Hidden in the canned seafood aisle of the supermarket is a treasure: canned oysters. This budget-friendly, sustainable protein source has a wealth of nutrients not found in many other foods.

Here’s a snapshot of the distinctive nutrients found in oysters:

- **Zinc** – Many women don’t get enough unless they eat adequate amounts of red meat.
- **Vitamin B12** – People who don’t eat animal products may be deficient; vitamin B12 may help with mental well-being.
- **Omega-3 fats** – Even low-fat seafood like oysters contain heart-healthy omega-3 fatty acids.\(^1\)
- **Selenium** – An antioxidant that helps bolster the immune system
- **Chromium** – Enhances the action of insulin, and may help people who have diabetes manage better glucose control

The unique nutrient profile of oysters makes them an excellent food to include more often on the plates of women and children, as these groups sometimes fall short in the above nutrients. But for most moms, canned oysters are probably not top-of-mind when planning dinner. However, there are signs this may be changing as a new generation – millennials – become moms.

Half of millennials identify themselves as ‘foodies,\(^2\) and trend watchers predict millennial moms and dads will be feeding their families in new ways:

**Sustainable eats** – Oysters are one of the few seafood options available for which every variety has been given a ‘Best Choice’ rating by Monterey Aquarium Seafood Watch.\(^3\) If it’s an oyster, it’s sustainable.

*Quick meal idea: Make a brown rice bowl and top with canned oysters and lots of sustainable plant foods like beans and veggies.*

**Global eats** – Cooks are experimenting with more authentic global recipes, especially Indian and Chinese food.\(^4\) Canned oysters can be an inexpensive way to cook international flavors.

*Quick Meal: Oyster omelets are a classic Chinese dish of eggs and oysters; top with a spicy chili sauce mixed with lime juice.*

**Nutritious eats** – The newest Dietary Guidelines encourage everyone, including children to eat a variety of seafood at least twice a week for brain-boosting benefits.\(^5\)

*Quick Meal: Put a healthy spin on a family favorite by adding canned oysters. This recipe for Oyster Mac and Cheese is a delicious example.*

---

\(^1\) Omega 3 Fats and Seafood: https://www.hsph.harvard.edu/nutritionsource/omega-3-fats-and-seafood/
\(^2\)3 Ways the Millennial Foodie is Changing the Food Industry: http://www.bizjournals.com/bizjournals/how-to/marketing/2014/05/3-ways-millennial-foodie-is-changing-food-industry.html?page=all
\(^3\) Monterey Bay Aquarium Seafood Watch. https://www.seafoodwatch.org/seafood-recommendations/groups/oysters
Oyster Etouffée

Ingredients:
- 2 tablespoons unsalted butter
- 1/4 cup flour
- 1 green bell pepper, diced
- 2 stalks celery, diced
- 1/2 cup diced yellow onion
- 2 cloves garlic, minced
- 2 cups low sodium chicken broth, warmed
- 1 tablespoon sweet Hungarian paprika
- 2 teaspoons seafood spice seasoning (such as Old Bay)
- 1 (15-ounce) can crushed tomatoes
- 2 (8-ounce) cans Chicken of the Sea® Whole Oysters, rinsed and drained
- 2 tablespoons fresh squeezed lemon juice
- Salt and ground black pepper to taste
- 1/4 cup Italian parsley, chopped

Directions:
1. Place butter in a large saucepan over medium heat. Add flour and cook, stirring constantly until lightly golden. Add bell pepper, celery, onion and garlic and cook, stirring frequently, until softened, about 5 minutes.
2. Whisk in chicken broth and bring to a boil over high heat. Reduce heat, stir in paprika and seafood spice seasoning, and simmer for 10 minutes, stirring frequently.
3. Add crushed tomatoes and simmer for 10 minutes. Add oysters and lemon juice and cook for 5 more minutes. Remove from heat and season with salt and pepper. Stir in parsley before serving. Serve hot.
4. Using a ladle, portion the soup into bowls and top with the cheese and basil.
5. Serve over brown rice.

Oyster and Egg Salad

Ingredients:
- 5 hard-boiled eggs, peeled and coarsely chopped
- 2 celery stalks, chopped
- 1/3 cup light mayonnaise
- 1/4 cup chopped red onion
- 3 tablespoons pepperoncini peppers, chopped
- 3 tablespoons shredded Parmigiano Reggiano cheese
- 2 tablespoons pimientos, chopped
- 1 (3.75-ounce) can Chicken of the Sea® Smoked Oysters in Oil
- Salt and pepper to taste
- 2 avocados, halved and pitted
- Italian parsley, finely chopped

Directions:
1. In a large bowl, combine the eggs, celery, mayonnaise, onion, pepperoncini, cheese and pimientos; mix well.
2. Gently fold the oysters into the egg mixture. Season with salt and pepper.
3. Top each avocado half with approximately 1/4 of the oyster mixture.
4. Lightly sprinkle each avocado half with the parsley. Serve immediately.