

New News about Seafood for Young Families



The new news is good news: over 90 percent of the fish being eaten in America is from the government's new "Best Choices" list.¹ This new report, "Eating Fish: What Pregnant Women and Parents Should Know" was recently released by the U.S. Food and Drug Administration and the U.S. Environmental Protection Agency. Accompanying the report was the "Advice about Eating Fish" chart, an infographic that shows 62 types of fish categorized as "Best Choices," "Good Choices" or "Fish to Avoid."²

The bad news is that we're not eating enough fish overall. Unfortunately, 50 percent of pregnant women surveyed ate fewer than 2 ounces of fish per week, far less than the recommended amount.³ The new report recommends:

Pregnant and nursing women, and young children should get two to three servings of lower-mercury fish per week.

Getting two to three weekly servings of salmon, tuna, tilapia, and other seafood is especially important for new moms and children. Fish and seafood are one of the few natural sources of omega-3 fats which are essential for brain and eye development.

So, how does this advice get brought to the table? Cooking fish can sometimes feel intimidating, but opening a can of salmon is easy and affordable. Best of all, canned salmon is on the 'Best Choices' list.

Two ounces of canned salmon contains:

- Protein – 13 grams of high-quality protein
- Omega 3 fats – 350 milligrams of heart-healthy fatty acids
- Only 60 calories

Canned salmon makes these meals nutrient-rich:

Fish tacos on Taco Tuesday – or any day. Top a tortilla or taco shell with canned salmon, black beans, lettuce, salsa, and low-fat sour cream.

Maximize nutrition in mac and cheese. When making the kids' favorite box of mac and cheese, cut the sodium by using only half of the powdered cheese packet. Then, add a drained can of salmon plus thawed frozen peas for a creamy riff on tuna noodle casserole.

Scoop up salmon. For a veggie- and protein-packed snack, mix a drained can of salmon with a container of hummus. Serve this dip with whole grain pita bread, and crunchy carrot and celery sticks.

¹ U.S. Food and Drug Administration and the U.S. Environmental Protection Agency, FDA and EPA issue final fish consumption advice. <https://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm537362.htm>. January 2017.

² <https://www.fda.gov/Food/FoodbornellnessContaminants/Metals/ucm393070.htm#Advice>

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Seafood for Young Families *continued*

Salmon Salad with Strawberries & Avocado

Ingredients:

Salad

- 4 cups baby spinach
- 1 1/2 cups sliced strawberries
- 1 ripe avocado, peeled and seeded, cubed

Dressing

- 2 tablespoons extra-virgin olive oil
- 1 tablespoon fresh lime juice
- 1 tablespoon minced shallot
- 1/2 tablespoon white wine vinegar
- 1/2 tablespoon honey
- 1 teaspoon poppy seeds

Toppers

- 1 (2.5-ounce) pouch Chicken of the Sea® Lemon Pepper Flavored Salmon
- 1 teaspoon fresh lime juice
- Pinch of salt and pepper

Directions:

1. Add spinach, strawberries, and avocado to a large bowl, and prepare dressing by whisking together the oil, lime juice, shallot, vinegar, honey, and poppy seeds. Toss salad with the dressing; then divide among two plates or bowls.
2. Place 1/2 of the salmon pouch evenly on top of each salad. Drizzle the lime juice over the top and season with salt and pepper.

TOTAL TIME:
15 MINUTES

SERVINGS:
2

NUTRITION:

Calories 350
Fat 26g
Sodium 220mg
Carbs 23g
Sugar 9g
Protein 11g



Recipe provided by Chicken of the Sea®

Salmon Stack

Ingredients:

Cilantro-Lime Rice

- 1/2 cup uncooked brown rice
- 1 teaspoon chopped cilantro
- 1/4 teaspoon lime juice
- Pinch of salt

Avocado

- 1 medium ripe avocado, peeled and seeded
- 1/8 teaspoon lime juice
- Pinch of salt

Spicy Mayo

- 1/2 cup mayonnaise
- 1 tablespoon sriracha (or less to taste)
- 1/2 teaspoon chili oil
- 1 medium cucumber, peeled and chopped
- 2 (5-ounce) cans Chicken of the Sea® Skinless & Boneless Pink Salmon, drained
- 3 green onions, chopped

Directions:

1. Prepare the rice according to the package directions.
2. Once cooked and cooled add in the cilantro, lime juice and a pinch of salt to taste.
3. Mash the avocado in a small bowl. Add a splash of lime juice, and a pinch of salt. Stir to combine.
4. Prepare the spicy mayo by mixing the mayonnaise, sriracha, and chili oil together. Add less oil and/or sriracha to make it less spicy (if desired). Stir to combine.
5. In a small bowl add the salmon and about 1 tablespoon of the spicy mayo. Stir to combine. Salt to taste.
6. In a 1 cup measuring cup add 1/4 of the chopped cucumber. Spread 1/4 of the mashed avocado on top of the cucumber and press down to ensure it is packed into the cup. Add 1/4 of salmon mixture, pressing down so it is packed. Then add 1/4 of the cilantro lime rice, press down again to pack.
7. Run a butter knife along the inside of the cup. Turn the cup upside down carefully onto a flat surface and gently lift. Repeat with the remaining ingredients.
8. Sprinkle each stack with green onion and drizzle with spicy mayo. Serve immediately.

TOTAL TIME:
20 MINUTES

SERVINGS:
4

NUTRITION:

Calories 430
Fat 28g
Sodium 510mg
Carbs 26g
Sugar 3g
Protein 21g



Recipe provided by Chicken of the Sea®

