



United States Department of Agriculture

MyPlate KITCHEN

SEAFOOD

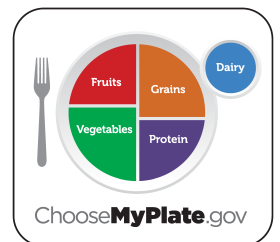


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Baked Trout



Makes: 6 servings

Tangy lime, sweet tomatoes, and savory onions make this trout colorful and tasty.

Ingredients

- 2 pounds trout fillets (or other fish, cut into six pieces)
- 3 tablespoons lime juice (or about 2 limes)
- 1 tomato (medium, chopped)
- 1/2 onion (medium, chopped)
- 3 tablespoons cilantro (chopped)
- 1/2 teaspoon olive oil
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 1/4 teaspoon red pepper (optional* - used in analysis)

Directions

1. Preheat oven to 350 degrees.
2. Rinse fish and pat dry. Place in baking dish.
3. In a separate dish, mix remaining ingredients together and pour over fish.
4. Bake for 15 to 20 minutes or until fork-tender.

* Used in analysis

Source: National Heart, Lung and Blood Institute (NHLBI), [Delicious Heart Healthy Latino Recipes/Platillos latinos sabrosos y saludables](#)

Nutrition Information

Serving Size: 1 piece fish, 1/6 of recipe (204g)

Nutrients Amount

Total Calories **153**

Total Fat **4 g**

Saturated Fat 1 g

Cholesterol 69 mg

Sodium **135 mg**

Carbohydrates **3 g**

Dietary Fiber 1 g

Total Sugars 1 g

Added Sugars included 0 g

Protein **24 g**

Vitamin D N/A

Calcium 84 mg

Iron 1 mg

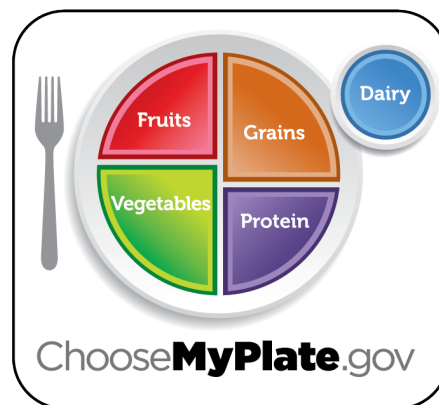
Potassium 643 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Vegetables 1/4 cups

 Protein Foods 4 ounces



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Tuna Salad on Greens



Makes: 4 servings

Tuna salad served on a bed of lettuce and veggies with a whole grain cracker on the side make this an easy and delicious lunch. Have a piece of fruit as a tasty side dish or dessert.

Ingredients

- 4 whole grain crackers
- 4 cups romaine lettuce (chopped)
- 1 carrot (peeled and grated)
- 1 tomato (chopped)
- 1/4 red onion (chopped)
- 1 tablespoon olive oil
- 3 tablespoons vinegar (red wine)
- 1 teaspoon Italian seasoning
- dash black pepper (fresh cracked)
- 6 ounces tuna, low sodium, canned in water (drained)
- 1/3 cup mayonnaise, low-fat
- 1/4 cup celery (chopped)
- 1/4 cup green onion (chopped)

Directions

1. Place lettuce, vegetables, oil, vinegar and herbs in a large salad bowl. Toss together.
2. Mix ingredients for tuna salad in another medium sized mixing bowl.
3. Assemble salad by placing greens on a large plate. Top with a scoop of tuna salad.

Source: Food and Health Communications, Inc., Cooking Demo II, p.233

Nutrition Information

Serving Size: 2 cups, 1/4 of recipe (203g)

Nutrients Amount

Total Calories **189**

Total Fat **12 g**

Saturated Fat 2 g

Cholesterol 19 mg

Sodium **234 mg**

Carbohydrates **8 g**

Dietary Fiber 2 g

Total Sugars 2 g

Added Sugars included 0 g

Protein **12 g**

Vitamin D N/A

Calcium 47 mg

Iron 1 mg


Potassium 390 mg

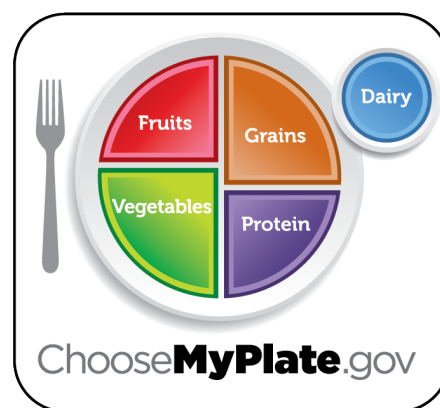
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MyPlate Food Groups

 Vegetables 3/4 cups

 Grains 1/6 ounces

 Protein Foods 1 1/2 ounces



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Baked Fish and Vegetables



Makes: 4 servings

Cook Time: 40 minutes

Frozen fish is a good option when you need a quick meal. Wrap it up in some foil with vegetables and bake for only 10 minutes!

Ingredients

- 4 4-ounce white fish fillets (frozen, or cod or perch)
- 2 cups mixed vegetables (frozen)
- 1 onion (small, diced)
- 1 teaspoon lemon juice (or fresh lemon, sliced thin)
- 1 tablespoon parsley flakes (dried or fresh chopped)
- aluminum foil (10x12 inches square)

Directions

1. Preheat oven to 450 degrees.
2. Separate and place fish fillets in center of each tin foil square.
3. Combine frozen vegetables and diced onion in bowl and mix. Spoon vegetables around fillets.
4. Sprinkle with lemon juice (or top with lemon slice) and add parsley on top. Fold ends of tin foil together to form leak-proof seal.
5. Bake for 10 minutes. Serve.

Source: University of Minnesota, Cooperative Extension Service, [Simply Good Eating Recipe Cards, Vol. 1, 2000](#)

Nutrition Information

Serving Size: 4 oz. fish and 1/2 C. vegetables,
1/4 of recipe (306g)

Nutrients Amount

Total Calories **145**

Total Fat **1 g**

Saturated Fat 0 g

Cholesterol 49 mg

Sodium **355 mg**

Carbohydrates **15 g**

Dietary Fiber 5 g

Total Sugars 4 g

Added Sugars included 0 g

Protein **19 g**

Vitamin D 1 mcg

Calcium 42 mg

Iron 1 mg

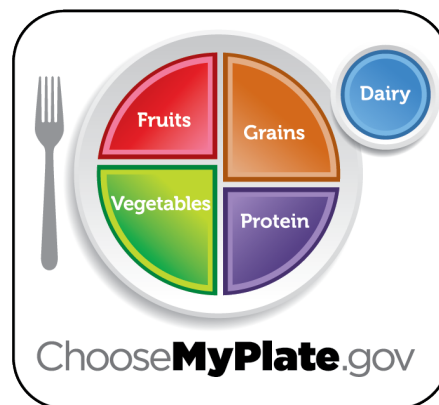
Potassium 454 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Vegetables 3/4 cups

 Protein Foods 2 3/4 ounces



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Salmon Loaf



Makes: 8 servings

This delicate salmon loaf is lower in calories than traditional meat loaf, and pairs well with steamed spinach or broccoli, and roasted sweet potatoes.

Ingredients

- 1 can salmon (15 1/2 ounce)
- 2 cups bread crumbs, soft
- 1 onion (large, chopped)
- 1 tablespoon margarine (melted)
- 1/4 cup celery (diced)
- 1 cup milk, 1%
- 1 tablespoon lemon juice
- 1 teaspoon parsley (dried)
- 2 egg (large)

Directions

1. Preheat oven to 325 degrees.
2. Drain salmon and remove skin if desired. Mash bones with meat.
3. Add the other ingredients.
4. Add enough milk so that the mixture is moist but not runny.
5. Place in a lightly oiled 9x5 inch loaf pan.
6. Bake for 45 minutes.
7. Serve.

Source:

University of Illinois, Extension Service, [Wellness Ways Resource Book](#)

Nutrition Information

Serving Size: 1/8 of recipe (134g)

Nutrients	Amount
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Total Calories	222
-----------------------	------------

Total Fat	7 g
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Saturated Fat	2 g
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Cholesterol	75 mg
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Sodium	430 mg
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Carbohydrates	23 g
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Dietary Fiber	2 g
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Total Sugars	4 g
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Added Sugars included	2 g
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Protein	16 g
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Vitamin D	8 mcg
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Calcium	202 mg
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Iron	2 mg
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Potassium	310 mg
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Note: only nutrients that are available will show on this display

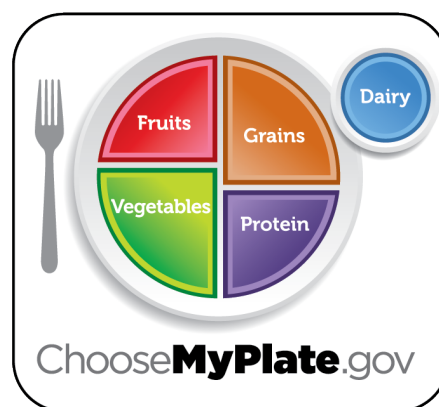
MyPlate Food Groups

 Vegetables 1/4 cups

 Grains 1 1/4 ounces

 Protein Foods 1 3/4 ounces

 Dairy 1/4 cups



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Tuna Quesadillas



Makes: 4 servings

This quesadilla can be cooked quickly in the microwave or on the stove. Serve with a fresh salad and an apple for a complete meal.

Ingredients

- 1 can tuna fish, packed in water (drained)
- 1 tablespoon mayonnaise, light
- 4 flour tortillas
- 1/2 cup cheddar cheese, low-fat (grated)

Directions

1. Mix tuna with mayonnaise.

Microwave:

1. Spoon filling onto half of each tortilla. Top filling with cheese and fold tortilla in half. Microwave on high for 60 seconds. Turn the plate halfway through cooking time.

Stove:

1. Divide mixture onto two tortillas. Top with cheese and the remaining two tortillas. Spray a skillet with non-stick cooking spray. Brown quesadillas on both sides.

2. Cut in half before serving.

Source: Utah State University Cooperative Extension, [Visit Website](#)

Nutrition Information

Serving Size: 1 prepared tortilla, 1/4 of recipe (89g)

Nutrients	Amount
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Total Calories	229
-----------------------	------------

Total Fat	6 g
------------------	------------

Saturated Fat	2 g
---------------	-----

Cholesterol	19 mg
-------------	-------

Sodium	546 mg
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Carbohydrates	27 g
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Dietary Fiber	2 g
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Total Sugars	1 g
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Added Sugars included	0 g
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Protein	16 g
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Vitamin D	1 mcg
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Calcium	132 mg
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Iron	2 mg
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Potassium	164 mg
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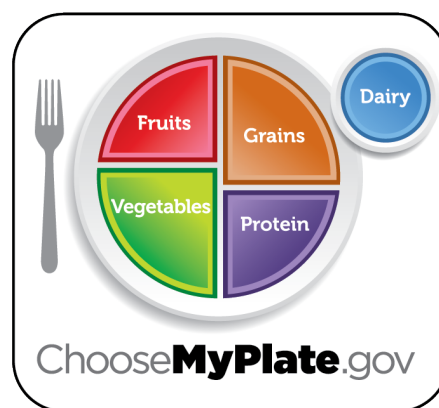
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MyPlate Food Groups

 Grains 1 3/4 ounces

 Protein Foods 1 1/2 ounces

 Dairy 1/6 cups



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Mouth-Watering Oven-Fried Fish



Makes: 6 servings

This spicy and savory oven-fried fish will be a hit in your home. Enjoy it with seasonal vegetables and a side of your favorite fruit.

Ingredients

- 2 pounds fish fillets (see notes)
- 1 tablespoon lemon juice (fresh)
- 1/4 cup buttermilk, 1%
- 1 teaspoon garlic (fresh, minced)
- 2 teaspoons hot sauce
- 1/4 teaspoon white pepper (ground)
- 1/4 teaspoon salt
- 1/4 teaspoon onion powder
- 1/2 cup corn flakes (crumbled or regular bread crumbs)
- 1 tablespoon vegetable oil
- 1 lemon (fresh, cut in wedges)

Directions

1. Preheat oven to 475 F .
2. Clean and rinse fish. Wipe fillets with lemon juice and pat dry.
3. Combine milk, hot sauce, and garlic.
4. Combine pepper, salt, and onion powder with crumbs and place on plate.
5. Let fillets sit briefly in milk. Remove and coat fillets on both sides with seasoned crumbs. Let stand briefly until coating sticks to each side of fish.
6. Arrange on lightly oiled shallow baking dish.
7. Bake for 20 minutes on middle rack without turning.
8. Cut into 6 pieces. Serve with fresh lemon.

Source: US Department of Health and Human Services
National Institutes of Health
National Heart, Lung and Blood Institute, Heart Healthy Home Cooking: African American Style

Nutrition Information

Serving Size: 1 piece

Nutrients	Amount
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Total Calories	158
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Total Fat	3 g
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Saturated Fat	1 g
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Cholesterol	64 mg
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Sodium	224 mg
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Carbohydrates	4 g
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Dietary Fiber	0 g
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Total Sugars	1 g
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Added Sugars included	0 g
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Protein	27 g
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Vitamin D	1 mcg
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Calcium	32 mg
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Iron	1 mg
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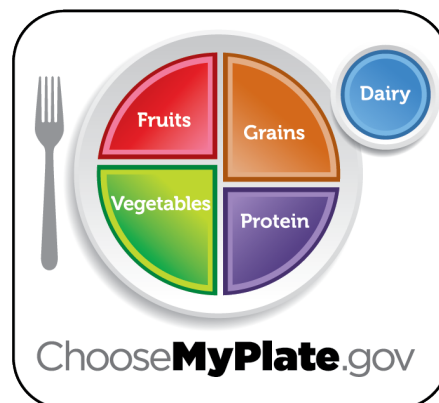
Potassium	319 mg
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Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Protein Foods

3 3/4 ounces



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Simple Fish Tacos



Makes: 6 servings

Seasoned chunks of cod topped with fresh diced tomatoes, shredded cabbage, a squeeze of lime, and a dollop of cilantro-infused sour cream are all served on top of a warm corn tortilla. These fish tacos are the perfect combination of simplicity and excitement.

Ingredients

- 1/2 cup sour cream (non-fat)
- 1/4 cup mayonnaise (fat-free)
- 1/2 cup fresh cilantro (chopped)
- 1/2 packet taco seasoning (divided)
- 1 pound cod or white fish fillets (cut into 1 inch pieces)
- 1 tablespoon olive oil
- 2 tablespoons lemon juice
- 2 cups red and green cabbage (shredded)
- 2 cups tomato (diced)
- 12 corn tortillas (6-inch, warmed)
- lime wedges (for serving)

Directions

1. In a small bowl, combine sour cream, mayonnaise, cilantro, and 2 Tbsp seasoning mix.
2. In a medium bowl, combine cod, vegetable oil, lemon juice, and remaining seasoning mix; pour into large skillet. Cook stirring constantly, over medium-high heat for 4-5 minutes or until cod flakes easily when tested with a fork.
3. Fill warm tortillas with fish mixture.
4. Top with cabbage, tomato, sour cream mixture, lime wedges, and taco sauce.

Source: Centers for Disease Control and Prevention,
[More Matters Recipes](#)

Nutrition Information

Serving Size: 1/6 of recipe (247g)

Nutrients	Amount
-----------	--------

Total Calories	220
-----------------------	------------

Total Fat	4 g
------------------	------------

Saturated Fat	1 g
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Cholesterol	36 mg
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Sodium	355 mg
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Carbohydrates	32 g
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Dietary Fiber	4 g
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Total Sugars	4 g
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Added Sugars included	1 g
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Protein	15 g
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Vitamin D	0 mcg
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Calcium	90 mg
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Iron	1 mg
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Potassium	499 mg
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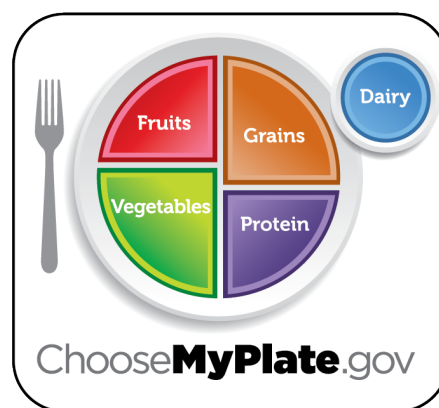
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MyPlate Food Groups

 Vegetables 3/4 cups

 Grains 2 ounces

 Protein Foods 1 3/4 ounces



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Manhattan Clam Chowder



Makes: 9 servings

Try this hearty chowder full of carrots, tomatoes, potatoes, and clams that can be easily made in a slow cooker.

Ingredients

- 3 celery (stalks, medium - washed & sliced)
- 1 onion (large, chopped)
- 1/2 cup tomato puree (low sodium)
- 1 1/2 cups potatoes (sliced)
- 1 1/2 cups carrot (washed and sliced)
- 2 cans clams (6 1/2 ounces each, chopped, drained)
- 1 1/2 teaspoons thyme (dried)
- 1 bay leaf
- 2 dashes black peppercorns
- 1 1/2 cups water
- 2 cups tomato juice (low sodium)
- 1 tablespoon parsley flakes (dried)

Directions

1. Scrub potatoes well to remove any eyes or blemishes.
2. In a slow cooker, combine all ingredients; stir.
3. Cover and cook on low for 8-10 hours or until the vegetables are tender.
4. Remove bay leaf and peppercorns before serving.

Source: Cornell University Cooperative Extension,
Eat Smart New York!

Nutrition Information

Serving Size: 8 ounces (1 cup) (209g)

Nutrients	Amount
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Total Calories	98
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Total Fat	1 g
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Saturated Fat	0 g
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Cholesterol	16 mg
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Sodium	347 mg
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Carbohydrates	14 g
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Dietary Fiber	2 g
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Total Sugars	5 g
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Added Sugars included	1 g
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Protein	9 g
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Vitamin D	0 mcg
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Calcium	55 mg
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Iron	2 mg
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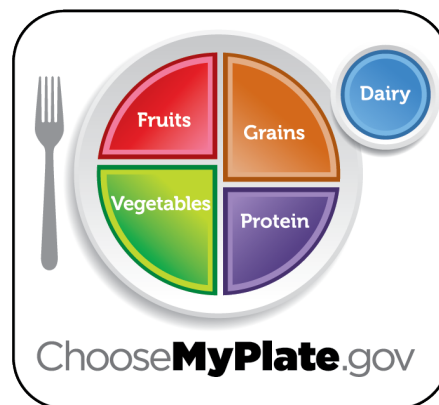
Potassium	427 mg
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Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Vegetables	5/6 cups
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 Protein Foods	1 1/2 ounces
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Fish Tacos



Makes: 4 Servings

Fish tacos are a fun way to add fish to your meal. Cabbage from the coleslaw mix gives some crunch and extra nutrients.

Ingredients

- 1 red onion, chopped
- 1/2 cup cilantro, chopped
- 1 cup packaged coleslaw mix
- 4 4-ounce tilapia fillets (or any white fish)
- 8 small corn tortillas
- 1 teaspoon chili powder (more or less to taste)

Directions

1. Clean and chop onion, cilantro and cabbage. Mix in a bowl and set aside.
2. Coat the baking sheet with cooking spray. Lightly sprinkle fish fillets with chili powder and place on the baking pan.
3. Place in the oven about 6 inches from the broiler and cook for approximately 3 to 4 minutes, or until fish is fully cooked. You will know the fish is done when it "flakes" or pulls apart easily when separated with a fork.
4. Lightly fry tortillas on an oiled griddle or skillet, or heat tortillas in the microwave oven for just a few seconds until softened and hot.
5. Fill tortilla with fish, cabbage, onion, and cilantro and fold in half. Serve with salsa and citrus slices, if desired.

Source: ONIE Project - Oklahoma Nutrition Information and Education. [Simple Healthy Recipes](#).

Nutrition Information

Serving Size: 2 tacos

Nutrients	Amount
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Total Calories	169
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Total Fat	3 g
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Saturated Fat	1 g
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Cholesterol	47 mg
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Sodium	87 mg
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Carbohydrates	14 g
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Dietary Fiber	3 g
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Total Sugars	2 g
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Added Sugars included	0 g
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Protein	23 g
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Vitamin D	3 mcg
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Calcium	46 mg
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Iron	1 mg
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Potassium	443 mg
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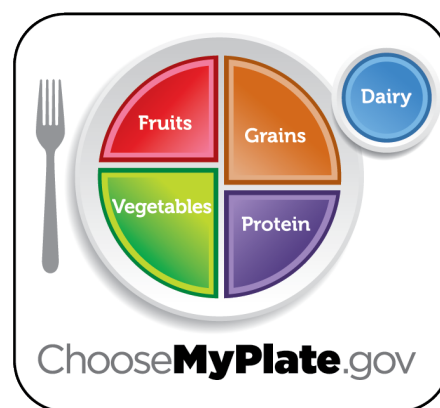
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MyPlate Food Groups

 Vegetables 1/2 cups

 Grains 3/4 ounces

 Protein Foods 2 3/4 ounces



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Salmon Burgers and Sweet Potato Oven Fries



Makes: 4 Servings

Prep Time: 15 minutes

A colorful, casual meal that's surprising simple to prepare.

Ingredients

For the Sweet Potato Oven Fries:

- 4 large low sodium sweet potatoes (yams)
- 1 1/2 tablespoons canola oil
- 1 tablespoon lemon pepper seasoning blend

For the Salmon Burgers:

- 1 can 14.75-ounce pink or red salmon
- 2 green onions, chopped
- 1/2 cup chopped red bell pepper
- 8 crackers, unsalted tops (saltine-like), crushed
- 2 teaspoons lemon juice
- 2 Egg whites from 2 eggs, whisked
- 2 tablespoons plain low-fat yogurt
- 1/4 teaspoon ground black pepper
- cooking spray
- 4 whole-wheat buns
- 8 leaves Bibb Lettuce
- 2 medium tomatoes (sliced)

Directions

1. Place oven rack in center, heat oven to 425°F.
2. Wash and scrub sweet potatoes, slice into wedges, length-wise.
3. In a large bowl, toss potato wedges with canola oil and seasoning.
4. Spread on cookie sheet. Roast in the oven, turning occasionally, until tender and golden brown, about 30-40 minutes.
5. While sweet potatoes are roasting, prepare salmon burgers. Drain salmon; place in a medium mixing bowl and flake.
6. Fold in green onions and red pepper, crushed crackers, lemon juice, egg whites and yogurt.

7. Shape into 4 patties.
8. Coat large nonstick skillet lightly with cooking spray; heat.
9. Cook salmon burgers until golden brown, turn, and continue cooking until other side is golden brown.
10. Serve burgers with sliced tomatoes and lettuce, and sweet potato oven fries.

Source:

Produce For Better Health Foundation

Nutrition Information

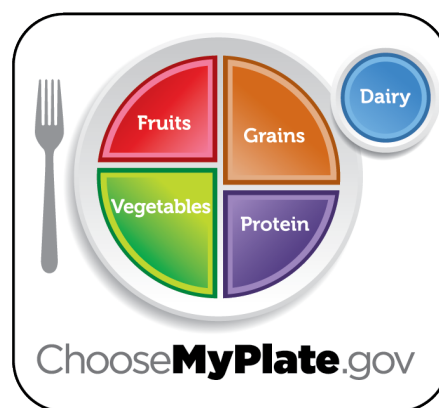
Serving Size: 1/4 of the recipe

Nutrients	Amount
Total Calories	490
Total Fat	14 g
Saturated Fat	2 g
Cholesterol	45 mg
Sodium	590 mg
Carbohydrates	69 g
Dietary Fiber	11 g
Total Sugars	19 g
Added Sugars included	3 g
Protein	25 g
Vitamin D	10 mcg
Calcium	250 mg
Iron	4 mg
Potassium	2025 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

	Vegetables	1 1/2 cups
	Grains	2 ounces
	Protein Foods	3 ounces



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Easy Oven Packet Caribbean Tilapia with Pears and Carnival Roasted Potatoes



Makes: 4 Servings

Cook Time: 45 minutes

Enjoy a taste of the Caribbean with seasoned vegetables, tilapia and pears, baked in no-fuss foil or parchment packets.

Ingredients

For the Carnival Roasted Potatoes:

- 2 small red potatoes
- 2 small Yukon potatoes
- 1/2 yellow bell pepper, cut into 1" chunks
- 1 cup green beans (fresh, frozen, or canned)
- 1 Roma tomato, cut into wedges
- 2 tablespoons chopped white onion
- 1 clove garlic, minced
- 1/2 teaspoon cumin
- 1/4 teaspoon salt (optional)
- 1 tablespoon olive oil

For the Tilapia Oven Packets:

- 1 pound tilapia fillets, fresh, or frozen (4-4-oz tilapia fillets)
- 1 tablespoon salt-free Caribbean citrus seasoning blend
- 2 teaspoons olive oil
- 3 D'Anjou pears (medium)

Directions

1. Heat oven to 425 °F.
2. Scrub potatoes under running water, cut into 1-inch chunks.
3. In a large bowl, toss potatoes with other vegetables, seasonings, and olive oil. Spread mix in a 2-quart baking dish and place in oven.



4. Roast until potatoes and other vegetables are tender, about 30-40 minutes.
5. About 15 minutes after the potato dish was placed in the oven, put in a baking sheet with fish packets, prepared as follows:
6. Brush fish with olive oil, coat with seasoning blend.
7. Place each filet in the center of a square of aluminum foil (or substitute foil with parchment paper).
8. Cut pears into quarters and core; slice into thin wedges (about 8-12 per pear). Top fish with pear wedges.
9. Bring the foil over the fish and fruit. Fold and pinch the seams.
10. Place foil packets on a baking sheet. Bake about 20 minutes, until tilapia is cooked to an internal temperature of 145°F, confirmed with a food thermometer, and fruit is tender.
11. To serve, carefully open the packet, slide contents onto individual serving plates, and add roasted vegetables.

Source:

Produce For Better Health Foundation

Nutrition Information

Serving Size: 1/4 of the recipe

Nutrients	Amount
-----------	--------

Total Calories	380
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Total Fat	8 g
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Saturated Fat	2 g
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Cholesterol	55 mg
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Sodium	220 mg
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Carbohydrates	54 g
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Dietary Fiber	8 g
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Total Sugars	17 g
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Added Sugars included	0 g
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Protein	28 g
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Vitamin D	3 mcg
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Calcium	63 mg
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Iron	3 mg
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Potassium	1298 mg
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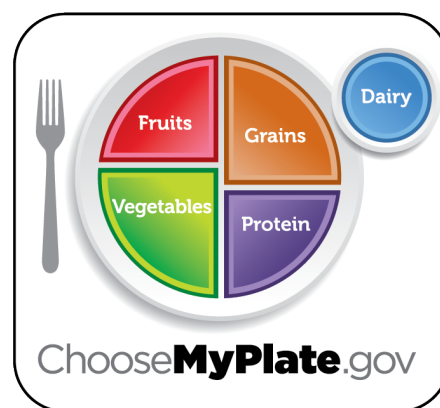
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MyPlate Food Groups

 Fruits	3/4 cups
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 Vegetables	1 3/4 cups
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 Protein Foods	3 ounces
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Smoky Mustard-Maple Salmon



Makes: 4 Servings

It doesn't get much easier — or more delicious — than this ultra-fast salmon. The sweetness of the maple balances the tangy mustard; smoked paprika or ground chipotle adds another layer of flavor. When you buy your salmon, ask at the fish counter to have the salmon cut into four 4-ounce fillets with the skin removed.

Ingredients

- 3 tablespoons whole-grain or Dijon mustard
- 1 tablespoon pure maple syrup
- 1/4 teaspoon smoked paprika or ground chipotle pepper
- 1/4 teaspoon freshly ground pepper
- 1/8 teaspoon salt
- 4 4-oz skinless, center-cut, wild-caught salmon fillets

Directions

1. Preheat oven to 450 degrees.
2. Line a baking sheet with foil and coat with cooking spray.
3. Combine mustard, maple syrup, paprika (or chipotle), pepper, and salt in a small bowl.
4. Place salmon fillets on the prepared baking sheet.
5. Spread the mustard mixture evenly on the salmon.
6. Roast until just cooked through (approx. 8-12 minutes).

Source: EatingWell Magazine

Nutrition Information

Serving Size: 1 serving

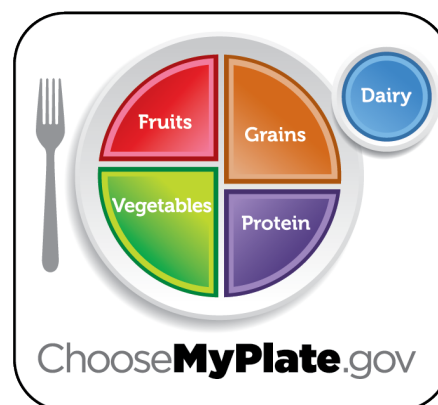
Nutrients	Amount
Total Calories	148
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	53 mg
Sodium	276 mg
Carbohydrates	4 g
Dietary Fiber	0 g
Total Sugars	3 g
Added Sugars included	3 g
Protein	23 g
Vitamin D	13 mcg
Calcium	18 mg
Iron	1 mg
Potassium	434 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Protein Foods

3 1/2 ounces



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Yellow Potato and Red Pepper Shrimp Sauté



Makes: 4 Servings

Prep Time: 30 minutes

This dish is reminiscent of shrimp scampi but is veggie-centric with its mix of potatoes, bell peppers, onions, and zucchini. The potatoes are partially cooked in the microwave before sautéing, for a meal that's on the table in 30 minutes.

Ingredients

- 3 medium yellow potatoes
- 2 tablespoons olive oil
- 2 cloves garlic (minced)
- 1 small onion (chopped)
- 1 medium red bell pepper (coarsely chopped)
- 1/2 cup white grape juice
- 1/2 cup water
- 1 teaspoon vinegar
- 12 ounces frozen jumbo shrimp (peeled and deveined, no-sodium-added)
- 1 medium fresh zucchini (cut in small chunks)
- 1 teaspoon Italian seasoning (no-sodium)
- 1/4 teaspoon ground black pepper
- 1 lemon (divided)
- 1/4 cup Parmesan cheese

Directions

1. Pierce the skin of each potato with a fork; microwave potatoes on high for 2 minutes. Turn potatoes over and microwave 2 more minutes. Remove from microwave and let cool slightly.
2. While potatoes are cooling, heat olive oil in large saucepan. Add garlic, onion, and bell pepper, and cook about 3-4 minutes.
3. Cube potatoes. Add juice, water, and vinegar to saucepan; bring to boil. Add shrimp, zucchini, potatoes, and seasoning. Return to boil, and simmer 5-8 minutes, until shrimp, potatoes, and zucchini are done. The flesh of the shrimp should be an opaque color.
4. Halve the lemon; squeeze juice from half the lemon into the saucepan.

5. Serve the Parmesan cheese and lemon wedges cut from the remaining lemon half.





Source: Produce For Better Health Foundation

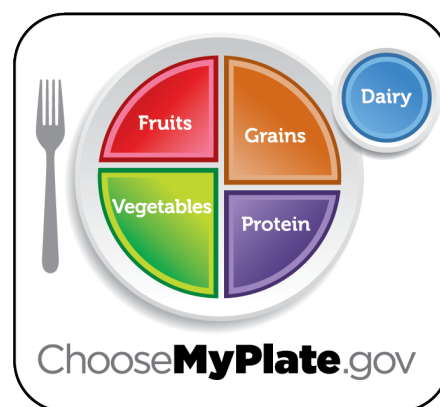
Nutrition Information

Nutrients	Amount
Total Calories	330
Total Fat	10 g
Saturated Fat	2 g
Cholesterol	120 mg
Sodium	240 mg
Carbohydrates	38 g
Dietary Fiber	6 g
Total Sugars	10 g
Added Sugars included	0 g
Protein	24 g
Vitamin D	0 mcg
Calcium	150 mg
Iron	4 mg
Potassium	1053 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

	Fruits	1/4 cups
	Vegetables	1 3/4 cups
	Protein Foods	2 1/2 ounces
	Dairy	1/4 cups



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Fiesta Lettuce Wraps and Pepper Boats



Makes: 4 Servings

Prep Time: 45 minutes

Using bell peppers and lettuce for wraps is a fun way to increase vegetables on the plate. Lettuce leaves and mini peppers are perfect for a build-your-own Southwestern meal or as appetizers.

Ingredients

- 6 sweet, mini bell peppers
- 8 lettuce leaves
- 1 cup instant brown rice (dry)
- 1 pound tilapia filets, fresh or frozen (thawed)
- 2 teaspoons Southwest chipotle seasoning (no sodium)
- 2 tablespoons canola oil (divided)
- 1/4 teaspoon salt
- 2 limes (divided)
- 1/4 cup reduced-fat sour cream

For the Salsa Fresca:

- 1/2 cup yellow corn (frozen or canned, no-salt added)
- 1 medium tomato
- 1 small onion
- 1 clove garlic (minced)
- 1 jalapeno pepper (minced)
- 1/4 teaspoon salt

Directions

1. Slice peppers in half vertically. Arrange lettuce and 8 pepper halves on a serving platter.
2. Cook brown rice according to package directions.
3. To make salsa fresca, dice remaining pepper halves, tomato, and onion; mix with corn, garlic, and jalapeño pepper, and ¼ tsp salt.
4. Sprinkle both sides of tilapia filets with Southwest chipotle seasoning.



5. Heat 1½ tbsp canola oil in a large nonstick skillet over medium-high heat. Add fish to pan, and cook for 3 minutes on each side (cook fish until it is opaque, 145 °F). Flake with a fork and place in a serving dish.
6. When rice is done, stir in remaining ½ tbsp oil, juice from one lime, and ¼ tsp salt. Cut remaining lime into wedges.
7. To serve, set out pepper-lettuce platter, rice, fish, salsa fresca, sour cream, and lime, and let diners build their own boats and wraps

Source:





Produce For Better Health Foundation

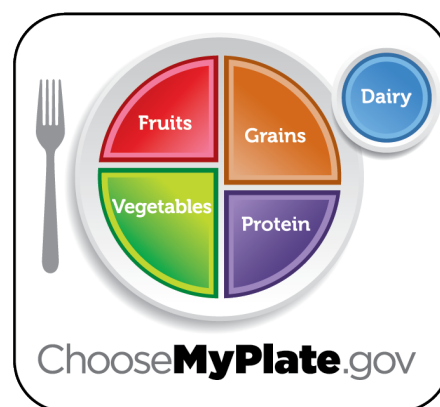
Nutrition Information

Nutrients	Amount
Total Calories	350
Total Fat	12 g
Saturated Fat	3 g
Cholesterol	60 mg
Sodium	370 mg
Carbohydrates	34 g
Dietary Fiber	5 g
Total Sugars	6 g
Added Sugars included	0 g
Protein	28 g
Vitamin D	3 mcg
Calcium	78 mg
Iron	2 mg
Potassium	894 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Fruits	1/4 cups
 Vegetables	1 1/4 cups
 Grains	1 ounce
 Protein Foods	3 ounces



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Zesty Lemon Fish



Makes: 2 Servings

Lemon pepper combined with lemon juice, onions, and parsley give this entree loads of flavor and takes less than 30 minutes to cook. Pairs well with a salad and [brown rice pilaf](#).

Ingredients

- 1/2 pound fish fillets (whitefish, cod or halibut)
- 1/2 onion, small (sliced)
- 2 tablespoons lemon juice
- 1/2 teaspoon canola oil
- 3/4 teaspoon lemon pepper
- 1/2 teaspoon dried parsley
- dried paprika (optional)

Directions

1. Separate fish into two serving size pieces. Place on an ungreased baking sheet.
2. Top with onion slices.
3. Drizzle lemon juice and oil evenly over fish.
4. Sprinkle lemon pepper, parsley, and dust with paprika (optional).
5. Cover and let stand for 5 minutes. Bake at 350°F for 20 minutes, or until fish flakes easily with fork.

Source:

University of Wyoming, Cent\$ible Nutrition Program, Cooking For Your or Two.

Nutrition Information

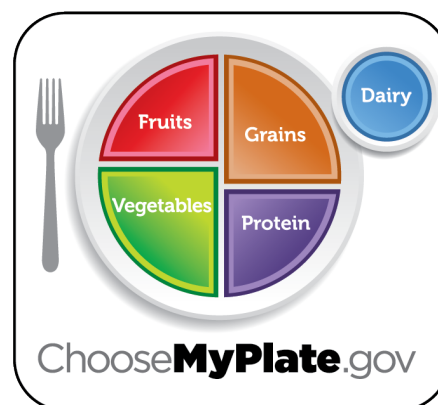
Nutrients	Amount
Total Calories	96
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	49 mg
Sodium	325 mg
Carbohydrates	3 g
Dietary Fiber	1 g
Total Sugars	1 g
Added Sugars included	0 g
Protein	17 g
Vitamin D	1 mcg
Calcium	20 mg
Iron	0 mg
Potassium	305 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Protein Foods

2 3/4 ounces



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Grilled Shrimp with Cantaloupe Avocado Salsa



Makes: 4 Servings

Prep Time: 30 minutes

Savory sweet salsa featuring cantaloupe and avocado is the perfect complement to grilled shrimp.

Ingredients

For the salsa:

- 1 lime (divided 1/2 for salsa, 1/2 for garnish)
- 1 avocado, cubed
- 2 cups diced cantaloupe
- 1/4 cup chopped red onions
- 1 cup unsalted canned black beans, drained and rinsed
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 2 tablespoons chopped fresh cilantro

For the shrimp:

- 1 pound large or jumbo shrimp, uncooked
- 1 tablespoon canola oil
- 1 clove diced garlic
- 4 bamboo skewers

Directions

1. Preheat grill.
2. Slice lime in half. In a small bowl, squeeze juice from one half of lime; reserve other half for garnish.
3. Add remaining salsa ingredients and gently mix.
4. Peel shrimp, leaving tails on.
5. Skewer shrimp on bamboo skewers.

6. In a small dish mix together canola oil and garlic. Coat shrimp with oil-garlic mix.

7. Grill 4-5 minutes or until cooked.

8. To serve, top shrimp with salsa, garnish with lime wedges.

Source:


Produce for Better Health

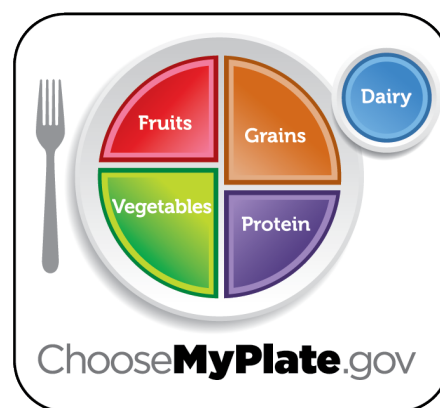
Nutrition Information

Nutrients	Amount
Total Calories	241
Total Fat	10 g
Saturated Fat	1 g
Cholesterol	141 mg
Sodium	856 mg
Carbohydrates	21 g
Dietary Fiber	7 g
Total Sugars	7 g
Added Sugars included	0 g
Protein	20 g
Vitamin D	0 mcg
Calcium	97 mg
Iron	2 mg
Potassium	663 mg

Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Fruits	1/2 cups
 Vegetables	1/2 cups
 Protein Foods	2 1/2 ounces



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Tuna Slider with Green Chiles



Makes: 3 Servings

For a touch of spice and everything nice, add some canned green chiles to tuna sliders. You won't believe how much flavor this canned staple packs in! With a well-stocked pantry full of canned ingredients, like tuna and green chiles, it's easy to create delicious, homemade meals you can feel good about serving your family and friends.

Ingredients

- 5 ounces canned tuna, packed in water, drained and flaked
- 1 can chopped green chiles (1-4.25 oz. can)
- 1/4 cup diced celery
- 1/4 cup diced red onion
- 1/4 cup reduced fat mayonnaise
- 2 tablespoons chopped fresh cilantro or parsley
- 6 slider rolls, split
- Lettuce leaves

Directions

1. In large bowl combine tuna, green chiles, celery, red onion, mayonnaise and chopped cilantro; toss to mix well.
2. Top bottom half of each roll with lettuce leaves; top with some tuna mixture and top half of roll.

Source: Cans Get You Cooking

Nutrition Information

Serving Size: 2 sliders

Nutrients	Amount
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Total Calories	285
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Total Fat	7 g
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Saturated Fat	1 g
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Cholesterol	22 mg
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Sodium	736 mg
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Carbohydrates	34 g
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Dietary Fiber	2 g
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Total Sugars	6 g
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Added Sugars included	4 g
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Protein	20 g
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Vitamin D	3 mcg
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Calcium	N/A
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Iron	N/A
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Potassium	N/A
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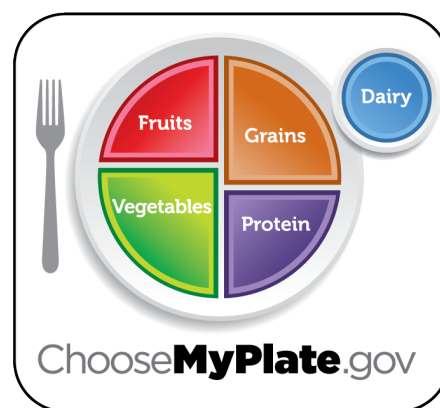
Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Vegetables 1/2 cups

 Grains 2 ounces

 Protein Foods 2 ounces



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Neopolitan Tuna Fettucine



Makes: 4 Servings

Did you know that canned tomatoes have more lycopene and B vitamins than fresh tomatoes? That's because the canning process seals in food's natural goodness! So when you add canned tomatoes to this delicious dish, you're adding nutrition, freshness and flavor.

Ingredients

- 8 ounces whole grain fettuccine pasta
- 1 tablespoon olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 can no salt added diced tomatoes (14.5 oz. can)
- 2 teaspoons capers
- 5 ounces canned tuna, packed in water, drained
- 1/4 cup sliced ripe olives, drained (or 1-2.2 ounce can)
- Salt and ground pepper to taste

Directions

1. Cook fettuccine as label directs. Reserve 1 cup cooking liquid; drain.
2. Meanwhile, in 10-inch skillet over medium heat, in hot oil, cook onion and garlic, about 5 minutes until just softened. Add diced tomatoes and capers; simmer 5 minutes. Add tuna, olives, salt and pepper to taste.
3. Toss fettuccine with tuna mixture to mix well. Serve immediately. If necessary, add reserved cooking liquid.

Source:

Cans Get You Cooking

Nutrition Information

Serving Size: 3 oz.

Nutrients	Amount
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Total Calories	312
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Total Fat	6 g
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Saturated Fat	1 g
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Cholesterol	13 mg
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Sodium	399 mg
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Carbohydrates	49 g
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Dietary Fiber	10 g
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Total Sugars	5 g
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Added Sugars included	0 g
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Protein	20 g
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Vitamin D	2 mcg
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Calcium	N/A
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Iron	N/A
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Potassium	N/A
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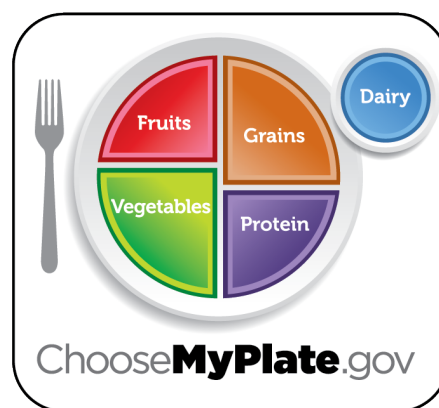
Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Vegetables 1/2 cups

 Grains 2 1/2 ounces

 Protein Foods 1 1/2 ounces



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Surf's Up Tacos



Makes: 6 Servings

This fish taco recipe is a time and money saver, using canned tuna and a mix of canned and fresh veggies.

Ingredients

- 1 can tuna (6.5 oz or 5 oz)
- 1 can kidney beans (15.5 oz can) (rinsed and drained)
- 1 can mexi-corn or canned corn (drained)
- 1/3 cup mayonnaise, light
- 2 tablespoons taco seasoning
- 2 tablespoons lime juice or juice from one lime
- 2 cups lettuce, shredded
- 1 1/2 cups cheddar cheese, reduced-fat
- 1/2 cup salsa
- 12 whole grain tortillas or hard taco shells

Directions

1. In a medium bowl, flake tuna with fork. Stir in beans, corn, mayonnaise, taco seasoning*, and lime juice.
2. Place lettuce, cheese, and salsa in separate bowls.
3. Place tortillas or taco shells on microwave safe plate. Microwave on HIGH for 1 minute.**
4. To eat, layer tuna mixture, lettuce, and cheese on tortilla. Top with salsa.

Nutrition Information

Serving Size: 2 tacos

Nutrients	Amount
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Total Calories	388
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Total Fat	16 g
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Saturated Fat	7 g
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Cholesterol	38 mg
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Sodium	535 mg
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Carbohydrates	42 g
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Dietary Fiber	8 g
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Total Sugars	5 g
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Added Sugars included	1 g
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Protein	22 g
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Vitamin D	N/A
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Calcium	281 mg
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Iron	2 mg
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Potassium	536 mg
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Note: only nutrients that are available will show on this display

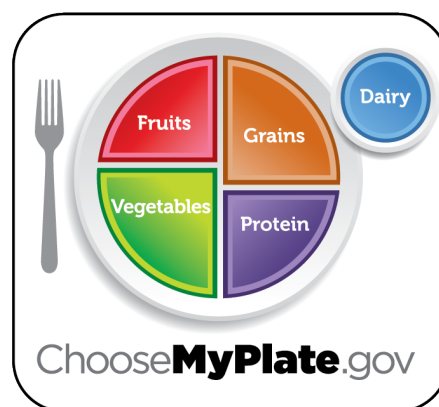
MyPlate Food Groups

 Vegetables 3/4 cups

 Grains 2 ounces

 Protein Foods 2 1/2 ounces

 Dairy 3/4 cups



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Salmon Patties



Makes: 6 servings

Tasty patties cooked in a skillet that are perfect topped with fresh lettuce, tomato, and a side of fresh or canned pineapple.

Ingredients

- 1 can salmon, 16 oz (Use canned salmon with bones to get extra calcium.)
- 1 tablespoon lemon juice
- cold water
- 1/4 cup minced celery (optional)
- 1 tablespoon green pepper (optional)
- 1/2 medium onion
- 2 large eggs
- 1/3 cup bread crumbs or cracker crumbs
- 2 tablespoons all-purpose flour
- 1/8 teaspoon black pepper
- 1 tablespoon vegetable oil

Directions

1. Wash fresh vegetables (if using).
2. Collect, mince, and measure all ingredients before starting to prepare the recipe.
3. Open salmon, and drain liquid into a liquid measuring cup. Add lemon juice and cold water to the salmon liquid to make ½ cup liquid total, and set aside.
4. Put the salmon in a separate mixing bowl. Mix in the celery (if using), green pepper (if using), and onion.
5. In another small bowl, beat the eggs. Then, add them to the salmon mixture.
6. Add the bread or cracker crumbs, flour, pepper, and the salmon liquid mixture to the salmon mixture, and stir until all ingredients are mixed together.
7. Use ⅓ cup measuring cup to measure salmon mixture. Shape into a ½ inch thick patty, and place on a plate. Repeat to make 6 patties.
8. Heat the oil in a skillet over medium heat, then add 3 patties.
9. Cook for about 2 to 3 minutes (or until golden brown) on each side.
10. Remove patties from skillet, and place on a clean paper towel-lined plate to drain. Cook remaining 3 patties, then serve immediately. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Source:

Missouri Nutrition Network, Eat for Health Toolkit Otras opciones: ONIE Project & Colorado State University Extension

Nutrition Information

Serving Size: 1 patty

Nutrients	Amount
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Total Calories	166
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Total Fat	8 g
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Saturated Fat	1 g
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Cholesterol	98 mg
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Sodium	316 mg
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Carbohydrates	7 g
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Dietary Fiber	1 g
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Total Sugars	1 g
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Added Sugars included	0 g
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Protein	16 g
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Vitamin D	10 mcg
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Calcium	159 mg
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Iron	1 mg
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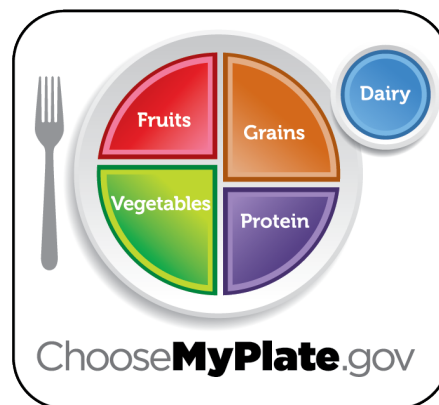
Potassium	261 mg
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Note: only nutrients that are available will show on this display

MyPlate Food Groups

 Grains 1/2 ounces

 Protein Foods 2 1/2 ounces



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