



HEALTHY WAYS

FISH

Tips!

Fish is a food of excellent nutritional value, providing high quality protein and a wide variety of vitamins and minerals, including **vitamins A and D, phosphorus, magnesium, selenium, and iodine in marine fish. Fish also contains heart healthy fats (omega-3)!**

- Try different varieties of fish such as rock fish ,cod, pollock, snapper, catfish.
- Try it baked, broiled, poached or grilled- not fried.
- Keep it frozen.
- Sautee some minced garlic when cooking to enhance fish flavor.
- Cook with a side of brown rice, potatoes, peppers and onions!
- Cook it in a manner that limits sodium, fat, and calories while still offering the taste you desire.

Steaming offers two benefits for cooking fish: It doesn't dry out the flesh, and it doesn't require any added fat. This method retains most of its nutrients.

Poaching, which refers to cooking the fish in a simmering liquid, is most effective with firm fish fillets. Choose a healthy liquid for poaching. Example: fish stock or water seasoned with onion, garlic and herbs.

Grilling- Fish is great for the grill because it cooks fast without becoming dry. Just be sure grill grates are non-stick or coated with oil. Grilling works best with whole fish or thick, steak-like filets.

Broiling - When the weather's not right for grilling, try broiling instead. Broiling is great when you want a fast, simple, hassle-free preparation with delicious results.

Baking - This may help preserve some of the fish's nutrients, such as its omega-3 fatty acids⁴ and vitamin D. Baking does take longer than other cooking methods, usually 15 to 20 minutes of total cooking time. You may need a little bit of water for some types of fish.

RECIPES

Baked Flaked Fish with Tartar Sauce*

Ingredients:

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| 2 lb fish fillets, such as tilapia, haddock, etc. | 2 large eggs |
| 4 1/4 cups cornflakes cereal | 1/4 cup nonfat milk |
| 1/3 tsp whole wheat flour | Non stick spray |
| 1/2 tsp salt | 1/4 tsp black pepper |
| 1/2 medium lemon | 1/2 cup plain yogurt |
| 1/2 cup low fat mayonnaise | 3 tbsps sweet pickle relish |

Directions:

1. Preheat oven to 350F. Cut fillets into roughly 8 even sized pieces.
2. In a medium bowl, crush cornflakes. In a second medium bowl, mix flour, salt, and black pepper. In a third bowl, add eggs and milk, beat with a fork.
3. Dip each fish fillet into the flour, the egg mixture, then cornflakes. Each piece should be fully coated with corn flakes.
4. Coat baking sheet with non-stick cooking spray or lightly oiled. Place fish on the baking sheet, and spray lightly with cooking spray.
5. Bake fish for 15-20 minutes, until it flakes easily with a fork.
6. In a small bowl, add mayonnaise and yogurt and whisk. Add relish, black pepper, and 2 tsp lemon juice to make tartar sauce for the fish.



RECIPES

Creole Baked Fish

Ingredients:

4 (4oz) fillets of fish
1 1/2 cups brown rice
1 onion, diced
1 bell pepper, diced

2 garlic cloves, minced (or 1/2 tsp garlic powder)
1 (8oz) can of no salt added tomato sauce
1 tsp chili powder
1/4 tsp pepper

Directions:

1. Prepare rice according to package directions. Set aside.
2. Preheat the oven to 375F.
3. In a medium bowl, mix tomato sauce, chili powder, garlic and pepper.
4. Lightly coat a large glass baking dish with cooking spray. Place fish in the baking dish, top with onions and peppers. Pour sauce over fish and vegetables.
5. Cover dish with foil and bake for 30 minutes, or until fish flakes with a fork. Serve with rice.

Fish Tacos

Ingredients:

1 lb rock fish (or other fish)
2 cups coleslaw mix
1/3 cup low fat sour cream/low fat plain yogurt
2 tbsp cilantro (optional)
1 tsp cumin

1 tsp salt
1/2 tsp black pepper
8 corn tortillas
1 tbsp lime juice
1 tsp seafood seasoning

Directions:

1. Preheat oven to 375F.
2. Place rockfish on a baking sheet and lightly coat fish with seafood seasoning (or other spices you like). Bake for 25 minutes, or until fish flakes with a fork.
3. Mix coleslaw, sour cream/yogurt, cilantro, lime juice, cumin, salt and pepper together in a bowl.
4. Reduce cooked rockfish into 1-2 inch piece. Place slaw inside taco shells and top with rockfish.
5. Serve warm and refrigerate leftovers.

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