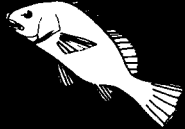


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# FOOD — Healthy Diet

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Sea Grant Depository



Make  
weight control  
a cinch with  
nutritious  
fish and  
shellfish

# What's special about seafood?

Seafood is a winning combination for your palate and health — delicately flavored and nutritious, yet low in calories.. A four-ounce serving provides nearly half the protein needed each day to help build and repair body tissue. Seafoods are rich in vitamins and minerals, low in sodium and are a unique source of omega-3 fatty acids, reported to be beneficial in maintaining a healthy heart. Seafoods, with their polyunsaturated fats, fit into anyone's diet. They can be prepared in a variety of ways and they cook quickly, due to the small amount of connective tissue and short muscle fiber.

Low calorie sauces, colorful garnishes and accompaniment dishes add eye and taste appeal and provide a gourmet flair to well-balanced seafood meals.

This brochure contains several Texas recipes to keep your menu interesting and low in calories. Calories do count, so whether you want to maintain your present weight or need to lose a few pounds, let Texas seafoods be an important part of your diet plan.

# Stay Fit with Fish



## Light and Crispy Fish

- |   |                                   |
|---|-----------------------------------|
| 1 pound snapper or other fish                   | 1/2 teaspoon pepper               |
| 2 tablespoons grated Parmesan cheese            | 1/4 teaspoon onion salt           |
| 3 tablespoons cornmeal or seasoned bread crumbs | 1/2 teaspoon paprika              |
|   | 1 tablespoon soft, diet margarine |

Cut fish into serving size portions or "fingers." Rinse fish and pat dry. Combine cheese, cornmeal and seasonings in a flat pan. Coat fish with the mixture and place the fish on a prepared baking pan. Drizzle margarine over fish. Bake about 10 minutes per inch of fish thickness at 350 degrees. Makes 4 servings. Approximately 159 calories per serving.



## Broiled Fillets Mexicali

- |                                       |                              |
|---------------------------------------|------------------------------|
| 2 pounds sheepshead fillets or others | 1 teaspoon paprika           |
| 2 tablespoons cooking oil             | 1/2 teaspoon chili powder    |
| 2 tablespoons soy sauce               | 1/2 teaspoon garlic powder   |
| 2 tablespoons Worcestershire sauce    | Dash liquid hot pepper sauce |

Cut fillets into serving-size portions and place in a single layer in a well-greased baking dish. Combine remaining ingredients and pour sauce over fillets. Broil approximately 4 inches from source of heat for 10 minutes or until fish flakes easily when tested. Baste once with natural juices during broiling. To microwave, cook on high for 6 minutes, turning the dish once. Serve with lemon wedges. Makes 6 servings. Approximately 155 calories per serving.

## Orange Baked Fish

- |   |  |
|---|--|
| 1 1/2 pounds skinless flounder fillets  | 1 cup finely crushed bacon-flavored crackers |
| 1/4 cup melted margarine                | 1 teaspoon paprika                           |
| 3 tablespoons concentrated orange juice | 1/2 teaspoon seasoned salt orange slices     |
| 4 teaspoons grated orange rind          |  |

Cut fish into serving-size portions. Combine margarine, juices and rind. In another container mix crackers, paprika and salt. Dip fish in margarine mixture, then roll in cracker mixture. Arrange fish on baking tray. Pour remaining margarine mixture over fish. Bake at 400 degrees F for 10 to 12 minutes or until fish flakes and is opaque. Garnish with orange slices. Makes 4 servings. Approximately 365 calories per serving.

## Spicy Grilled Fillets

- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| 2 pounds skinless fillets         | 1/2 teaspoon sugar                |
| 1/2 cup tomato sauce              | 1/4 teaspoon crushed basil leaves |
| 2 tablespoons minced green onion  | 1/8 teaspoon pepper               |
| 1 tablespoon minced fresh parsley | 1 tablespoon canola oil           |
| 1/2 teaspoon Worcestershire sauce | 1 tablespoon fresh lemon juice    |

Cut fish into serving size portions. Rinse and pat dry with paper toweling. In a saucepan, combine tomato sauce, onion, parsley, Worcestershire sauce, sugar, basil and pepper. Cook and stir for 5 minutes over medium heat. Set aside. Mix oil and lemon juice and brush on both sides of the fish. Grill fish for 5 minutes about 4 inches from the heat source. Turn fish and baste with tomato mixture. Cook until fish is opaque and flakes when tested, about 3 minutes. Heat remaining sauce and serve over fish. Fish may be baked or broiled in oven if desired. Serve with hot French bread and crisp salad. Approximately 250 calories per serving.

## Old-Fashioned Fish Dinner in-a-Pot

- |  |  |
|--|--|
| <i>1 pound drum fillets or other thick fillets</i> | <i>1/2 teaspoon basil</i>                            |
| <i>6 chicken bouillon cubes</i>                    | <i>1/2 teaspoon oregano</i>                          |
| <i>1 cup thinly slice peeled carrots</i>           | <i>1/8 teaspoon pepper</i>                           |
| <i>2 medium onions, cut into eighths</i>           | <i>1 can (4 1/2 oz.) sliced mushrooms, undrained</i> |
| <i>2 tablespoons cornstarch</i>                    | <i>1 peeled tomato, cut into 8 wedges</i>            |
| <i>2 cups fresh broccoli pieces</i>                | <i>2 tablespoons sliced Spanish olives</i>           |

Cut fish into 2-inch chunks. Combine 6 cups hot water, bouillon cubes, carrots and onion in large stew pot or Dutch oven. Bring to a boil. Cover and cook just until carrots are tender. Combine cornstarch and 1/4 cup cold water. Add to hot liquid, stirring constantly until cornstarch is cooked. Add broccoli, basil, oregano and pepper and cook uncovered 5 minutes. Add fish chunks, mushrooms, tomato and olives. Stir carefully to mix. Cover and cook until fish flakes, 5 to 8 minutes. Makes about 10 cups. Approximately 121 calories per 1 cup serving.



# Stay Fit with Shellfish

## Rex Shrimp Spread



1/2 pound cooked,  
peeled and deveined  
Texas shrimp  
1/2 cup margarine  
2 tablespoons dry sherry  
1 tablespoon lemon juice

1 tablespoon grated  
onion  
1/4 teaspoon ground mace  
1/4 teaspoon dry mustard  
1/4 teaspoon cayenne  
pepper

Chop shrimp in a food processor or blender. Cream margarine. Blend in sherry, lemon juice, onion, mace, mustard and cayenne pepper. Add shrimp and blend well. Place shrimp mixture in an oiled, two-cup mold and refrigerate until firm. To unmold, dip bottom of mold in warm water and invert on serving platter. Makes 1 3/4 cups spread. Approximately 157 calories per 1/4 cup serving.

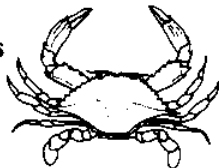
## Zippy Crab Salad

1 pound special or flake  
blue crabmeat  
1 cup chopped celery  
2 chopped hard-cooked  
eggs  
1/4 cup chopped onion  
2 tablespoons chopped dill  
pickle

1/2 cup mayonnaise  
1 tablespoon lemon juice  
1 tablespoon horseradish  
1/2 teaspoon salt  
Dash pepper  
Lettuce leaves

Remove any remaining shell or cartilage from crabmeat. Combine all ingredients and toss lightly. Chill at least 1 hour. Serve on lettuce leaves. Makes 6 servings. Approximately 240 calories per serving.

## Stone Crab Claws



Crab claws, one pound per person  
Red Sauce  
Mustard Sauce

Thaw frozen, cooked claws in cold water or in the refrigerator. To serve warm, steam for 3 minutes. Be careful not to overcook. To prepare raw claws, cover and cook in salted water for 15 minutes. To make Red Sauce, combine 1 cup ketchup, 3 tablespoons lemon juice, 1 tablespoon horseradish, 1/2 teaspoon celery salt and liquid hot pepper sauce to taste. For Mustard Sauce, combine 3/4 cup of mayonnaise or sour cream, 1/4 cup mustard, 2 tablespoons horseradish and 2 teaspoons Worcestershire Sauce. Serve warm or cold. Crack claws by holding them in one hand and striking them with a spoon bowl or knife handle. Enjoy by dipping in a spicy sauce.

## Pickled Shrimp and Peppers

2 pounds raw Texas  
shrimp, peeled and  
cleaned  
2 medium sliced onions  
1/2 cup green bell pepper  
cubes  
1/2 cup red bell pepper  
cubes  
1 1/2 cups vegetable oil

1 1/2 cups white vinegar  
1/2 cup sugar  
1 1/2 teaspoons salt  
1 1/2 teaspoon celery seeds  
4 whole cloves  
2 tablespoons capers with  
juice

Place shrimp in boiling, salted water and simmer for 3 to 5 minutes or until pink and tender. Drain and rinse with cold water, then chill. Make alternate layers of shrimp and onion rings in a sealable container. Mix remaining ingredients and pour over shrimp and onions. Seal and place in refrigerator for 6 hours or more, shaking or inverting occasionally. Remove shrimp from marinade and serve. Makes 6 entree servings, approximately 180 calories per serving, or 18 hors d'oeuvre servings of 4 shrimp each, approximately 60 calories per serving.

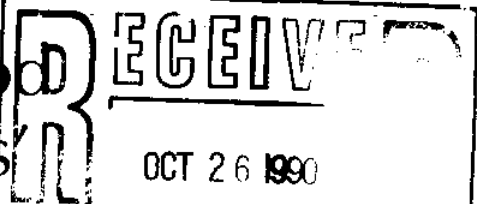
## Crab Broccoli Casserole

8 ounces blue crab meat  
1 package (10 ounces)  
frozen broccoli spears or  
fresh broccoli, cooked  
2 tablespoons margarine  
2 tablespoons flour  
1 cup skim milk

Dash pepper and paprika  
1/4 cup chopped onions  
1 tablespoon chopped  
pimiento  
2 tablespoons slivered  
almonds

Pick through crabmeat to remove shell or cartilage. Cut broccoli in bite-sized pieces, retaining florets. In a small saucepan, make white sauce by melting margarine over low heat and stirring in flour. Gradually add skim milk and cook until thickened. Fold in crabmeat, onion and pimiento. Arrange broccoli florets around edge of casserole dish. Fill center with remaining broccoli and spoon crab mixture over broccoli. Sprinkle almonds over top and bake at 375 degrees for 15 minutes or until hot and bubbly. Serve with fruit salad. Makes 4 servings. Approximately 160 calories per serving.

# Seafood Buyers Guide



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**SELECTION:** Fresh fish will have bright, clear, bulging eyes; firm flesh and a mild clean odor. Shrimp should be free of flesh discoloration and have a pleasant odor. Shell-stock oysters will have tightly closed shells and shucked oysters will be plump, free of extraneous materials and have clear liquor. Picked crabmeat should be free of shell and cartilage and have a sweet, clean odor.

**BUYING:** Allow at least 1/3 pound per serving of fillets and steaks, and 1 pound of dressed or whole fish. Four to six ounces of cooked product is suggested for shrimp, oysters and crabmeat, depending on the recipe and appetite.

**STORING:** Use fresh seafoods within a day or two of purchase. Freeze products in amounts suitable for one meal. Use air-tight wrapping or freeze in water in small plastic containers. Thaw in cold water or in the microwave oven on lowest setting.

**COOKING:** Check for doneness before the suggested cooking time is up. Fish cooks quickly and is done when the flesh flakes and is opaque in appearance. Seafoods have very little connective tissue, so excessive cooking time and heat is unnecessary. Allow ten minutes of cooking time per inch of fish thickness.

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