

# Easy Ways to Include More Fish at Mealtime

At a time when Americans are advised to limit many foods, seafood is among the handful of foods we are encouraged to eat more often. And with the release of the 2015-2020 Dietary Guidelines for Americans, the message is clear:

**Eat two or more servings – at least 8 ounces – of seafood per week.**

Since the average American eats only about half of the recommended amount of seafood, almost everyone needs to shift to eating more fish every week. The Dietary Guidelines specifically pointed out the heart and weight benefits of eating seafood, including reduced risk of CVD (cardiovascular disease) and reduced risk of obesity.<sup>1</sup>

For those who only eat fish occasionally, 8 ounces every week may seem like a stretch. So here are some easy ways to incorporate seafood into meals you're probably already eating:

*Taco Tuesdays* – Whether you eat tacos on Tuesday – or any day – try making fish tacos with grilled mild fish like tilapia, paired with shredded cabbage, light sour cream and plenty of salsa verde (green salsa). This Baja-style fish taco is becoming a popular menu item at casual restaurants; for a short-cut version at home, your tacos could also be topped with pre-seasoned Santa Fe style tilapia found in a pouch in the canned seafood aisle.

*Pasta Night* – Whether you like your pasta smothered in red sauce or white sauce, both are delicious with seafood. Creamy white sauce (which can be made healthy with reduced-fat milk) complements sweeter or delicate seafood like shrimp or crab. Bold red sauce is good with flavorful tuna or salmon. Tilapia in marinara sauce can even be found ready-made in a pouch– ready to top your favorite whole wheat pasta.

*Supermarket prepared food section* – Your supermarket's grab-and-go section is your opportunity to try new flavors! Seafood shines in ethnic recipes; look for seafood curries, Latin American flavors and even pickled or smoked fish. And don't forget the sushi counter – both cooked and uncooked fish are offered with interesting Asian flavors.

*Rediscover the canned food aisle* – The canned food aisle is exploding with options beyond tuna. And even canned tuna has gotten more exciting! Tuna salad is now conveniently packaged in a cup with crackers. Salmon is smoked and ready-to-eat straight from a pouch. Tilapia currently comes in pre-seasoned pouches with appealing flavors like Teriyaki Sesame and Yellow Curry.

*Choose fish for take-out* – Most eateries have seafood on the menu. Choose that option, especially if you don't cook fish often at home.

*Restaurant inspiration* – When eating out, try a new-to-you type of seafood as an appetizer. Starter-sized smaller dishes – with smaller price tags – are a great time to try out mussels, sardines or even trout. Then if you like it, try preparing similar seafood on your own.



<sup>1</sup> "Chapter 1 Key Elements of Healthy Eating Patterns: A Closer Look Inside Healthy Eating Patterns/About Seafood." 2015-2020 Dietary Guidelines for Americans. U.S. Department of Agriculture and U.S. Department of Health and Human Services, 7 Jan. 2016. Accessed 20 Jan. 2016. <http://health.gov/dietaryguidelines/2015/guidelines/chapter-1/a-closer-look-inside-healthy-eating-patterns/#callout-seafood>.



## Tilapia Stemperata with Cauliflower Rice

### Ingredients:

- 3 tablespoons extra virgin olive oil, divided
- 4 cloves garlic, minced
- 1/2 cup pitted green olives, cut in half
- 1/4 cup golden raisins
- 1/4 cup fresh mint, chopped
- 1 tablespoon capers, rinsed
- 3 tablespoons red wine vinegar
- 3 (3 ounce) Chicken of the Sea® Marinara Tilapia pouches, broken into pieces
- Salt and ground black pepper to taste
- 1 head cauliflower or 1 (12 ounce) bag cauliflower florets

### Directions:

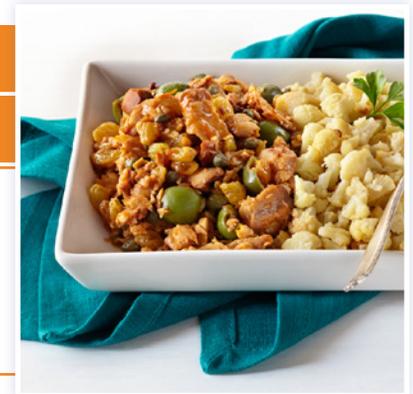
1. Preheat oven to 400° F. Line a large baking sheet with foil or parchment paper and set aside.
2. Place 2 tablespoons of the olive oil in a medium skillet over medium heat. Add garlic and cook, stirring constantly, until soft, about 2 minutes. Add olives, raisins, mint and capers and cook, stirring frequently, for 3 minutes. Add vinegar and cook for 3 minutes more. Remove from heat and stir in tilapia; season with salt and pepper. Cool to room temperature before serving.
3. Meanwhile, break cauliflower into 1 inch pieces and chop coarsely (alternatively, pulse in a food processor until coarsely chopped). Spread on prepared baking sheet and drizzle with remaining olive oil, tossing to coat. Sprinkle with salt and pepper and roast until golden brown, about 30 minutes. Remove from heat.
4. To serve, spoon tilapia mixture over cauliflower rice and serve immediately.

**TOTAL TIME:**  
**60 MINUTES**

**SERVINGS:**  
**5**

### NUTRITION:

Calories 180  
Fat 10g  
Protein 10g  
Carbs 15g  
Sodium 800mg  
Sugar 8g



Recipe provided by Chicken of the Sea®

## Santa Fe Tilapia Noodle Bowl

### Ingredients:

- 1 (3 ounce) Chicken of the Sea® Tilapia in Santa Fe Sauce pouch, broken into pieces
- 2 sweet baby bell peppers, any color, sliced
- 3/4 cup rice noodles, cooked according to package directions and cooled
- 2 tablespoons queso fresco, crumbled
- 1 tablespoon roasted pepitas
- 1/4 large ripe avocado, sliced
- 1/4 cup jarred nopales, drained and sliced (optional)
- 1 lime wedge

### Directions:

1. Place tilapia and peppers in a small bowl. Toss gently to combine.
2. Place rice noodles in a bowl and spoon tilapia mixture over the top. Garnish with queso fresco, pepitas, nopales (optional) and lime. Top with avocado.
3. Refrigerate until ready to serve.

**TOTAL TIME:**  
**15 MINUTES**

**SERVINGS:**  
**1**

### NUTRITION:

Calories 680  
Fat 17g  
Protein 23g  
Carbs 110g  
Sodium 470mg  
Sugar 8g



Recipe provided by Chicken of the Sea®

