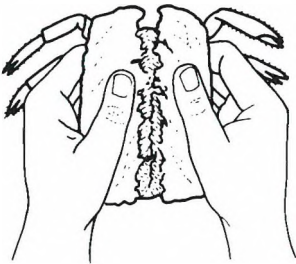
5. Insert a fork where the flippers broke off and push. (You may also use your finger or thumb.)



6. Unhinge the hard back shell from the body, don't forget that this contains the "tomalley" or liver of the lobster which turns green when it is cooked and which many persons consider the best eating of all.



7. Open the remaining part of the body by cracking apart sideways. There is some good meat in this section.



8. The small claws are excellent eating and may be placed in the mouth and the meat sucked out like sipping cider with a straw.



## BOILED MAINE LOBSTER

Prep Time: 5 minutes

One lobster per person, 1-1 1/2 lbs. each

1/4 cup butter or margarine per person (optional)

Place live lobsters in a kettle containing about 3 inches of briskly boiling salted water. Cover immediately. From the time water boils again, allow 12 to 15 minutes for cooking. (Lobsters should be between 1 and 1 1/2 lbs. each.) If the pan is full of lobsters, 6-8 lobsters, allow an additional 3-5 minutes. Serve whole lobster either hot or cold. Traditionally lobster is served with melted butter, but lobster is delicious all by itself. For further inducement, compare calories and fat below for lobster with and without butter or margarine. Serving size: 1 1/2 lb. lobster.

Nutritional information per serving: Calories: 167;  
Carbohydrates: 2gm; Protein: 35gm; Fat: 1gm (6%);  
Cholesterol: 122mg; Sodium: 646mg.

*With Butter/Margarine:*

*Nutritional information per serving: Calories: 575;  
Carbohydrates: 2gm; Protein: 35gm; Fat: 47gm (74%);  
Cholesterol: 246/122mg; Sodium: 1117mg.*

## LOBSTER NEWBURG

Prep Time: 20 minutes

Serves: 4

2 cups lobster meat

1 cup evaporated skim milk

1/4 cup dry sherry

1/2 tsp. paprika

White Sauce:

1/4 tsp. salt

(3 Tbsp. flour, 3 Tbsp. margarine, 1 cup skim milk)

Make White Sauce in a 2 quart double boiler. Stir in lobster, sherry, evaporated skim milk, paprika, and salt. Mix well. Cook for 10-15 minutes. Serve over toast points, noodles or rice.

Nutritional information per serving: Calories: 248;  
Carbohydrates: 16gm; Protein: 22gm; Fat: 9gm (34%);  
Cholesterol: 56mg; Sodium: 602mg. (Nutritional information does not include calculation for toast points, noodles or rice.)

## SUNDAY NIGHT LOBSTER

Prep Time: 20 minutes

Serves: 4

1 cup fresh cooked lobster, minced	1/2 tsp. dry mustard
2 Tbsp. low calorie margarine	1/8 tsp. white pepper
5 Tbsp. flour	1/2 tsp. paprika
2 cups skim milk	1/3 cup sharp cheddar cheese
1 tsp. salt	1/4 cup of juice from lobster

Melt margarine in saucepan, add flour and mix well. Add cold skim milk, slowly stirring until smooth and creamy. Add salt, dry mustard, white pepper, and paprika; boil about 3 minutes. Add the cheese cut into bits and stir until blended. Add lobster and juice, stir. Serve on toast points, garnish with chopped parsley.

Nutritional information per serving: Calories: 180;  
Carbohydrates: 13gm; Protein: 15gm; Fat: 7gm (35%);  
Cholesterol: 39mg; Sodium: 826mg.

## LOBSTER BISQUE

Prep Time: 25 minutes

Serves: 4

1 1/2 cups lobster, chopped <b>or</b> 3 lobster tails chopped	3 Tbsp. fresh parsley, chopped
1/4 cup chopped green onions	1/4 tsp. salt
3 Tbsp. polyunsaturated margarine	1/4 tsp. ground white pepper
1/4 cup all purpose flour	1/4 tsp. hot sauce
1/3 cup dry sherry	1/4 tsp. paprika
3 1/2 cups skim milk	

Saute green onions in margarine in a large saucepan. Add flour, stirring until smooth. Cook one minute, stirring constantly. Gradually add sherry; cook over low heat, stirring constantly, until thickened and bubbly. Gradually add milk; cook, stirring constantly with a wire whisk until thickened (do not boil). Stir in parsley, salt, white pepper, hot sauce, and paprika. Stir in lobster meat and cook until thoroughly heated. Ladle into individual soup bowls to serve.

Nutritional information per serving: Calories: 211;  
Carbohydrates: 18gm; Protein: 19gm; Fat: 5gm (22%);  
Cholesterol: 43mg; Sodium: 542mg.

## MAINE LOBSTER CASSEROLE

Prep Time: 15 minutes

Serves: 4

2 cups lobster, chopped

1 cup evaporated skim milk

2 Tbsp. polyunsaturated  
margarine

1/2 cup skim milk

2 Tbsp. all purpose flour

5 slices bread

1/2 tsp. dry mustard

1/4 cup bread crumbs

3/4 tsp. salt

paprika to taste

Preheat oven to 350 degrees. Melt margarine in top of double boiler. Add flour, dry mustard, salt and paprika. After making a paste of these, slowly add evaporated skim milk and skim milk. Stir constantly to make smooth and continue to stir and cook until thickened. Add the chopped lobster meat. Break the bread slices into pieces (not too small) and add to the creamed lobster. Mix well and pour into a casserole dish. Top mixture with coarse bread crumbs. Bake only long enough to reheat mixture and lightly toast topping.

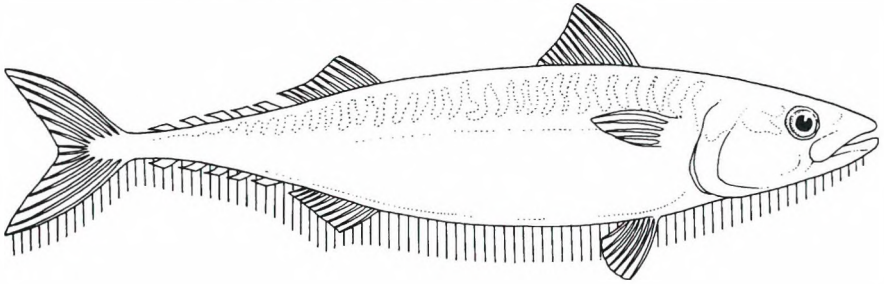
Nutritional information per serving: Calories: 306;

Carbohydrates: 33gm; Protein: 25gm; Fat: 8gm (24%);

Cholesterol: 55mg; Sodium: 1075mg.



# MACKEREL



## MACKEREL MAINE STYLE

Prep Time: 15 minutes

Serves: 6

3 mackerel about 1 lb. each  
1 large onion, chopped fine  
1 large carrot, diced fine  
1/2 green pepper, chopped  
1 bay leaf

1/3 cup cider vinegar  
1/2 tsp. salt  
1 Tbsp. chopped parsley  
1/4 tsp. minced thyme

Preheat oven to 400 degrees. Make a sauce with onion, carrot, green pepper, bay leaf, cider vinegar, salt, parsley, and thyme. Cook over low heat about 15 minutes, or in microwave for 5 minutes. Split cleaned mackerel for eating and place in an oblong baking dish. Cover with the sauce (remove bay leaf). Bake fish 20-30 minutes or until fish flakes easily with a fork (15 minutes in the microwave).

Nutritional information per serving: Calories: 460;  
Carbohydrates: 4gm; Protein: 41gm; Fat: 30gm (61%);  
Cholesterol: 128mg; Sodium: 320mg.

## **HERBED BAKED MACKEREL**

Prep Time: 10 minutes

Serves: 4

2 mackerel about 1 lb. each

2 Tbsp. lemon juice

1 1/2 tsp. basil

1/8 tsp. salt

1/4 cup fresh chives, chopped

dash of pepper

1/4 cup chopped onion

1 Tbsp. Parmesan cheese

Mix together basil, chives, onion, lemon juice, salt, pepper, and Parmesan cheese. Place split mackerel, skin side down on baking pan. Sprinkle herb mixture over fish. Cover and bake at 400 degrees for 20-30 minutes or until fish flakes when tested with a fork. Place fish on hot platter to serve.

Nutritional information per serving: Calories: 458;

Carbohydrates: 1gm; Protein: 41gm; Fat: 31gm (62%);

Cholesterol: 129mg; Sodium: 235mg.

## **SPANISH MACKEREL**

Prep Time: 10 minutes

Serves: 4

2 mackerel, about 1 lb. each

1/4 tsp. salt

dash pepper

1/2 cup chopped onion

1/2 cup chopped green pepper

1 4 oz. can tomato sauce

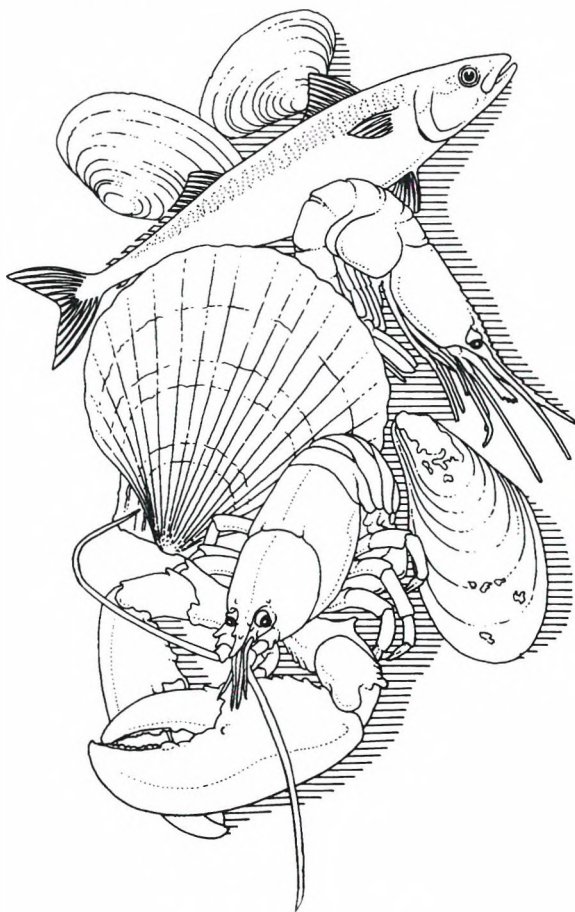
Preheat oven to 350 degrees. Split the fish and lay skin side down on pan coated with cooking spray. Sprinkle fish with salt and pepper. Spread chopped onion and green pepper over fish, pour tomato sauce over all. Bake approximately 20 minutes, until fish flakes easily with a fork.

Nutritional information per serving: Calories: 466;

Carbohydrates: 4gm; Protein: 41gm; Fat: 30gm (60%);

Cholesterol: 128mg; Sodium: 437mg.

# MIXED SEAFOOD



## HOLLAND SAUCE

Prep Time: 5 minutes

Serves: 9

1/4 cup low calorie mayonnaise

1 Tbsp. catsup

1/4 cup non-fat yogurt

1 tsp. Cognac

Mix all ingredients together and chill. Serve with cold crabmeat, lobster, or shrimp (1 Tbsp. per serving).

Nutritional information per serving: Calories: 24 ;  
Carbohydrates: 1gm; Protein: 0gm; Fat: 2gm (66%);  
Cholesterol: 2mg; Sodium: 22mg.

## SEAFOOD PAELLA

Prep Time: 15 minutes

Serves: 4

3/4 lb. scallops (cut large ones in quarters)	1/4 tsp. saffron or ground turmeric
3/4 lb. shrimp	pinch ground red pepper
1 dozen mussels	1 clove garlic, minced
3/4 cup dry rice	1/2 cup chopped onion
1 1/2 cup chicken broth	1 medium tomato, chopped
1 9 oz. pkg. frozen or canned artichokes	1/2 cup peas
chopped coarsely	

Preheat oven to 350 degrees. In large saucepan combine rice, chicken broth, artichokes, spices, garlic and onion. Bring to a boil. Reduce heat and simmer covered for 15 minutes. Pour into oven proof baking pan and add scallops, shrimp, mussels, tomatoes, and peas. Bake covered 15 minutes or until shrimp turn pink and mussels open and scallops are done. Remove from heat and serve with green salad.

Nutritional information per serving: Calories: 373;  
Carbohydrates: 44gm; Protein: 40gm; Fat: 4gm (8%);  
Cholesterol: 161mg; Sodium: 653mg.

## SEAFOOD SAUCE

Prep Time: 10 minutes

Serves: 2

1/4 cup low cal. mayonnaise	1/4 tsp. salt
1/4 cup low fat yogurt	1/8 tsp. pepper
1/4 cup chili sauce	1/2 cup chopped celery
1 Tbsp. lemon juice	1/2 tsp. grated lemon rind
3/4 tsp. prepared mustard	1 1/2 tsp. chopped chives

Combine all of the ingredients and blend well. Serve with cold lobster, crabmeat, or shrimp for dipping; or combine with seafood to make a salad and serve on a bed of lettuce.

Nutritional information per serving: Calories: 138;  
Carbohydrates: 14gm; Protein: 2gm; Fat: 8gm (55%);  
Cholesterol: 12mg; Sodium: 718mg.

## **SHRIMP AND CRABMEAT SALAD**

Prep Time: 20 minutes

Serves: 4

1 lb. cooked shrimp, shelled  
1/4 lb. crabmeat  
1/4 cup chopped green pepper  
1/4 cup shredded carrot  
2 Tbsp. chopped green onion  
1/2 cup chopped celery  
1 cup low calorie Italian dressing  
2 Tbsp. finely chopped parsley  
1 tsp. lemon juice  
2 Tbsp. chopped sweet pickles

Combine in airtight container. Cover and chill several hours.  
Spoon salad onto lettuce leaves using slotted spoon.

Nutritional information per serving: Calories: 205;  
Carbohydrates: 6gm; Protein: 29gm; Fat: 7gm (29%);  
Cholesterol: 253mg; Sodium: 797mg.

## **SHRIMP & SCALLOP PASTA DELIGHT**

Prep Time: 25 minutes

Serves: 6

1/4 lb. scallops, quartered      3/4 lb. dry pasta (shells or ziti)  
1/2 lb. cooked shrimp      1 Tbsp. polyunsaturated margarine  
1 cup chopped onion      16 oz. canned stewed tomatoes  
1 cup chopped celery      1 cup chopped green pepper  
1 large clove garlic, minced  
1 cup meatless, prepared spaghetti sauce

Heat margarine in non-stick skillet over medium heat. Add onion, green pepper, celery, and garlic, saute 10 minutes or until vegetables are tender-crisp, stirring occasionally. Stir in spaghetti sauce. Simmer 5 minutes. Add scallops and shrimp; simmer just until scallops turn opaque and shrimp are hot. While sauce simmers, cook pasta in large pot of boiling water until done; drain. Pour sauce over pasta.

Nutritional information per serving: Calories: 379;  
Carbohydrates: 62gm; Protein: 20gm; Fat: 6gm (14%);  
Cholesterol: 120mg; Sodium: 617mg.

## ITALIAN CIOPPINO

Prep Time: 25 minutes

Serves: 4

1 1/2 lbs. white fish**	1/2 cup dry white wine*
1 cup onion, chopped	1 tsp. thyme
1/2 cup green pepper	1 tsp. oregano
2 cloves garlic, minced	1 bay leaf
1 8 oz. can tomato juice	1/8 tsp. pepper
1 28 oz. can tomatoes, undrained and mashed	1 tsp. dried basil
	1 Tbsp. parsley, minced

Cut fish into 1/2 inch chunks and set aside. Saute onion, green pepper, and garlic in 3 Tbsp. wine\* until tender. Turn up the heat and simmer to reduce the liquid by half. Add tomato juice, tomatoes, wine and all seasoning except parsley to the pan, let simmer 20-30 minutes, stirring occasionally. Add fish and simmer until done, about 10 minutes. Add parsley.

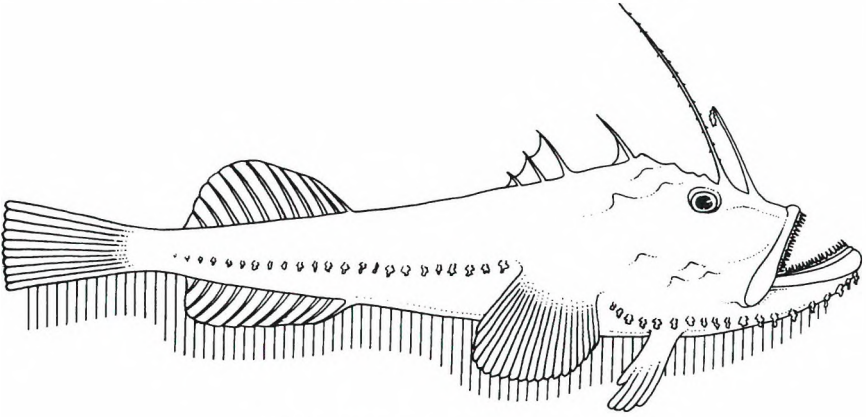
\* Water may be substituted for the wine.

\*\*You may substitute 1 lb. fish and 1/2 lb. of shellfish such as scallop, crab, shrimp.

Nutritional information per serving: Calories: 233;  
Carbohydrates: 15gm; Protein: 36gm; Fat: 2gm (9% Fat);  
Cholesterol: 120mg; Sodium: 700mg.



# MONKFISH



## MONKFISH STIR FRY

Prep Time: 15 minutes

Serves: 4

1 lb. monkfish	1 lg. onion cut in wedges
dry sherry	2 stalks celery, cut diagonally
2 cloves garlic, minced	1 carrot julienned
1 tsp. low sodium soy sauce	1/2 green pepper, cut in strips
2 Tbsp. vegetable oil	1 cup zucchini or summer squash,
1/4 lb. pea pods	cut in 1/2" pieces

Cut fish into 1 inch cubes and place in a bowl. Just cover the fish with sherry, then stir in the garlic and soy sauce. Let stand while preparing a wok or skillet on high; add 1 Tbsp. vegetable oil and cook onion and celery for 30 seconds while stirring. Add carrot and cook another minute still on high heat. Green pepper and squash should be added now and stir fried 30 seconds. Using a spatula or wok tool, clear out the center of the pan and add the remaining Tbsp. of vegetable oil and the fish cubes that have been lifted out of the marinade. Press cubes down onto pan surface; cook three minutes and then stir gently. Add pea pods on top of all, cover the pan and cook 2 minutes more on a lower heat. Serve immediately.

Nutritional information per serving: Calories: 146;  
Carbohydrates: 6gm; Protein: 18gm; Fat: 5gm (33%);  
Cholesterol: 6mg; Sodium: 89mg.

## **ORIENTAL MONKFISH**

Prep Time: 8 minutes

Serves: 4

1 1/2 lbs. monkfish  
1/3 cup orange juice  
1 Tbsp. vegetable oil  
2 Tbsp. light soy sauce

1 Tbsp. lemon juice  
1/4 tsp. ginger  
1 Tbsp. catsup  
1/2 tsp. garlic powder

Preheat oven to 400 degrees. Mix sauce ingredients in baking pan large enough to hold fish. Place fish in pan with sauce, coat well. Bake or grill until fish flakes easily, approximately 15 minutes. (Do not overcook, monkfish will get very tough.)

Nutritional information per serving: Calories: 147;  
Carbohydrates: 2gm; Protein: 25gm; Fat: 4gm (24%);  
Cholesterol: 43mg; Sodium: 155mg.

## **MONKFISH AND RICE CASSEROLE**

Prep Time: 20 minutes

Serves: 4

1 lb. monkfish, cut in 1" pieces  
1 cup cooked brown rice  
1/2 cup minced onion  
1 bay leaf

16 oz. chopped tomatoes  
1 tsp. chili powder  
pepper to taste

Preheat oven to 350 degrees. Toss all the ingredients together and bake in a covered casserole dish for 30 minutes. Remove bay leaf before serving.

Nutritional information per serving: Calories: 181;  
Carbohydrates: 21gm; Protein: 19gm; Fat: 2gm (11%);  
Cholesterol: 28mg; Sodium: 309mg.

## **MONKFISH WITH TANGY TOPPING**

Prep Time: 5 minutes

Serves: 4

1 1/2 lbs. monkfish	2 Tbsp. lemon juice
1/2 cup fine, dry bread crumbs	1/4 tsp. dill weed
1/2 Tbsp. vegetable oil	1/4 tsp. salt
3/4 tsp. Worcestershire sauce	

Preheat oven to 425 degrees. Place serving sized fillets (6 ounces each) in a shallow baking pan coated with cooking spray. Mix all other ingredients and pat on top of fish. Bake for 12-15 minutes.

Nutritional information per serving: Calories: 195;  
Carbohydrates: 10gm; Protein: 26gm; Fat: 5gm (23%);  
Cholesterol: 43mg; Sodium: 254mg.

## **MONKFISH WITH LEMON ROSEMARY SAUCE**

Prep Time: 8 minutes

Serves: 4

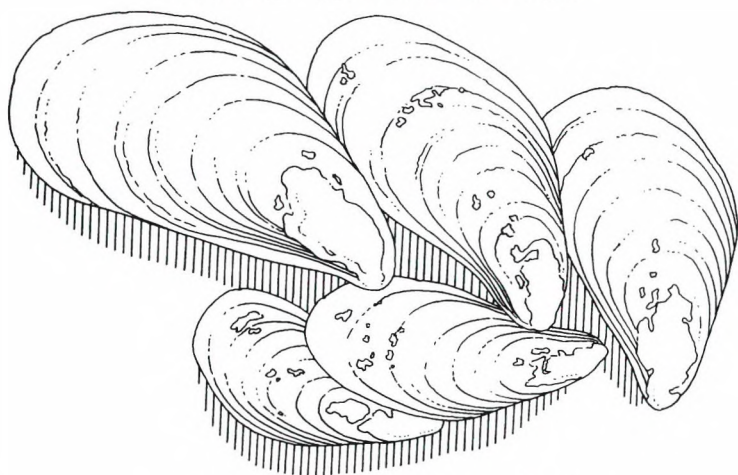
1 1/2 lbs. monkfish	1/8 tsp. salt
2 Tbsp. lemon juice	1/4 cup minced onion
2 tsp. olive oil	1/2 tsp. rosemary, crumbled
1 1/2 tsp. dijon mustard	1 clove garlic, minced
1/8 tsp. pepper	

Preheat oven to 400 degrees. Mix onion, garlic, mustard, rosemary, lemon juice, olive oil, salt, and pepper. Pour over fish and bake 10-15 minutes or until fish flakes easily. Use leftover juice to spoon over fish dinner plates.

Nutritional information per serving: Calories: 156;  
Carbohydrates: 1gm; Protein: 25gm; Fat: 5gm (30%);  
Cholesterol: 43mg; Sodium: 120mg.



# MUSSELS



## MUSSELS WITH LINGUINE

Prep Time: 25 minutes

Serves: 8

4 lbs. mussels in the shell

1 tsp. olive oil

2 cloves garlic, minced

2 onions, thin sliced

2 lemons, juice of

2 large cans (1 lb. 13 oz.)

Italian tomatoes, mashed

1 6 oz. can tomato paste, low sodium

1 Tbsp. oregano

1/2 tsp. black pepper

1/4 tsp. salt

2 cups red wine

2 lbs. linguine

1 tsp. basil

Rinse and debeard mussels. Saute onion and garlic in oil (1 tsp.) in large kettle. When onion is golden and soft, add lemon juice, tomatoes, tomato paste, basil, oregano, red wine, salt, and pepper. Simmer over low heat for 15 minutes with the pot covered and 15-20 minutes without the cover, until sauce thickens. Add mussels to sauce, cover and cook over medium-high heat until the mussels open, approximately 5 minutes. Cook linguine according to package directions and toss with 1 tsp. olive oil to prevent sticking. Arrange linguine in a large platter, cover with cooked mussels and tomato sauce. Serve immediately.

Nutritional information per serving: Calories: 542;

Carbohydrates: 93gm; Protein: 28gm; Fat: 5gm (8 %);

Cholesterol: 28mg; Sodium: 518mg.



## BBQ MUSSELS

Prep Time: 20 minutes

Serves: 4 as appetizer

24 cooked mussels, in the shells

8 tsp. your favorite BBQ sauce

Preheat oven to 400 degrees. Debeard mussels completely. Take mussels out of the shells. Put back on half shell and top with your favorite BBQ sauce, about 1/3 tsp. per mussel. Bake 5-10 minutes, serve as appetizer.

Nutritional information per serving: Calories: 50; Carbohydrates: 3 gm; Protein: 6gm; Fat: 1gm (18%); Cholesterol: 10mg; Sodium: 192mg. (These figures are for average sauces. Your own prepared sauces will vary.)

## MUSSELS IN WINE

Prep Time: 10 minutes

Serves: 4

3 quarts mussels in shells

1 clove garlic, crushed

4 onions finely chopped

1 Tbsp. basil

1/2 tsp. dried thyme

pepper to taste

1 1/2 Tbsp. flour (WONDRA)\*

1 1/2 tsp. chopped parsley

2 cups dry white wine

Rinse mussels under cold running water, remove beards around edges. In a large pan, place cleaned mussels, white wine, chopped onion, crushed garlic, and thyme. Cover and bring to a boil. Boil gently for 4-6 minutes or until mussels open. Drain, reserving liquid. Cover mussels to keep them warm. In a saucepan, boil reserved liquid until reduced by half, cool. Stir Wondra flour into cool liquid, return to heat, stir until boiling and thickened. Season to taste with pepper and parsley. Simmer on gentle heat for 2 minutes. Arrange warm mussels in serving bowls and spoon sauce over tops.

\*WONDRA mixes nicely into liquids without lumping.

Nutritional information per serving: Calories: 246;  
Carbohydrates: 11gm; Protein: 27gm; Fat: 5gm (18%);  
Cholesterol: 54mg; Sodium: 450mg.



## **CRUNCHY VEGETABLE AND MUSSEL SALAD**

Prep Time: 20 minutes

Serves: 3

2 quarts of mussels, cooked (approximately 3 lbs.)

4 sticks celery, diced

2 onions, diced

1 red apple, cored and diced

3 Tbsp. low calorie mayonnaise

Salt and pepper to taste

Steam mussels until shells gape open, discard ones that do not open. Chill or cool mussels. Combine celery, onions, apple, light mayonnaise and mussel meats. Allow to chill for 1/2 hour or more.

Nutritional information per serving: Calories: 200;

Carbohydrates: 14gm; Protein: 19gm; Fat: 8gm (34%);

Cholesterol: 47mg; Sodium: 192mg.

## **STEAMED MUSSELS**

Prep Time: 10 minutes

Serves: 6 as an

appetizer; 2 as entree

48 mussels\* in shells (2 dozen mussels per lb.)

1/4 cup fresh parsley, chopped

1/2 cup onion, chopped

4 cloves garlic, minced

2 tsp. oregano

2 tsp. basil

1 cup white wine

Debeard mussels (or scrub clams). Place parsley, onion, garlic, oregano, basil and wine in a large sauce pan. Add clams or mussels. Cover with a tight lid and steam on medium heat for approximately 10 minutes or until shells open. Agitate the pan during this time to cook the clams or mussels evenly.

\*Clams may be substituted for the mussels.

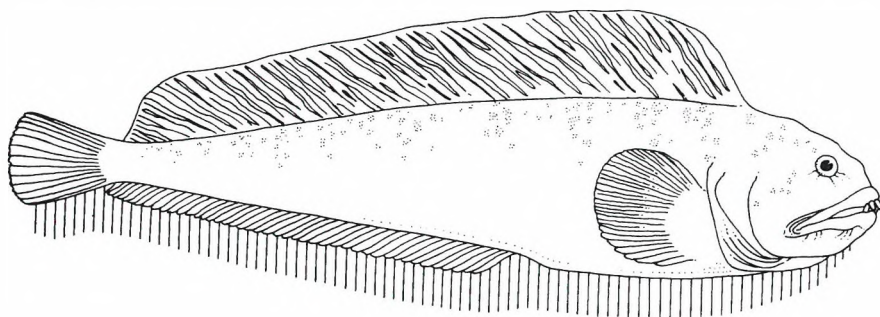
Nutritional information per serving: Calories: 185;

Carbohydrates: 4gm; Protein: 26gm; Fat: 5gm (24%);

Cholesterol: 61mg; Sodium: 415mg.



# OCEAN CATFISH



## SAVORY STEAMED FISH

Prep Time: 12 minutes

Serves: 4

4 6 oz. ocean catfish fillets

1 medium onion, sliced

2 Tbsp. chopped parsley

1 clove garlic, slivered

1/2 tsp. fresh ginger, grated

paprika

2 Tbsp. dry white wine\*

On your steamer rack or plate, lay a 12 inch square of foil and scatter with slices of onion. Arrange cleaned pieces of fish, skin side down, in a single layer on this prepared foil. Sprinkle fish with parsley, garlic, grated ginger, and paprika. Bring up edges of foil to contain the liquid and then splash with wine. Add 1/4 inch of cold water to pot. Cover and bring to a boil. Turn down heat and cook about 15 minutes or until fish flakes. When cooked, transfer fish to a warmed serving platter or plates, supporting it with a broad spatula. Serve immediately with a sauce or just with the savory liquid from the foil pack.

\* (optional ingredient)

Nutritional information per serving: Calories: 159;  
Carbohydrates: 1gm; Protein: 33gm; Fat: 2gm (10%);  
Cholesterol: 120mg; Sodium: 148mg.

## HOT AND SOUR FISH SOUP

Prep Time: 20 minutes

Serves: 4

3/4 lb. ocean catfish,  
cut into 1 inch pieces      2 bottles (8 oz. each) clam juice  
   **or** 2 cups fish or chicken broth  
2 Tbsp. cornstarch          2 med. carrots, cut in thin strips  
2 Tbsp. cold water         2 tsp. soy sauce  
3 Tbsp. white vinegar  
1 8 oz. can sliced mushrooms, undrained  
1/2 tsp. Tabasco sauce (or more to taste)  
4 oz. fresh chinese pea pods **or**  
1/2 package (3 oz.) frozen pea pods, thawed

Mix cornstarch and cold water in 4 quart Dutch oven. Add remaining ingredients, except Tabasco sauce and pea pods, mix gently. Heat to boiling, reduce heat. Cover and simmer until fish flakes easily with a fork, 3-5 minutes. Stir in Tabasco sauce and pea pods. Serve.

Nutritional information per serving: Calories: 157;  
Carbohydrates: 13gm; Protein: 21gm; Fat: 2gm (11%);  
Cholesterol: 61mg; Sodium: 649mg.

## SMOTHERED CATFISH

Prep Time: 10 minutes

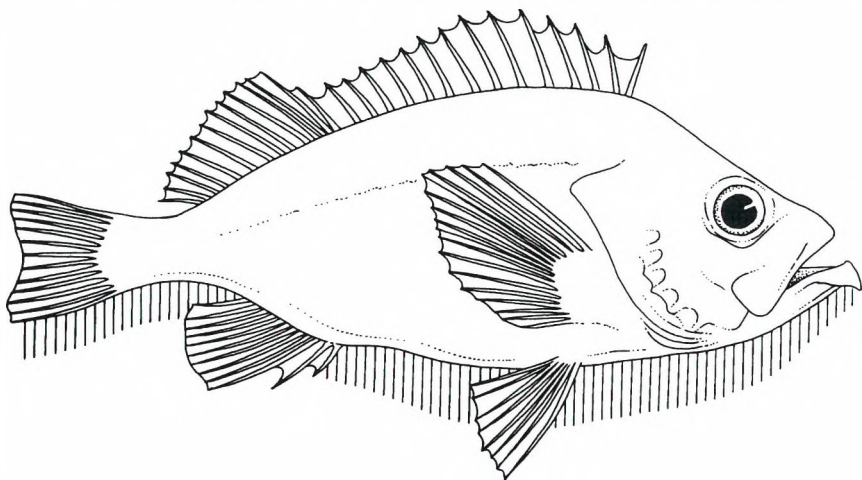
Serves: 4

1 1/2 lbs. ocean catfish	2 Tbsp. flour
1 thinly sliced onion	1/4 tsp. salt
1 tsp. vegetable oil	pepper to taste
1/2 cup skim milk	

Preheat oven to 350 degrees. Spray a baking dish with cooking spray. Place sliced onion in the dish in an even layer. Lay fish over the onions and sprinkle with flour, then salt and pepper. Add milk. Bake until fish flakes easily with a fork, about 30 minutes.

Nutritional information per serving: Calories: 197;  
Carbohydrates: 4gm; Protein: 31gm; Fat: 5gm (25%);  
Cholesterol: 79mg; Sodium: 283mg.

# OCEAN PERCH



## CRUNCHY OAT BRAN COATED FISH

Prep Time: 10 minutes

Serves: 4

1 1/2 lbs. ocean perch  
3 Tbsp. oat bran  
2 Tbsp. chopped walnuts  
2 tsp. olive oil

1/2 tsp. thyme  
1 Tbsp. lemon juice  
1/8 tsp. salt  
pepper to taste

Preheat oven to 425 degrees. Spray a shallow baking dish with cooking spray. Check fish for bones or scales; remove these. Set fish skin side down into baking dish. Sprinkle fish with salt, pepper, and lemon juice. Mix oat bran, nuts and thyme and combine with olive oil. Spread topping over the fish. Bake 10-12 minutes, until topping is crispy and fish flakes with a fork. Salt and pepper to taste.

Nutritional information per serving: Calories: 211;  
Carbohydrates: 2gm; Protein: 33gm; Fat: 7gm (32%);  
Cholesterol: 71mg; Sodium: 191mg.

## OCEAN PERCH WITH GINGER-LIME SAUCE

Prep Time: 8 minutes

Serves: 4

1 1/2 lbs. ocean perch  
4 tsp. lime juice (=1 lime)  
1 Tbsp. zest\*

1 tsp. minced ginger  
1/8 tsp. pepper  
lime slices, optional

Preheat oven to 425 degrees. Spray a shallow baking dish with cooking spray. Check fish for bones and scales and remove any found. Mix lime juice, zest, ginger, and pepper together. Pour over fish. Marinate for 15 minutes (if you have time). Bake 8 minutes or until fish flakes with a fork. Salt and pepper to taste. Decorate with lime slices.

\*Zest is the peel from the fruit in grated form.

Nutritional information per serving: Calories: 166;  
Carbohydrates: 2gm; Protein: 32gm; Fat: 3gm (15%);  
Cholesterol: 71mg; Sodium: 128mg.

## OCEAN PERCH WITH GRAPES AND MINT

Prep Time: 12 minutes

Serves: 4

1 1/2 lbs. ocean perch  
2 Tbsp. fresh chopped parsley  
(or 1 Tbsp. dried)  
1/2 tsp. mint  
1 cup red seedless grapes

1/4 cup white wine  
1/8 tsp. salt  
pepper to taste  
1 Tbsp. lemon juice  
2 Tbsp. chives **or** 1 Tbsp.  
minced onion

Preheat oven to 425 degrees. Spray a shallow baking dish with cooking spray. Check fish for bones and scales, remove. Place fish skin side down in the baking dish. Sprinkle with salt, pepper, and lemon juice. Top with parsley, chives, mint, and grapes. Pour wine around fish. Bake for 8-10 minutes or until fish flakes with a fork.

Nutritional information per serving: Calories: 184;  
Carbohydrates: 4gm; Protein: 32gm; Fat: 3gm (14%);  
Cholesterol: 71mg; Sodium: 201mg.



## PESTO TOPPED PERCH

Prep Time: 12 minutes

Serves: 4

1 1/2 lbs. ocean perch

2 tsp. olive oil

1/3 cup finely minced fresh basil  
(or 2 Tbsp. dried)

1 clove garlic, minced

3 Tbsp. Parmesan cheese

2 Tbsp. white wine

1 tomato, cut in wedges

Preheat oven to 425 degrees. Spray shallow baking pan with cooking spray. Check fish for bones and scales and remove. Place perch skin side down in baking pan. Saute garlic in olive oil for 30 seconds, stirring constantly. Remove pan from heat and pour in wine, add basil and Parmesan cheese. Spread mixture evenly over the top of the fish. Bake 8 minutes. Remove from oven and place tomato around fish; bake for another 2 minutes or until fish flakes with a fork. Salt and pepper to taste.

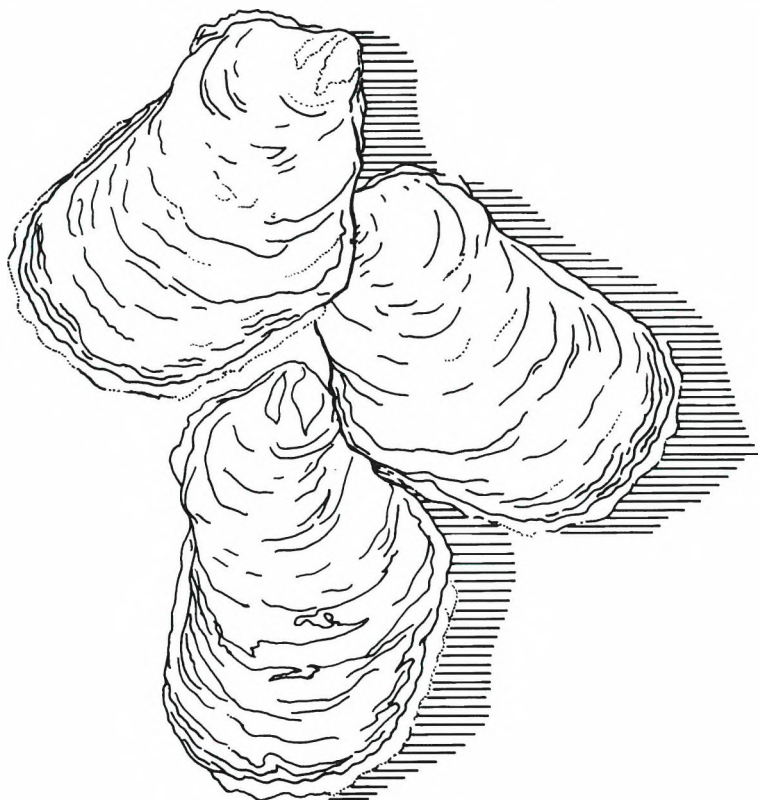
Nutritional information per serving: Calories: 212;

Carbohydrates: 2gm; Protein: 34gm; Fat: 6gm (28%);

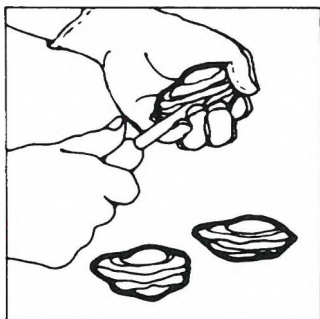
Cholesterol: 75mg; Sodium: 222mg.



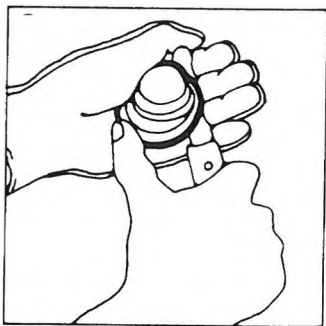
# OYSTERS



## How To Shuck Oysters

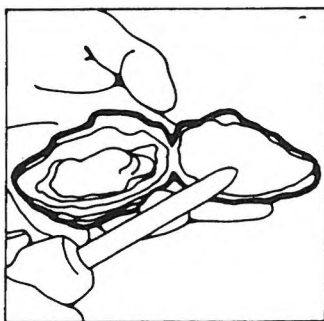
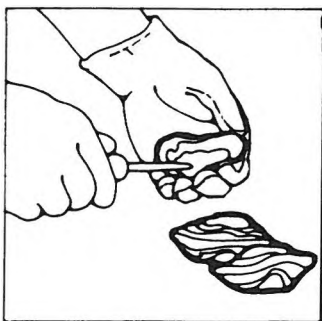


1. Wash the oyster thoroughly and place it in the palm of your hand.



2. Force the knife between the shells. Pry the shell open by running the knife around the whole edge of the shell. This will cut the muscles that hold the two shells together.

3. Loosen the meat from the shell and check for any shell fragments. An alternative method: insert a "church key": (old fashioned bottle opener) and pop off the top shell.



## OLD FASHIONED SCALLOPED OYSTERS

Prep Time: 15 minutes

Serves: 4

1 pint oysters  
2 1/2 pkgs. crushed saltines  
from a 1 lb. box  
2 cups skim milk

1 Tbsp. margarine  
1/4 tsp. salt  
pepper to taste

Preheat oven to 325 degrees. Coat a casserole dish with cooking spray and sprinkle with a layer of cracker crumbs, then a layer of oysters. Add salt and pepper and thin slices of margarine. Alternate layers, ending with a layer of cracker crumbs. Add skim milk until ingredients are moist (use more than listed if necessary). Bake for 40-55 minutes.

Nutritional information per serving: Calories: 430;  
Carbohydrates: 56gm; Protein: 18gm; Fat: 12gm (26 %);  
Cholesterol: 81mg; Sodium: 1180mg.

## OYSTER STEW

Prep Time: 10 minutes

Serves: 4

1 1/2 pints oysters, halved  
1 large onion, minced  
1 1/2 tsp. olive oil  
1 cup water  
2 13 oz. cans evaporated  
skim milk

1 Tbsp. fresh thyme  
pinch nutmeg  
1/4 tsp. salt  
pepper to taste  
1/4 tsp. parsley

Saute onions in oil until tender. Add oysters and water and cook 3-4 minutes until oysters turn brown. Add milk and spices and cook on very low heat until stew is just about to boil. (Do not boil.) Remove from heat and serve immediately.

Nutritional information per serving: Calories: 182;  
Carbohydrates: 14gm; Protein: 17gm; Fat: 6gm (32%);  
Cholesterol: 104mg; Sodium: 379mg.

## OYSTERS ON THE HALF SHELL

Prep Time: 5 minutes

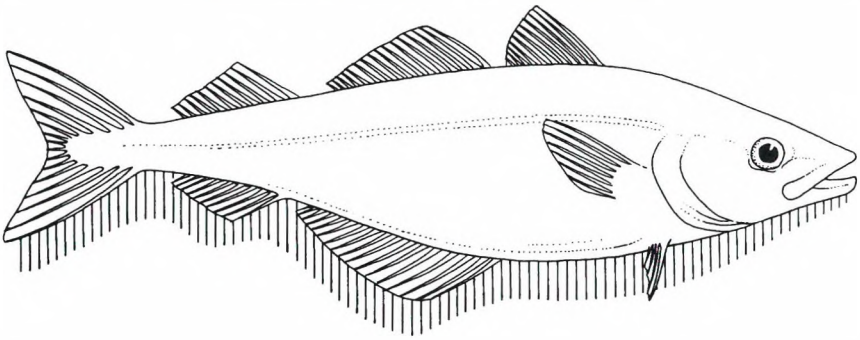
6 raw oysters per person serving as an appetizer

Wash oysters thoroughly and follow the directions on "How to Shuck Oysters" (pgs. 77 & 78). Serve with lemon or cocktail sauce.

Nutritional information per serving: Calories: 58; Carbohydrates: 3gm; Protein: 6gm; Fat: 2gm (34%); Cholesterol: 46mg; Sodium: 94mg.



# POLLOCK



## OVEN POLLOCK CHOWDER

Prep Time: 15 minutes

Serves: 6

2 lbs. pollock fillets  
1/4 tsp. pepper  
1 bay leaf  
2 12 oz. cans evap. skim milk  
1 clove garlic, crushed  
3 onions, sliced  
1/4 tsp. dill seed (optional)  
1/2 tsp. salt

1 Tbsp. margarine  
4 medium potatoes  
1/2 cup dry white wine  
3 cups boiling water  
2 Tbsp. chopped celery  
leaves  
1 Tbsp. "WONDRA" flour

Preheat oven to 375 degrees. Put all ingredients, except milk and flour, into a large casserole dish. Mix flour with about 1/4 of the milk. Add this and the remainder of the milk to chowder. Heat gently for 5 minutes on the stove top, cover and bake for about 1 hour, until potatoes are done.

Nutritional information per serving: Calories: 351;  
Carbohydrates: 34gm; Protein: 41gm; Fat: 4gm (10%);  
Cholesterol: 112mg; Sodium: 478mg.

## **CREAMY POLLOCK BAKE**

Prep Time: 5 minutes

Serves: 4

1 1/2 lbs. pollock fillets

1/4 cup light mayonnaise

1/2 tsp. dried dill weed

1/2 cup chopped onion

2 tsp. dijon style mustard

dash of cayenne pepper

Preheat oven to 400 degrees. Put pollock in baking dish coated with cooking spray. Mix all other ingredients and spread over fish. Do not cover. Bake until done, about 20 minutes.

Nutritional information per serving: Calories: 205;

Carbohydrates: 3gm; Protein: 33gm; Fat: 6gm (27%);

Cholesterol: 125mg; Sodium: 181mg.

## **FISH"FRY" WITH ZWIEBACK**

(An old Danish recipe)

Prep Time: 5 minutes

Serves: 4

1 1/2 lbs. pollock fillets

2 tsp. Molly McButter

2 tsp. Worcestershire sauce

1 tsp. salt

1 cup zwieback crumbs\*

1/4 tsp. pepper

Preheat oven to 350 degrees. Combine zwieback crumbs, Molly McButter, Worcestershire sauce, salt and pepper. Rinse fillets in cold water. Coat fish with crumb mixture. Place in baking dish coated with cooking spray. Bake for 20-25 minutes or until fish flakes easily.

\*Zwieback is a cracker typically eaten by teething babies.

Nutritional information per serving: Calories: 248;

Carbohydrates: 16gm; Protein: 35gm; Fat: 4gm (14%);

Cholesterol: 125mg; Sodium: 707mg.

## PEPPERED POLLOCK

Prep Time: 8 minutes

Serves: 4

1 1/2 lbs. pollock fillets

1 4 oz. can mushrooms

1 cup sweet bell peppers,  
chopped

1/2 tsp. salt

1/4 tsp. pepper

1/2 cup chopped onion

Preheat oven to 350 degrees. Place fillets in baking dish coated with cooking spray. Add chopped pepper and onion. Top with mushrooms, including juice from can. Sprinkle with salt and pepper. Bake for 20 minutes.

Nutritional information per serving: Calories: 174;  
Carbohydrates: 5gm; Protein: 34gm; Fat: 2gm (10%);  
Cholesterol: 120mg; Sodium: 392mg.

## POLLOCK PARMESAN

Prep Time: 10 minutes

Serves: 4

1 1/2 lbs. pollock fillets

1/4 tsp. pepper

1 cup cornflake crumbs

1 tsp. dried parsley flakes

1/2 cup Parmesan cheese

1/4 tsp. salt

1/2 tsp. paprika

Preheat oven to 350 degrees. Combine crumbs, cheese, and spices. Rinse each fillet in water and roll in the crumb mixture. Let stand briefly so coating will adhere better. Place fillets in shallow baking dish coated with cooking spray. Do not let pieces touch each other. Bake for 20-25 minutes until fish flakes easily with a fork.

Nutritional information per serving: Calories: 246;  
Carbohydrates: 8gm; Protein: 39gm; Fat: 5gm (21%);  
Cholesterol: 130mg; Sodium: 606mg.

## POLLOCK STEW

Prep Time: 15 minutes

Serves: 6

2 lbs. pollock fillets

1/4 tsp. pepper

2 medium potatoes

1 can (1 lb. 13 oz.) tomatoes

2 carrots

1 tsp. pickling spices

2 cloves garlic

2 celery stalks

1/2 tsp. salt

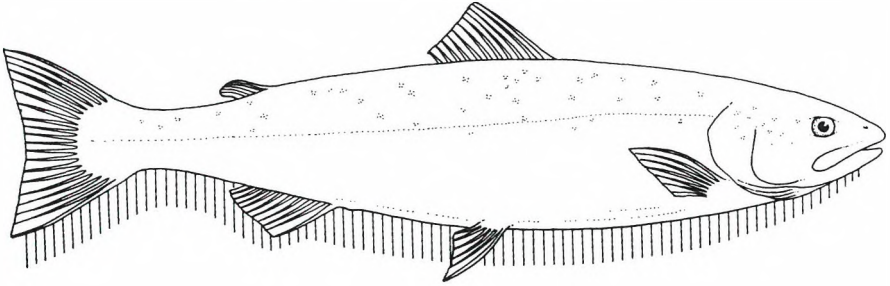
Cut fish into 1 1/2 inch chunks. Chop onions and garlic and saute in 2 Tbsp. of water until soft. Chop carrots and celery and place them with the tomatoes in a deep sauce pan. Add spices. Simmer gently, uncovered, for 20 minutes. When the tomatoes have simmered for about 20 minutes, season to taste. Add fish pieces, bring liquid back to the boiling point but do not boil. Simmer gently until fish is done, about 7 minutes.

Nutritional information per serving: Calories: 270;

Carbohydrates: 26gm; Protein: 36gm; Fat: 2gm (8%);

Cholesterol: 120mg; Sodium: 740mg.

# ATLANTIC SALMON



## "BBQ" SALMON

Prep Time: 2 minutes

Serves: 4

1 1/2 lbs. salmon fillets or steaks  
6 Tbsp. BBQ sauce (use your favorite)  
1 Tbsp. lemon juice  
parsley, optional garnish

Pour BBQ sauce over salmon. Bake, BBQ (grill), or microwave. Sprinkle with parsley to garnish and lemon if desired.

(Microwave instructions should be used in accordance with your microwave manufacturer's directions or cover with wax paper and cook on high for about 3 minutes per pound.)

Nutritional information per serving: Calories: 243;  
Carbohydrates: 3gm; Protein: 34gm; Fat: 11gm (40%);  
Cholesterol: 94mg; Sodium: 220mg.

## **DILL BAKED SALMON**

Prep Time: 5 minutes

Serves: 4

1 1/2 lbs. salmon steaks  
or skinless fillets

1/2 tsp. onion salt  
1 lemon, sliced

1 tsp. dill weed

Preheat oven to 425 degrees. Place salmon in a baking dish sprayed with cooking spray. Sprinkle with dill and onion salt and top with lemon slices. Cover and bake for 15-20 minutes, until flesh turns opaque. Serve with extra lemon.

Nutritional information per serving: Calories: 242;  
Carbohydrates: 0gm; Protein: 34gm; Fat: 11gm (42 %);  
Cholesterol: 94mg; Sodium: 222mg.

## **POPEYE'S SALMON STEAKS**

Prep Time: 10 minutes

Serves: 4

1 1/2 lbs. salmon steaks

1 lg. onion, chopped

1/8 tsp. pepper

1 clove garlic, minced

1 tsp. dill weed

2 10 oz. boxes frozen spinach

1 tsp. polyunsaturated  
margarine

lemon slices

Place salmon on broiler pan coated with cooking spray. Broil 4 inches from the heat for 5 minutes. Turn steak and season with pepper, and dill weed. Broil steaks for about 5 minutes more until fish flakes easily when tested with a fork. Meanwhile, in a large frying pan, melt margarine and saute the onion and garlic until tender. Thaw and drain spinach and then chop it into small pieces. Stir spinach and salt into onion mixture. Cover pan and cook over medium heat for 5 minutes, stirring occasionally. To serve spoon spinach on serving platter and place salmon steaks and lemon on top.

Nutritional information per serving: Calories: 363;  
Carbohydrates: 8gm; Protein: 51gm; Fat: 14gm (35%);  
Cholesterol: 84mg; Sodium: 235mg.



## "FRESH" SALMON LOAF

Prep Time: 10 minutes

Serves: 4

2 cups (16 oz.) cooked salmon

1 cup bread crumbs

1/2 cup skim milk

1/3 cup minced onion

pepper to taste

1 Tbsp. dried parsley flakes

2 Tbsp. lemon juice

2 eggs

(Use leftover salmon or poach fresh salmon in a small amount of water, about 10 minutes.)

Drain salmon, reserving 2 Tbsp. salmon liquid, flake salmon. Combine all ingredients including reserved salmon liquid. Place in a loaf pan (4 cup loaf pan) coated with cooking spray. Bake at 350 degrees for 45 minutes. Makes 4 generous servings.

Nutritional information per serving: Calories: 216;  
Carbohydrates: 9gm; Protein: 26gm; Fat: 8gm (33%);  
Cholesterol: 63mg; Sodium: 149mg.

## SALMON SAUTE

Prep Time: 10 minutes

Serves: 4

1 1/2 lb. salmon

1 pkg. frozen pea pods  
(6 oz. thawed)

2 tsp. olive oil

2 tomatoes

1 bunch green onions

1/4 cup water

2 Tbsp. cornstarch

3 Tbsp. light soy sauce

pepper to taste

Heat olive oil in large skillet. Add salmon and cook over medium heat for 2 minutes, stirring frequently. Slice green onions, cut tomatoes in eighths. Add pea pods, tomatoes, and green onions. Combine water, cornstarch, soy sauce and pepper in small bowl. Add to salmon mixture and cook until sauce is thick and seafood is opaque, stirring frequently. Serve over steamed rice.

Nutritional information per serving: Calories: 307;  
Carbohydrates: 10gm; Protein: 35gm; Fat: 14gm (39%);  
Cholesterol: 93mg; Sodium: 427mg.

## **PICKLED SALMON DELIGHT**

Prep Time: 5 minutes

Serves: 4

1 1/2 lbs. salmon steaks or fillets	1/2 tsp. pepper
3 small onions, thin sliced	3/4 cup wine vinegar
1 tsp. salt	1/2 cup water
1 tsp. whole pickling spice	1 Tbsp. sugar

Place salmon in bottom of small glass casserole dish, add remaining ingredients. Cover tightly and refrigerate for several hours or overnight. Place salmon in a large non-stick skillet. Strain marinade into a small saucepan and bring to a boil. Pour over salmon, cover lightly and poach fish gently for 10-15 minutes.

Nutritional information per serving: Calories: 254;  
Carbohydrates: 6gm; Protein: 34gm; Fat: 11gm (38%);  
Cholesterol: 94mg; Sodium: 564mg.

## **SALMON FINGERS WITH DIP**

Prep Time: 5 minutes

Serves: 4

4 6 oz. salmon steaks  
1/2 cup plus 2 Tbsp. plain non-fat yogurt  
2 Tbsp. spicy brown mustard  
1 Tbsp. light mayonnaise  
1 Tbsp. lemon juice  
1/4 tsp. hot sauce (more to taste)

To make dip, combine all ingredients except salmon, blend well. Cover and chill for one hour. Cut salmon steaks in half lengthwise. Place salmon in a wire grilling basket or on a broiler pan that has been coated with cooking spray. Grill or broil 4 inches from the heat source for 5 minutes on each side or until fish flakes easily when tested with a fork. Serve salmon with dip on the side.

Nutritional information per serving: Calories: 352;  
Carbohydrates: 4gm; Protein: 49gm; Fat: 14gm (38%);  
Cholesterol: 86mg; Sodium: 231mg.

## **SALMON KABOBS**

Prep Time: 8 minutes

Serves: 4

1 lb. salmon cut in cubes

1 Tbsp. lemon juice

1/4 cup zesty Italian low calorie dressing

Fresh crushed garlic cloves (optional for garlic lovers)

Vegetables (optional)

green peppers, cubed

cherry tomatoes

summer squash, cubed

onions cut in quarters

fresh whole mushrooms

Combine Italian dressing and lemon juice. (Add fresh crushed garlic cloves if you are a garlic lover.) Pour over salmon cubes. Marinate salmon cubes in this mixture for at least a half hour. Thread cubes on skewers alternating with green peppers, tomatoes, summer squash, onions or mushrooms as desired. Baste kabobs with marinade while they are grilling.

Nutritional information per serving: Calories: 179;  
Carbohydrates: 1gm; Protein: 22gm; Fat: 9gm (45%);  
Cholesterol: 63mg; Sodium: 168mg.

## **SPEEDY SALMON**

Prep Time: 5 minutes

Serves: 4

1 1/2 lbs. salmon steaks or fillets

3 Tbsp. light Italian salad dressing

2 tsp. prepared mustard

Mix dressing and mustard and pour over fish. Marinate 20-30 minutes. Turn on oven to broil (or turn on grill). Remove fish from marinade and place on pan 6-8" from heat (or place on grill). Baste with marinade and broil 5 minutes on each side. Baste occasionally.

Nutritional information per serving: Calories: 256;  
Carbohydrates: 1gm; Protein: 34gm; Fat: 12gm (44%);  
Cholesterol: 94mg; Sodium: 196mg.

## SALMON STIR FRY

Prep Time: 15 minutes

Serves: 4

1 lb. fresh salmon cut into  
1" pieces  
1 1/2 tsp. peanut oil  
1/2 cup sliced onion  
2 cloves garlic, minced  
3/4 cup sliced red & green  
peppers

1/2 cup sliced mushrooms  
11 oz. pkg. frozen pea pods  
(1 1/2 cup fresh)  
2 tsp. cornstarch  
2 Tbsp. lemon juice  
3 Tbsp. lite soy sauce  
3 Tbsp. water

Combine cornstarch, lemon juice, soy sauce, and water in a jar, shake to combine. Heat oil in a wok or large skillet. Saute onions over high heat (2 minutes) stirring frequently. Add garlic and saute 30 seconds. Add remaining vegetables and saute 2 minutes, until just beginning to lose crispness. Add salmon pieces and cook for 5 minutes or until fish is done. Pour soy sauce mixture in pan and cook, stirring for 1 minute, until it thickens. Serve over rice.

Nutritional information per serving: Calories: 206;  
Carbohydrates: 7gm; Protein: 24gm; Fat: 9gm (40 %);  
Cholesterol: 62mg; Sodium: 181mg.

## SIMPLE SALMON

Prep Time: 5 minutes

Serves: 4

1 1/2 lbs. salmon steaks or fillets  
1 tsp. vinegar  
1 Tbsp. lemon juice

1/2 tsp. garlic salt  
1 tsp. dried basil  
1 tsp. dried parsley

Preheat oven to 400 degrees. Place salmon in baking dish. Combine vinegar and lemon juice; pour over fish. Sprinkle with garlic salt, dried basil, and dried parsley. Cover and bake for 10 - 15 minutes or until fish flakes.

Nutritional information per serving: Calories: 244;  
Carbohydrates: 1gm; Protein: 33gm; Fat: 11gm (41%);  
Cholesterol: 93mg; Sodium: 331mg.



## **SATURDAY NIGHT SALMON\***

Prep Time: 15 minutes

Serves: 4

1 1/2 lbs. salmon fillets  
1/2 tsp. dried oregano  
1/2 tsp. basil  
1/8 tsp. pepper  
2 cloves garlic, minced  
1 Tbsp. olive oil

1 tomato, thin sliced  
1 onion, thin sliced  
1/4 cup parsley, minced  
1/4 tsp. salt  
1/4 cup dry bread crumbs  
1 lemon, thin sliced

Preheat oven to 375 degrees. Place fillets in baking pan coated with cooking spray and sprinkle fish with oregano, basil, pepper, garlic and olive oil. Layer each fillet evenly with tomato slices, onion rings, parsley, and sprinkle with salt. Top with bread crumbs and then lemon slices. Bake for 30 minutes.

\*We call this "Saturday Night Salmon" because it is so attractive that your company will think you've been in the kitchen all afternoon.

Nutritional information per serving: Calories: 303;  
Carbohydrates: 6gm; Protein: 35gm; Fat: 15gm (44%);  
Cholesterol: 94mg; Sodium: 244mg.

## **WHITE CAPPED SALMON**

Prep Time: 10 minutes

Serves: 4

1 1/2 lbs. salmon  
3 Tbsp. lite mayonnaise  
3 Tbsp. non-fat yogurt  
3 tsp. dijon mustard

1/2 cup chopped onions  
3/4 tsp. dried dill weed  
dash of cayenne pepper

Preheat oven to 400 degrees. Place salmon in baking dish coated with cooking spray. Mix all other ingredients and spread over fish. Do not cover. Bake for 15-20 minutes (depending on the thickness of the fillet). Fish is done when it flakes when tested with a fork.

Nutritional information per serving: Calories: 280;  
Carbohydrates: 4gm; Protein: 34gm; Fat: 13gm (42%);  
Cholesterol: 94mg; Sodium: 137mg.

## STEAMED SALMON AND ONIONS

Prep Time: 10 minutes

Serves: 4

1 1/2 lbs. salmon steaks

2 Tbsp. water

2 large onions, sliced thin

2 Tbsp. white wine

pepper to taste

2 Tbsp. chopped parsley

1/4 tsp. salt

lemon slices or juice

Arrange onion slices in the bottom of a non-stick skillet. Sprinkle with salt and pepper. Cover with salmon. Salt and pepper salmon to taste if desired. Turn heat to medium high. Let onion sizzle for about 1 minute then turn down heat to medium and add water and wine. Cover and let salmon steam 10-12 minutes per inch. Remove salmon to a serving platter. Sprinkle with parsley and serve with onion and lemon.

Nutritional information per serving: Calories: 247;

Carbohydrates: 0gm; Protein: 34gm; Fat: 11gm (41%);

Cholesterol: 94mg; Sodium: 202mg.

## TASTER'S FAVORITE BAKED SALMON WITH WINE AND HERBS

Prep Time: 10 minutes

Serves: 4

1 1/2 lbs. salmon steaks

1 Tbsp. lime juice

1 Tbsp. polyunsat. margarine

1/4 tsp. dill

1/4 cup dry white wine

1 Tbsp. minced onion

1 tsp. vinegar

1 Tbsp. parsley, chopped **or**

1 1/2 tsp. dried parsley flakes

Preheat oven to 400 degrees. Combine margarine, wine, vinegar, parsley, lime juice, dill, and minced onion; heat slowly until margarine is melted. Let stand 15 minutes. Place fish in baking pan coated with cooking spray and brush fish with sauce. Turn salmon carefully; brush with sauce. Bake until fish flakes when tested with a fork, 15-20 minutes.

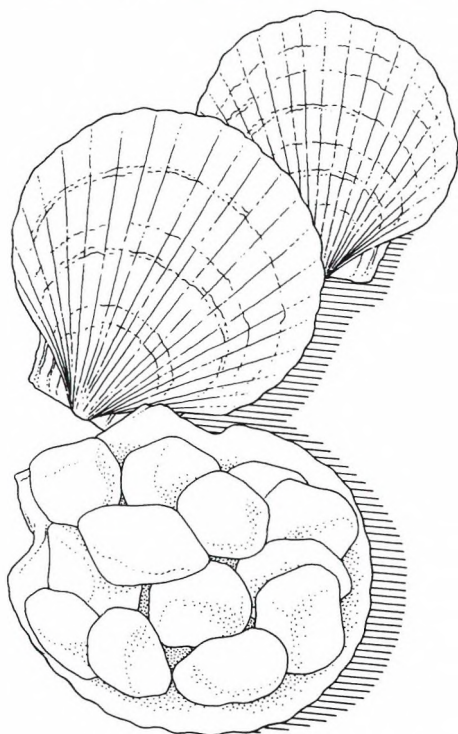
Nutritional information per serving: Calories: 278;

Carbohydrates: 0gm; Protein: 33gm; Fat: 14gm (47%);

Cholesterol: 93mg; Sodium: 117mg.



# SCALLOPS



## HERBED SCALLOPS

Prep Time: 8 minutes

Serves: 4

1 lb. scallops

2 Tbsp. sauterne

1 Tbsp. lemon juice

2 tsp. parsley, chopped

1/2 tsp. thyme

lemon wedges

1/2 tsp. dill weed

1/4 cup dried bread crumbs

1/4 tsp. salt

Sprinkle scallops with lemon juice, thyme, dill weed, salt, and sauterne in a bowl. Toss lightly. Place on broiler pan and sprinkle with bread crumbs. Broil for 3-4 minutes. Serve with lemon and parsley.

Nutritional information per serving: Calories: 131;  
Carbohydrates: 8gm; Protein: 20gm; Fat: 2gm (8%);  
Cholesterol: 37mg; Sodium: 351mg.

## LEMON-LIME SCALLOPS AND PASTA

Prep Time: 20 minutes

Serves: 4

1 lb. scallops  
8 oz. dry pasta (fettucini or  
spaghetti; 4 C. cooked)  
1 clove garlic  
1 Tbsp. oil  
1/4 cup minced onion  
2 Tbsp. lemon juice

2 Tbsp. lime juice  
3/4 cup dry white wine  
1/8 tsp. pepper  
4 Tbsp. fresh minced  
parsley or 2 Tbsp. dried  
1 tomato chopped small

Cook pasta. Drain and set aside. Cook whole garlic clove in oil for 30 seconds. Remove from heat and discard clove. Add onion; saute for 3-5 minutes, until onions are soft and translucent. Add scallops, lemon and lime juice, wine, and spices. Cook for 5 minutes on a slow simmer. Add tomatoes and remove from heat. Pour over hot pasta and serve. Salt and pepper to taste.

Nutritional information per serving: Calories: 328;  
Carbohydrates: 38gm; Protein: 25gm; Fat: 5gm (15%);  
Cholesterol: 37mg; Sodium: 214mg.

## SCALLOP KABOBS WITH SWEET MUSTARD MARINADE

Prep Time: 10 minutes.

Grill Set: High

Serves: 4

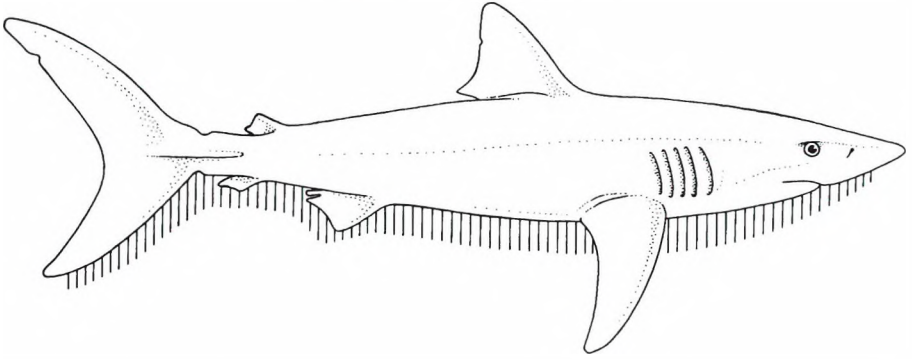
1 lb. fresh scallops  
1 pt. cherry tomatoes  
2 large green peppers  
1/3 cup lemon juice  
3 Tbsp. honey

3 Tbsp. dijon mustard  
2 Tbsp. polyunsaturated  
margarine, melted  
1 1/2 tsp. curry powder  
1/2 tsp. salt

Combine lemon juice, honey, mustard, melted margarine, curry powder, and salt. Cut large scallops in half. Place scallops in marinade for two hours. Wash tomatoes and green peppers. Cut green peppers into 1 inch squares. Alternate scallops, green peppers, and cherry tomatoes on skewers. Place kabobs 4 inches above charcoal for 5-7 minutes. Baste with marinade. Turn over for another 5-7 minutes and baste again. Serve on skewers.

Nutritional information per serving: Calories: 162;  
Carbohydrates: 16gm; Protein: 21gm; Fat: 2gm (11%);  
Cholesterol: 37mg; Sodium: 316mg.

# SHARK



## BAKED SHARK WITH LEMON AND NUTMEG

Prep Time: 10 minutes

Serves: 4

1 1/2 lbs. shark steaks  
1/4 tsp. nutmeg  
1 Tbsp. dried basil  
fresh ground pepper  
2 Tbsp. lemon juice

1/4 cup chopped onion  
2 cloves garlic  
1 tsp. olive oil  
1/8 tsp. salt

Preheat oven to 400 degrees. Combine nutmeg, basil, black pepper, lemon juice, onion, garlic, olive oil, and salt in a blender, food processor or mini chopper. Process into a paste. Rub the paste into the shark. Let stand in the refrigerator for 30 minutes. Bake for 20 minutes or until fish flakes when proded with a fork.

Nutritional information per serving: Calories: 237;  
Carbohydrates: 1gm; Protein: 36gm; Fat: 9gm (35%);  
Cholesterol: 86mg; Sodium: 198mg.

## **CITRUS AND THYME BAKED SHARK**

Prep Time: 20 minutes

Serves: 4

1 1/2 lbs. shark steaks  
1 Tbsp. polyunsaturated margarine  
2 tsp. grated orange zest\*  
1/2 cup fresh orange juice  
1/2 cup chopped onion  
2 Tbsp. lemon juice  
1 Tbsp. crumbled dried thyme

Preheat oven to 400 degrees. Melt margarine in a saucepan over medium heat. Saute onions in it until tender, stirring occasionally. Whisk in orange zest, juice and thyme. Bring to a boil, stir, and remove from heat allow to cool. Marinate shark steaks in the mixture for 1/2 hour. Place steaks in baking dish and pour half of sauce over steaks. Bake for 15-20 minutes. Reheat extra sauce to a boil when ready to serve.

\*Orange zest is the same as grated orange rind.

Nutritional information per serving: Calories: 270;  
Carbohydrates: 5gm; Protein: 36gm; Fat: 11gm (36%);  
Cholesterol: 86mg; Sodium: 168mg.

## **GRILLED CAESAR SHARK KABOBS**

Prep Time: 12 minutes

Grill Set: High

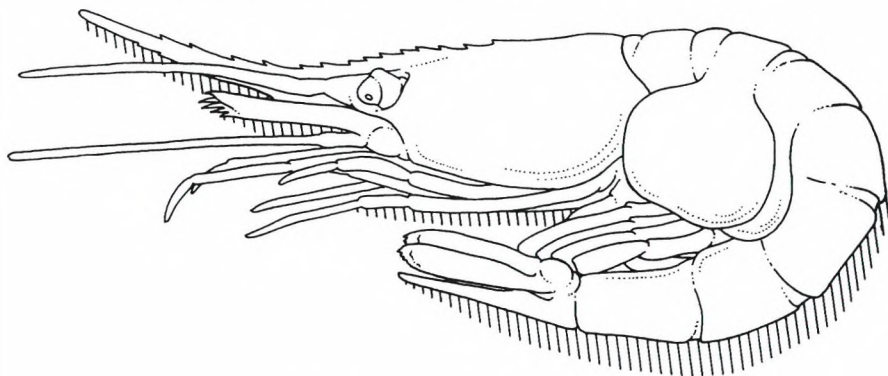
Serves: 4

1 1/2 lbs. shark or other fish steaks  
(cube into 1" chunks)  
1/2 cup lite Caesar dressing  
1 pt. cherry tomatoes  
2 large green peppers cut in squares

Marinate shark cubes in Caesar dressing for 2 hours. Place shark on skewers, alternating with cherry tomatoes and green pepper squares. Grill for 6-8 minutes or until shark is white, turn and baste during cooking.

Nutritional information per serving: Calories: 284;  
Carbohydrates: 9gm; Protein: 37gm; Fat: 10gm (34%);  
Cholesterol: 86mg; Sodium: 147mg.

# MAINE SHRIMP



## SHRIMP CREOLE

Prep Time: 12 minutes

Serves: 4

1 lb. shelled and deveined shrimp\*  
1/2 tsp. ground pepper  
16 oz. can crushed tomatoes  
1/2 tsp. chili powder  
1 medium onion, chopped  
1/8 tsp. ground cayenne pepper  
1 medium green pepper, chopped  
1 medium bay leaf

Combine all the ingredients except the shrimp in a covered casserole dish. Microwave on high for 4 minutes, stir, re-cover and microwave for 4-5 minutes more or until green pepper is tender and sauce is bubbly. Stir in the shrimp. Cook covered on high for 3-5 minutes or until shrimp are opaque. Let stand 5 minutes after removing from microwave. Remove bay leaf. Serve on rice or pasta.

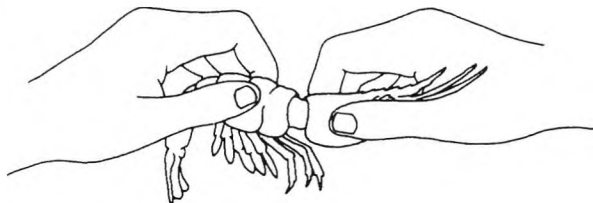
\*Maine shrimp do not need to be deveined.

Nutritional information per serving: Calories: 139;  
Carbohydrates: 6gm; Protein: 25gm; Fat: 2gm (10%);  
Cholesterol: 170mg; Sodium: 438mg. (Calculations do not  
include rice or pasta.)

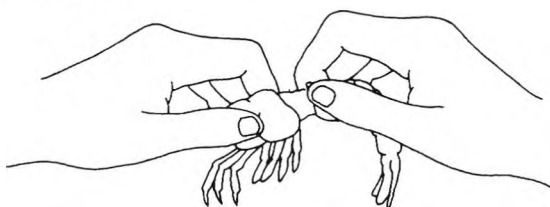
# How to Shell Maine Shrimp

Peeling shrimp is quite simple. If you live in Maine or New England you can sometimes get a good price for head-on shrimp. There will be approximately  $\frac{2}{3}$  weight loss once the head and shell have been removed.

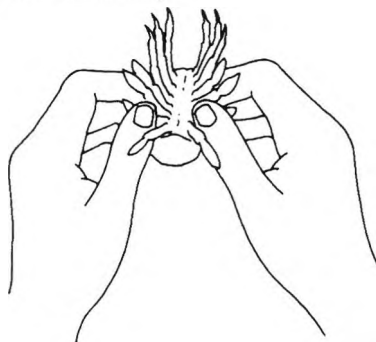
1. Hold the shrimp in your left hand, grasping the head with your right hand.



2. Give a quick twist to separate the two, discard the head section since it has no meat.



3. The shell around the middle of the body can be removed in one move. Pull the legs away from the body of the shrimp. The tail covering shell will remove easily after the legs are pulled off. Note: Maine shrimp may be cooked with the shells on the tails but they are hard to remove if they are combined in a recipe. You do not have to devein Maine shrimp.





## **BOILED MAINE SHRIMP**

Prep Time: 5 minutes

1 lb. whole shrimp per person  
or 1/3 lb. headed shrimp

Start a pan of salted water boiling. (A good ratio of salt to water is 1/4 tsp. salt to each quart of water.) Add washed shrimp to boiling water. Cook for 1 minute from when they are dropped in the boiling water (while the water is returning to a boil). To test to see if they are cooked, check to be sure they are opaque throughout. Maine shrimp overcook very easily. (Cook head-on shrimp for 2 minutes.)

Nutritional information per serving: Calories: 150;  
Carbohydrates: 1gm; Protein: 29gm; Fat: 2gm (16%);  
Cholesterol: 215mg; Sodium: 210mg.

## **LEFTOVER SHRIMP CASSEROLE**

Prep Time: 10 minutes

Serves: 4

1 1/2 lbs. cooked shrimp cut in 1" pieces	1/2 cup chopped onion
3/4 cup rice	1/4 cup chopped green peppers
1 1/2 cup chicken broth	1/8 tsp. saffron (or turmeric)
1 16 oz. can tomatoes, drained, chopped	1/8 tsp. pepper
	1 Tbsp. Parmesan cheese

Combine rice, chicken broth, tomatoes, onions, green peppers, saffron, and pepper in a 1 1/2-2 quart oven proof pot. Bring to a boil, cover, then take off the heat and leave undisturbed for 30 minutes. Preheat oven to 375 degrees. Add shrimp and stir to distribute shrimp. Sprinkle with Parmesan cheese. Cover and bake for 10 minutes.

Nutritional information per serving: Calories: 362;  
Carbohydrates: 37gm; Protein: 41gm; Fat: 5gm (12 %);  
Cholesterol: 260mg; Sodium: 632mg.

## GRILLED SHRIMP\*

Prep Time: 10 minutes

Grill: Med - High

Serves: 4

1 lb. shelled & deveined  
raw shrimp, \*\* or 1 lb.  
scallops

1/4 tsp. paprika  
1/4 tsp. garlic powder  
1 Tbsp. lemon juice

2 Tbsp. polyunsaturated  
margarine, melted **or** olive oil

Optional: Choice of mushrooms, small onions, or green peppers

Combine margarine, lemon juice, paprika, and garlic powder. Marinate shrimp or scallops in mixture for 30 minutes. Arrange on skewers with your choice of vegetables or in grill basket sprayed with cooking spray. Place on grill for 5-7 minutes, turn and cook for another 5 minutes, baste occasionally with remaining marinade.

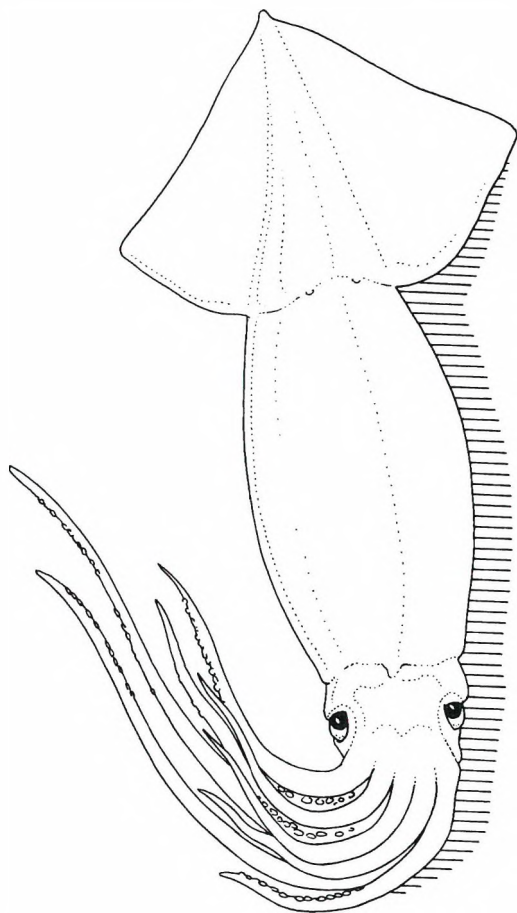
\* Scallops may also be used.

\*\* If using Maine shrimp, they do not need to be deveined. Also reduce cooking time to no more than 5 minutes total.

Nutritional information per serving: Calories: 160;  
Carbohydrates: 5gm; Protein: 30gm; Fat: 2gm (12%);  
Cholesterol: 170mg; Sodium: 286mg.

# SQUID

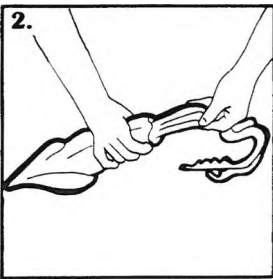
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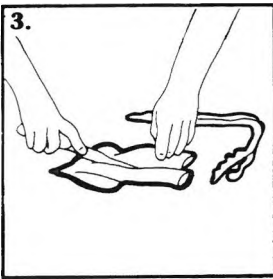
# How to Clean Squid



1. Thaw the squid if frozen. Rinse the thawed or fresh squid. Cut off the tentacles 1/4 inch behind the eyes at the point where they are attached to the head, so that they remain in a ring. Squeeze out and discard the inedible beak. Rinse, drain and reserve tentacles.



2. Feel inside the mantle (body sac) for the thin transparent "pen"; remove and discard it.



3. Peel off the speckled skin covering the mantle (body tube). Rinse mantles thoroughly and drain; blot dry. Cut mantles crosswise into 1/2-inch rings or leave whole depending on the recipe.



## CALAMARI AND VEGETABLE TOSS

Prep Time: 15 minutes

Serves: 4

1 lb. cleaned squid or 2 lbs. whole squid

1 Tbsp. peanut oil or vegetable oil

1 tsp. fresh ginger, grated

2 cloves garlic, minced

3/4 cup mushrooms, sliced

1 med. green pepper,

cut in thin strips

1/2 cup green onion, sliced

1 cup pea pods

MARINADE:

1/8 tsp. pepper

3 Tbsp. dry vermouth

2 tsp. cornstarch

1/2 tsp. sesame oil or veg. oil

2 Tbsp. light soy sauce

If using whole squid, chop heads off, remove quill and rinse off ink. Cut squid mantles (bodies) width-wise to make 1/2 inch circles; chop tentacles. For marinade: combine soy sauce, pepper, wine, cornstarch, and sesame oil; mix well. Add squid and marinate at room temperature while preparing remaining ingredients. Heat oil in a large skillet. Add ginger and garlic, stir fry for 30 seconds. Add squid and vegetables with marinade, stir fry briefly, until squid is just cooked, approximately 2 minutes. Serve immediately over hot rice.

Nutritional information per serving: Calories: 194;  
Carbohydrates: 12gm; Protein: 20gm; Fat: 6gm (28%);  
Cholesterol: 264mg; Sodium: 314mg.

## CALAMARI IN TOMATO-SHERRY SAUCE

Prep Time: 22 minutes

Serves: 4

1 lbs. cleaned squid  
or 2 lbs. whole squid

1 cup onion, chopped

1 clove garlic, minced

1 Tbsp. olive oil

2 Tbsp. flour

2 med. tomatoes, chopped

1/2 cup water

2 bay leaves

1 lb. mushrooms, sliced

1/2 cup sherry

1/2 tsp. salt

1/2 tsp. black pepper

2 cups cooked rice

(Continued on the next page.)

Begin cooking rice according to directions on package. If using whole squid, chop heads off, remove quill and rinse off ink. Soak squid in ice water to whiten. Use sharp knife and cut squid into 1 inch pieces. In a large skillet, saute onion in oil and add garlic. Add squid and saute for about 5 minutes. Sprinkle with flour; add tomatoes, water, and seasonings and mix well. Add mushrooms and cook until the mushrooms are just moistened, 2-3 minutes. Add sherry and stir. Thin sauce with water if necessary, serve over hot rice.

Nutritional information per serving: Calories: 329;  
Carbohydrates: 43gm; Protein: 24gm; Fat: 6gm (16 %);  
Cholesterol: 264mg; Sodium: 303mg.

## **MEDITERRANEAN FISH STEW**

Prep Time: 25 minutes

Serves: 4

2 lbs. whole squid or	
1 lb. cleaned squid	2 Tbsp. lemon juice
1 cup chopped leeks	1/4 cup fresh parsley
2 cups chopped mushrooms	(2 Tbsp. dried)
1 Tbsp. olive oil	1 Tbsp. oregano
2 cloves garlic, minced	1 Tbsp. basil
1 28 oz. can crushed tomatoes	1 bay leaf
28 oz. water	1/4 tsp. salt
1/2 cup white wine	pepper to taste

If using whole squid, chop heads off squid, remove quill and rinse off ink. Chop squid into 1" pieces. Saute leeks and mushrooms in oil in a non-stick pan about 10 minutes. Add garlic and cook one minute more. Add remaining ingredients, simmer uncovered for 30-45 minutes. Remove bay leaf before serving. Serve with crusty bread.

Nutritional information per serving: Calories: 232;  
Carbohydrates: 21gm; Protein: 21gm; Fat: 6gm (22%);  
Cholesterol: 264mg; Sodium: 522mg.



## **SPINACH STUFFED SQUID**

Prep Time: 30 minutes

Serves: 4

2 lbs. whole squid or 1 lb. cleaned	1 cup low fat ricotta cheese
1 10 oz. pkg. frozen spinach	1 Tbsp. Parmesan cheese
1 clove garlic, minced	paprika
1/8 tsp. pepper	lemon juice
4 oz. low fat mozzarella cheese	1/3 cup white wine (optional)

If using whole squid, chop heads off, remove quill and rinse off ink. Squeeze moisture from spinach. Mix spinach, garlic, pepper and cheeses. Stuff loosely into squid and close ends with a toothpick. Place squid side by side in a non-stick baking dish. Add 1/3 cup water or white wine and cover. Bake for 20-25 minutes. Sprinkle generously with paprika and lemon juice and salt to taste.

Nutritional information per serving: Calories: 284;  
Carbohydrates: 11gm; Protein: 33gm; Fat: 11gm (35%);  
Cholesterol: 287mg; Sodium: 347mg.

## **SQUID WITH MUSHROOMS**

Prep Time: 20 minutes

Serves: 4

2 lbs. whole squid or 1 lb. cleaned squid	4 cups cooked pasta
1 Tbsp. margarine	2 cups chopped mushrooms
1 clove minced garlic	1 cup chopped green pepper
3 Tbsp. dry white wine or vermouth	1/4 tsp. salt
3 Tbsp. lemon juice	1/4 cup Parmesan cheese
pepper to taste	4 Tbsp. fresh parsley (or 1 1/2 Tbsp. dry)

If using whole squid, chop heads off squid, remove quill and rinse off ink. Chop squid into 1" rounds. Melt margarine in a large non-stick pan. Saute garlic for 30 seconds. Add wine, lemon juice, pepper, mushrooms, green pepper, and salt. Cook over a

(Continued on the next page.)

low heat for 8-10 minutes until squid is done. Sprinkle with Parmesan cheese and parsley and serve over cooked pasta.

Nutritional information per serving: Calories: 339;  
Carbohydrates: 40gm; Protein: 26gm; Fat: 7gm (19%);  
Cholesterol: 269mg; Sodium: 330mg. (These figures include the calculation for the pasta.)

## STUFFED SQUID

Prep Time: 35 minutes

Serves: 4

1 lb. cleaned squid	2 Tbsp. fresh parsley, minced
or 2 lbs. whole squid	1 1/2 cups seasoned stuffing mix
1 onion, chopped	1/2 cup grated Parmesan cheese
1 1/2 tsp. olive oil	pepper to taste
2 cloves garlic, minced	1/4 tsp. salt

### TOPPING:

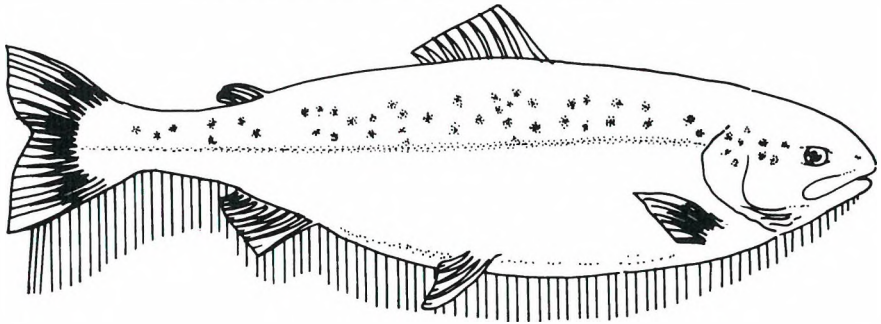
8 oz. tomato sauce  
1/2 tsp. olive oil  
1 clove garlic

Preheat oven to 400 degrees. If using whole squid, chop heads off, remove quill and rinse off ink. Clean squid thoroughly under cold running water. Drain. Chop tentacles, saute in olive oil with onions and minced garlic. Remove from heat and add dry seasoned stuffing mix, Parmesan cheese, parsley, salt, and pepper, mix well. Fill the cavity of each squid with above stuffing, fasten with toothpicks. Place in a baking pan. To make topping, brown the garlic in the olive oil, add tomato sauce, heat through. Pour over the squid and bake for 35 minutes. Serve whole with the sauce.

Nutritional information per serving: Calories: 185;  
Carbohydrates: 15gm; Protein: 18gm; Fat: 6gm (29 %);  
Cholesterol: 203mg; Sodium: 768mg.

# STEELHEAD

(SEA-RUN RAINBOW TROUT  
OR SALMON TROUT)



## LIGHT AND TANGY STEELHEAD

Prep Time: 10 minutes

Serves: 4

1 1/2 lbs. steelhead

1 tsp. Worcestershire sauce

1 tsp. vegetable oil

2 Tbsp. minced onion

2 Tbsp. parsley, chopped fine

1/4 tsp. pepper

2 Tbsp. light soy sauce

5 Tbsp. lemon juice

Combine all ingredients in a small mixing bowl. Marinate steelhead shortly before cooking; brush on marinade during baking, broiling or microwaving. **Microwave** for 4 minutes on high, turn and baste, cook for 4 minutes more on high. **To bake**, set oven on 350 degrees and bake until fish flakes easily with a fork, approximately 15-20 minutes.

Nutritional information per serving: Calories: 197;

Carbohydrates: 3gm; Protein: 29gm; Fat: 7gm (34%);

Cholesterol: 141mg; Sodium: 368mg.

## OVEN FRIED STEELHEAD

Prep Time: 15 minutes

Serves: 4

1 1/2 lbs. steelhead fillets  
1 cup bran or wheat flakes  
(unsweetened)  
1 tsp. ground ginger

2 Tbsp. teriyaki sauce  
1/2 tsp. vegetable oil

Preheat oven to 450 degrees. Lightly oil a pan with the vegetable oil. Wash fillets and pat dry with paper towels. Crush cereal in a clean plastic bag using the heel of your hand. Leave the cereal fairly coarse. Add ginger to cereal. In a shallow pan, pour teriyaki sauce over fish and turn to coat fish. Add fish to plastic bag and shake to coat all sides. Put fish in oiled baking pan. Bake 10 minutes per inch of thickness. Serve with lemon.

Nutritional information per serving: Calories: 221;  
Carbohydrates: 9gm; Protein: 30gm; Fat: 7gm (28%);  
Cholesterol: 141mg; Sodium: 534mg.

## "POACHED" STEELHEAD

Prep Time: 10 minutes

Serves: 4

1 1/2 lbs. steelhead  
1 1/2 cups white wine  
1 1/2 tsp. dill weed  
3 cloves minced garlic

2 tsp. salt  
2 tsp. lemon juice  
parsley to garnish

Heat wine, dill weed, and garlic in skillet until hot. Add fish and simmer until fish flakes when tested with a fork. (Liquid will reduce to about 1/3 cup.) Remove to a platter and pour remaining liquid over fish. Garnish with parsley and sprinkle lemon juice over fish.

Nutritional information per serving: Calories: 195;  
Carbohydrates: 1gm; Protein: 29gm; Fat: 6gm (30%);  
Cholesterol: 141mg; Sodium: 176mg.



## STEELHEAD WITH GREEK BREAD SAUCE

Prep Time: 15 minutes

Serves: 4

1 1/2 lbs. steelhead	1/3 cup white wine vinegar
10 slices white bread crusts removed	1 tsp. lemon juice
1/2 cup hot water	3 Tbsp. freshly toasted sliced almonds
3 medium size garlic cloves, peeled	1/4 cup olive oil

Put bread in food processor container and pour hot water over top to soften. Allow to sit briefly. Add garlic, olive oil, wine vinegar, and lemon juice. Turn on food processor and process until well blended. Sauce should be smooth. Cut steelhead in large squares (about 1 1/2 inches each). Spoon half of sauce over fish, cover the container and let it sit for 30 minutes in the refrigerator. Transfer to the broiler pan and broil chunks of fish 2 inches from the heat for about 8 minutes turning them after 4 minutes. Spoon remaining sauce over fish after turning, sauce will brown slightly. Garnish with sliced almonds and serve immediately.

Nutritional information per serving: Calories: 474;  
Carbohydrates: 29gm ; Protein: 34gm; Fat: 25gm (47%);  
Cholesterol: 141mg; Sodium: 366mg.

## SPICY STEELHEAD

Prep Time: 10 minutes

Serves: 4

1 1/2 lbs. steelhead	1/2 tsp. Worcestershire sauce
1/2 cup tomato sauce	1/8 tsp. pepper
2 Tbsp. onion, minced	1 tsp. basil
1 Tbsp. parsley, minced	2 Tbsp. lemon juice

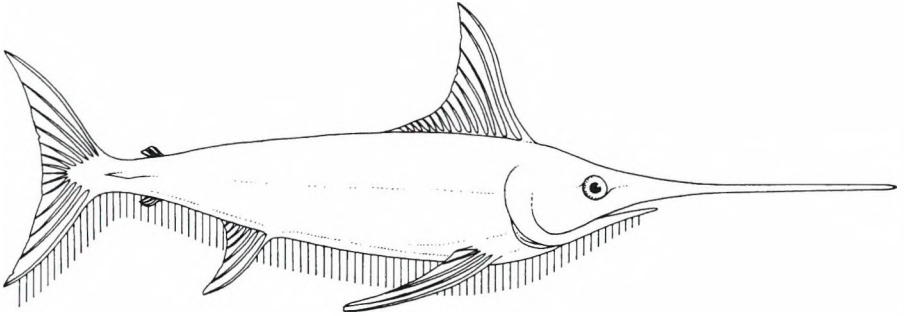
Combine tomato sauce, onion, parsley, Worcestershire sauce, pepper, and basil in a saucepan. Cook and stir 5 minutes over medium heat. Set aside. Brush lemon juice on both sides of fish. Grill steelhead 4 inches from the coals for 5 minutes. Turn fish, baste with tomato mixture and continue cooking until fish flakes when tested with a fork. Thoroughly heat remaining sauce, serve over steelhead.

Nutritional information per serving: Calories: 216;  
Carbohydrates: 2gm; Protein: 36gm; Fat: 6gm (27%);  
Cholesterol: 54mg; Sodium: 94mg.





# SWORDFISH



## HAWAIIAN SWORDFISH

Prep Time: 8 minutes

Serves: 4

1 1/2 lbs. fresh swordfish  
2 Tbsp. cider vinegar  
1 8 oz. can crushed pineapple in juice  
1/2 tsp. garlic powder  
2 Tbsp. dry white wine

Preheat oven to 400 degrees. Place swordfish steaks in a deep baking dish coated with cooking spray. Mix wine, vinegar, garlic and juice from pineapple and pour over fish. Marinate 30 minutes. Pour off liquid. Top with crushed pineapple. Bake for 15-20 minutes or until fish flakes when tested with a fork.

Nutritional information per serving: Calories: 229;  
Carbohydrates: 5gm; Protein: 34gm; Fat: 7gm (28%);  
Cholesterol: 66mg; Sodium: 158mg.

## **SWORDFISH KABOBS**

Prep Time: 15 min.

Grill Set: High

Serves: 4

1 lb. swordfish or other  
firm white fleshed fish,  
cut into 1" chunks

1-2 large green peppers,  
cut into 1" squares

4 oz. fresh mushrooms,  
stems removed

3 small onions, cubed

### **MARINADE:**

2 Tbsp. polyunsaturated margarine

2 tsp. fresh ginger, grated

1 tsp. brown sugar

2 Tbsp. sherry

1/2 tsp. dry mustard

3 Tbsp. light soy sauce

2 cloves garlic, minced

Place swordfish chunks in marinade pan. Make marinade by melting margarine and combining MARINADE ingredients. Stir well and pour over fish. Cover and marinate in refrigerator for 1 hour turning once. Alternately place swordfish, onion, mushrooms, and green pepper on the skewer. Place on lightly greased grill about 4"-5" from coals and cook for 8-10 minutes or until swordfish flakes when tested with a fork.

Nutritional information per serving: Calories: 234;

Carbohydrates: 21gm; Protein: 24gm; Fat: 6gm (23%);

Cholesterol: 47mg; Sodium: 220mg.

## **SWORDFISH MADRID**

Prep Time: 12 minutes

Serves: 4

1 1/2 lbs. swordfish

1/4 tsp. thyme

2 cups canned whole tomatoes, chopped

1/4 tsp. pepper

1 8 oz. can mandarin orange sections

1/4 cup chopped green pepper

1/2 cup chopped onion

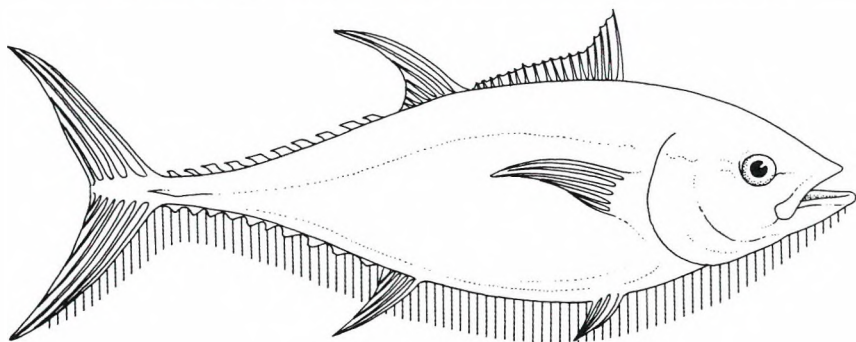
Preheat oven to 375 degrees. Mix together all ingredients except fish and bring to a boil in a saucepan. Place the fish in a glass baking dish coated with cooking spray and pour the sauce over it. Bake for 15 minutes.

Nutritional information per serving: Calories: 265;

Carbohydrates: 14gm; Protein: 36gm; Fat: 7gm (25%);

Cholesterol: 66mg; Sodium: 349mg.

# BLUEFIN TUNA



## FRESH TUNA ESTOFADO

Prep Time: 20 minutes

Serves: 6

1 med. onion, chopped  
1 green pepper, chopped  
2 stalks celery, chopped  
2 cloves garlic, minced  
1 Tbsp. olive oil  
1 lb. fresh tuna, cut in  
chunks, without skin  
4 Tbsp. diced pimento  
1/2 tsp. oregano  
1/2 tsp. salt

1/4 cup chopped parsley  
2 tomatoes, peeled and chopped  
or 1 med. can  
2 large potatoes, cut in 1/2" cubes  
1/3 cup green olives, sliced  
1/2 cup dry white wine  
1 bay leaf  
dash of cayenne  
dash pepper

(Save time by "chopping" in the food processor.)

**Stovetop Directions:** Saute vegetables in hot oil in casserole. Add tuna; saute a few minutes while stirring. Add remainder of ingredients, cover, simmer for 1 hour.

**Microwave Directions:** Stir vegetables and oil in microwave proof casserole; cover, cook on high 5 minutes. Add cut up tuna, cook 3 minutes. Stir in all other ingredients, cook 10-15 minutes covered with lid or plastic wrap; stir once 1/2 way through. Check to see if potatoes are done. Let stand 5 minutes before serving. Serve with crusty bread.

Nutritional information per serving: Calories: 179;  
Carbohydrates: 13gm; Protein: 19gm; Fat: 4gm (22%);  
Cholesterol: 31mg; Sodium: 413mg.

## FRESH TUNA CAKES

Prep Time: 20 minutes

Serves: 4

3/4 lb. tuna, cooked and  
chopped

1 Tbsp. chopped fresh parsley

2 cloves garlic, minced

2 Tbsp. chopped onion

1 egg

3/4 cup bread crumbs

1/4 tsp. salt

1/4 cup oatmeal

1/2 cup skim milk

pepper to taste

1/2 tsp. olive oil

Preheat oven to 450 degrees. Mix all of the above ingredients except oil. Shape into four burgers, put olive oil on the bottom of the baking dish. Place burgers in dish and turn to coat with oil. Bake 8-10 minutes.

Nutritional information per serving: Calories: 232;

Carbohydrates: 19gm; Protein: 26gm; Fat: 5gm (21%);

Cholesterol: 107mg; Sodium: 325mg.

## ORIENTAL TUNA

Prep Time: 7 minutes

Serves: 4

1 1/2 lbs. tuna

1/3 cup soy sauce

1 tsp. salad oil

1 tsp. dried mustard

1/2 tsp. powdered ginger

1/4 tsp. black pepper

1 clove garlic, minced

Preheat oven to 350 degrees. Mix together soy sauce, salad oil, dried mustard, powdered ginger, black pepper, and garlic. Place tuna fillets in pan and pour sauce over tuna. Marinate for 2 hours. Remove tuna from marinade and bake for 20-25 minutes. Baste with marinade. (You may also grill this recipe.)

Nutritional information per serving: Calories: 196;

Carbohydrates: 0gm; Protein: 40gm; Fat: 3gm (13%);

Cholesterol: 76mg; Sodium: 233mg.







