

Top 5 Reasons to Eat More Tilapia

If you are like most Americans, you probably aren't eating fish twice a week. Yet fish and seafood are one of the most important foods for good health. In fact, the 2015-2020 Dietary Guidelines highlighted seafood as a food that everyone should be eating more often – at least 8 ounces per week.¹ Tilapia is a great place to start. The mild taste and budget-friendly cost of tilapia makes it one of the most popular fish on restaurant menus and for home cooks.

Here are five reasons to eat more tilapia:

- 1. Delicious goes-with-everything taste** – Tilapia has a mild flavor that is perfect for those just learning to like seafood. It can be served with Italian pasta sauce over noodles, stuffed into a fish taco with salsa, simmered in an Indian curry, or seasoned with teriyaki sauce. Kids often appreciate the plain white fish seasoned simply and even served with ketchup!
- 2. Quick to prepare** – Tilapia is nature's fast food! Prepared by most methods, Tilapia can be cooked in around 10-15 minutes. When topped with panko bread crumbs and baked in the oven, fillets can be done in about 9 minutes. Lean, delicate tilapia comes out moist and tender when steamed or poached for about 14 minutes. And for a technique that cooks fish at a slower rate (with less chance to overcook) try cooking in the slow cooker on high for about 20 minutes. And for zero prep time, open a pouch of pre-cooked tilapia fillets in Santa Fe sauce.
- 3. Economically price and easy to find** – Tilapia is available in at least three places in the supermarket. In terms of a budget-friendly fish, Tilapia is one of the least expensive available. At the fresh fish counter, Tilapia fillets usually cost less than most other fish. The same is true in the frozen food aisle where Tilapia generally is less expensive than other animal proteins too. And in the reasonably-priced canned food aisle, Tilapia can be purchased ready-to-eat in convenient pre-seasoned pouches so that no extra ingredients are required for purchase.
- 4. Tilapia is a sustainable choice** – Tilapia from the US, Canada, Ecuador and Peru has been awarded a "Best Choice" recommendation and tilapia from Taiwan, China, Indonesia and Mexico was awarded a "Good Alternative" by the Monterey Bay Aquarium Seafood Watch.² The Environmental Defense Fund Seafood Selector has given Tilapia a "Best" or "OK" eco-rating (and no 'Worst' ratings.)³
- 5. A lean protein** – All fish is packed with protein. A 3-ounce serving of Tilapia has a whopping 23 grams of protein with only 2 grams of fat and 110 calories. Including more lean protein in the diet can help maintain a healthy weight and healthy blood sugars. Eating protein at every meal and snack can help you feel satisfied and full longer.



¹Chapter 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>.

²"Seafood Search." Tilapia Recommendations from the Seafood Watch Program. Web 20 Jan. 2016. <http://www.seafoodwatch.org/seafood-recommendations/groups/tilapia>.

³"Tilapia." Seafood Selector. EDF Seafood Selector, 13 Nov. 2012. Accessed 20 Jan. 2016. <http://seafood.edf.org/tilapia>.



Top 5 Reasons *continued*

Curried Tilapia Spinach with Brown Rice

Ingredients:

- 2 teaspoons olive oil
- 1/4 teaspoon curry powder
- Pinch ground coriander
- 1/4 cup finely chopped red bell pepper
- 4 cups loosely packed baby spinach
- 2 (3 ounce) Chicken of the Sea® Tilapia in Yellow Curry sauce pouches
- Salt and ground black pepper to taste
- 1 cup frozen brown rice, cooked according to package directions

Directions:

1. Place olive oil in a small skillet over medium heat. Add curry powder, coriander and red pepper and cook, stirring frequently, for 2 minutes.
2. Add spinach and tilapia, stir gently to combine; cook just until spinach begins to wilt. Remove from heat and season with salt and pepper.
3. Serve over brown rice.

TOTAL TIME:
15 MINUTES

SERVINGS:
2

NUTRITION:

Calories 290
Fat 9g
Protein 18g
Carbs 37g
Sodium 840mg
Sugar 6g



Recipe provided by Chicken of the Sea®

Tilapia and Queso Popovers

Ingredients:

Popovers

- 3 large eggs
- 3/4 cup whole milk
- 3/4 cup all-purpose flour
- 1/4 teaspoon salt

Filling

- 2 (3 ounce) Chicken of the Sea® Tilapia in Santa Fe sauce pouches, broken into pieces
- 2 green onions, chopped
- 3/4 cup queso fresco, crumbled
- 1 cup shredded Monterey Jack or Pepper Jack cheese
- 1/2 teaspoon chili powder

Directions:

1. Place rack in center of oven; remove top rack if necessary so popovers have room to expand. Preheat oven to 400° F. Spray a 12 compartment mini popover pan with non-stick cooking spray and place pan in oven to heat for about 5 minutes.
2. Place eggs and milk in a medium bowl and whisk to combine. Add flour and salt and whisk until well blended, about 1 minute.
3. Pour batter into hot popover pan, filling compartments to 3/4 full.
4. Bake 15-20 minutes or until golden brown and puffed (do not open the oven door during baking).
5. Remove from oven. Using a paring knife, partially slice open the top of each popover, cutting down the middle, to allow steam to escape. Let cool for 2 minutes before handling.
6. Reduce heat to 350° F.

TOTAL TIME:
35 MINUTES

SERVINGS:
6
(2 per serving)

NUTRITION:

Calories 270
Fat 15g
Protein 19g
Carbs 15g
Sodium 490mg
Sugar 3g



Recipe provided by Chicken of the Sea®

7. Meanwhile, place tilapia in a medium bowl and break up with a fork. Add green onions, queso fresco, Jack cheese and chili powder, stirring to combine.
8. Pushing the cut part of the popovers open, spoon mixture into popovers. Pinch the top closed around filling and return to oven until heated through, about 5 minutes. Serve hot.

