

What if I Don't Like Fish?

Surprisingly Delicious Ways to Get More Seafood Into Your Diet

Nearly all of us should be eating more seafood.

Seafood literally saves lives:

Eating seafood two times per week **reduces the risk of death from any health-related cause by 17 percent.**¹

It is estimated that **50,000 deaths from heart disease and stroke are avoided** per year by those eating the recommended amount of fish.²

As a result of the excellent nutritional profile of seafood – including omega-3 fatty acids, vitamin D and B-vitamins – the 2015 Dietary Guidelines for Americans **recommends that Americans eat a variety of seafood at least twice a week.**³

But what if you don't like fish? **Here are ideas to help you eat and enjoy those two servings of seafood weekly:**

Start with lighter & sweeter tastes – Canned shrimp and refrigerated/canned crab have lighter, sweeter tastes than darker, oilier fish. Canned seafood is budget-friendly, and it's pre-cooked which helps decrease 'fishy' aromas that may come from cooking in your kitchen.

TRY IT OUT: *Shrimp sandwich filling or crab dip with chips* – Mix canned shrimp or refrigerated/canned crab with plain Greek yogurt; the creaminess of the yogurt will make it taste less 'fishy.'

TRY IT OUT: *Soup or pasta dishes* – The texture of canned shrimp or crab is perfect as they nearly 'dissolve' into any one-pot meal.

It's burger time – Make a crab cake by forming a burger patty made with canned shrimp, crab or tuna or even a lighter cooked fish like tilapia, along with grated cooked potatoes, chopped green onions and a bold spice like curry powder or smoked paprika.

TRY IT OUT: Fry up *seafood burgers* in a bit of oil and serve in a bun piled high with interesting toppings like pickled veggies or Sriracha sauce!

Make fish familiar – Top your family's favorite recipes with fish:

TRY IT OUT: Serve mild white fish or canned shellfish on hearty brown rice and top with salsa and crushed corn tortilla chips. Or serve *seafood atop pasta*, smothered in tomato sauce with a sprinkle of cheese.

Add ethnic appeal – Go bold! Enjoy searching for ethnic recipes on Pinterest or recipe web sites.

TRY IT OUT: Look for savory recipes like *Vietnamese oyster pancakes* using canned oysters; try an *Asian pasta dish* with canned shrimp and soy sauce. Or look for a *hot and sour soup* and add in canned crab – which will 'melt' into the soup.



¹Mozaffarian D, Rimm EB. Fish intake, contaminants, and human health: evaluating the risks and the benefits. JAMA. 2006;296:1885-99

²FDA, Quantitative Assessment of the Net Effects on Fetal Neurodevelopment from Eating Commercial Fish (As Measured by IQ and also by Early Age Verbal Development in Children). Accessed 8/24/15: <http://www.fda.gov/Food/FoodborneIllnessContaminants/Metals/ucm393211.htm>.

³U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>.



What if I Don't Like Fish *continued*

Lemon Garlic Shrimp

Ingredients:

- 2 tablespoons extra virgin olive oil
- 3 tablespoons minced garlic
- 1/4 cup lemon juice
- 1/4 cup minced fresh parsley
- 1/2 teaspoon sea salt
- 1/2 teaspoon pepper
- 6 (4 oz) cans Chicken of the Sea® Shrimp (any size shrimp)
- Add couscous cooked in water or broth (optional)

Directions:

1. In a small skillet, add olive oil and heat garlic over low heat about 1 minute.
2. Add lemon juice, parsley, salt, pepper and shrimp.
3. Continue to cook another 1-2 minutes over low heat.
4. Serve immediately with couscous (optional) or chill and serve cold.

TOTAL TIME:
5 MINUTES

SERVINGS:
8

NUTRITION:

Calories 110
Fat 4.5g
Protein 15g
Carbs 3g
Sodium 600mg
Sugar 2g



Recipe provided by Chicken of the Sea®

Fiesta Smoked Salmon Tostadas

Ingredients:

- 2 teaspoons olive oil
- 1/2 seeded and minced, fresh Serrano pepper
- 1/4 teaspoon minced fresh garlic
- 1 (15 ounce) can black or pinto beans, rinse and drain
- 4 heated, pre-fried, flat, gluten free tostada shells
- 1 cup shredded lettuce
- 1/2 cup shredded 3-Cheese Mexican Blend
- 1/2 cup diced tomatoes
- 1/2 cup diced avocados (or guacamole)
- 1 (3 ounce) Chicken of the Sea® Smoked Salmon pouch, flaked into bite-size pieces
- Lime wedges

Directions:

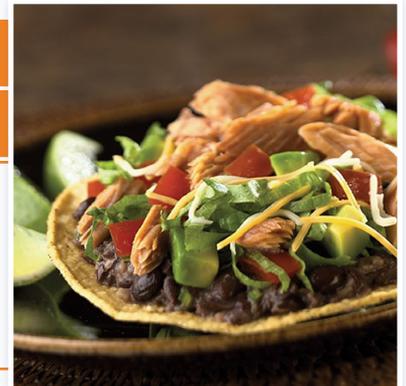
1. In a saucepan, heat olive oil over medium heat.
2. Sauté Serrano pepper and garlic until light golden brown.
3. Add beans and coarsely mash while heating through; add salt to taste.
4. Evenly divide and spread the cooked beans over the tostada shells.
5. Layer tostadas with lettuce, cheese, tomatoes, avocados and smoked salmon.
6. Squeeze lime over entire tostada.
7. Serve immediately.

TOTAL TIME:
10 MINUTES

SERVINGS:
4

NUTRITION:

Calories 250
Fat 13g
Protein 14g
Carbs 26g
Sodium 520mg
Sugar 3g



Recipe provided by Chicken of the Sea®

