

4 WAYS TO COOK YOUR FISH:

- **Grill:** Preheat a gas grill over medium-high heat. Brush grill lightly with oil, place filets on grill and cook, rotating once halfway through cooking, until cooked through, about 3-5 minutes per side.
- **Bake:** Preheat the oven to 400°F. Season with any seasonings you like (cumin, onion powder, chili powder, garlic powder, salt and pepper). Place the baking dish in the oven and bake for 15 to 20 minutes or until the salmon is cooked through.
- **Skillet/Sauté:** Rinse fillets in cold water and pat dry with paper towels. Season both sides of each fillet with choice of seasonings. Heat a small amount of olive oil in a skillet over medium-high heat. You'll know when it is hot enough if you drop water on the pan it will sizzle up. Cook filets until the fish flakes easily with a fork, about 4 minutes per side.
- **Additional herbs/spices good for fish:** Garlic, onion, lemon/lime, cilantro, dill, parsley, rosemary, chives/scallions, oregano, basil, thyme, cayenne, cumin, curry, black pepper, salt, paprika

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FISH TACOS RECIPE IDEAS:

- **Tilapia with Mango Chutney**
- **Shrimp and Avocado Salsa**
- **Salmon with Cabbage Slaw**

Mango Salsa:

- 1/2 medium red onion, finely chopped
 - 1 jalapeno chile, minced (ribs and seeds included for more heat, if desired)
 - 1 ripe mango, peeled, pitted, and diced (about 1 cup)
 - 2 tablespoons chopped fresh cilantro, plus sprigs for garnish
 - 3 tablespoons fresh lime juice
 - 1 small cucumber, peeled and diced (about 1 cup)
 - ***Option to make as pineapple-tomato salsa, sub mango for pineapple and cucumber for tomato
- In a medium bowl, combine salsa ingredients, season with coarse salt and ground pepper. You can use a food processor or blender to speed up the process of chopping.

Avocado Salsa

- 2 medium avocados (ripe but semi-firm), peeled, cored and diced
- 1/3 cup small diced red onion, run under cool water to remove harsh bite and drain
- 3 Tbsp chopped cilantro
- 1 jalapeno, seeded and minced
- 1 clove garlic, minced
- 2 Tbsp fresh lime juice
- 1 Tbsp olive oil
- Salt and freshly ground black pepper

Cabbage Slaw:

2 cups finely shredded green cabbage (best to use a food processor)
1/2 cup thinly sliced red bell pepper
1/3 cup thinly sliced red onion
2 tablespoons seasoned rice vinegar
2 tablespoons extra-virgin olive oil
1/4 teaspoon salt
1/8 teaspoon freshly ground pepper

Toss cabbage, bell pepper, onion, vinegar and oil in a large bowl. Season with salt and pepper; toss again to combine.

Additional Ideas for Fish Recipes:

- Salmon Patties
- Crab Cakes
- Vietnamese shrimp rolls with shrimp, cilantro, lime, cabbage, carrots
- Fish Stew/Gumbo
- Seafood Ragu (Red Sauce) with basil, oregano, tomatoes
- Roasted Sea Bass/White Fish with bell peppers and cherry tomatoes

WHY FISH?

- **Omega-3 Fatty Acids**
 - Protects against heart disease
 - Lowers blood pressure
 - Improves blood vessel function
 - Lowers triglycerides
 - Reduces inflammation in the body
 - Improves cognition, brain function, memory
- **Vitamin D** – fat-soluble vitamin that functions as a steroid hormone in the body
 - Fish is the best dietary source of vitamin D (Salmon and herring containing the highest amounts – 4 oz. salmon = 100% Vitamin D recommended intake)
 - Most people deficient in Vitamin D (up to 40% in the US)
- **Protein** – 3 oz. white fish 90-130 calories, 26 g protein

BENEFITS OF FISH:

- Heart Health
 - Reduces Risk of heart disease by 36% from eating just 1-2, 3oz. servings weekly
 - Studies show people who eat fish regularly have lower risk of heart attacks, strokes and death from heart disease
- Development
 - O-3's are important for brain and eye development
 - Nursing mothers need to eat enough O-3's for the brain development of their child. However, pregnant women should be
- Age-related disorders: May protect against age-related disorders, memory loss, brain function
 - Studies show people who eat more fish have slower rates of cognitive decline
 - Studies have shown regular intake of fish and O-3 specifically has shown decreases in risk of alzheimers
- Mood: Boost Mood and prevent depression
 - O-3 fatty acids may help with mental disorders and helps to boost mood
- Protects Vision
 - Another study found that eating fatty fish once per week was linked to a 53% decreased risk of neovascular ("wet") macular degeneration (30).
 - In one study, regular consumption of fish was linked to a 42% lower risk of macular degeneration in women (29).

RESOURCES:

<http://www.hsph.harvard.edu/nutritionsource/fish/>
<https://authoritynutrition.com/11-health-benefits-of-fish/>

NUTRITION TO PRINT: <http://dev-seafoodhealthfacts.pantheon.io/sites/default/files/FDATop20SeafoodNutritionChart2006.pdf>

MERCURY PRINT: <http://www.whfoods.com/genpage.php?tname=george&dbid=103>