

# Hooked:

## Heart-Healthy Fish Recipes *from* Real Floridians





# An Introduction

Eating fish is an important part of a healthy diet. Rich in vitamins and low in fat, fish contains protein we need for strong bodies. It is also an excellent source of nutrition for proper growth and development. However, fish consumption can be a major source of human exposure to toxins like mercury. These toxins can be found naturally in the environment or as a result of industrial pollution.

Accurate information about the types and the amount of fish to consume is necessary for Floridians to know how to safely include fish in their diets. Thus, the **Fish for Your Health** initiative was born — an initiative striving to inform the public about what types and quantities of fish are healthy for consumption by young children, pregnant or nursing women, and women who may become pregnant.

In Spring 2011, The the Florida Department of Health's Environmental Public Health Tracking (EPHT) Program issued a call for recipes that feature heart-healthy (high in omega-3) seafood using fish from the Best Choices and Lowest Mercury categories on the **Fish for Your Health** wallet card. The response was so great that we decided to compile the ***Hooked: Heart-Healthy Fish Recipes From Real Floridians***.

For further nutritional information for the fish in these recipes and in general, check out **Florida Department of Agriculture and Consumer Services's guidelines**.

For more information on the **Fish For Your Health** initiative, visit us at <http://www.floridatracking.com> or email us at [eh\\_tracking@doh.state.fl.us](mailto:eh_tracking@doh.state.fl.us).

And remember...

**EAT FISH,  
choose wisely!**





# Table of Contents

<b>SALMON</b> .....	<b>3</b>
Cedar-Planked Wild Salmon With Ginger. . . . .	4
Sweet Thai Salmon. . . . .	5
Salmon And Gravy. . . . .	5
Honey Salmon. . . . .	5
Simple Salmon. . . . .	5
Salmon With Thai Peanut Sauce. . . . .	6
Salmon Delish. . . . .	6
Curry Salmon Rice. . . . .	6
Sangria Salmon With Salsa. . . . .	6
Kulebiak: Polish Salmon Turnover. . . . .	7
Garlic Salmon. . . . .	8
<b>TILAPIA</b> .....	<b>9</b>
Sweet And Sour Tilapia. . . . .	10
Lemony Tilapia. . . . .	10
Black Bean Salsa-Topped Tilapia. . . . .	10
Baked Tilapia With Dill Sauce. . . . .	11
Lime Butter Tilapia. . . . .	11
Spicy Tilapia With Peppers. . . . .	12
Breaded Tilapia. . . . .	12
Baja Tilapia Tacos. . . . .	12
Veggie-Topped Tilapia. . . . .	13
Garlicky Curry Tilapia. . . . .	13
<b>SHRIMP</b> .....	<b>14</b>
Shrimp Gazpacho. . . . .	15
Savory Shrimp And Grouper. . . . .	15
Shrimp Linguine Alfredo. . . . .	15
Shrimp 'N Scallops Pasta. . . . .	15
<b>COD</b> .....	<b>16</b>
Cod Fillets With Red Pepper Sauce. . . . .	17
Coleman's Cod Sandwich. . . . .	17
Baked Cod. . . . .	17
Cod Fritters. . . . .	18
<b>TUNA</b> .....	<b>19</b>
Tuna Noodle Casserole. . . . .	20
Mary Hartman Tuna Loaf. . . . .	20
Tuna Spread. . . . .	20
Tuna Salad. . . . .	20
<b>CATFISH</b> .....	<b>21</b>
Grilled Creole Catfish. . . . .	22
Cheesy Seafood Spaghetti. . . . .	22
<b>OTHER FISH</b> .....	<b>23</b>
Linguine With White Clam Sauce. . . . .	24
Sardine Sandwich. . . . .	24
Whitefish With Sautéed Vegetables Over Rice. . . . .	24
<b>FISH CONSUMPTION RECOMMENDATIONS</b> .....	<b>25</b>



# SALMON



Salmon is a superfood boasting loads of protein and healthy fats. Another bonus: Just a mere 4-oz. serving of wild salmon serves up **a full day's requirement of vitamin D**. And that same piece of fish contains over 50 percent of vital nutrients like **B12**, **niacin**, and **selenium**. Salmon also proves an impressive source of **B6** and **magnesium**.

LOW IN CALORIES

HIGH IN SELENIUM

LOW IN SATURATED FAT

# CEDAR-PLANKED WILD SALMON WITH GINGER

Submitted by Robert Washam, Martin County

**Note:** Cedar planks can be purchased online, in most grocery and/or supply stores. Soak the plank in water for at least an hour before placing on the grill. The plank will release a wood smoke that flavors the fish. Keep a bottle of water handy during grilling to put out flames and to keep the plank from burning.

- 1 lb. wild salmon
- 1 T extra virgin olive oil
- small piece of fresh ginger
- one lime
- one cedar plank
- sea salt and black pepper, a pinch of each



Dry salmon with a paper towel and sprinkle the fish with salt, pepper and olive oil. Finely grate the ginger using a cheese grater and spread on the fish.

Heat a grill and place a water soaked cedar plank on the grate for 2 minutes to preheat. Place the fish on the preheated plank skin side down and cook about 15 minutes or until cooked through. Remove fish from plank, sprinkle with half the juice of a lime. Serve with the other half of the lime. This recipe goes great with grilled asparagus and wild rice.

# SWEET THAI SALMON

Submitted by Debbie Carty, Escambia County

SERVES 4

- 2 salmon fillets
- 4 T Thai sweet chili dipping sauce
- 2 T soy sauce
- 1 T grated fresh ginger
- black pepper to taste
- lemon wedges for garnish

Mix dipping sauce, soy sauce, ginger, and black pepper together. Place fish in a glass dish. Pour mixture over fish and let marinate several minutes to an hour. Then cook on both sides under broiler until done — you'll know because the sauce will be caramelized.

Serve on a bed of fresh greens with chow mein noodles for the perfect Asian salad. The salmon also tastes great served cold and can be made and refrigerated ahead of time for summer al fresco dining.

# SALMON AND GRAVY

Submitted by Debbie Cheatwood, Polk County

SERVES 4

- 1 14 oz. can salmon
- 5 T vegetable oil
- 4 T self-rising flour
- 1 1/2 c. water
- 1/2 t salt
- 1 t black pepper



Remove all bones carefully from salmon. Coat frying pan with oil. Heat on stove top over medium heat briefly. Stir flour into hot oil. Lightly brown flour over medium heat. Stir water into browned flour, salt, and pepper to make gravy. Stir salmon into gravy, cover and warm over medium heat three more minutes until hot. Add more water if too thick.

# HONEY SALMON

Submitted by Helen Mead, Hendry County

SERVES 4

- 4 1-in. thick fresh salmon fillets
- 2 T extra virgin olive oil
- 1/4 c. honey
- crushed red pepper, to taste
- sea salt and pepper, a pinch each



Preheat oven to 450 degrees F. Line a baking sheet with aluminum foil. Drizzle the oil on top then place the filets on the oiled sheet. Sprinkle the seasonings over the fish and top with honey. Bake uncovered for 15-18 minutes or until the salmon flakes when prodded with a fork.

# SIMPLE SALMON

Submitted by Kathy A. Rogers, Leon County

SERVES 4

- 4 1-in. thick fresh salmon fillets
- 1 T margarine
- 1/4 c. lemon juice

Wash fillets well with lukewarm water. Drop the margarine into a frying pan on medium heat and let it melt. Then, whisk in the lemon juice. Add the fillets one at a time, cooking about five or six minutes on each side. Spoon the lemon-butter mixture over the fillet while cooking as needed.

Toss the fish in with some wild rice and fresh veggies to make it a meal. Use the leftover mixture to top fillets.

# SALMON WITH THAI PEANUT SAUCE

Submitted by Gregg Rottler, Hillsborough County

SERVES 4

- 2 lbs. salmon fillet
- 4 T creamy peanut butter
- 4 T white vinegar
- 4 T soy sauce
- 3 t honey
- 2 t garlic powder
- 1/4 t ginger powder
- cayenne pepper, to taste



Stir ingredients together well, then slather onto salmon that's been placed in a baking dish. Bake at 350 degrees F for approximately 15-20 minutes, depending on thickness of the fish. Garnish with parsley.

# SALMON DELISH

Submitted by Kelly Gregg, Leon County

SERVES 4

- 4 6-oz. fillets of wild salmon
- 1/3 c. olive oil
- 1/2 t freshly minced garlic
- 1/2 t freshly grated ginger
- 1 T organic lemon pepper seasoning

Combine all ingredients except for salmon to create a marinade. Let salmon soak in mixture for one hour.

Arrange salmon in a single layer inside a sauté pan and pour leftover marinade on top of fish. Cook at medium heat for five to seven minutes. Turn salmon, cover pan, and turn off the burner. Let fish set for 10 minutes.

Serve with lightly sautéed asparagus and roasted rosemary cubed new potatoes.

# CURRY SALMON RICE

Submitted by Marco Meneses, Broward County

SERVES 4-5

- 2 c. canned salmon, drained and flaked
- 1 1/2 c. rice
- 1/2 c. frozen peas, thawed
- 1/2 c. broccoli florets
- 2 T olive oil
- 2 eggs, beaten
- 2 T curry powder
- 2 T soy sauce

Rinse rice well and low boil until tender; drain any remaining water. Heat half the oil in a wok and stir fry the rice, sprinkling with curry. Add the peas, broccoli, salmon and soy sauce, and keep stir-frying for 30 seconds or until aromatic. Heat the remaining oil in a small non-stick pan, and quickly scramble the eggs until almost set. Add the eggs to the stir fry, blending them through the mixture with a fork to break them up. Serve immediately.

# SANGRIA SALMON WITH SALSA

Submitted by Stevie Bryant, Marion County

SERVES 4

- 4 1-in. thick salmon fillets
- sangria
- 3 medium-sized green bell peppers
- 1/2 medium-sized red onion
- 4 oz. jalapeños
- 3 large tomatoes
- lime juice

Place salmon on center of aluminum foil and bring up the sides to make a bowl around the salmon. Pour a small amount of sangria over the salmon. Chop all vegetables and place in a bowl. Drizzle salsa with lime juice. Spoon a generous amount of salsa over the salmon. Close the foil. Place in oven at 350 degrees F for 15-20 minutes, or until fish is flaky.

# KULEBIAK: Polish Salmon Turnover

Submitted by Irena Stoilova, Leon County

SERVES 4

**Note:** The Welsh have their pasties, the Italians their calzones and Hispanics have empanadas. The Poles call their version of pocket meals kulebiak, while Russians call them kulebyaka.

The pastry can be yeast dough, filo or puff pastry and the fillings are limited only by your imagination. Here, salmon, eggs, and rice make an elegant pescatarian meal. Add a salad or green vegetable and you've got a gourmet offering even the kids will eat! If you really want to get fancy, serve with a bechamel or white sauce.

- 4 3-4-oz. skinless salmon fillets
- 1/4 c. caramelized onion
- 1 c. cooked brown rice
- 1 T chopped fresh dill
- 1 T lemon juice
- 1/4 t salt
- 1/8 t black pepper
- 1 8-oz. sheet puff pastry
- salt and black pepper, to taste
- 3 large hard-boiled eggs, chopped
- 1 beaten large egg for sealing and glazing

Place baking rack in the middle of the oven and heat to 400 degrees F. Combine caramelized onions, rice, dill, lemon juice, salt, and black pepper until thoroughly combined. Set aside.

On a parchment-paper-lined baking sheet, roll out puff pastry to a 12-in. square. Spread reserved rice mixture on half of the pastry, leaving a 1-in. margin around the edges.

Lay salmon fillets on top of rice. Season to taste with salt and pepper. Scatter eggs on top of salmon.

Brush pastry edges with beaten egg and flip top half of pastry over filling. Press edges together, sealing well, and crimp as for a pie.

Brush entire surface with beaten egg. Create a decorative criss-cross design, if desired, by running the back of a knife in parallel diagonal lines through the glaze. Be careful not to pierce the pastry. Using a skewer, make four tiny vent holes to allow steam to escape.

Bake 40 minutes, loosely covering top with foil after 30 minutes to prevent overbrowning. Allow to cool before cutting into slices.



# GARLIC SALMON

Submitted by Lori Rittel, Monroe County

SERVES 6-8

- 1 large salmon fillet
- 1 18-in. presoaked Western cedar plank (**Hint:** Presoak plank in cold water overnight or for at least one hour in hot water prior to cooking)
- 3 T butter, melted
- 3 T olive oil
- 2 T lemon juice
- 4 T fresh garlic, minced
- 1 t crushed dried red pepper
- 1 t fresh tarragon, minced
- 1/4 t lemon peel, grated
- 1/4 t chili pepper
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- salt and black pepper, to taste



Prepare marinade by combining butter, olive oil, lemon juice, garlic, dried red pepper, tarragon, lemon peel, and chili pepper.

Place the salmon, skin side down, on pre-soaked Western Cedar plank. Brush salmon with the marinade. Top with sliced peppers

Place cedar plank on the grill and grill, covered, for 20 minutes or until fish flakes with a fork.

Check periodically to douse any flames (should the plank flame up from the bottom, use a spray bottle full of water to spritz the fire out).

Salt and pepper to taste and serve immediately with lemon wedges. You can use the cedar plank for the serving platter, just be sure to put a trivet or cutting board underneath as the bottom of the plank will be charred!

# TILAPIA



Tilapia is quickly becoming one of the most popular types of seafood in the nation. This fish makes for a superlative source of **phosphorus**, **niacin**, **selenium**, **vitamin B12**, and **potassium**. Its naturally mild flavor and ability to absorb flavors while cooking make it an ideal type of fish to serve children and picky eaters.

MILD FLAVOR

HIGH IN PROTEIN

HIGH IN POTASSIUM

# SWEET AND SOUR TILAPIA

Submitted by Alana Waxman, Palm Beach County

SERVES 2

- 2 6-8-oz. tilapia fillets
- 1 T olive oil
- 1/2 medium-sized onion, chopped
- 1 small tomato, diced
- 1 T red wine vinegar
- 2 T raisins
- 1 t brown sugar
- 1 T parsley, chopped
- 2 T pine nuts, toasted
- 1/2 t salt
- black pepper, to taste



Preheat oven to 425 degrees F. Heat the olive oil in a skillet over medium heat. Add the onion and sauté until translucent. Add the tomato, sprinkle with 1/4 t salt, and sauté three more minutes. Add vinegar, raisins, brown sugar, and another 1/4 t salt. Sauté three more minutes.

Place tilapia fillets in a roasting pan just large enough to hold them. Season with salt and pepper. Next, pour the sauce over them and bake for 20 minutes.

Sprinkle with parsley and pine nuts before serving.

# BLACK BEAN SALSA-TOPPED TILAPIA

Submitted by Heather Shores, Collier County

SERVES 4

- 4 6-oz. tilapia fillets
- 2 T olive oil
- 1/2 15-oz. can black beans
- 1/2 10-oz. can diced tomatoes, with Italian seasoning
- 1/2 c. fresh corn
- 2 medium-sized scallions, chopped
- salt and black pepper, to taste
- blackening season, to taste

Sauté each fillet on either side in an oil-coated pan, salting and peppering to taste. In a bowl, combine the beans, tomatoes, scallions and spices.

Serve fish on a bed of fresh spinach with a generous scoop of salsa.

# LEMONY TILAPIA

Submitted by Diana Tweety Gaddis, Lee County

SERVES 4

- 4 6-oz. tilapia fillets
- 4 T butter, melted
- 4 T lemon juice
- 1 c. dry, seasoned stuffing
- salt and pepper, to taste

Preheat oven to 400 degrees F. Toss stuffing mix with the melted butter and set aside.

Wash and completely dry the tilapia fillets. Place tilapia on a buttered, oven-proof platter. Sprinkle fish with lemon juice, salt and pepper. Cover the filets with the buttered bread crumbs.

Bake until the fish flakes easily with a fork, about 15-20 minutes.

# BAKED TILAPIA WITH DILL SAUCE

Submitted by Dorothy Pompey, Leon County

SERVES 4

- 4 4-oz. tilapia fillets
- 1 T lemon pepper
- 1 T garlic powder
- 1 T onion powder
- 1 T Cajun seasoning
- 1 lemon, thinly sliced
- 1/4 c. mayonnaise
- 1/2 c. sour cream
- 1 t fresh lemon juice
- 2 T fresh dill, chopped
- salt, to taste



Preheat the oven to 350 degrees F. Season the tilapia fillets with dry mixture (lemon pepper, garlic powder, onion powder, Cajun seasoning, salt) on both sides. Arrange the seasoned fillets in a single layer in the greased baking dish. Place a layer of lemon slices over the fish fillets. Bake uncovered for about 15 to 20 minutes or until fish flakes easily with a fork.

While the fish is baking, mix together the mayonnaise, sour cream, lemon juice and dill in a small bowl.

# LIME BUTTER TILAPIA

Submitted by Erika Tomin, Citrus County

SERVES 4



- 4 1/2 lb. tilapia fillets
- 3/4 t kosher salt, divided
- 1/2 t pepper, divided
- 5 T unsalted butter, divided
- 1 T lime zest
- 1 T lime juice
- 1 shallot, chopped finely

Preheat large sauté pan on medium-high two or three minutes. Season both sides of fish with 1/2 t of the salt and 1/4 t of the pepper. Place 1 T of the butter into pan to coat it. Add fish and cook on medium heat three minutes on each side or until flesh is opaque and separates easily with a fork. Cook time may vary depending on the thickness of the fish.

Meanwhile, cut remaining butter into small pieces and place in small bowl to soften. Add lime zest and shallots. Drizzle lime juice over fish then remove it from the pan. Stir remaining salt and pepper into softened butter mixture until well blended. Heat butter mixture in the pan to soften shallots and then spoon over fish.

# SPICY TILAPIA WITH PEPPERS

Submitted by Jeanne Sheppard, Sarasota County

SERVES 4

- 4 8-oz. tilapia fillets
- 2 medium-sized green peppers, diced
- 2 medium-sized red peppers, diced
- 1 medium-sized sweet onion, diced
- 4 T olive oil
- Creole seasoning, to taste
- 2 c. cooked rice, white or brown

Sprinkle fillets with Creole seasoning and set aside. In medium skillet, sauté vegetables in 2 T olive oil until partially done but still crisp. Remove from pan and add another 2 T olive oil. Add fish and sauté until done, when fish is white and flakes with a fork, about eight minutes on each side. Serve at once with vegetables topped over fish and rice on the side.

# BREADED TILAPIA

Submitted by Kimberly Munoz, Hillsborough County

SERVES 4

- 4 4-oz. tilapia fillets
- 1/2 c. panko bread crumbs
- olive oil spray
- Old Bay seasoning, to taste

Preheat oven between 375 degrees F. Coat non-stick baking tray with olive oil spray. Spray each fillet with olive oil to coat each piece. Season each fillet with your seasoning choice. Coat with bread crumbs. Place fillets on baking tray and cook 10 minutes on each side.

# BAJA TILAPIA TACOS

Submitted by Meghann MacCurrach,  
Hillsborough County

SERVES 4

- 1 lb. tilapia
- 1 packet taco seasoning mix
- 1 c. shredded red cabbage
- 8 soft taco-sized whole wheat tortillas
- 1 c. shredded Mexican blend cheese
- 1 c. fresh salsa
- 1/2 c. reduced-fat sour cream
- 1 T extra virgin olive oil
- fresh cilantro, chopped, to taste



Heat olive oil in a medium skillet over medium heat. Add fish and cook until opaque and flakey. Add in 3/4 of taco seasoning mix and water as instructions indicate on seasoning packet. Reduce heat to medium-low.

Meanwhile, mix remaining 1/4 of the seasoning mix and sour cream together and set aside. Wrap tortillas in damp paper towels and microwave for one minute to warm. Spread one T seasoned sour cream and 1/8 cup of salsa in warm tortilla. Place 1/8 cup of the tilapia in tortilla, top with 1 oz. of cheese and 1/8 cup of cabbage, and a sprinkling of cilantro.

# GARLICKY CURRY TILAPIA

Submitted by Monica M. Webster, Leon County

SERVES 4

- 4 6-oz. tilapia fillets
- 1/4 t salt
- 1/2 t black pepper
- 1/2 t garlic salt
- 1/2 T garlic cloves, minced
- 1 T curry powder
- 1 T garlic powder
- 1 T onion powder
- 2 T olive oil
- 4 T salted butter



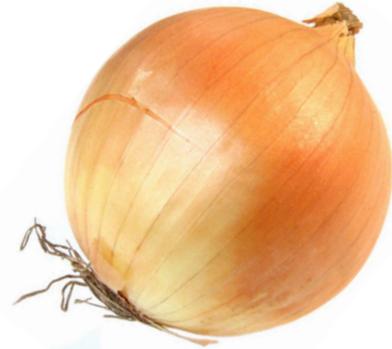
In a large bowl, mix together all the seasonings, 1 T olive oil, and butter until it becomes a paste. Then cover each fillet with mixture. Set aside any leftover mixture and let marinated fish sit in the fridge for about 15-20 minutes.

Preheat oven to 350 degrees F. Once chilled, place marinated fish into a cast-iron skillet and put the remaining mixture on top of the tilapia. Cook fish for 15 minutes or until fish is flaky.

# VEGGIE-TOPPED TILAPIA

Submitted by Ileana Alvarez, Seminole County

SERVES 4



- 4 5-oz. tilapia fillets
- 1/3 c. white wine
- 1/2 t seafood seasoning
- 1 medium-sized onion, finely chopped
- 1 medium-sized green pepper, finely-chopped
- 1 small tomato, chopped
- 3 T fresh lemon juice
- 1 t olive oil
- 1/4 t garlic powder
- 1/4 c. shredded parmesan cheese

Place filets in a 13-in. x 9-in. baking dish coated with cooking spray. Drizzle with wine; sprinkle with seafood seasoning.

Combine the onion, green pepper, tomato, lemon juice, oil and garlic; spoon over fillets. Cover and bake at 425 degrees F for 15 minutes. Uncover; sprinkle with Parmesan cheese.

Bake five to 10 minutes longer or until vegetables are tender and fish flakes easily with a fork.

# SHRIMP



Although “shrimp” has become a synonym for “small,” these creatures are nothing short of high nutritional value. Eating steamed shrimp in high quantities can actually raise levels of the “**good cholesterol**,” HDL. Shrimp are a mineral-rich shellfish, supplying plenty of **iron, zinc, and copper**. They are also **low** in **total** and **saturated fat** and **calories**.

HIGH IN ZINC

HAS “GOOD CHOLESTROL”

HIGH IN IRON

# SHRIMP GAZPACHO

Submitted by Evelyn Iannuzzi, Martin County

SERVES 1

- 6 giant shrimp ice cold, cooked and peeled
- 6 oz. low-sodium V-8 juice
- 1 t hot sauce of your choice (optional)
- 1 t Worcestershire sauce
- 1 t chive, finely chopped

Mix all ingredients except the shrimp in a small bowl. Place the shrimp in a goblet and pour the mixture over the shrimp. Chill for about an hour and enjoy.

# SHRIMP LINGUINE ALFREDO

Submitted by Rachel M. Cilbrith, Hillsborough County

SERVES 4

- 40 small shrimp (fresh or frozen)
- 1 16-oz. package of linguine pasta, cooked al dente
- 1/4 c. butter, melted
- 4 T diced onion
- 4 t minced garlic
- 1 c. half and half
- 2 t ground black pepper
- 6 T grated parmesan cheese
- 4 sprigs of parsley
- 4 slices lemon (for garnish)

While pasta is cooking, melt butter in a large saucepan. Sauté onion and garlic over medium heat until tender. Add shrimp and sauté over medium to high heat for one minute, stirring constantly. Stir in half and half. Cook while stirring constantly until sauce thickens. Place pasta in serving dish and cover with shrimp and sauce. Sprinkle with black pepper and parmesan cheese. Garnish with parsley and lemon slices.

# SHRIMP 'N SCALLOPS PASTA

Submitted by Sandra Steady, Sumter County

SERVES 4

- 1 lb. shrimp, uncooked
- 1 lb. scallops
- 1/2 medium-sized green pepper, diced
- 1 T garlic, chopped
- 2 T olive oil
- 4 c. cooked pasta
- salt and pepper, to taste

Bring the olive oil to medium heat in a skillet. Sauté the garlic and green pepper for about five minutes. Add the scallops and shrimp and cook an additional seven minutes, covered.

Stir the skillet mixture into the cooked pasta and place a couple scoops in a serving dish.

# SAVORY SHRIMP AND GROUPEL

Submitted by Linden Fenton, Duval County

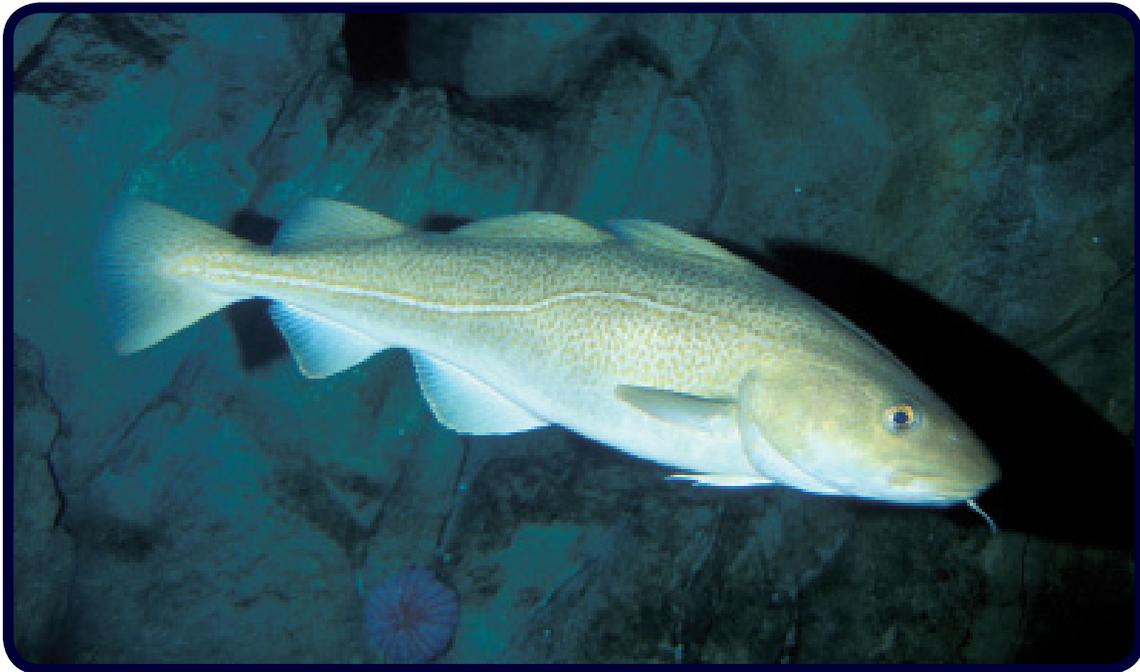
SERVES 2

- 4 to 5 large shrimp
- 1 1-in. thick grouper filet
- 2 halved cherry tomatoes
- 2 T onions, diced
- 2 T salted butter



Arrange the shrimp on top of the grouper filets and wrap it all up in a tin foil with the rest of the ingredients, making a loose tent. Place it on the grill and let it steam. Let it cook for about 10 minutes. You'll know it's done when the shrimp turn pink.

# COD



Cod, like tilapia, is **mild in flavor** — tasting less “fishy” than many types of seafood. Its **high levels of protein** are easily absorbed in the human body. Cod’s large amounts of **vitamin B12** and **vitamin B6** help keep homocysteine levels low, thus **reducing risk** for heart attack and stroke. In addition, eating cod can have **anti-inflammatory effects** within human skin — sometimes able to even protect against sunburn.

ANTI-INFLAMMATORY  
EFFECTS

CAN HELP PREVENT STROKE

HIGH IN VITAMIN B12

# COLEMAN'S COD SANDWICH

Submitted by David Overfield, Orange County

SERVES 8

- 2 lbs. cod
- 1/2 c. flour
- 1/2 c. fine cracker meal
- 16 slices of white bread
- 1 egg
- 3 c. milk
- 3/4 c. salt
- 2 1/2 T black pepper
- canola oil (for frying)

Combine the salt and black pepper in a small bowl and set aside. This is the dry seasoning mix. Whisk 1/4 c. seasoning mix you just made into the egg and milk in another bowl.

Cut the fish filets into 4-oz. portions, about 1/2-in. thick. Flour both sides of the fish fillets and dip them into the egg wash. Then dredge them in the cracker meal. Cook the filets in a small deep fryer or frying pan at 350 degrees F for five minutes or until golden brown. Place each cooked filet between two slices of bread.

# BAKED COD

Submitted by Linda Gage-Leflore, Miami-Dade County

SERVES 4

- 4 4-oz. codfish fillets
- 1/3 c. olive oil
- 2 T garlic powder
- 1 medium-sized white onion, diced
- salt and pepper, to taste

Arrange the fillets in a baking pan lined with aluminum foil. Drizzle olive oil over the fish and dust with garlic powder, salt, and pepper. Sprinkle onions on top, too. Bake covered at 375 degrees F for a total of 15 minutes.

# COD FILLETS WITH RED PEPPER SAUCE

Submitted by Brenda Treadwell, Gadsden County

SERVES 4

- 4 4-oz. codfish fillets
- 1/2 t dried dill
- 1/2 t Dash seasoning
- 1/4 t salt
- 2 T olive oil
- 1 lime, cut into wedges
- 2 medium-sized red bell peppers, chopped
- 1/2 c. green onion, chopped
- 1 clove garlic, minced
- 1 t coriander
- 1/4 t crushed red pepper flakes



In a large skillet, sauté the onion and garlic in oil on medium heat about five minutes or until tender. Add the red peppers, coriander and red pepper flakes. Sauté for one minute. Cook covered over low heat for seven to nine minutes until the peppers are soften. Add the salt to the mixture. Sprinkle the fish with the Dash seasoning and dill.

Cook the fish in the oven on 400 degrees F until opaque. This should take from eight to 10 minutes.

Serve the fish topped with the pepper sauce and lime wedges.

# COD FRITTERS

Submitted by Jermain Bruney, Miami-Dade County

SERVES 15

- 1/2 lb. salted cod
- 1 c. flour
- 1 medium-sized tomato, chopped
- 1/2 t garlic clove, minced
- 2 scallion stalks, chopped
- 1 t baking powder
- 1/2 t adobo seasoning
- 1 c. water
- canola oil (for frying)
- hot sauce, to taste



Soak salted cod in cold water in the refrigerator for at least five hours, changing water several times prior to cooking.

Remove skin and bones from the cod. Shred it and set aside.

In a bowl, make a batter by whisking together the flour, baking powder, adobo, and water. When smooth, mix in garlic, chopped scallions, chopped tomato, and shredded fish.

In a skillet, heat 1/4-in. of oil on medium heat. Drop the batter by spoonfuls into hot oil and cook until golden brown.

Drain fritters on paper towel, cool, and serve.



# TUNA



Even two servings of tuna a week can **help prevent a lot of undesirable health outcomes** like low density cholesterol, stroke, obesity, type II diabetes, and several types of cancer including oral, gastric, and colon cancers. Tuna's rich concentration of **folic acid** and **vitamin B6** can reduce homocysteine — which means less chance of atherosclerosis, the hardening of arteries. It's also high in **omega-3** and low in both carbohydrates and fat.

HIGH IN  
FOLIC ACID

HIGH IN VITAMIN B6

LOW IN CARBOHYDRATES

# TUNA NOODLE CASSEROLE

Submitted by Dawn Gunter, Taylor County

SERVES 6

- 2 5-oz. cans of light tuna, drained
- 1 16-oz. box of macaroni shells
- 1 15-oz. can English peas, drained
- 1 10-oz. can cream of mushroom soup
- 1 1/2 c. mayonnaise
- 1 5-oz. can water chestnuts
- 1 64-oz. can sliced mushrooms
- salt and pepper, to taste

Prepare shells as box instructs. Drain the pasta once cooked, add remaining ingredients and stirred. Add more mayonnaise for a creamier texture. Serve either hot or cold.

# TUNA SPREAD

Submitted by Janelle Taveras, Miami-Dade County

SERVES 6

- 2 12-oz. cans of light tuna, drained
- 1 medium-sized tomato, diced
- cilantro, diced, to taste
- 1/4 red onion, diced
- 1/2 large apple, diced
- 1 small lime
- 1/4 c. sour cream
- 2 T mayonnaise
- 2 T olive oil
- salt, to taste

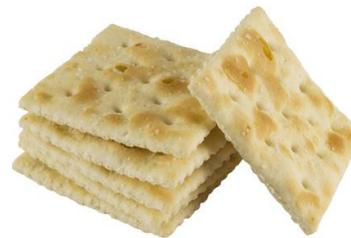
Use a large bowl to mix tuna with onion, tomato, cilantro, and apple. Squeeze entire lime over ingredients in the bowl. Pour olive oil over tuna mixture and salt. Finalize tuna spread by adding mayonnaise and sour cream. Mix all ingredients with a spoon and serve.

# MARY HARTMAN TUNA LOAF

Submitted by Dawn Jones, Brevard County

SERVES 5 or 6

- 2 5-oz. cans light tuna packed, drained
- 1 1/2 c. milk
- 3/4 c. cracker crumbs (20-30 Saltine crackers, crushed)
- 4 T butter or margarine
- 2 eggs
- 1/2 t salt (optional)



Heat milk and butter in saucepan until butter melts. Add cracker crumbs.

Beat eggs and mix with tuna and salt. Add milk mixture and mix well.

Bake uncovered in a greased loaf pan at 350 degrees for one hour.

Recipe is easily doubled to bake in a 9-in. X 13-in. pan for one hour. Allow to sit for 10 minutes after removing from oven.

# TUNA SALAD

Submitted by Regina Decker, Leon County

SERVES 4

- 3 5-oz. cans of low fat tuna, drained
- 1 16-oz. box of elbow noodles, cooked
- 1 medium-sized tomato, diced
- 1 medium-sized onion, diced
- 2 c. mayo
- salt and pepper, to taste

Combine all ingredients in a bowl and stir. Place in refrigerator for approximately one hour and serve.

# CATFISH



Catfish is an excellent source for **selenium** and **vitamin B12**. It's also a good source for **potassium** and **niacin**. Just a 15.6 g serving of catfish provides you with the daily requirement of **amino acids** your body requires — this helps provide energy, build lean muscle mass, and **improve immunity functions**.

DAILY REQUIREMENT OF  
AMINO ACIDS

HIGH IN POTASSIUM

IMPROVES IMMUNITY  
FUNCTIONS

# GRILLED CREOLE CATFISH SALAD

Submitted by Mary Ward, Suwannee County

SERVES 2

- 2-3 medium-sized catfish fillets, cleaned and rinsed
- Creole seasoning (I use Tony Chachere's Creole Seasoning), to taste
- non-stick spray
- 2 c. romaine lettuce, chopped
- 1-2 cucumbers, sliced
- 1-2 medium-sized tomatoes, diced
- 2 hard-boiled eggs, chopped
- Italian salad dressing, to taste



Spray indoor electric grill with non-stick spray. Warm grill and place fillets on on it. Shake a generous portion of seasoning on the fish.

Cook until done — exact time depends upon the thickness of your filets. When meat becomes white and flaky, you know it's finished.

While cooking, prepare salad in individual bowls or plates using your favorite salad items.

When fish is done, cut into cubes and place on top of individual salads.

# CHEESY SEAFOOD SPAGHETTI

Submitted by Rosemarie J. Stanton, Marion County

SERVES 5 or 6

- 1 lb. catfish
- 1 lb. shrimp
- 1 lb. scallops
- 1/2 lb. clam (breathed overnight)
- 1 16-oz. box spaghetti, cooked
- 1 c. cheddar and mozzarella cheese, grated
- 1 medium-sized red onion, minced
- 1 clove garlic, minced
- 4 green onion stalks (for garnish)
- 1 10-oz. can cream of mushroom soup
- 2 c. 2 percent milk
- canola oil (for frying the catfish)



Wash all the seafood.

Fry the catfish golden brown in a semi-deep pan with the canola oil on medium heat.

Sauté garlic, onion, shrimp, scallop and clams (until clams are open) in olive oil in a skillet on medium heat.

Mix milk, cream of mushroom soup, and cheese. Pour the mixture over sautéed ingredients to create a sauce.

Pour the sauce over spaghetti noodles and garnish with minced green onion stalks before serving.

# OTHER FISH



# LINGUINE WITH WHITE CLAM SAUCE

Submitted by Calvin Desouza, Leon County

SERVES 4

- 1 2-oz. tin flat filet anchovies
- 2 6-oz. cans clams, minced
- 1 t dried thyme
- 1/2 t dried basil
- 1/2 t dried oregano
- 1 c. white wine
- 2 T extra virgin olive oil
- 1 T butter
- 1/2 t red pepper flakes
- 4-6 cloves garlic, minced
- 1 lemon, zested
- 1 lb. linguini, cooked al dente
- 1/4 c. chopped parsley leaves
- black pepper, to taste
- coarse salt, to taste



Heat a large non-stick skillet over medium heat. Add olive oil, butter, red pepper flakes, garlic, and anchovies and cook until anchovies melt into the oil. Add thyme, basil, oregano, wine, and clam juice. Stir in clams and lemon zest.

Add pasta to skillet and toss with sauce two to three minutes, until pasta has absorbed some of the sauce and flavor. Add parsley, pepper and salt and serve.

Try with shredded or grated parmesan cheese sprinkled on top.

# SARDINE SANDWICH

Submitted by Calvin Desouza, Leon County

SERVES 1

- 1 4-oz. case sardines
- 2 slices bread, white or wheat
- hot sauce, to taste (optional)

Open the tin of sardines and arrange on one slice of bread. Douse in hot sauce, if desired. Top open-face sandwich with the other slice. Serve.

# WHITEFISH WITH SAUTÉED VEGETABLES

Submitted by Tara McNaught, St. Johns County

SERVES 4

- 4 4-oz. whitefish filets
- 2 T extra virgin olive oil
- 1 red bell pepper, sliced
- 1 yellow or orange bell pepper, sliced
- 1 small white onion, diced
- 2-3 cloves garlic, minced
- 1 c. brown rice

Preheat oven to 350 degrees. Prepare cookie sheet by lining it with enough tin foil to form a 'boat' for the fish and veggies.

Heat olive oil and peppers in a large sauté pan on medium for five minutes. Add the onion and garlic and sauté for three more minutes. Then cook the filets only long enough to sear both sides.

Place fish and veggies onto tin foil and fold long sides up to meet, then fold down together leaving a few inches of space over the fish. Cup the edges to prevent spillage but leave some space open to allow steam to escape. Bake for 15 minutes or until fish flakes.

Prepare rice while fish is baking and serve with fish. If desired, add a splash of lemon or lime to the fish.

# Fish Consumption Recommendations

According to the Fish Consumption Advisory Program at:  
<http://doh.state.fl.us/floridafishadvice/>

## low

## moderate

## high

**Women can eat up to 12 ounces per week.**

- catfish (farm-raised)<sup>^</sup>
- clam
- cod
- crab
- flatfish (flounder, plaice, sole)
- haddock
- herring<sup>^</sup>
- mackerel (Atlantic, jack, chub)<sup>^</sup>
- mullet
- oyster (cooked)
- pollock
- rainbow trout
- salmon (wild, farm-raised)<sup>^</sup>
- sardines<sup>^</sup>
- scallops
- shad<sup>^</sup>
- shrimp
- squid
- tilapia
- tuna (canned Skipjack, light)
- whitefish<sup>^</sup>
- whiting

<sup>^</sup> high in healthy omega-3 fatty acids

**LOW IN MERCURY**

**Women can eat up to 4 ounces per week.**

- bass (saltwater, black)
- buffalo fish
- carp
- grouper
- halibut
- lobster (northern, Maine, Atlantic)
- mahi mahi (dolphin-fish)
- perch (freshwater)
- pompano
- sablefish
- sea trout (weakfish)
- Spanish mackerel (S. Atlantic)
- tilefish (Atlantic)
- tuna (canned albacore, yellowfin, or white)
- white croaker (Pacific)

**MODERATE IN MERCURY**

**Do not eat these fish.**

- bass (striped)\*
- bluefish \*
- Chilean sea bass
- golden snapper
- jack (Amberjack, Crevalle)
- king mackerel
- marlin
- orange roughy
- sea lamprey
- shark
- Spanish mackerel (Gulf of Mexico)
- swordfish
- tilefish (Gulf of Mexico)
- tuna (all fresh or frozen)
- walleye (Great Lakes)

\* PCB (polychlorinated biphenyls) are higher in these species

**HIGH IN MERCURY**

## HOW MUCH FISH TO EAT?

Health experts recommend that women eat 8-12 oz. per week and children (ages 2-6) eat 2 oz. of fish low in mercury per week. As a good rule of thumb, keep in mind that three ounces of fish is about the size of a deck of cards.

Adapted from C.R. Santerre, PhD, Foods and Nutrition, Purdue University, [santerre@purdue.edu](mailto:santerre@purdue.edu)

Request a wallet card of this information at <http://www.floridatracking.com>



#### CREDITS

**Compilation:** Rebecca Thomas, Melissa Jordan  
**Design, layout, and editing:** Beca Grimm, Rebecca Thomas  
**Additional editing:** Lu Grimm  
**Design reference:** John Folsom  
**Mercury reference:** Purdue University, Fish Advisory Consumption Program, Kendra Goff  
**Models:** Haley Stewart, Benjamin Stewart

**And a huge thanks to everyone who contributed a recipe! Without your delicious tips, there would be no cookbook!**



Disclaimer: Funding Opportunity # CDC-RFA-EH11-1103. Contents do not necessarily reflect the official views of the CDC.

