

Picnics: A Delicious Way to Eat Healthy

Picnicking is hot, literally. When warm weather comes, people move to dining al fresco. According to trend watchers, picnickers are looking for new foods to spread out on their picnic blankets.¹

Packing a picnic is a healthy way to eat. Portion-control can be easier, as people only pack what they can carry. Walking to find the perfect picnic spot is good physical activity. And a wide variety of fresh produce is in season in the spring and summer. Some of the best foods to bring on picnics do not need to be kept cold. Think:

- Tins and pouches of canned fish, like mackerel
- Whole grain breads and crackers
- Colorful fruits and vegetables
- Cheeses and plain yogurts – if consumed within 2 hours, refrigeration is not needed
- Fresh herbs like dill, mint, and fresh chives to top fish



According to Bon Appetit magazine, "Picnic food should keep well, be easy to transport, and of course be delicious."² Because tasty tins of fish are easy-open and don't require a can opener, they are perfect picnic foods. One often overlooked tin in the seafood aisle is canned mackerel. Chicken of the Sea Mackerel Fillets are packed with protein, healthy omega-3 fats and a pleasant salty taste of the sea.

A serving (4.4 ounces) of mackerel fillets has 20 grams of protein, over 200% (1006 IU) of the daily recommended value of vitamin D and only 140 calories

Mackerel is a powerhouse of vitamin D and protein. And, mackerel is on the new "Best Choices" list of seafood to consume two to three times weekly, as recommended by the Food and Drug Administration and the Environmental Protection Agency.³ The Seafood Watch program gives mackerel a 'Best Choice' or 'Good Alternative' distinction.⁴

When dining on a picnic blanket (or any time!), tins of mackerel fillets taste delicious on whole grain rye crackers, topped with plain yogurt and fresh chives or dill.

¹Restaurant Hospitality, When dining out means outdoors

<http://www.restaurant-hospitality.com/food-trends/packing-picnic>

²Bon Appetit, Grab Your Woven Wood Basket Because These Recipes Are Picnic-Ready <http://www.bonappetit.com/recipes/slideshow/picnic-food-recipes>

³U.S. Food and Drug Administration and the U.S. Environmental Protection Agency, Eating Fish: What Pregnant Women and Parents Should Know. <https://www.fda.gov/Food/FoodbornellnessContaminants/Metals/ucm393070.htm#Advice>, January 2017.

⁴Monterey Bay Aquarium Seafood Watch <http://www.seafoodwatch.org/seafood-recommendations/groups/mackerel?q=Mackerel&t=mack>



Mackerel on Rye

Ingredients:

- 1 (4.4-ounce) can Chicken of the Sea® Mackerel fillets, drained
- 1 lemon, juiced and zested
- 2 tablespoons light or vegan mayonnaise (made with olive oil)
- 1/2 teaspoon horseradish (optional)
- 2 slices rye bread, toasted
- 3 tablespoons finely diced red onion
- 1 teaspoon chopped fresh dill
- Salt and pepper to taste

Directions:

1. In a small bowl, toss together mackerel, lemon juice and zest, mayonnaise and horseradish, if using. Spread atop bread. Garnish with onions and dill. Add salt and pepper to taste.

TOTAL TIME:
10 MINUTES

SERVINGS:
2

NUTRITION:
Calories 210
Fat 9g
Sodium 400mg
Carbs 15g
Sugar 3g
Protein 17g



Recipe provided by Chicken of the Sea®

Moroccan Stuffed Peppers

Ingredients:

- 2 red bell peppers, seeded and halved
- 3/4 cup cooked quinoa
- 1/4 cup sliced almonds
- 1/4 cup chopped dried apricots
- 1/4 cup chopped sweet onion
- 3 cloves garlic, finely chopped
- 1/2 cup vegetable broth
- 2 tablespoons olive oil
- 1 lemon, juiced and zested
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground ginger
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground coriander
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon ground allspice
- 2 (4.4-ounce) cans Chicken of the Sea® Mackerel fillets, drained
- 2 tablespoons chopped fresh parsley

Directions:

1. Heat oven to 400°F. Place peppers on a parchment-lined baking sheet. Bake for 10 minutes, or just until they begin to soften.
2. In a small bowl, toss together quinoa, almonds, apricots, onion, garlic, broth, olive oil, lemon juice and zest. Sprinkle with spices. Toss to coat. Gently fold in mackerel. Spoon mixture into peppers. Bake another 15-20 minutes, until the edges of the peppers wilt and quinoa begins to brown.
3. Garnish with parsley. Serve and enjoy.

TOTAL TIME:
30 MINUTES

SERVINGS:
4

NUTRITION:
Calories 320
Fat 15g
Sodium 500mg
Carbs 26g
Sugar 3g
Protein 19g



Recipe provided by Chicken of the Sea®