

# Seafood

# Fish (Grouper)

Number of Portions: 35

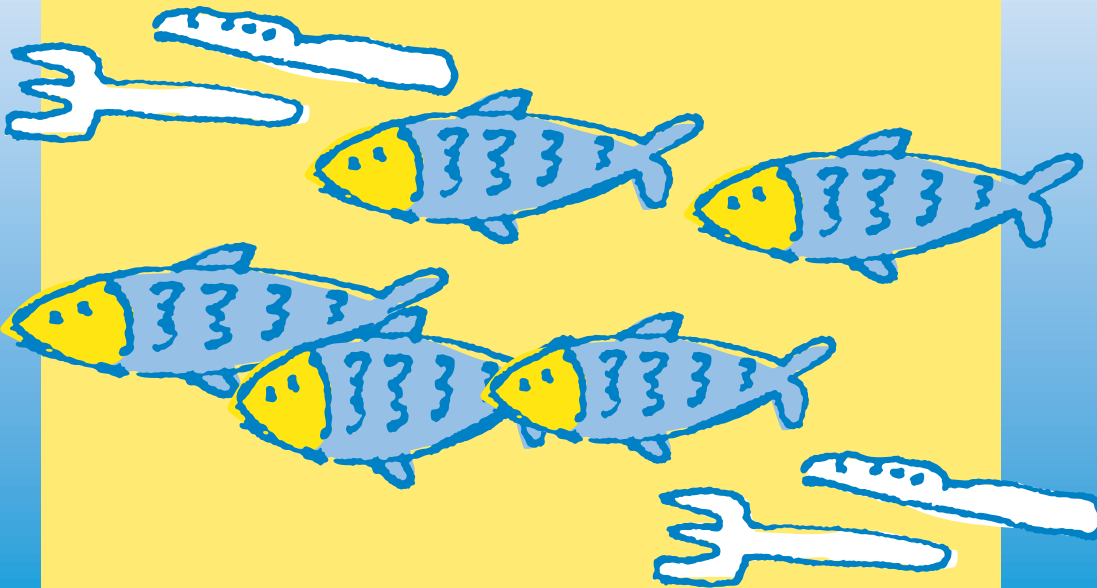
Size of Portion: 1 piece

Meal Pattern Contribution:  
1 1/2 oz. Meat/Meat Alternate

## INGREDIENTS

Grouper Fillets	5 lb.
Salt	1 1/2 Tbsp.
Garlic Clove, chopped	1
Olive Oil	1 cup
Butter	1 lb.
Cilantro	1 cup

Portion fish evenly into 35 equal portions. For example, a one pound grouper fillet should be cut into 7 portions. Add salt and garlic to fish. Place fish in a non-stick oven pan. Brush olive oil on fish. Place butter on top of fish. Sprinkle cilantro on top of fish. Bake at 375° F for 15 minutes.



Calories, 207

Cholesterol, 52 Mg

Sodium, 441 Mg

Dietary Fiber, 0 G

Iron, 1 Mg

Calcium, 22 Mg

Vitamin A, 106 RE

Vitamin C, 0 Mg

Protein, 12.7 G

Carbohydrates, 0.1 G

Total Fat, 17.4 G

Saturated Fat, 7.5 G

# Seafood Creole

Number of Portions: 25

Size of Portion: 1/2 cup

Meal Pattern Contribution:  
1 1/2 oz. Meat/Meat Alternate;  
1/4 cup Fruit/Vegetable

## INGREDIENTS

Onions, chopped	1/4 cup
Green Peppers, chopped	1 1/2
Celery Stalks, chopped	1 1/2
Tomatoes, diced	1/2 (102 oz.) can
Bay Leaf	1
Paprika	1 1/2 tsp.
Fish or Seafood, cooked	2 1/2 lb.

In a large skillet, sauté onions, peppers and celery. Add tomatoes and seasonings and simmer 30 minutes. Add cooked fish or seafood. Remove bay leaf. Serve over rice.



Note: Shrimp used for nutrient analysis.

Calories, 63

Cholesterol, 88 Mg

Sodium, 220 Mg

Dietary Fiber, 0.6 G

Iron, 2 Mg

Calcium, 26 Mg

Vitamin A, 65 RE

Vitamin C, 14 Mg

Protein, 10.6 G

Carbohydrates, 4 G

Total Fat, 0.6 G

Saturated Fat, 0.2 G

# Shrimp, Sausage and Rice Casserole

Number of Portions: 35

Size of Portion: 1/2 cup

Meal Pattern Contribution:  
1 1/2 oz. Meat/Meat Alternate;  
1/2 Grain/Bread

## INGREDIENTS

Kielbasa cut into small chunks	1 3/4 lb.
Salad Shrimp	2 lb.
White Rice	4 cups
Tomatoes, stewed	1 (14 1/2 oz.) can

Brown kielbasa in frying pan. Take out of pan and set aside. Quickly brown shrimp and set aside. Cook rice according to package directions, substituting tomatoes for 1 cup of water. Pour rice in a large dish, spoon shrimp and kielbasa over top.

Calories, 177

Cholesterol, 55 Mg

Sodium, 303 Mg

Dietary Fiber, 0.4 G

Iron, 2 Mg

Calcium, 32 Mg

Vitamin A, 21 RE

Vitamin C, 2 Mg

Protein, 9.9 G

Carbohydrates, 18.1 G

Total Fat, 6.8 G

Saturated Fat, 2.4 G

# Tuna and Macaroni Salad

Number of Portions: 24

Size of Portion: 2/3 cup

Meal Pattern Contribution:

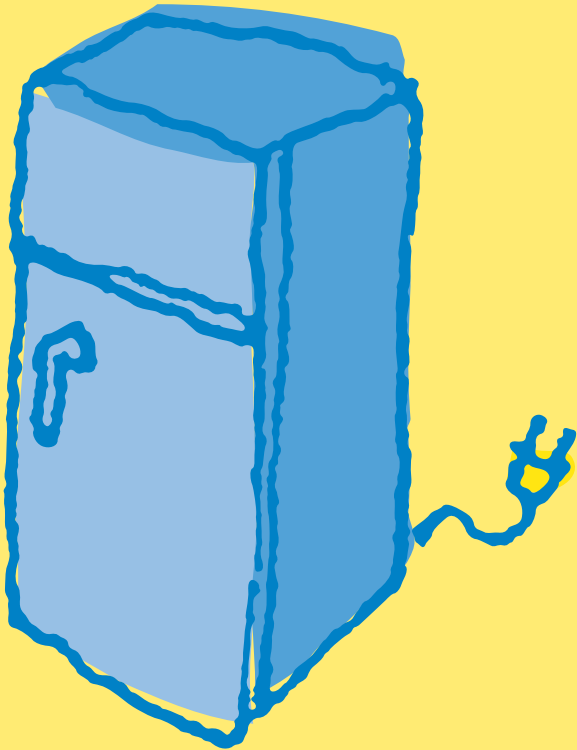
1 1/2 oz. Meat/Meat Alternate;

1/4 cup Fruit/Vegetable; 1/2 Grain/Bread

## INGREDIENTS

Macaroni	3/4 lb.
Tuna, drained	3 (12 oz.) cans
Peas	3 cups
Celery, chopped	1 1/2 cups
Onion, chopped	1 1/2 cups
Cheese, shredded	1 1/2 cup
Mayonnaise	1 1/2 cups

Cook macaroni according to package directions. Combine all ingredients and mix thoroughly. Chill.



Calories, 251  
Cholesterol, 29 Mg  
Sodium, 288 Mg  
Dietary Fiber, 1.8 G

Iron, 2 Mg  
Calcium, 79 Mg  
Vitamin A, 56 RE  
Vitamin C, 3 Mg

Protein, 15.3 G  
Carbohydrates, 15.1 G  
Total Fat, 14.3 G  
Saturated Fat, 3.1 G

# Tuna Noodle Casserole for a Large Group

Number of Portions: 60

Size of Portion: 1/3 cup

Meal Pattern Contribution:

1 1/2 oz. Meat/Meat Alternate; 1/2 Grain/Bread

## INGREDIENTS

Macaroni and Cheese Dinners	4 (7 1/4 oz.) boxes
Onion, finely chopped	1/2 cup
Celery, finely chopped	2 cups
Milk	1 cup
Margarine, divided	1 cup
Cream of Celery Soup	1 (10 3/4 oz.) can
Tuna, drained	1 (6 1/2 oz.) can
Cheddar Cheese shredded	2 1/2 lb.

Boil macaroni according to directions on box, drain. Sauté celery and onions in margarine until onions are clear. In a large bowl, mix cheese sauce packets\*, milk, margarine, cream of celery soup, and sautéed celery and onions. Add noodles and drained tuna, mix well. Place in baking pans sprayed with non-stick vegetable oil and sprinkle cheddar cheese on top. Bake at 350° F for 45 minutes or until edges bubble and cheese browns slightly.

“You can tune a piano  
but you can’t tuna fish!”

\* Powdered cheese mix does not contribute to meat/meat alternate meal requirement.

Calories, 188	Iron, 1 Mg	Protein, 12.9 G
Cholesterol, 28 Mg	Calcium, 160 Mg	Carbohydrates, 11 G
Sodium, 396 Mg	Vitamin A, 92 RE	Total Fat, 10.2 G
Dietary Fiber, 0.5 G	Vitamin C, 0 Mg	Saturated Fat, 4.9 G

# Tuna Noodle Casserole for a Small Group

Number of Portions: 11

Size of Portion: 2/3 cup

Meal Pattern Contribution:  
1 1/2 oz. Meat/Meat Alternate;  
1 Grain/Bread

## INGREDIENTS

Macaroni	9 oz.
Tuna, drained	3 (6 1/2 oz.) cans
Cheddar Cheese, shredded	1 cup
Cream of Mushroom Soup	2 (10 3/4 oz.) cans
Peas, frozen	10 oz.
Milk	1/2 cup
Salt and Black Pepper	to taste
Bread Crumbs	1 cup

Cook macaroni according to package directions. Drain. Combine macaroni with all ingredients except bread crumbs in a 13 x 9 inch pan. Sprinkle bread crumbs over tuna mixture. Bake uncovered 20 to 30 minutes at 350° F.

Note: Salt and pepper not included in nutrient analysis.

Calories, 300	Iron, 3 Mg	Protein, 20.6 G
Cholesterol, 25 Mg	Calcium, 128 Mg	Carbohydrates, 33.5 G
Sodium, 912 Mg	Vitamin A, 60 RE	Total Fat, 8.8 G
Dietary Fiber, 2.6 G	Vitamin C, 3 Mg	Saturated Fat, 3.6 G

# Tuna Patties

Number of Portions: 30

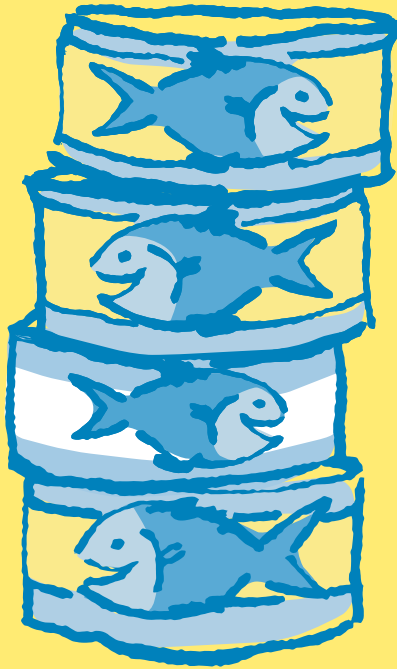
Size of Portions: 1 patty

Meal Pattern Contribution:  
1½ oz. Meat/Meat Alternate

## INGREDIENTS

Tuna, drained and flaked	4 (12 oz.) cans
Eggs, beaten slightly	4
Milk	1⅓ cups
Pickle Relish	½ cup
Cornflakes, crushed	4 cups
Margarine	¼ cup

Mix everything except margarine together. Shape into 30 patties, using about ⅓ cup tuna mixture each. Melt margarine in fry pan or on a griddle. Over medium heat, brown patties for about 5 minutes on each side.



Calories, 94  
Cholesterol, 41 Mg  
Sodium, 244 Mg  
Dietary Fiber, 0.2 G

Iron, 2 Mg  
Calcium, 22 Mg  
Vitamin A, 70 RE  
Vitamin C, 1 Mg

Protein, 12.2 G  
Carbohydrates, 4.8 G  
Total Fat, 2.7 G  
Saturated Fat, 0.7 G



# Shark Eggs

Number of Portions: 25

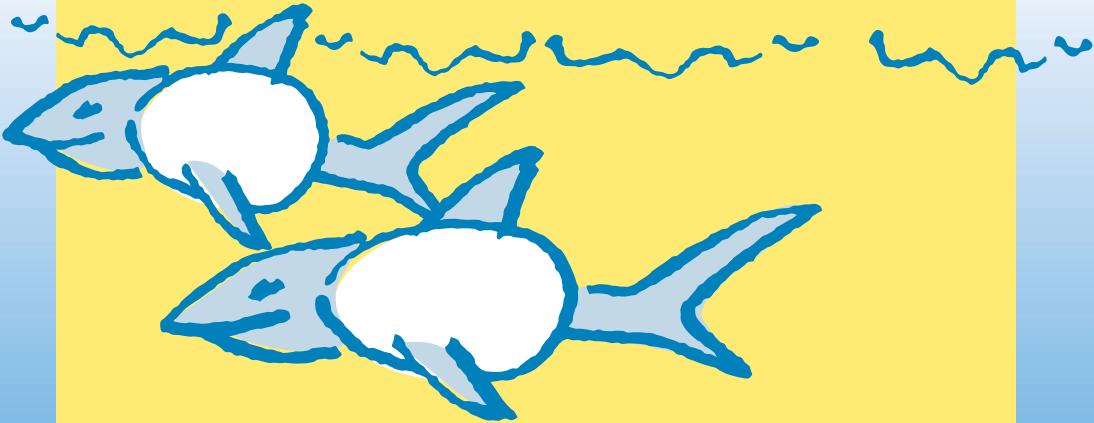
Size of Portion: 2 halves

Meal Pattern Contribution:  
2 oz. Meat/Meat Alternate

## INGREDIENTS

Eggs, hard-boiled	25
Mayonnaise	1 <sup>2</sup> / <sub>3</sub> cups
Tuna, drained	3 (6 <sup>1</sup> / <sub>2</sub> oz.) cans

Peel and cut eggs in half. Remove yolks and mash in bowl. Add mayonnaise and tuna to yolks, stir. Refill whites with yolk mixture.



Calories, 202

Cholesterol, 227 Mg

Sodium, 211 Mg

Dietary Fiber, 0 G

Iron, 1 Mg

Calcium, 29 Mg

Vitamin A, 111 RE

Vitamin C, 0 Mg

Protein, 11.2 G

Carbohydrates, 1 G

Total Fat, 16.9 G

Saturated Fat, 2.9 G