

EVERYDAY SEAFOOD RECIPES

100+ Quick & Easy Dishes

From the Award-Winning Dish on Fish Blog
Sponsored by the National Fisheries Institute



**17 NEW
RECIPES**

Introduction

We launched the Dish on Fish blog in 2016 because we wanted to show you how easy it is to create a healthy and delicious seafood dish in your own kitchen. Since then we've created more than 100 recipes, including many video recipes, featuring seafood for breakfast, lunch, snacks and dinners. We eat with our eyes first so every recipe includes a mouth-watering image or fun video. Many of the recipes include pantry staples—and all are pescatarian-friendly. We are big fans of keeping frozen, canned and pouched seafood on hand so you always have a delicious and convenient protein on hand. This also makes it so easy to include seafood in your meal plan at least two or three times a week, as recommended by the Dietary Guidelines for Americans.

Since our goal is to have you cooking more seafood, we have included a lot of seafood techniques that make cooking it a cinch. The results will make you think you deserve your own cooking show. In this fourth edition of Everyday Seafood Recipes, we've included more recipes featuring two of our favorite seafood-friendly appliances—the Instant Pot and the Air Fryer.



Every recipe has been thoughtfully created or approved by nationally recognized registered dietitian Rima Kleiner, MS, RDN. We want to thank our friend and seafood expert Barton Seaver for his generosity and for giving us permission to reprint “Grilled Whole Sardines with Charred Rosemary Vinaigrette” from his cookbook, *The Joy of Seafood*. We hope you enjoy these recipes and that they provide you with endless good times with family and friends around your table. For more on seafood, cooking and health, visit us at dishonfish.com. From all of us here at Dish on Fish, we hope you enjoy!

The Team at *Dish on Fish*



A Foreword

One could say that I'm pretty well made of seafood. My parents took me to Washington DC's bustling Maine Avenue Seafood Wharf starting when I was still in utero and my love affair with all things salty, scaled, and shelled has only grown ever since. I've certainly made my career off of sourcing, serving, celebrating, and espousing the virtues of seafood. And now, I've hooked every member of my growing family. As my life has shifted, as have so many others, towards the home kitchen, seafood has become an even more important part of every aspect of my life. For cod's sake, I named my sons "Kid Squid" and "Little Mackerel." (I'm just kidding but those are their working names.) I spend so much of my days teaching others about seafood, through writing, webinars, our Seafood Literacy online course, and thus I so greatly appreciate the effort before you in this cookbook.

And moreover, a recipe doesn't help if we don't have the ingredients. And thus I appreciate the members of the National Fisheries Institute for all that they do to bring seafood into our lives.

Seafood is important. From an economic standpoint, both farmed and wild seafood production provide incredible opportunities for people all across this mostly blue planet. According to the UNFAO roughly 1 in 12 people globally are wholly dependent on seafood for their livelihood. And as our human population grows and we face the challenges of our modern world, it is clear that sustainably producing seafood will be an ever more important means for us to achieve thriving human communities.

From a human health perspective, seafood is a clean, lean protein option, providing a host of essential vitamins and minerals, and is an outstanding choice for our families' tables. In light of a global pandemic, and the ongoing epidemics of obesity, diabetes, and heart disease, turning our attention to wellness through the plates we serve has never been more important. And when you consider the importance of Omega 3 fatty acids, which seafood provides more so than any other animal protein, it's not a stretch to say that it is a moral imperative that we ensure seafood is on our tables at least 2-3 times per week.

From an environmental perspective, as a center of the plate animal protein, seafood is among, if not the, most sustainable of any of the options we have. As we see global wealth and populations rise, and demand for animal protein increase, it makes sense that we turn our attentions to the ocean to provide for our human needs.

And as far as our culinary attentions are concerned, simply put, there is no ingredient category more interesting, more delicious, or more inspiring, than seafood. As a chef, I have never been anything less than excited by what oceans, lakes, and rivers have to offer. And as a home cook, I understand that putting dinner, lunch, and breakfast on the table seven days a week can be a heavy lift. I've found that seafood is the perfect antidote (not only to our health concerns) to menu fatigue. Let's take salmon for example: likely you serve this fish pretty often. But have you taken time or opportunity to explore how diverse this category alone can be? Salmon encompasses five incredible wild species, each with their own unique personalities, and farmed salmon comes to our tables from all over the world, each provenance and producer offering a different take on a traditional favorite. I consider it to be just like wine: sure you've had cabernet, but no two wineries produce an identical product, right? That's why wine is such a compelling culinary experience, as too with salmon. Tuna: another of our favorite ingredient offers us the richness of Bluefin, big eye, yellow fin, frozen or fresh, and the ease and convenience of canned and pouched. Shrimp: white, pink, brown, tiger, spot prawns, wild and farmed from nearby and far, warm water or cold water, frozen or fresh. All of these and more are worth exploring. None of this to mention the abundance of flaky white-fleshed fish available to us: cod, pollock, haddock, hake, cusk, tilapia, catfish, dogfish, swai, basa, just to name a few of dozens. Just in this paragraph alone, I've listed enough to keep you interested for a month's worth of meals without eating the same fish twice.

Now I admit that such diversity can be intimidating. But that's why a book such as this is so useful, timely, and appreciated. The recipes herein draw inspiration from all over the world. Some give us inspiration for cook-ahead meals to deliver convenience throughout the week, others are fun, celebratory dishes that will help you explore new flavors and expand your culinary repertoire. What I like most of all is that this book is organized to get us thinking about incorporating seafood throughout the day. Healthy eating starts with the first meal and is the sum of all that we eat throughout the day. So let's take opportunity to make sure seafood is on our breakfast menus!

To eat healthfully, sustainably, and deliciously is easy. High quality seafood straight from the freezer makes it a convenience food, giving us a great option to fit into our busy, chaotic lives. Fresh seafood handed to us by knowledgeable counter staff is an exciting way to eat with the seasons to celebrate our regions and possibly your local fisheries. So commit to putting seafood on your family's table at least twice this week, and three times next week and every week thereafter.

There are oceans (and lakes and ponds and rivers) of delicious opportunity. So let's dive in.

Bon appetit.

Barton Seaver

Table of Contents

<i>Introduction</i>	2
<i>Foreword by Barton Seaver</i>	4
<i>Breakfast & Brunch</i>	
Introduction	8
Gluten-Free Lobster & Asparagus Crepes with Champagne Sauce	9
Upside Down Salmon & Cream Cheese Puff Pastry	12
Everything Salmon & Egg Breakfast Hand Pies	14
Simple Shrimp & Avocado Toast	17
Breakfast Pizza with Smoked Salmon	18
Turmeric Smoked Salmon Breakfast Bowl	21
Shrimp & Egg Breakfast Burritos	22
Cast-Iron Smoked Salmon Hash	25
Avocado-Crab Benny	26
Crab Frittata Squares	29
Cheesy Shrimp Breakfast Casserole	30
Salmon-Stuffed Avocado Boats	33
Everything Lox Omelet	34
Easy Egg & Crab Muffins	35
<i>Snacks & Apps</i>	
Introduction	36
Sardine Toasts	37
Spicy Clam Dip	38
Easy Crab Nachos	41
Spicy Tuna on Crispy Rice Roll	43
Crostini with Blackened Tilapia & Watermelon Salsa	44
Instant Pot Curried Mussels	47
Vietnamese Shrimp Spring Rolls	49
Air Fryer Mac 'n' Cheese Tuna Bites	50
Air Fryer Tempura Shrimp	53
Smoked Salmon Deviled Eggs	55
Smoked Salmon Dip	56
Air Fryer Calamari with Chipotle Dipping Sauce	58
Smoked Trout Dip	61
Char-Grilled Honey Parmesan Oysters	62
Tuna Croquettes with Lemon-Caper Sauce	64
Gluten-Free Crab Cakes	67
Mussels with White Wine Sauce	68
Grilled Whole Sardines with Charred Rosemary Vinaigrette	70
Coconut Shrimp	73
Caribbean Shrimp with Tropical Fruit	74
Crab Empanadas with Mango Salsa	76
Skinny Baked Popcorn Shrimp	78
Baked Spinach Artichoke Shrimp Dip	79
<i>Soups, Salads & Bowls</i>	
Introduction	80
7-Layer Tuna Pasta Salad	81
Korean Shrimp & Ramen Bowl	82
Lobster Salad with Summer Fruit	85
Kale Caesar with Shrimp or Salmon	86
Cod & Corn Chowder	89
Creamy Clam Chowder	90
Crab Salad	92
Seared Scallop Salad with Blueberries	94
Instant Pot Lobster Bisque	96
Salmon Sushi Bowl	99
Quinoa Salmon Bowl with Tzatziki Sauce	100
Shrimp Gumbo	102
Pasta Salmon Bowl with Balsamic Drizzle	103

Lunch & Handhelds

Introduction	104
Hot 'n' Crunchy Fish Sandwich	105
Salmon Smash Burgers with Sriracha Mayo	107
Baja-Style Street Fish Tacos	109
Grilled Salmon Tacos with Avocado-Lime Salsa	110
Seared Ahi Tuna on Asian Slaw	113
Air Fryer Beer-Battered Fish 'n' Chips	114
Easy Air Fryer Fish Sticks	117
Easy Lobster Reuben	118
Grilled Mediterranean Cedar Plank Salmon Gyros	121
Grilled Shrimp Tacos	122
Air Fryer Thai Coconut Shrimp	124
Lemon-Pepper Salmon Burgers	127
Grilled Cod & Avocado Tacos	128
Gluten-Free Acorn Squash & Crab	130
Air Fryer Shrimp Po' Boy Burger with Remoulade Sauce	132
Cheesy Pimento Tuna Melt	134
Simple Salmon Sliders	135
Instant Pot Crab Mac 'n' Cheese	136

Dinner

Introduction	138
Crab & Sweet Potato Cauliflower Gnocchi	139
Instant Pot Cod Tikka Masala	140
Mediterranean Tuna Pizza	143
Sheet Pan Cod & Vegetables with Smashed Tomatoes & Feta	144
Mini Seafood Pot Pies	147
Air Fryer Maple-Glazed Salmon with Brussels Sprouts	148
Triple Seafood Boil	150
Mediterranean Baked Shrimp with Whipped Feta	153
Grilled Halibut with Walnut Pesto	154
Instant Pot Pasta with Red Clams Sauce	157
Creamy Crab & Kale Lasagna	158
Mustard-Glazed Salmon with Cauliflower Mash & Spinach	161
Mediterranean Tuna Skewers	162
Easy Broiled Lobster	165
Asian-Style Scallops with Vegetable Noodles	167
Honey Garlic Shrimp Skewers	168
Instant Pot Shrimp & Cheesy-Chive Grits	170
Grilled Shrimp & Pasta with Lemon-Garlic Sauce	172
Tilapia with Black Bean & Mango Salsa	175
Lemon Tilapia Piccata	176
Spicy Sheet-Pan Salmon	179
Easy Air Fryer Salmon	180
Wild Alaska Pollock en Papillote with Chimichurri Sauce	182
Tuna Puttanesca	184
Mediterranean Tuna & Pasta	186
Seafood Paella	189
Instant Pot Seafood Risotto	190
Creamy Shrimp Alfredo	193
One-Pan Mediterranean Salmon	194
Shrimp Fried Rice	196
Grilled Lime Butter Salmon	197
Garlicky Shrimp Scampi	198
Grilled Salmon Skewers	199
Mango Chipotle BBQ Salmon	200
Shrimp & Pesto Naan Pizza	201
Shrimp Scampi Skewers	202

Index of Searchable Terms

203

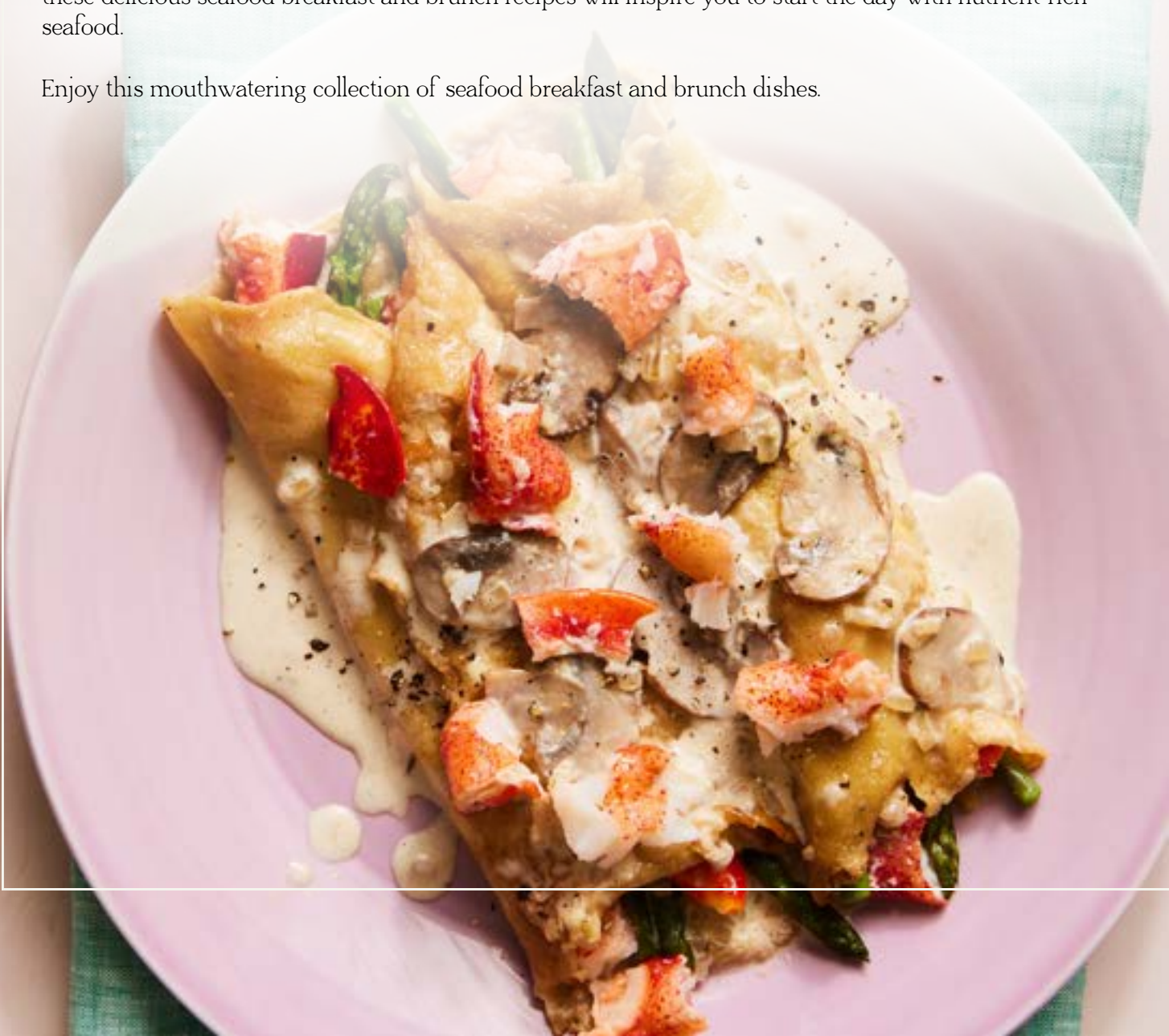


Breakfast & Brunch

Did someone say seafood for breakfast? Sign us up! Whether you're whipping up a quick bite before work, prepping a hearty meal ahead of a busy week or looking for impressive brunch ideas, seafood is the ultimate protein addition to your morning menu.

There are also make-ahead recipes for those days you just want to hit the snooze button. We hope these delicious seafood breakfast and brunch recipes will inspire you to start the day with nutrient-rich seafood.

Enjoy this mouthwatering collection of seafood breakfast and brunch dishes.



Gluten-Free Lobster & Asparagus Crepes with Champagne Sauce

Total time: 1 hour, 30 minutes (includes 1 hour of refrigeration time for crepe mix)

Makes 4 servings

Treat yourself to a taste of luxury with each bite of our gluten-free lobster crepes! Tender lobster, fresh asparagus and Parmesan cheese make a perfect filling when wrapped in a light crepe and draped in rich champagne sauce. It's an elegant dish that's easy to prepare, ideal for wowing your gluten-free guests or simply pampering yourself!

Ingredients

For the crepes:

2 large eggs
1 cup gluten-free flour (can substitute 1 cup all-purpose or white whole wheat flour, if preferred)
½ teaspoon kosher salt
1 cup milk (2% or whole milk recommended)
4-5 teaspoons butter, divided (2 teaspoons melted)

For the filling:

1 teaspoon olive oil
2 cloves garlic, minced
20 asparagus spears, trim off woody ends and cut stalks into 1-inch long pieces
[4 Easy Broiled Lobster](#) (or ½ pound precooked lobster meat)
½ teaspoon freshly ground black pepper
½ teaspoon kosher salt
1 cup thinly sliced gruyere or freshly shaved Parmesan cheese

For the sauce:

2 Tablespoons olive oil
2 shallots, finely diced
1 cup cremini or button mushrooms, thinly sliced
1½ cups champagne or sparkling white wine
1 cup heavy cream or whole milk
¼ teaspoon kosher salt
½ teaspoon freshly ground black pepper
½ lemon, cut in half
2 Tablespoons fresh dill, chopped (can use 1 teaspoon dried dill, if preferred)

Instructions

For the crepes:

Make crepes by cracking eggs into a large mixing bowl and beat eggs lightly with an immersion blender. (If you don't have an immersion blender, you can make batter in a blender.) Combine flour and ½ teaspoon salt. Add about 1/3 of flour mixture; beat until just combined. Then, add 1/3 cup of milk; beat until just combined. Repeat two more times alternating between flour and milk, beating until just combined each time. Add in 2 teaspoons melted butter; mix gently to incorporate into batter. Cover and refrigerate for at least 1 hour.

For the filling:

While crepe batter is chilling, prepare the filling by cooking asparagus. In a large skillet, heat 1 teaspoon olive oil over medium heat. Add garlic, asparagus and cheese and cook, stirring often, about 5 minutes or until asparagus is tender. Place in a mixing bowl.

If using [Easy Broiled Lobster](#) or other pre-cooked lobster tails, carefully remove the meat from all but one lobster tail (set remaining whole lobster tail aside). Dice lobster meat and add to asparagus-cheese mixture. (Keep cheese, lemon and dill separate until preparing crepes before baking.)

For the sauce:

Return skillet (used for cooking asparagus) to stovetop and heat 2 Tablespoons olive oil over medium heat. Add shallots and mushrooms; cook for about 4-5 minutes or until mushrooms are golden, stirring often. Turn down heat to low, and deglaze skillet by adding champagne or sparkling white wine and using spatula to remove any browned bits stuck to the bottom of the pan. Add cream or whole milk and ½ teaspoon black pepper, turn heat back to medium and bring to a simmer. Cook for 1 more minute, remove from heat and set aside. (Keep lemon and dill to the side until crepes are cooked.)



Instructions Continued

Preheat oven to 400°F. Remove crepe mixture from refrigerator.

While oven is preheating, heat an 8-inch skillet with sloped sides over medium heat and add 2 teaspoons butter. Swirl melted butter around in pan, and scoop up batter using a ¼-cup measuring cup. Pour into heated skillet, then quickly tilt pan to swirl batter around and evenly distribute around pan to create a thin pancake. Return pan to heat and cook until tiny bubbles start to appear in crepe and edges curl slightly. Using a spatula or fork, gently lift edge of crepe and flip carefully. Cook on second side for about 20 seconds, then flip onto clean kitchen towel. Repeat for remaining batter, making 8 crepes. If needed, add small amounts of remaining 1 teaspoon of butter to pan to keep crepes from sticking to the pan.

After crepes have been prepared, lay crepes in a 7x11-inch baking dish or pan. Distribute filling evenly between crepes, forming a line of filling down the center of each crepe. Top with cheese. Gently fold crepe side over filling and press gently on top to hold sides in place; repeat for all 8 crepes.

Gently drizzle sauce over top of crepes and bake for 15 minutes, or until hot and bubbly. Remove from oven, squeeze lemon halves over top of crepes and sprinkle on fresh dill. Enjoy immediately.

Recommended utensils: medium mixing bowl, immersion blender or blender, baking sheet, plate, skillet, spatula, 8-inch skillet with sloped sides, tongs, scissors or kitchen shears, 7x11-inch baking dish



Upside Down Salmon & Cream Cheese Puff Pastry

Prep time: 10 minutes; Cook time: 15-20 minutes; Total time: 25-30 minutes

Makes 6 servings

Elevate your brunch game with our irresistible Upside Down Puff Pastries! This savory take on a traditional favorite combines flaky pastry with layers of caramelized vegetables, smoked salmon and herb-filled cream cheese. It's a deliciously impressive treat that's deceptively easy to prepare!

Ingredients

- 1 frozen puff pastry sheet, thawed and cut into 6 even rectangles
- 5 ounces herb cream cheese
- 3 Tablespoons plain Greek yogurt
- 1 teaspoon olive oil
- ½ teaspoon balsamic vinegar
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 2 Tablespoons fresh chives or dill, chopped
- 1 sweet onion, peeled and sliced into 12 thin rings (about ¼-inch thick)
- 8 ounces smoked salmon, sliced
- 1 egg, whisked with a splash of water
- Capers for garnish (optional)



Instructions

Preheat oven to 375°F Place Silpat mat or parchment paper on baking sheet.

In a small mixing bowl, combine cream cheese and yogurt; mix until creamy; set aside.

Drizzle a little olive oil in 6 spots on baking sheet where you're going to place the puff pastries (leave a little space between spaces). Drizzle a little balsamic vinegar lightly over olive oil, then sprinkle with salt, pepper and fresh chives or dill.

Then place two onion slices on top of seasoned oil-vinegar mixture (try to lay the slices so next to but not on top of each other, yet will fit under the puff pastry). Top onion slices with smoked salmon slices, laying out so thin layer of each.

Next, slather 2 Tablespoons of cream cheese-yogurt mixture to the middle of the puff pastry sheet creating a 2-inch circle. Turn over and place on top of the onion-lox piles, so that cream cheese covers all of the lox-onion piles. Repeat with the remaining 5 puff pastry sheets. Using a fork, press edges of each pastry tart into baking sheet, making indentations around the edges of the pastry.

Lightly brush each tart with the egg wash and bake for 20 minutes. If puff pastry is not golden and puffy, return to oven and cook for another 3-5 minutes, watching closely to ensure the puff pastry cooks on the bottom but does not burn on the top.

When puff pastry is golden and fluffy, remove from oven and allow to cool on pan for 5 minutes. Gently flip them over with a spatula. (You may need to run a knife under to loosen.) Place on serving plate, top with capers (if desired) and enjoy while warm.

Recommended utensils: baking sheet, Silpat mat or parchment paper, small mixing bowl, fork, spoon, cutting board, knife, spatula

Everything Salmon & Egg Breakfast Hand Pies

Prep time: 25 minutes; Cook time: 15 minutes; Total time: 40 minutes

Makes 6 servings

Picture this: buttery, flaky pastries embracing tender salmon, velvety eggs and a sprinkle of iconic Everything blend! Whether you're in a rush or savoring a leisurely weekend morning, these hand pies redefine breakfast—proving that a delectable morning meal can be as simple as it is satisfying.

Ingredients

- 1 Tablespoon olive oil
- 1 small onion, finely chopped (about ½ cup)
- 6 large eggs
- ½ teaspoon kosher salt
- 1 teaspoon ground black pepper
- 2 (5-ounce) cans or pouches salmon, drained and flaked
- 2 Tablespoons chives, chopped
- 2-3 Tablespoons flour of choice
- 1 refrigerated puff pastry
- ¾ cup shredded cheddar cheese
- 3 teaspoons Everything seasoning

Instructions

Preheat oven to 375°F. Line baking sheet with parchment paper; set aside.

Heat olive oil in skillet on stove over medium-low heat. Add onions to pan; cook over medium heat until tender, about 5 minutes, stirring often.

While onions are cooking, whisk eggs in a bowl until beaten. (Reserve 1 Tablespoon of whisked egg in a small bowl; set aside to use for egg wash later.) Add remaining eggs, salt and pepper to skillet and stir to mix onions into eggs. Turn heat to medium and cook for about 3-4 minutes, until eggs are almost set. Add flaked salmon and chives to eggs, stirring to mix well; cook for another 1-2 minutes until eggs are cooked. Remove skillet from heat.

On a lightly floured surface, unroll puff pastry and roll with a rolling pin to 1/8-inch thickness. If dough sticks to surface or pin, add a little more flour. Using a pizza cutter or knife, cut puff pastry into 6 even rectangles. Then, using the tines of a fork, make very light indentations in middle of each rectangle.

Place 1/6th of the salmon-egg mixture (roughly ¼ cup) on one half of each rectangle. Top each with 2 Tablespoons cheddar cheese. Gently fold the other half of the rectangle over the top of the cheese and salmon-egg mixture, closing each hand pie. Using a fork, dip tines into flour and press edges around each hand pie. Brush a little egg wash on top of each hand pie to create a golden glaze, then sprinkle on the Everything seasoning evenly over egg wash.

Place baking sheet in oven and bake until pastry is golden brown, about 15-18 minutes. Let cool before serving. Enjoy immediately. Or if making to enjoy later, wrap in foil when cooled and refrigerate for 3 days or freeze for up to 3 months; heat in microwave until warmed up when ready to eat.

Recommended equipment: baking sheet, parchment paper, skillet, spatula, rolling pin, two small bowls for egg wash and flour, fork, pastry brush, pizza cutter or knife





Simple Shrimp & Avocado Toast

Prep time: 10 minutes; Cook time: 5 minutes; Total time: 15 minutes

Makes 2 servings

Avocado toast lovers, trust us: You haven't lived until you've tasted seafood avocado toast! The quick-cooking shrimp, sautéed with lime and just the right amount of spice, make an amazing thing even better! You can whip up this nutritious breakfast, app or afternoon slump-stopper or a snack in just 15 minutes.

Ingredients

1 teaspoon olive oil
1 clove garlic, minced
½ teaspoon paprika
1 teaspoon ground black pepper, divided
½ lime, juiced, divided
½ pound medium shrimp, deveined
½ large avocado
½ teaspoon ground cumin
2 slices 100% whole grain or whole grain gluten-free bread
¼ red onion, thinly sliced
Dash of coarse sea or kosher salt
Hot sauce, optional

Instructions

Heat oil in skillet over medium-low heat. Add garlic, paprika, ½ teaspoon black pepper and half of lime juice; cook for 1 minute and then increase heat to medium-high. Add shrimp to skillet in a single layer. Sauté until golden (about 2-3 minutes), then flip and cook on other side for 2 more minutes, until shrimp is cooked through.

While shrimp is cooking, mash avocado in a bowl with cumin and remaining lime juice and black pepper until you reach desired consistency.

Lightly toast or broil bread. Top with mashed avocado, sautéed shrimp, red onion slices and sprinkle lightly with a little salt. Drizzle with hot sauce, if desired.

Recommended utensils: skillet, spatula, bowl, fork, cutting board, knife.

Breakfast Pizza with Smoked Salmon

Prep time: 5 minutes; Cook time: 15 minutes; Total time: 20 minutes

Makes 6 servings

With savory fillings and a crispy crust, this protein-packed breakfast pizza is bursting with flavor. Two cheeses, fresh veggies and basil plus smoked salmon—what's not to love about this breakfast pizza?

Ingredients

- 1 12-inch refrigerated pizza dough
- 1 Tablespoon cornmeal
- 1 teaspoon olive oil
- 6 large eggs
- ¼ cup low-fat milk
- 1 teaspoon dried oregano
- ½ teaspoon sea salt
- ½ teaspoon freshly ground black pepper
- 2 cups baby arugula, sliced into strips
- ½ cup feta cheese, crumbled, divided
- 1 cup cherry or grape tomatoes, thinly sliced
- ½ cup mozzarella, shredded
- 6 ounces smoked salmon, cut into thin strips
- ¼ cup fresh basil, thinly sliced
- Nonstick cooking spray

Instructions

Preheat oven to 400°F. Sprinkle baking or pizza pan with cornmeal, then top with dough and shape, pressing out dough to edge of pan, creating an edge. Brush dough with olive oil.

Lightly spray skillet with cooking spray and heat over medium heat. Whisk eggs, milk, oregano, salt and pepper; then pour into pan. Cook eggs until just about to set (should still wiggle slightly). Pour onto pizza crust, and top with arugula, ¼ cup feta cheese, tomato slices and mozzarella cheese.

Bake for 10-12 minutes, or until eggs are set; let cool about 2 minutes. Then, top with smoked salmon, basil and remaining feta cheese.

Recommended utensils: baking sheet or pizza pan, skillet, spatula, whisk, knife, cutting board

PRO TIP:

Let dough come to room temperature (about 30 minutes) before pressing out to press more easily. And for fluffier eggs, let eggs sit out for about 15 minutes before using.





Turmeric Smoked Salmon Breakfast Bowl

Makes 2 servings

Our Turmeric Smoked Salmon Breakfast Bowl is satisfying and nutritious, the flavors really pop, and it's perfectly on point for brunch (or any other occasion, really). You'll be "bowled" over by this recipe!

Ingredients

1 large sweet potato, peeled and cubed
2 teaspoon olive oil, divided
3 teaspoon turmeric, divided
1 cup uncooked quinoa
2 eggs
2 cups mixed greens or spinach, torn
8 ounces smoked salmon
2 radishes, thinly sliced
½ avocado, peel and pit removed, sliced lengthwise
1 Tablespoon hemp seeds
8 ounces plain Greek yogurt
1 teaspoon cayenne pepper or harissa
Juice of half a lemon
Salt and pepper, as desired

Instructions

Preheat oven to 400°F. Drizzle 1 teaspoon of olive oil on baking sheet. Place sweet potatoes on baking sheet, drizzle with remaining 1 teaspoon olive oil and sprinkle with 2 teaspoons turmeric, salt and pepper; roast for 15 minutes, flipping halfway through cooking time.

Fill medium saucepan with 1½ cups of water and bring to a boil. Add quinoa, stir once; then cover and simmer for 12-15 minutes or until water is absorbed and quinoa is fluffy.

While sweet potatoes and quinoa are cooking, cook eggs. Add eggs to small saucepan and cover eggs with water; bring to a boil over high heat. When water boils, lower heat to simmer and cook for 6 minutes or until desired doneness. Remove and rinse with cold water. Carefully crack and peel; set aside.

In a small bowl, mix yogurt with remaining 1 teaspoon turmeric, cayenne pepper or harissa, lemon juice and a dash of salt and pepper.

To assemble bowls: Divide hot quinoa evenly between two bowls. Place greens or spinach on top, followed by sweet potatoes, smoked salmon, avocados and radishes. Slice eggs in half and place one in each bowl and top with hemp seeds. Drizzle with yogurt-turmeric sauce. Serve immediately.

Shrimp & Egg Breakfast Burritos

Makes 4 servings

Start the day with our take on a big ol' shrimp burrito. This twist on a "Western omelet" packs in plenty of protein thanks to the shrimp and eggs, as well as nutrients like selenium, vitamin B-12 and omega-3 fatty acids. AND you can make it ahead of time!

Ingredients

1½ teaspoons olive oil, divided
20 medium shrimp, peeled and deveined, thawed
½ teaspoon ground cumin
¼ cup sweet onion, finely diced
1 medium green bell pepper, finely diced
6 eggs
½ teaspoon turmeric
½ cup shredded sharp cheddar
4 (10-inch) whole wheat flour tortillas
¼ cup plain Greek yogurt or sour cream
¼ cup prepared salsa + more for topping, if desired
1 avocado, diced
Salt and pepper, to taste
Hot sauce, optional

Instructions

Heat 1 teaspoon olive oil in a nonstick skillet over medium heat. Place shrimp in pan, and sprinkle with cumin and a dash of salt and pepper. Cook for about 5-6 minutes, or until cooked through and pink in color. Remove shrimp; set aside.

Add remaining ½ teaspoon olive oil to pan shrimp cooked in. Add onion and green bell pepper to pan; cook over medium heat about 5 minutes, or until softened.

Whisk eggs and turmeric in a bowl. Add eggs to pan with vegetables and sprinkle with cheese, salt and pepper; whisk to mix eggs and vegetables in pan. Cook until eggs are cooked through, about 3 minutes.

While eggs are cooking, lightly toast tortillas in microwave or toaster until warmed. Mix yogurt and salsa in a small bowl. Top each tortilla with the salsa-yogurt mixture, then top with eggs, shrimp and avocado. Fold burrito-style and serve with hot sauce or more salsa, if desired.

PRO TIP:

To make-ahead and freeze: Make shrimp and eggs per instructions above. Let cool, then assemble burritos without the yogurt and salsa mixture. Roll burrito-style and wrap individually in foil. Freeze burritos in a single layer on a baking sheet. Once frozen, store burritos in a large freezer-sized baggie, label with the date, remove excess air and seal. When ready to eat, remove from foil, place on a microwave-safe plate and microwave on high for 2-4 minutes, flipping halfway, until burrito is warmed through. Burritos will keep in the freezer up to 3 months.





Cast-Iron Smoked Salmon Hash

Makes 4-6 servings

Get out the cast-iron skillet because it's possible we've created the ultimate smoked salmon hash. This combination of bold flavors and textures, along with the smoky salmon and crispy potatoes, is a brunch hit. The best part is that this dish is healthy and easy to make in under 35 minutes.

Ingredients

2-3 Tablespoons olive oil
2 pounds large red potatoes, cut into ½-inch cubes
1 small yellow onion, diced
1 green bell pepper, diced
¼ cup plain Greek yogurt
8-10 ounces smoked salmon, flaked with a fork (reserve 1 ounce to garnish, if desired)
1 teaspoon capers
1 teaspoon Dijon mustard
1 Tablespoon lemon juice
2 Tablespoons chives, minced
Salt and pepper, to taste

Instructions

In a cast-iron skillet, heat oil over medium heat. Add potatoes, onions and bell peppers to pan, stirring to coat with oil. Season with salt and pepper. Continue cooking until potatoes are tender and brown (15-20 minutes), stirring every 2-3 minutes. Remove pan from heat when done.

In a small bowl, combine yogurt, salmon, capers, mustard, lemon juice and chives. Add to cooked potato mixture and combine. Let sit for 5 minutes, then garnish with additional salmon.

Avocado-Crab Benny

Makes 4 servings (1/2 English muffin per serving)

Flaky crab meat, creamy avocado and a poached egg come together to create the ultimate brunch entrée—rivaling those from even the trendiest brunch spots.

Ingredients

8 ounces lump crab meat, drained
1 teaspoon Dijon mustard
1 Tablespoon lemon juice
2 whole grain English muffins, split
1 avocado, peeled and cut into quarters
4 eggs
1 Tablespoon white or cider vinegar
Lemon wedge
Hot sauce (optional)
Hollandaise sauce (optional)
Coarse sea salt and black pepper, as desired

DID YOU KNOW?

Pasteurized crab meat is a sustainable seafood product that is super convenient and versatile. You can add crab meat to so many dishes, for quick and easy seafood meals and snacks the whole family will love. The sweetness in crab meat makes it a delicious addition to salads, sandwiches, pastas and appetizers. Crab meat also happens to be an excellent source of protein and is rich in heart-healthy omega-3s. When mixing crab meat to a recipe, use a gentle touch with a goal of keeping the meat intact.

Instructions

Put crab meat in a medium bowl; add mustard and lemon juice to crab meat and mix gently. Set aside.

Lightly toast English muffin halves. Mash one quarter of avocado on top of each toasted English muffin half, then sprinkle each with a dash of coarse sea salt. Top each muffin with crab meat mixture.

In a clean skillet, bring 1-inch water and vinegar to a simmer over medium-high heat. Gently crack each egg into the simmering water. Let eggs simmer until egg whites are set but yolks are still slightly runny, about 3-4 minutes. Use a slotted spoon to drain the eggs. Then, place a poached egg on top of each crab meat mixture.

Squeeze a little lemon juice from wedge on top of each egg and sprinkle with a dash of salt and black pepper. Drizzle with hot sauce or prepared hollandaise sauce, if desired.





Crab Frittata Squares

Makes 6-8 servings

This easy cheesy frittata is filled with luscious crab meat, red pepper and kale. The sprinkle of panko breadcrumbs on the bottom of the pan adds a delightful crunch to the dish. You can make this dish ahead and reheat it easily.

Ingredients

1 teaspoon olive oil
2 Tablespoons panko breadcrumbs
8 eggs
6 ounces low fat or nonfat milk
½ teaspoon dried oregano
½ red bell pepper, finely diced
2 cups chopped kale
8 ounces pasteurized lump crab meat
¼ cup plus 2 Tablespoons shredded cheddar cheese
Salt and pepper, to taste
Hot sauce for garnish (optional)
Nonstick cooking spray

Instructions

Preheat oven to 425°F. Coat a 10" x 10" baking pan with non-stick spray. Sprinkle panko onto bottom of pan.

In medium bowl, whisk eggs, milk and oregano. Mix in bell pepper, kale, and ¼ cup cheese to bowl; stir until mixed well. Gently fold crab meat into the mixture. Add salt and pepper, to taste. Pour frittata mixture into prepared baking pan. Top with remaining cheese.

Bake mixture for 25-30 minutes, or until the eggs are set. Remove from oven and let sit for 10 minutes before cutting frittata into squares. Drizzle hot sauce on top before serving. The squares can be refrigerated for up to four days or frozen for up to one month.

Cheesy Shrimp Breakfast Casserole

Makes 10-12 servings

A pescatarian diet is a healthy way to grab the day by the tail—especially with something as filling and easy as this casserole. Many breakfast casseroles include bread and milk, but you won't miss them in this lightened-up creation. This dish comes together so quickly by layering sautéed kale, onions, mushrooms and peppers in a 9 x 13 pan; pour in whisked eggs and seasonings; and then top with raw shrimp and reduced-fat Swiss cheese. It can be prepped the night before and popped in the oven in the morning.

Ingredients

2 teaspoons olive oil
½ sweet onion, chopped
4 garlic cloves, minced
½ red bell pepper, diced
10 ounces mushrooms, finely diced
2-3 cups kale, finely chopped
12 large eggs
¼ teaspoon paprika
¼ teaspoon kosher salt
¼ teaspoon ground black pepper
¼ teaspoon crushed red pepper flakes
1 pound raw shrimp, peeled and deveined
6 ounces reduced-fat Swiss cheese, diced or shredded
6 ounces turkey bacon, cooked and crumbled (omit for pescatarian version)
Non-stick cooking spray

PRO TIP:

To prepare this breakfast dish ahead of time: Cook and assemble according to directions. Cover casserole dish with foil and refrigerate overnight. In the morning, pre-heat the oven to 375°F, bake casserole for 40-45 minutes and serve as directed above.

Instructions

Put crab meat in a medium bowl; add mustard and lemon juice to crab meat and mix gently. Set Preheat oven to 375°F. In medium bowl, whisk together eggs, paprika, salt, black pepper and crushed red pepper flakes; set aside.

Place a skillet on medium-high heat and add the olive oil. Add onion and sauté for 3-4 minutes, until tender. Add garlic and cook for 1 more minute, until fragrant. Add bell pepper, mushrooms and kale and cook for an additional 3-5 minutes, until vegetables are tender.

Lightly coat a 9" x 13" casserole dish with cooking spray. Spread the vegetable mixture evenly in dish. Pour the egg mixture over the vegetables. Top evenly with shrimp and the crumbled bacon (if using); then sprinkle Swiss cheese over entire dish.

Bake casserole for 40-45 minutes. Insert knife into center of casserole; if it comes out clean, the casserole is set. Remove from oven and let sit for 5 minutes. Cut into individual squares and serve.





Salmon-Stuffed Avocado Boats

Makes 4 servings

Looking for a new salmon recipe that checks the box for breakfast, lunch or a light dinner? Let us introduce you to our Salmon-Stuffed Avocado Boats. Thanks to two of our favorite ingredients—salmon and avocado—this dish provides a heaping dose of healthy fats for your heart, brain and skin. And, we'll add that we didn't have any trouble finding taste-testers for this recipe. We think this will become a regular in your breakfast and brunch rotation.

Ingredients

½ cup nonfat plain Greek yogurt
2 teaspoons light or olive oil mayonnaise
1 teaspoon Dijon mustard
½ cup celery, finely chopped
½ cup red bell pepper, finely chopped
1 teaspoon lime juice, freshly squeezed
¼ teaspoon cumin
1/8 teaspoon cayenne pepper (more or less depending on how much heat you prefer)
2 (5-ounce) cans or pouches of salmon, drained and flaked
2 avocados
Salt and pepper, to taste
Hot sauce, for garnish (optional)

Instructions

In medium bowl, combine first 8 ingredients (yogurt through cayenne pepper); mix well. Add salmon to bowl; mix well. Cut avocados in half lengthwise and remove pits. Scoop about 1 Tablespoon of the flesh from each avocado half, mash well and mix into the salmon mixture. Add salt and pepper, to taste.

Fill each avocado half with ¼ cup of salmon mixture, creating a mound on top of avocado halves. Drizzle with hot sauce, if desired.

Everything Lox Omelet

Prep time: 5 minutes; Cook time: 10 minutes; Total time: 15 minutes

Makes 4 servings

Ready to brunch like a true Seafoodie? Introducing our Everything Lox Omelet, a delectable blend of savory salmon, cream cheese and iconic Everything bagel seasoning. Whether you're cutting carbs or just craving a flavorful morning, whisk up a restaurant-quality brunch at home with this simple 15-minute recipe.

Ingredients

4 Tablespoons light cream cheese
2 Tablespoons milk, divided
8 large eggs
½ teaspoon kosher salt
½ teaspoon freshly ground black pepper
¼ teaspoon dried dill
½ teaspoon Everything bagel seasoning, divided
1 Tablespoon butter, divided
¼ red onion, finely chopped
6 ounces smoked salmon or lox, coarsely chopped
Chives minced, for garnish

Instructions

In a medium bowl, combine cream cheese and 1 Tablespoon milk and whisk; set aside.

In another medium bowl, combine eggs with remaining 1 Tablespoon milk, salt, pepper, dill and half of Everything seasoning; whisk until combined well.

Heat half of butter (½ Tablespoon) in a medium skillet over medium heat; swirl to coat pan and add red onion. Cook until tender, about 2 minutes. Add egg mixture; turn heat to medium-low. As eggs are cooking, move spatula along edge of omelet to shape the omelet and to keep from sticking. Once the omelet is set, about 4-5 minutes, add the cream cheese mixture to half of the eggs, then top with the lox and then fold over the other half of the egg mixture to cover the lox. Cook for another 2 minutes, shaking the pan slightly.

Slide the omelet on a plate and garnish with chives and remaining Everything seasoning. Slice into 4 servings.

Recommended equipment: Two medium bowls, large skillet or sauté pan, spatula, plate, knife cutting board



Easy Egg & Crab Muffins

Makes 12 servings

We've all been there. The alarm goes off and you hit snooze once, or maybe twice. Suddenly, you open your eyes and discover you have five minutes to get out the door with no time to make breakfast. Morning hack: Set aside just 30 minutes on Sunday to meal prep these protein-packed Egg and Crab Muffins and you'll be able to enjoy an easy, filling breakfast every day of the week. The protein from the egg and the crab meat will give you that much-needed jump start to your day and help you stay full and focused throughout your morning. You may not be a morning person, but with these bites by your side, you can fake it 'til you make it.

Ingredients

1 teaspoon olive oil
½ small onion, finely chopped
2 cloves garlic, minced
1 medium red bell pepper, chopped
5 large eggs
4 large egg whites
½ cup cottage cheese
½ pound fresh lump crab meat, drained well
½ teaspoon oregano or Italian seasoning
½ teaspoon salt
¼ teaspoon black pepper
Non-stick cooking spray



Instructions

Preheat oven to 350°F. Heat olive oil in a pan over medium heat; add onion, garlic and red bell pepper and cook for 5 minutes, or until vegetables are tender.

While the vegetables are cooking, whisk eggs and egg whites together in a medium bowl. Add cottage cheese and crab meat; stir until well combined. Add cooked vegetables, oregano, salt and black pepper to egg and crab meat mixture; mix well.

Spray muffin pan with nonstick spray. Fill muffin cups about half full with egg-and-crab mixture. Bake 18-20 minutes, or until set.



Snacks & Apps

Entertaining a large crowd? Hosting a low-key get-together? Or, just looking for something delicious to snack on between meals? We've got you covered with some enticing seafood snack and appetizer recipes.

Whip up our smoked salmon deviled eggs for an anytime appetizer. Heat up the Air Fryer and snack on lightened-up crunchy calamari or tempura-style shrimp. Impress yourself and make our crab empanadas with ready-to-use puff pastry. Plus, you'll find both hot and cold seafood dips like smoked salmon dip and baked spinach artichoke shrimp dip. Seafood snacks and apps are where it's at!

Sardine Toasts

Total time: 10 minutes

Makes 8 servings

Introducing your new favorite snack—Sardine Toasts! Packed with flavor and omega-3 fatty acids, these tasty bites are topped with sardines, zesty herbs and a hint of lemon. Perfect for a quick nosh or an elegant appetizer, they're sure to make waves at your next gathering!

Ingredients

6-7 ounces tinned boneless sardines in olive oil, chopped
½ small red onion, finely chopped
¼ cup pitted kalamata olives, sliced
Juice of ½ lemon
½ teaspoon flaky sea salt
½ teaspoon coarsely ground black pepper
½ teaspoon red pepper flakes
16 store-bought mini crostini toasts
1½ Tablespoons olive oil, divided
2 garlic cloves (each cut in half)
4 radishes, thinly sliced
Fresh Parmesan, grated (optional)
Fresh basil leaves, torn (optional)

Instructions

Combine sardines, red onion and olives in a small mixing bowl. Add lemon juice, salt, pepper and red pepper flakes; mix until combined. Set aside.

Place crostini toasts on a serving platter or plate. Drizzle evenly with ½ Tablespoon olive oil, then rub cut garlic halves on crostini top. Top with sardine mixture, then radish and basil leaves, if using. Drizzle on remaining ½ Tablespoon olive oil and sprinkle with Parmesan cheese, if desired.

Recommended utensils: plate or platter, mixing bowl, cutting board, knife

Spicy Clam Dip

Total time: 10 minutes

Makes 8 servings

Whether it's game night or a casual gathering, this Spicy Clam Dip is destined to be the life of the party. Pair it with a veggie tray or an assortment of chips and crackers for a quick, 10-minute appetizer. On the rare chance that you have any leftovers, store them in the fridge for a creamy and craveable snack!

Ingredients

6 ounces cream cheese, softened

¼ cup plain Greek yogurt (2% or full fat work well)

2 (6-ounce) cans minced or chopped clams, drained well

2 cloves garlic, minced

2 teaspoons lemon juice (we recommend freshly squeezed but prepared lemon juice works great, too)

1 teaspoon Worcestershire sauce

1 Tablespoon fresh chives, chopped

Dash hot sauce

Dash of cayenne pepper, optional (if you prefer extra spicy)

Salt and pepper to taste

Raw vegetable crudites, whole grain crackers or favorite chips for dipping

Instructions

In a medium mixing bowl, combine cream cheese and yogurt; whip and smash with a fork to remove lumps and mix to make creamy. Add clams, garlic, lemon juice, Worcestershire sauce and hot sauce; mix to combine. Fold in fresh chives and cayenne pepper (if using). Season with salt and pepper, and garnish with chives, if desired. Serve immediately or chilled, with raw vegetables, crackers or chips for dipping.

Recommended utensils: medium mixing bowl, fork, cutting board, knife





Easy Crab Nachos

Prep time: 10 minutes; Cook time: 10 minutes; Total time: 20 minutes

Makes 8 servings

If you're on the lookout for a snack that's both flavorful and fun to eat, we've got you covered! These Easy Crab Nachos are a crave-worthy combination of crispy chips, delectable crab meat and gooey melted cheese. So, whether you're planning a game night with friends, a family get-together or simply want to indulge in a solo treat, this recipe will quickly become your ultimate appetizer go-to.

Ingredients

- 4 Tablespoons plain Greek yogurt
- 1 (4-ounce) can chopped green chilies, drained
- 1 scallion, white and green parts, thinly sliced
- 1 teaspoon ground cumin
- 2 (6-ounce) cans lump crab meat
- 10-12 ounces thick tortilla chips
- 2 cups shredded cheddar cheese
- 1 avocado, diced
- ¼ cup cherry tomatoes, chopped
- 2 teaspoons hot sauce

Instructions

Preheat broiler to low.

In a medium bowl, mix yogurt, chilies, scallions and cumin until well blended. Fold in crab meat, then mix gently to combine and not break up crab meat lumps.

Arrange chips in a single layer on a baking sheet. Top evenly with yogurt-crab meat mixture, then distribute cheese evenly. Bake 5-7 minutes or until cheese is melted. Top with avocado, tomatoes and hot sauce.

Recommended equipment: Baking sheet, medium bowl



Spicy Tuna on Crispy Rice Roll

Prep time: 15 minutes; Cook time: 10 minutes; Total time: 25 minutes

Makes 8-10 rolls

Time to raid the pantry! With just a few staples like canned tuna and sriracha, you can quickly throw together these easy rolls for an impromptu lunch, snack or hors d'oeuvre. We like topping them with some chopped cucumber and avocado or a sprinkling of sesame seeds.

Ingredients

1 cup cooked short-grain brown rice, cooled (we used microwave rice, but leftover rice also works well)
½ Tablespoon rice vinegar
½ Tablespoon sugar
½ teaspoon kosher salt
4 Tablespoons olive, sesame or avocado oil, divided
1 (5-ounce) can tuna, drained
1 teaspoon light mayonnaise
2 teaspoons sriracha (plus more for garnish, if desired)
½ teaspoon lemon juice
Dash of kosher salt and freshly ground pepper
¼ cup cucumber, finely chopped (optional)
¼ avocado, finely chopped (optional)
1 teaspoon black and/or white sesame seeds (optional)

Instructions

In a medium microwaveable bowl, combine rice vinegar, sugar and salt; mix well and heat for 30-45 seconds until sugar is dissolved. Then add rice and mix well. Let cool. (Rice should get stickier as it cools.)

Preheat a large skillet over medium heat with 2-3 Tablespoons oil (oil should cover bottom of entire pan). With wet hands, form rice into small discs. (Should make about 8-10 discs, depending on size.) Carefully add sushi rice discs to pan; turn down heat to medium-low and cook for 5 minutes on each side or until golden brown. Flip gently using a spatula or tongs. Add 1-2 more Tablespoons of oil, if needed. Cook in batches if need to avoid overcrowding (rice discs will stick to each other if too close). When shaped rice is crispy and golden, remove from pan and place on metal cooling rack.

While rice discs are cooling, prepare tuna and toppings. Add tuna pouch to a medium bowl and flake. Then add mayo, sriracha, lemon juice, salt and pepper; mix well until combined. Top cooled shaped rice with tuna mixture, then with chopped cucumber and/or avocado, if desired. Drizzle with a little sriracha and sesame seeds on top, if desired.

Crostini with Blackened Tilapia & Watermelon Salsa

Prep time: 10 minutes; Cook time: 15 minutes; Total time: 25 minutes

Makes 12 crostinis

If you're looking for a deliciously different seafood appetizer for your next gathering, try these crostini. Tender tilapia fillets and thin baguette slices are topped with a kicky watermelon salsa, crumbled feta and a drizzle of balsamic glaze to give you a flavor explosion in each bite! These tasty fish toasts are refreshing, satisfying and couldn't be easier to prepare!

Ingredients

2 Tablespoons olive oil, divided
1½ pounds tilapia
1 teaspoon paprika
1 teaspoon onion powder
1 teaspoon oregano
¼ teaspoon cayenne pepper
¼ teaspoon salt
1 baguette, sliced thinly into ¼-inch pieces
2 cups watermelon, diced
¼ red onion, finely diced
½ jalapeno, chopped
½ lime, juiced
Dash of salt
¼-½ cup fresh basil, chopped into thin ribbons
½ cup feta cheese, diced into small chunks
Freshly ground black pepper
Balsamic glaze (optional)

Instructions

Preheat grill to medium high. Place fish in a dish. Drizzle both sides of fish with 1½ Tablespoons olive oil; set aside.

Make blackening seasoning by combining paprika, onion powder, oregano, cayenne pepper and salt in a small bowl. Evenly cover fish both sides of fish with blackening seasoning. Place fish on grill; cook 3-4 minutes per side or until fish is cooked thoroughly.

While fish is cooking, make salsa by combining watermelon, red onion, jalapeno, lime juice and salt in a small mixing bowl. Fold basil in; mix gently.

Drizzle bread slices with remaining olive oil. Place bread slices on grill using tongs and grill for about 1 minutes or until desired crispiness.

Divide cooked fish into 12 crostini-sized (about 2" x 3") pieces. Top crostini bread with tilapia, top with watermelon salsa, feta and a sprinkle of freshly ground black pepper. Then drizzle with balsamic glaze, if desired.





Instant Pot Curried Mussels

Prep time: 5 minutes; Cook time: 15 minutes;

Makes 4 Servings

Plump, tender mussels are simmered in an exotic blend of coconut milk, wine and spices, with a taste and aroma that will transport you to the South Seas! The Instant Pot makes it easy to rustle up a batch of these delightful bivalves in your own kitchen. Serve them over linguine, or with some crusty bread to sop up every drop of the luscious broth.

Ingredients

2 pounds mussels, washed and bearded
2 Tablespoons olive oil
3 garlic cloves, minced
1 shallot, minced
½ cup chicken broth
½ cup dry white wine (or use 1 cup chicken broth and omit wine, if desired)
14 ounces canned coconut milk
2 Tablespoons yellow curry powder
1 teaspoon ground cumin
½ teaspoon sea or kosher salt
½ teaspoon freshly ground black pepper
Fresh parsley, chopped (optional)
Baguettes or crusty French bread (optional)

Instructions

Turn Instant Pot setting to sauté function, and sauté garlic and shallot in olive oil until fragrant, about 1-2 minutes. Add chicken broth, wine, coconut milk, curry powder, cumin, salt and pepper; stir.

Turn off sauté setting and add the mussels. Place lid on Instant Pot, ensure that sealing valve is closed and select Manual mode on high setting for 5 minutes. Allow pressure to release naturally.

Serve on platter with parsley for garnish and bread for dipping, if desired.



Vietnamese Shrimp Spring Rolls

Makes 4 servings (12 rolls)

It's hard to imagine a more refreshing appetizer or light meal than our fresh Vietnamese spring rolls, or *goi cuon*. Sometimes called summer rolls, these are healthy, beautiful and crunch-a-licious.

Ingredients

4 ounces vermicelli or rice noodles
18 medium, peeled, deveined tail-on shrimp
Pinch of salt
½ lemon
3 Tablespoons chopped fresh mint leaves
2 Tablespoons chopped fresh cilantro
1 cup baby or butter lettuce leaves
1 medium Persian or English cucumber, halved lengthwise, seeded and thinly sliced into 4-inch-long strips
1 red bell pepper, seeded and thinly sliced into 4-inch-long strips
1 large carrot, peeled and thinly sliced into 4-inch-long strips
12 (8-inch) rice wrappers
1 teaspoon finely chopped peanuts (optional)
Store-bought or already-prepared Nuoc Cham, hoisin or peanut dipping sauce(s)

Instructions

Set up (or *mise-en-place*) prepared vegetables, herbs and peanuts, if using; set aside.

Prepare noodles according to directions; set aside. In same pot, fill half full with water and bring to a boil. Add shrimp, salt and juice from lemon, remove pot from burner and let stand on unheated burner for about 5 minutes, or until shrimp are cooked through and a pinkish orange color. Drain, then let cool, remove tails and cut in half length-wise.

For rice paper wrappers: Fill a large shallow bowl with water. Dip one rice paper wrapper into water to soften, lay wrapper flat on prep surface.

To assemble spring rolls: Place a lettuce on lower third of wrapper, top with a small mound of noodles, layer on a few carrots, cucumber strips and peppers and herbs. Fold lower edge of rice paper around fillings. (If not stretchy, let wrapper sit for another minute or two and it will become more pliable.) At seam, add three shrimp halves, cut side up, then fold in sides of rice wrapper and finish rolling wrapper tightly to form a tight cylinder.

Repeat to make 12 total rolls, and cover with damp paper towel until serving. Serve with small bowls of favorite dipping sauce(s) and chopped peanuts, if using.

Air Fryer Mac 'n' Cheese Tuna Bites

Makes 4 servings

Mac plus cheese always equals awesome! Add some healthy tuna and you have a protein-packed bite-sized, crunchy snack or app. Kid-friendly, picky-eater approved!

Ingredients

2 cups uncooked whole grain elbow macaroni
2 cups cheddar cheese, shredded
1 cup mozzarella cheese, shredded
1 cup 2% milk, divided
¼ teaspoon turmeric
5 ounces canned or pouched tuna, drained and flaked
1 egg
½ cup Panko breadcrumbs
1 Tablespoon grated Parmesan cheese
1 teaspoon paprika
½ teaspoon garlic powder
Nonstick cooking spray
Favorite prepared tartar or marinara sauce for dipping

Instructions

Cook macaroni according to directions; drain. Add macaroni back to pot, and add cheddar cheese, mozzarella cheese, ½ cup milk and turmeric; mix well. Add tuna; stir to mix well. Let sit until cool enough to handle with hands.

While mac-n-cheese is cooling, spray Air Fryer basket with nonstick cooking spray and preheat Air Fryer to 400°F for 5 minutes.

Place remaining ½ cup milk and egg in a small mixing bowl; whisk until well combined. In another small mixing bowl, place Panko breadcrumbs, Parmesan cheese, paprika and garlic powder; mix to combine.

Using a spoon, scoop about 2 Tablespoons of mac-n-cheese and roll tightly into a ball (should make about 12 smaller or 16 bigger balls). Roll each ball in the milk and egg mixture until well-coated, then roll in Panko mixture until all sides are coated. Reshape into a firm ball (may need to squeeze some liquid out to reshape).

Place balls in Air Fryer basket and spray each mac-n-cheese ball with nonstick cooking spray. Be sure not to overlap balls (cook in batches, if necessary). Cook for 5 minutes or until golden brown on top; then turn each ball, spray other side with cooking spray and cook for another 4 minutes, or until bites are crispy and golden. Enjoy warm with your choice of sauce.





Air Fryer Tempura Shrimp

Makes 2-4 servings

So if you've been itching to use your fancy new kitchen gadget, it's time to whip out your apron. Thanks to the Air Fryer, these golden-brown, crispy air-fried shrimp are flavorful and healthy without artery-clogging fats. Blink and these crunchy bite-sized treats will be gone within minutes! Confession: We devoured them right away!

Ingredients

1 pound large shrimp, peeled and deveined (thawed, if using frozen)
1 Tablespoon olive oil
1 egg, mixed
2 cloves garlic, minced
½ teaspoon garlic powder
¼ cup grated Parmesan cheese
½ cup flour
1 lemon, sliced
Parsley, to garnish (optional)

Instructions

Preheat Air Fryer to 400°F for 5 minutes.

In a medium bowl, combine olive oil, egg, garlic and garlic powder. Place Parmesan cheese and flour in another medium bowl. Place shrimp in egg mixture; toss until coated. Once coated, place shrimp in the bowl with Parmesan cheese and flour; toss until fully coated.

Lightly spray fryer basket with nonstick cooking spray. Place shrimp in basket and insert into Air Fryer. Cook for 7-9 minutes, or until shrimp is cooked through. (You may have to cook in batches, depending on the size of your Air Fryer). Serve with lemon slices and your favorite Asian-style condiment or sauce. Garnish with parsley.



Smoked Salmon Deviled Eggs

Makes 6-8 servings

Smoked Salmon Deviled Eggs are small, savory bites—packed with protein and bursting with flavor. They are elegant enough for a festive gathering, yet simple enough for an afternoon snack. Thanks to easy swap-outs like Greek yogurt in place of mayonnaise, these are a lighter take on the traditional deviled egg recipe.

Ingredients

8 large eggs
¼ cup nonfat plain Greek yogurt
2 Tablespoons mayonnaise
1 Tablespoon Dijon mustard
1 Tablespoon fresh chives, chopped
3 teaspoons fresh dill, minced
1 teaspoon lemon juice
¼ teaspoon ground black pepper
¼ teaspoon sea salt or kosher salt
3-4 ounces smoked salmon, finely chopped
Fresh dill and/or chives, for garnish

Instructions

To hard-boil eggs, place eggs in a saucepan, cover with water and bring to a boil. Remove from heat, cover with lid and let stand 15-17 minutes. Drain and rinse with cold water.

Peel eggs and slice in half lengthwise. Remove egg yolks and place in a medium bowl. Set egg-white halves aside.

Mash egg yolks with a fork. Add remaining ingredients on list (through smoked salmon) to yolks and beat with a mixer or by hand, until smooth and creamy.

Pipe or spoon mixture into egg-white halves (about 1 Tablespoon per egg half). Garnish with dill or chives or a sprinkle of coarse sea salt.

Smoked Salmon Dip

Makes approximately 2 cups

A food processor makes whipping up this Smoked Salmon Dip super easy. Keep the ingredients on hand for an easy and nutritious last-minute appetizer.

Ingredients

8 ounces plain light cream cheese
¼ cup plain Greek yogurt or sour cream (for a thinner consistency, add 1 Tablespoon of yogurt at a time until preferred consistency)
1 Tablespoon freshly squeezed lemon juice
¼ teaspoon Tabasco sauce
1 Tablespoon capers
2 Tablespoons fresh dill, chopped
1 Tablespoon chives, chopped
4 ounces smoked salmon, chopped

Instructions

In a food processor, process cream cheese until light and creamy.

Add yogurt (or sour cream) and next 5 ingredients (through chives); process until combined. Add smoked salmon and pulse lightly until desired consistency.

Serve with whole grain crackers or vegetable crudité.



Air Fryer Calamari with Chipotle Dipping Sauce

Makes 4 servings

Guiltless golden-brown, crispy air-fried calamari is healthy and flavorful. Taking only 10 minutes to cook and less than 25 minutes to prep, this dish makes a perfect snack or appetizer. You can also prep ahead and freeze to save time. The trick to this recipe is to double-coat the calamari and cook it in batches so the air circulates in the fryer. Trust us—you'll be hooked on this Air Fryer Calamari with creamy chipotle sauce.

Ingredients

1 pound frozen calamari, *thawed, cleaned and thinly sliced into rings ¼ inch wide, with the tentacles separately sliced into small pieces
2 Tablespoons freshly squeezed lemon juice
1¼ cups all-purpose flour (or a gluten-free alternative)
1 teaspoon paprika or Old Bay seasoning
½ teaspoon kosher salt
½ teaspoon ground black pepper
½ cup milk
1 large egg
Prepared creamy chipotle sauce, for dipping

PRO TIP:

Thaw calamari overnight in refrigerator. Or for a quick thaw, put frozen calamari in a large baggie, seal baggie well and place it under cool running water for about 20-30 minutes.

Instructions

Pat the calamari dry with a paper towel. Place all the calamari into medium mixing bowl and toss with lemon juice, until well coated.

Lightly oil Air Fryer basket (or coat basket with cooking spray); return basket to Air Fryer and preheat to 400°F.

In another medium mixing bowl, combine flour, paprika (or Old Bay), salt and pepper; mix well. In a third mixing bowl, whisk milk and egg until well combined.

Dredge each piece of calamari first in the flour mixture, then in the egg mixture and finally in the flour mixture again, until well coated.

Place one layer of coated calamari in Air Fryer basket. (Do not overlap calamari. If extra pieces remain, cook calamari in batches.) Coat calamari with cooking spray.

Cook at 400°F for 8 minutes, or until calamari is cooked through. Serve immediately with bowl of chipotle sauce, for dipping.





Smoked Trout Dip

Makes 4 servings

You'll flip for our Smoked Trout Dip, a simple, savory and satisfying treat that is also good for you. Easy to make, easy to store and easy to eat—think of this trout dip recipe as snack time made simple! Seafood dips go perfectly with raw veggies, crackers or pita. We've tested this theory with our other original dips—the salmon dip, shrimp dip and crab dip. These dips are all tasty ways to get your seafood servings in, especially if you're looking for a healthy snack.

Ingredients

6 ounces smoked trout
3 ounces light cream cheese, softened (use more if creamier dip preferred)
½ cup nonfat plain Greek yogurt
2 teaspoons freshly squeezed lemon juice
1 teaspoon Worcestershire sauce
3 Tablespoons chives, chopped
Pinches of salt, black pepper and cayenne pepper
Drizzle of olive oil, for garnish

Instructions

Flake the trout into medium bowl, shredding the fish. Add remaining ingredients (cream cheese through salt, black pepper and cayenne pepper); combine until well mixed as dip.

If desired, drizzle dip with a little olive oil before serving. Dip can be served dip in one bowl or divide into individualized servings (up to 4).

Char-Grilled Honey Parmesan Oysters

Makes 4-6 servings

We first tasted char-grilled oysters at a famous restaurant in New Orleans, and we were hooked. So much so that we were inspired to create our own version at home. So without further ado, let's jump into our cook-along recipe for Char-Grilled Honey Parmesan Oysters. This recipe calls for pantry staples to create a charred, cheesy bubbling platter of oyster goodness. Never worked with oysters in your kitchen? No worries! We will walk you through step-by-step from shucking to grilling to plating.

Ingredients

1 dozen large oysters, shucked with half-shell left on
½ cup olive oil mayonnaise
2 teaspoons garlic, chopped
½ teaspoon salt
¼ teaspoon black pepper
½ teaspoon paprika
2 teaspoons honey
2 teaspoons fresh lemon juice
2/3 cup Parmesan cheese, shredded

Instructions

Shuck oysters and keep half shell on each (use an oyster knife or have a fishmonger shuck for you). Place oysters (in their half shells) on baking sheet and keep them refrigerated until ready to use.

Prepare honey-cheese topping by blending all the remaining ingredients in medium bowl; mix well.

Remove oysters from fridge. Top each oyster with a heaping teaspoon of the honey-cheese mixture. Refrigerate oysters again until ready to grill.

Preheat grill to high. Place oysters on grill; cook 10 minutes or until oyster shells begin to char and the honey-cheese topping is brown and bubbly.

Using tongs, carefully transfer oysters from grill to serving tray. Serve immediately.



Tuna Croquettes with Lemon-Caper Sauce

Makes 4 servings

Hailing from France, croquettes may sound fancy, but our Tuna Croquettes come together in just over 30 minutes! Full of healthy tuna and loaded with flavor, these patties are great for a snack, light meal or even a party. Keep some pantry-perfect tuna (either pouched or canned) on hand to whip these up anytime. We added a lemon-pepper dipping sauce for a fresh zing to accompany this tuna recipe. So, let's make some delicious tuna croquettes. Ooh-la-la!

Ingredients - Tuna Croquettes

- ½ cup whole-wheat or all-purpose flour (or use gluten-free flour to make GF)
- 1 cup panko, divided in half (or use gluten-free panko to make GF)
- 1 teaspoon Old Bay seasoning or paprika
- ½ teaspoon kosher salt
- ½ teaspoon ground black pepper
- 2 large eggs, beaten
- 2-3 teaspoons lemon juice, freshly squeezed
- 2 teaspoons Dijon mustard
- 2 (5-ounce) pouches or cans albacore tuna, drained well and flaked with a fork
- 2 green onions or scallions, finely chopped
- ¼ cup frozen sweet peas, thawed (optional)
- 1-2 Tablespoons olive oil

Ingredients - Lemon-Caper Sauce

- ½ cup plain nonfat Greek yogurt
- 2 Tablespoons mayonnaise
- 1 Tablespoon lemon juice
- 3-4 teaspoons capers, drained
- 2 garlic cloves, minced

Instructions

In medium bowl, mix the first 8 ingredients listed (flour through mustard, including $\frac{1}{2}$ cup of the panko). Add tuna, green onions and sweet peas (if using); mix well to combine. Divide mixture into 8 oval or round croquette patties and set on plate (or baking pan) lined with parchment paper. Cover plate with foil and refrigerate for at least 15 minutes. (Note: You can make patties ahead of time and refrigerate them for up to 3 hours.)

While croquette patties are chilling in fridge, make lemon-caper sauce by mixing ingredients in a small bowl; whisk until combined. If sauce needs thinning, add more lemon juice.

Remove croquette patties from fridge. Heat olive oil in sauté pan over medium heat. While oil is heating, put remaining $\frac{1}{2}$ cup panko into a small mixing bowl and coat all sides of each croquette with the panko.

Place croquette patties in sauté pan and cook 3-4 minutes per side, or until golden brown; cooking in batches so as not to crowd the pan. Allow croquettes to cool for 2-3 minutes before serving. Top with the lemon-caper sauce.





Gluten-Free Crab Cakes

Makes 8 servings

Want to sneak some veggies into dinner? Try these delicious gluten-free crab cakes with grated cauliflower. A trick for perfectly uniform patties is to lightly pack the crab meat and cauliflower mixture into a ½ cup measuring cup, and then turn onto a parchment lined baking sheet and chill. This is a family favorite recipe!

Ingredients

2 Tablespoons olive oil, divided
½ cup sweet yellow onion, finely diced
1 clove garlic, minced
1 pound canned lump crab meat
1½ cups finely grated cauliflower
1 cup gluten-free panko or gluten-free flour of choice (almond, chickpea and premade GF flour mixes work well)
2 eggs, lightly beaten
3 Tablespoons light or olive oil mayonnaise
1 Tablespoon Old Bay seasoning
1 Tablespoon Dijon mustard
1 Tablespoon dried parsley
Fresh lemon wedges, for garnish
Gluten-free tartar sauce, if desired

Instructions

Heat 1 Tablespoon oil in skillet over medium heat. Add onion; sauté until translucent, about 5-6 minutes. Add garlic; sauté another minute more. Remove and let cool for a few minutes.

While onion and garlic are cooling, combine crab meat and next 7 ingredients (through dried parsley) in a medium bowl. Add in cooked onion and garlic. Mix until well-combined; form into 8 patties and put on a baking sheet. Cover with wax paper or foil or waxed paper; refrigerate for at least 30 minutes.

Return pan to medium heat and add 1 Tablespoon of olive oil. Cook patties in single layer (cook in batches so pan is not overcrowded) over medium heat about 5-6 minutes per side, until and the patties are golden brown. Serve with lemon wedges and favorite gluten-free tartar sauce. Makes 8 crab cakes.

Mussels with White Wine Sauce

Makes 4 servings

If you enjoy mussels at restaurants but haven't tried them at home, please make our Mussels with White Wine Sauce! This is on the table in under 30 minutes. Rich in flavor and so aromatic, this dish will be a crowd-pleaser all summer long. Mussels are mollusks (other shellfish family members include clams, oysters, scallops, octopus or squid), and we consider them a summertime superfood. Mussels are packed with important nutrients, like protein, heart-healthy omega-3s, vitamin B-12, zinc, iodine and the antioxidants selenium and vitamin C. And a 3-ounce portion of shelled mussels serves up less than 100 calories and 2 grams of total fat.

Ingredients

2 teaspoons olive oil
4 garlic cloves, minced
2 pounds mussels, cleaned
1 lemon, juiced and zested
2 cups white wine
½ teaspoon red pepper flakes
½ teaspoon dried basil
Whole grain crusty bread or baguette (optional)
Lemon wedges (optional)

Instructions

In large pot, heat olive oil and garlic; cook about 1 minute, until garlic is fragrant.

Add clean mussels, lemon juice, lemon zest, white wine, red pepper flakes and basil.

Cover and simmer over medium heat until mussels are steamed open, about 4-6 minutes. Cook time depends on how long it takes the mussels to open—it might take less time, based on stovetop performance.

Remove pot from heat and discard any unopened mussels. Serve with crusty bread loaf and lemon wedges.

Instructions - Mussel Cleaning

When you purchase your mussels, make sure to immediately unwrap them at home so they can breathe. Discard any mussel that is chipped, broken or damaged in any way. Also, discard any mussel that is open. The mussels should be tightly closed and stored in a cool area where they can breathe.

Just before cooking, soak your mussels in fresh water for about 20 minutes. As the mussels breathe, they filter water and expel sand. After about 20 minutes, the mussels will have less salt and sand stored inside their shells.

Most mussels have what is commonly called a “beard,” also known as byssal threads. The beard is made of many fibers which emerge from the mussel’s shell.

To remove the beard, hold the mussel in one hand, cover the other hand with a dry towel, and grasp the beard; give it a sharp yank toward the hinge end of the mussel. This method will not kill the mussel. If you were to pull the beard out towards the opening end of the mussel you can tear the mussel, killing it. Discard the byssal threads.

Remove the mussels from the water. Don’t pour the mussels and water into a strainer because the sand has sunk to the bottom of the bowl; you’d end up pouring the sand back on top of the mussels. Put the mussels in another bowl of clean, cold water.

Use a firm brush to brush off any additional sand, barnacles or other oceanic attachments. Rinse the mussels under cool tap water and set aside. Dry with a towel before cooking.



Grilled Whole Sardines with Charred Rosemary Vinaigrette

Recipe courtesy of Barton Seaver, reprinted with permission from "The Joy of Seafood."

Makes 4 servings

Thanks to our friend, noted chef and seafood expert Barton Seaver for providing this recipe for Grilled Whole Sardines with Charred Rosemary from his cookbook "The Joy of Seafood." Make sure you serve the dish with the remaining vinaigrette, chopped herbs and lemon wedges!

Ingredients - Charred Rosemary Vinaigrette

6 stalks fresh rosemary
1 garlic clove, grated
2 Tablespoons red wine vinegar
1 Tablespoons Dijon mustard
¼ cup extra-virgin olive oil
Salt, to taste

Ingredients - Grilled Sardines

2 pounds whole sardines scaled and gutted
¼ cup chopped herbs, such as chervil, parsley or tarragon
1 lemon cut into wedges

Instructions - Charred Rosemary Vinaigrette

Serving: 1/2 cup

Toast the rosemary under a broiler until fragrant and crisp, about 5–7 minutes.

Remove the leaves and mash them with the garlic, vinegar, and mustard to make a smooth paste.

Whisk in the olive oil and season with salt.

PRO TIP:

If using a gas grill, preheat all burners to medium-high. Place the sardines on one side of the hot grates. Once they begin to char around the edges, turn off the burner directly under the fish and cover the grill to finish cooking.

Instructions - Grilled Sardines

Pour half of the vinaigrette over the fish and let them marinate for 1–8 hours.

Prepare a charcoal grill with a medium fire, concentrating the hot coals on one side of the kettle.

Working in batches, remove half of the fish from the marinade and place them on the grill over the hot coals.

Cook until the edges of the fish begin to crisp, about 2 – 3 minutes.

Gently flip the fish and brush with any remaining marinade. Lift the entire grill grate and rotate it so the fish rest opposite the hot coals.

Cover the grill and continue to cook over this indirect heat until the fish are done, another 2-3 minutes.

Repeat with the remaining fish.

Serve the fish drizzled with the remaining vinaigrette, chopped herbs and lemon wedges.





Coconut Shrimp

Makes 6-8 servings

This combination of sweet coconut and savory shrimp is a true taste sensation. Join us in our island state-of-mind and take your taste buds on a flavor vacation by giving this coconut shrimp a try.

Ingredients - Coconut Shrimp

1 pound large shrimp (21-25 count), peeled and deveined with tails left on
1/4 cup all-purpose flour
1/2 teaspoon garlic powder
1/2 teaspoon salt
2 large eggs
1 1/2 cups sweetened shredded coconut
1/2 cup panko bread crumbs
Light olive oil, vegetable oil or coconut oil

Instructions - Coconut Shrimp

Rinse shrimp in cold water and pat dry with paper towels. Set shrimp aside.

Line a baking sheet with parchment paper.

Set up 3 bowls for a dipping station. In the first, stir together flour, garlic powder and salt. In the second, add eggs and beat them with a fork. In the third, combine coconut flakes and panko bread crumbs.

Dredge one piece of shrimp in the flour mixture. Dip it next in the beaten egg and then in the crumb mixture, using your hands to press the coconut crumbs onto the shrimp. Transfer shrimp to the baking sheet and repeat process with remaining shrimp.

Place a large nonstick pan over medium heat and add enough oil to generously cover the bottom. Once oil is hot, add just enough shrimp to cover bottom of pan and sauté 2-3 minutes. Then flip shrimp and sauté another 2 minutes, until shrimp are golden brown on both sides. Remove shrimp to a paper towel-lined plate.

Cook remaining shrimp in batches, being careful not to overcrowd the pan.

Ingredients - Dipping Sauce

1/4 cup sweet chili sauce
1/4 cup apricot preserves or apricot fruit spread

Instructions - Dipping Sauce

In a bowl, combine sweet chili sauce and apricot preserves. Serve with coconut shrimp.



Caribbean Shrimp with Tropical Fruit

Makes 4 servings

This recipe is a little bit spicy, a little bit sweet, and oh-so-good! With its exotic flavor profile and festive presentation, this islands-inspired dish is sure to impress at your next dinner party!

Ingredients

1½ pounds (about 24) uncooked medium shrimp, peeled, tails on, deveined
¼ cup plus 2 Tablespoons olive or coconut oil, divided
2-3 Tablespoons Caribbean or jerk seasoning
1 Tablespoon freshly grated ginger root
2 teaspoons honey
2 Tablespoons lime juice (from about ¼ of lime), divided
1 medium pineapple, cut in half* or quarters, cored and fruit cut out, cut fruit into ¾-inch cubes
1 medium mango, peeled and diced
2 kiwi fruit, peeled and diced
¼ cup red onion, finely diced
Salt and pepper, to taste
¼ cup toasted coconut flakes (optional)
3 fresh mint leaves, thinly sliced (optional)

Instructions

Combine shrimp, 2 Tablespoons oil, seasoning, ginger, honey and 2 teaspoons lime juice to a large baggie. Seal and marinate in refrigerator for 30 minutes.

While shrimp is marinating, prepare fruit and heat 2 Tablespoons oil in a large sauté pan over medium heat. Season the shrimp with light salt and pepper. Add shrimp to pan and cook over medium heat for 3-5 minutes each side or until cooked through, flipping halfway through.

Spoon out shrimp and place in a center of a serving platter.

Return pan to heat and add remaining 1 Tablespoon oil, remaining 1 teaspoon lime juice, pineapple, mango, kiwi and red onion to pan. Cook for 1-2 minutes, until fruit is softened. Add fruit to serving platter, around outside of shrimp.

Serve with coconut brown rice or mixed salad greens and top with toasted coconut flakes and mint, if desired.

*To serve shrimp and fruit in pineapple shell, half pineapple, core and cut out fruit. Turn onto paper towels to drain. Stuff cooked shrimp and fruit into pineapple shells.



Crab Empanadas with Mango Salsa

Makes 6-8 servings

The sweet taste of the mango salsa is a pleasant contrast to the fiery flavors of the serrano chili, making this a crab app your guests will not forget. The empanadas are perfect appetizers but can also be served as a light lunch or a snack. Now, let's start cooking!

Ingredients - Crab Empanadas

- 1 Tablespoon olive oil
- 1 pound lump crab meat
- ½ red onion, finely chopped
- ½ red bell pepper, finely chopped
- 1 serrano chili, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon cumin
- 2 Tablespoons lime juice
- 3 Tablespoons cilantro
- 1 package prepared puff pastry
- Whole wheat flour, for dusting (optional)
- 1 egg
- 1 teaspoon water
- Salt and pepper, to taste



Ingredients - Mango Salsa

- ½ red onion, finely chopped
- ½ red bell pepper, finely chopped
- 1 mango, peeled, pitted and diced
- 1 jalapeno, finely chopped
- 2-3 Tablespoons lime juice
- ¾ cup cilantro, chopped

Instructions - Crab Empanadas

Preheat oven to 375°F; prepare baking sheets with parchment paper.

Heat oil in a large skillet over medium heat. Add ½ onion, ½ red bell pepper, serrano chili and garlic; cook until softened, about 5 minutes.

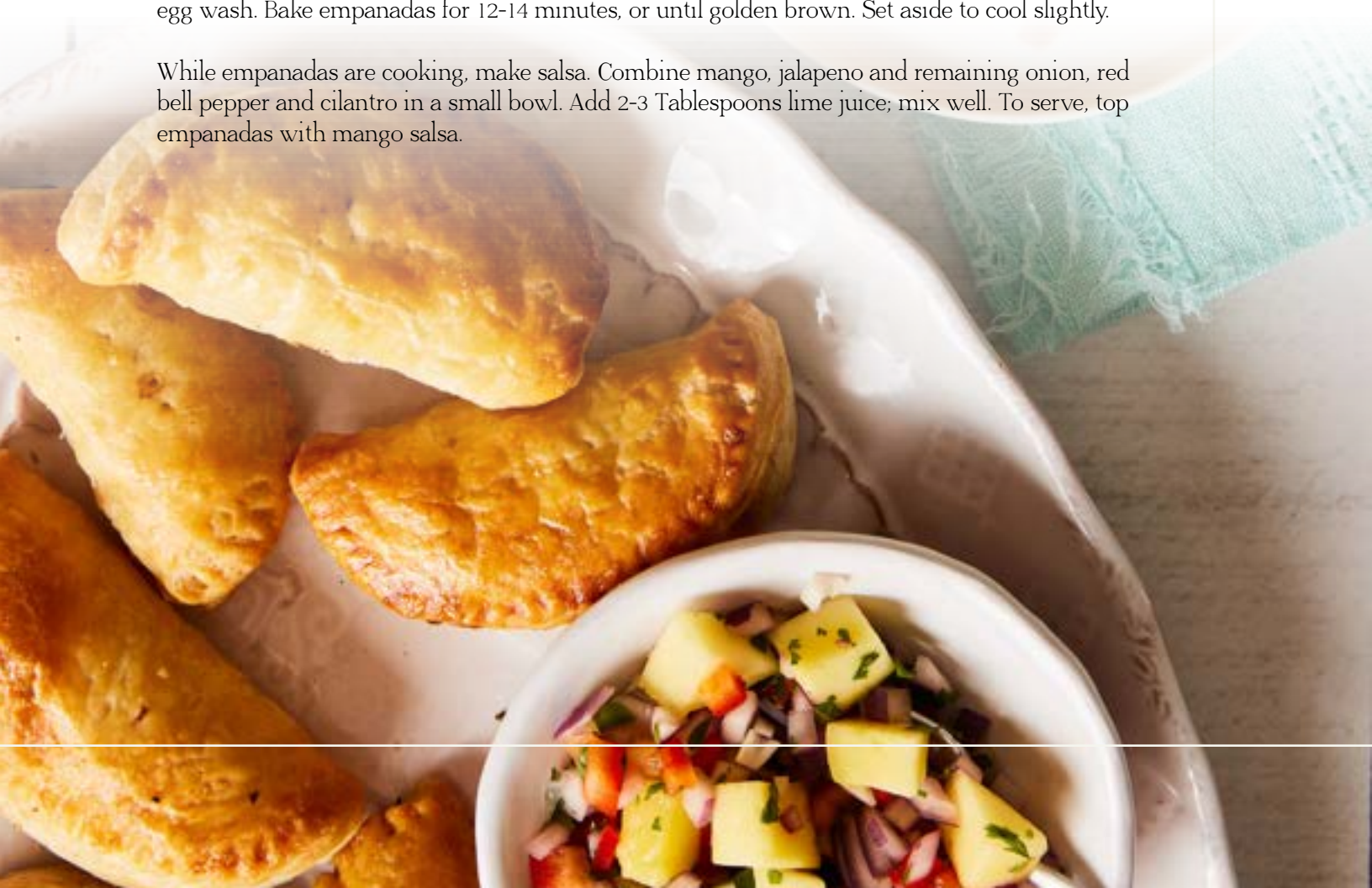
Add crab meat and stir, slightly breaking up the meat. Add cumin, 2 Tablespoons lime juice and 3 Tablespoons cilantro; season with salt and pepper to taste. Reduce heat to low and cover. Cook for 5 minutes, remove from heat and set aside.

While oven is preheating, lay out puff pastry on a lightly floured surface, and flour the top of the dough. Roll out puff pastry and cut out 4-inch circles using rim of a glass or small bowl. Collect dough scraps and roll out to cut more circles. Flour the circles lightly and place circles on baking sheet.

Place a Tablespoon of crab meat filling in center of each round. Lightly moisten the inside of the circle with water. Fold over to enclose filling into a half moon. Using a fork, gently press the edges of the dough to seal.

Beat together egg and 1 teaspoon water to make egg wash mixture. Brush top of empanadas with egg wash. Bake empanadas for 12-14 minutes, or until golden brown. Set aside to cool slightly.

While empanadas are cooking, make salsa. Combine mango, jalapeno and remaining onion, red bell pepper and cilantro in a small bowl. Add 2-3 Tablespoons lime juice; mix well. To serve, top empanadas with mango salsa.



NEW!

Skinny Baked Popcorn Shrimp

Prep time: 25 minutes; Cook time: 6 minutes; Total time: 31 minutes

Makes 4-6 servings

Don't be deceived by the "skinny" label—our Baked Popcorn Shrimp is bursting with flavor! With every bite, you'll savor the perfect crunch and crispy satisfaction. Best part? It's a healthier twist that doesn't sacrifice taste!

Ingredients

1 cup Panko breadcrumbs
3 Tablespoons grated Parmesan cheese
2 teaspoon Old Bay or other Cajun seasoning
1/4 teaspoon salt
1/4 teaspoon black pepper
1 egg white, whisked
1 pound raw medium shrimp, peeled and deveined
Cooking spray
Lemon wedges, for garnish



Instructions

Preheat oven to 350°F. Line a large baking sheet with parchment paper or aluminum foil.

In a medium bowl, whisk together Panko, Parmesan, old bay, salt and pepper until combined.

Set up your dipping station with bowls of (1) shrimp (2) egg whites and (3) breading. Working one at a time, dip a piece of shrimp in the egg whites until it is covered. Then transfer to the breadcrumb mixture and toss until combined. Gently place on the prepared baking sheet. Repeat with remaining shrimp, then generously coat all of the shrimp with a layer of cooking spray.

Bake for 3 minutes, then flip shrimp and bake for another 3 minutes until cooked through. Serve warm with cocktail or ranch sauce for dipping.

Baked Spinach Artichoke Shrimp Dip

Makes 16 servings

Not only is this dish full of flavor, it's easy to prep ahead of time. Score a bag of shrimp at the store and make it, bake it and take it to every celebration! Whether you are headed to a dinner party or a tailgate, everyone will be asking for "your" shrimp dip recipe.

Ingredients

¼ cup salted butter
½ large onion, finely diced
4 cups baby spinach
12 ounces cream cheese
1 cup marinated artichoke hearts, drained and chopped
½ cup plain Greek yogurt
½ cup mayonnaise
1 pound cooked shrimp (peeled, deveined, and tails removed), chopped roughly
1¼ cups grated Parmesan cheese
Salt and pepper, to taste
Baguette, crackers or celery for dipping, optional



Instructions

Preheat oven to 425°F.

Heat a large cast-iron skillet over medium heat. Melt butter and add onion; sauté for 5 minutes, or until onion is tender. Add in spinach and stir for 1 minute to wilt spinach. Transfer cooked onion and spinach to cutting board to cool slightly. Chop spinach into small pieces.

Place cream cheese into the skillet, turn heat to low and stir to melt. After about 2 minutes, cream cheese should be very soft and smooth. Stir in and combine chopped onion and spinach, artichoke hearts, yogurt, mayonnaise, shrimp, 1 cup Parmesan, salt, and pepper. Spread evenly in skillet and sprinkle with remaining ¼ cup Parmesan.

Bake in skillet for 20 minutes or until hot and bubbly. Remove from oven and serve immediately.

Soups, Salads & Bowls

Whether light or hearty, seafood soups, salads, and bowls always hit the spot. These recipes include a variety of seafood so you can enjoy a different flavor profile every day (or night). We've included light meals like a vibrant salad with seared scallops and blueberries. Robust soups like a savory Cod and Corn Chowder. And a they-won't-believe-this-is-homemade Instant Pot Lobster Bisque! Try them all and then bookmark your favorites. Spoon and fork at the ready? Dig in!



7-Layer Tuna Pasta Salad

Total time: 15 minutes

Makes 12 servings

We love layering this colorful salad in mason jars for meal-prepping made easy! Just grab a stack of fresh veggies, tender pasta and protein-packed tuna for a great lunch on the go—or toss everything into a large bowl when you want to serve the whole family.

Ingredients

For dressing (or use store-bought creamy yogurt dressing):

- ¾ cup plain Greek yogurt
- ½ cup olive oil mayonnaise
- 4 Tablespoons grated Parmesan cheese
- 2 teaspoons apple cider vinegar
- 2 green onions, chopped
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper

For salad:

- 8 ounces elbow pasta
- 3-4 cups Romaine lettuce, chopped
- 1 pint grape or cherry tomatoes, quartered
- 1 large cucumber, diced
- 1 small red onion, chopped
- 24 ounces of canned or pouched tuna in oil
- 1 cup shredded cheddar cheese
- ½ cup black olives, pitted and halved (optional)

Instructions

Cook pasta according to directions. When finished cooking, drain and set aside to cool.

Make salad dressing by salad ingredients with a whisk until well-combined (or use store-bought creamy yogurt salad dressing). Set aside.

Layer the salad in a large bowl, trifle dish or multiple wide mouth Mason jars with tight-fitting lid by placing the dressing in the bottom. Next, layer the tomatoes, cucumber, red onion and olives (optional). Then, add a layer of cooled pasta. After that, layer the tuna and cheese. Finally, top with lettuce. Cover and let sit in the fridge for 4-8 hours or until chilled, then enjoy or keep refrigerated as a meal prep until you're ready to eat.

Recommended utensils: pot, colander, bowl, whisk or fork, trifle dish or mason jars

Korean Shrimp & Ramen Bowl

Total time: 30 minutes

Makes 4 servings

Why settle for just ramen or stir fry when you can have both? Meet our Korean Shrimp and Ramen Bowl—an innovative fusion of two beloved dishes. Here, succulent shrimp and crisp veggies are elevated with a Korean-inspired sauce. Serve on top of tender ramen noodles for a meal that's both comforting and full of flavor.

Ingredients

½ cup low-sodium soy sauce (or tamari to make gluten-free)
 2 Tablespoons sriracha or Gochujang (Korean paste)
 2 Tablespoons honey
 2 Tablespoons rice wine vinegar
 4 Tablespoons avocado oil, divided
 8 ounces shiitake, removed and caps sliced
 2 cups fresh snow peas
 1 medium red bell pepper, thinly sliced
 1-1.5 pounds frozen medium shrimp, peeled and deveined
 ½ cup water
 4 garlic cloves, minced
 1 (14-ounce) pack kimchi
 2 teaspoons fresh ginger, grated
 10 ounces (or 4 individual packs) ramen-style noodles
 2 Tablespoons green onions, sliced, for garnish

Instructions

Prepare sauce by mixing soy sauce, sriracha or Gochujang, honey, rice wine vinegar and 2 Tablespoons of avocado oil in a small mixing bowl. Set aside.

Heat 1 Tablespoon avocado oil in large skillet or wok over medium-high heat. Add mushrooms and cook over medium-high heat until mushrooms have released water and are starting to brown, about 4 minutes. Using tongs, remove mushrooms and place on large plate to keep warm.

Add snow peas and red bell pepper to pan and cook for about 3 minutes or until vegetables are still crisp. Add frozen shrimp, remaining 1 Tablespoon avocado oil, water, garlic, kimchi and ginger; turn to high and bring to a simmer. Turn back down to medium-high heat and cook for 3 more minutes or until shrimp is cooked through and opaque in color. Remove and place on plate or in dish with mushrooms.

Put soy-sriracha sauce in pan and add noodles. Bring to a boil and reduce to a simmer, cooking for about 30 seconds. Using tongs, pull noodles apart and flip over. Repeat until noodles are soft, about 2-3 minutes. Add shrimp and vegetables back to skillet; toss to combine. Divide into 4 bowls and top with green onions, if desired.

Recommended utensils: Small mixing bowl, whisk or fork, skillet pan or wok, tongs, plate





Lobster Salad with Summer Fruit

Prep time: 10 minutes; Cook time: 20 minutes; Total time: 30 minutes

Makes 4 servings

Crafted with care, this salad combines the elegance of lobster with the sweetness of summer fruit! It only takes 30 minutes to assemble this plate of pure bliss that captures the essence of the season in every forkful.

Ingredients for Poached Lobster

1-2 cups white wine
1 lemon, halved and juiced
2 cloves garlic, sliced
¼ teaspoon sea salt
¼ teaspoon freshly ground black pepper
4 lobster tails

Ingredients for Dressing

4 Tablespoons white or champagne vinegar
2 Tablespoons olive oil
1 lemon, juiced and zested
2 teaspoons Dijon mustard
1 teaspoon honey
¼ teaspoon kosher or sea salt
¼ teaspoon freshly ground black pepper

Ingredients for Salad

1 head soft lettuce (Butter, Bibb, or Boston lettuce)
½ medium red onion, thinly sliced
3 peaches or nectarines, thinly sliced
1 cup fresh raspberries
1 large avocado, sliced
¼ cup fresh mint leaves, gently sliced
¼ cup fresh basil, gently sliced

Instructions

Fill a large pot halfway with water and bring to a boil over high heat. Add the wine, lemon juice, garlic, salt and pepper. Boil for 10 minutes. Add lobster, reduce heat to simmer, cover and cook for 8-10 minutes. Fill a large bowl with ice and water. Remove lobster tails from pot using tongs, then dunk into the ice-cold water bath to cool quickly. Once lobster is cool, remove the meat from the tails and chop.

While lobster is cooking, make dressing and salad. In a large jar, combine vinegar, oil, juice of half of lemon, mustard, honey, salt and pepper; shake vigorously to combine.

Arrange lettuce leaves on a large platter. Top with red onion, peaches, raspberries and avocado. Top with lobster, drizzle with dressing and garnish with mint and basil on top.

Recommended equipment: Large pot, large platter, jar, tongs, large bowl, cutting board, knife

Kale Caesar with Shrimp or Salmon

Prep time: 10 minutes; Cook time: 10 minutes; Total time: 20 minutes

Makes 4 servings

Ditch the pre-made salad kit! This 20-minute recipe is a lightened-up twist on the iconic Caesar salad, featuring your choice of sautéed shrimp or grilled salmon, hardy kale and a lip-smacking creamy anchovy dressing.

Ingredients for Salad with Shrimp

1 pound raw medium shrimp, peeled & deveined
2 Tablespoons olive oil, divided
8 cups or lacinto kale, stalks removed & sliced into thin ribbons
¼ teaspoon kosher salt
¼ teaspoon black pepper
½ cup Parmigiano-Romano, Parmesan or Pecorino-Romano, grated into thin slices with peeler
½ cup Parmesan whisps or crisps, broken or chopped

Ingredients for Salad with Grilled Salmon

1 pound salmon fillet
2 Tablespoons olive oil, divided
8 cups or lacinto kale, stalks removed and sliced into thin ribbons
¼ teaspoon kosher salt
¼ teaspoon black pepper
½ cup Parmigiano-Romano, Parmesan or Pecorino-Romano, grated into thin slices with peeler
½ cup Parmesan whisps or crisps, broken or chopped

Ingredients for Dressing

¼ cup plain Greek yogurt
¼ cup Parmigiano-Romano, Parmesan or Pecorino-Romano cheese, freshly grated or shredded
4 anchovies, in oil
1 Tablespoon olive oil
2 cloves garlic, minced
2 teaspoons Dijon mustard
½ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon freshly ground black pepper
Lemon, halved

Instructions

To make dressing, add all ingredients except lemon to a food processor or immersion blender bowl. Squeeze juice from half of lemon into the processor bowl. Using food processor or immersion blender, blend until all ingredients are well-combined. If dressing is too thick, squeeze juice from the other lemon into the bowl; whisk or blend until remaining juice is mixed in. Set bowl aside.

FOR SHRIMP:

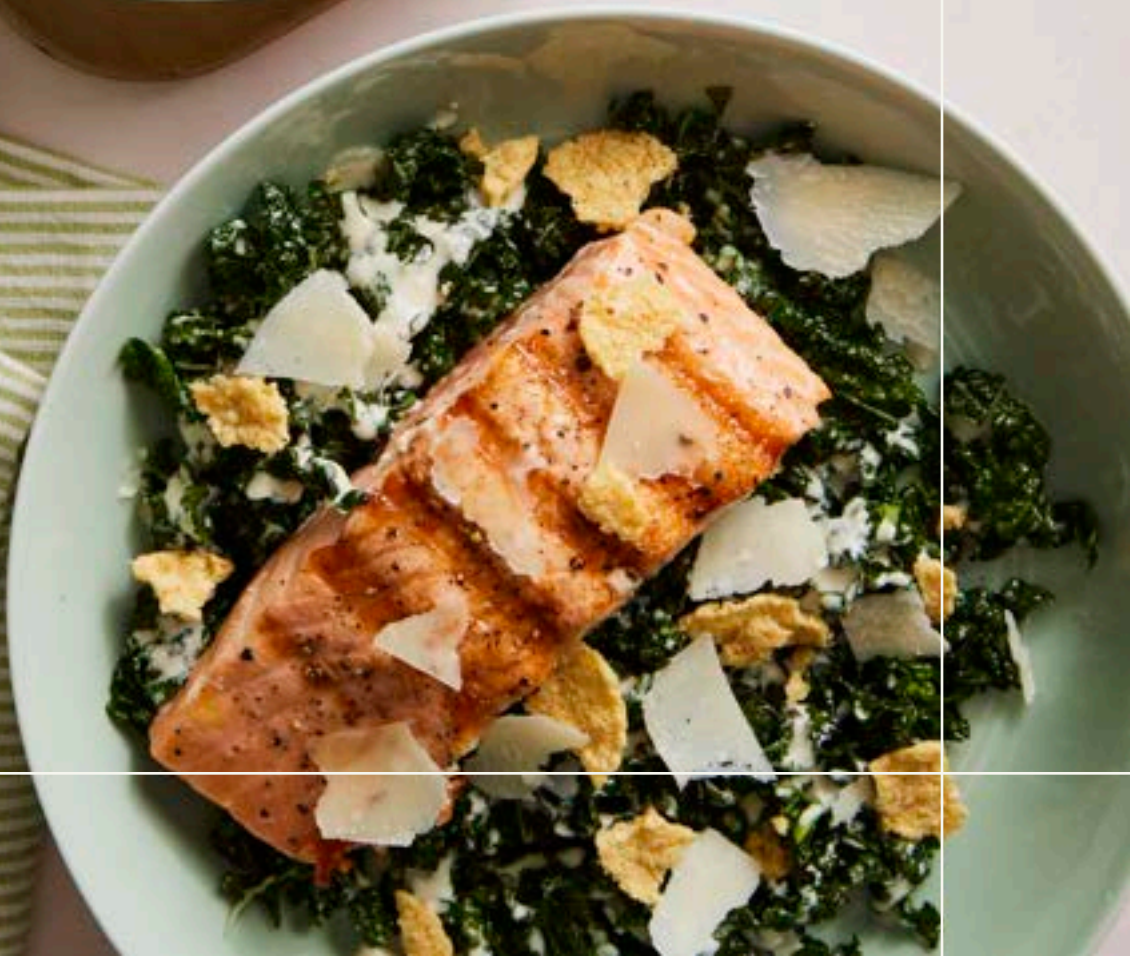
Heat 1 Tablespoons of olive oil in a large skillet pan over medium-high heat. Add shrimp, sprinkle on a dash of salt and pepper and cook 4-5 minutes, flipping halfway through, or until shrimp is opaque and cooked through. Remove from heat and keep warm while making salad.

FOR SALMON:

Preheat grill to medium heat. Place salmon on a plate, drizzle 1 Tablespoon olive oil and a dash of salt and pepper on salmon. Place salmon on grill and cook until salmon is cooked through, or flakes easily, about 10-12 minutes, flipping fillets halfway through.

While SHRIMP OR SALMON is cooking, combine kale and 1 Tablespoon olive oil in a large salad bowl; massage kale with hands for 1 minute. Let sit for another 5 minutes. Then, sprinkle on salt, black pepper and dressing to salad; tossing to coat kale. Sprinkle on Parmesan cheese and Parmesan crisps. Top with sauteed shrimp or grilled salmon.

Recommended equipment: Mixing bowl, immersion blender or whisk, large salad bowl | skillet, spatula OR grill, spatula, plate





Cod & Corn Chowder

Makes 4-6 servings

The satisfying flavor of cod mixed with corn, red pepper, onion and potatoes is the epitome of comfort. Plus, it's ready in 15 minutes. Take your leftovers to work the next day for a lunch that reheats into another tasty seafood meal!

Ingredients

1½ Tablespoons unsalted butter
½ medium yellow onion, chopped
2 scallions, thinly sliced, white and green parts separated
4 cups low-sodium chicken broth or vegetable broth
2 cups potatoes, washed well and diced (keep peel on)
1½ pound cod, cut into 1-inch pieces
2 cups frozen sweet corn, thawed
½ cup half-and-half
½ cup skim milk
Dash of turmeric
¼ teaspoon red pepper flakes
Salt and ground black pepper, to taste

Instructions

In a large Dutch oven or pot, melt butter over medium-high heat.

Add onions and scallion whites. Sauté until softened, about 2 minutes.

Add broth, potatoes and cod. Cover and bring to a boil. Reduce heat and simmer until potatoes are tender, about 8 to 10 minutes.

Add corn, half-and-half, skim milk, red pepper flakes and turmeric. Cover and bring to a light simmer.

Add salt and pepper, as desired. Garnish with scallion greens.

Creamy Clam Chowder

Makes 6-8 servings

Channel your inner New Englander with this hearty one-pot dish that requires only a little help from a handy immersion blender. It's a recipe that will have you coming back for bowl after bowl all year long—it's just that satisfying. Clams are the star in this ultimate comfort food dish.

Ingredients

2 Tablespoons olive oil
1 medium onion, finely diced
3 celery stalks, finely diced
 $\frac{3}{4}$ cup low-fat milk
 $\frac{3}{4}$ cup half-and-half
3 Tablespoons whole-wheat flour
2 (10-ounce) cans chopped clams in clam juice, reserve clam juice separately
 $\frac{1}{2}$ cups chicken broth
1 pound russet or Yukon potatoes, scrubbed, peeled and cut into $\frac{1}{2}$ -inch cubes
1 bay leaf
 $\frac{1}{2}$ teaspoon smoked salt
 $\frac{1}{4}$ teaspoon black pepper (or amount to desired taste)
Crusty sourdough bread or oyster crackers, as accompaniment

Instructions

Heat olive oil in a Dutch oven or large pot over medium heat. Add onion and celery; sauté until vegetables are tender and translucent, about 2 minutes.

While vegetables are cooking, put milk, half-and-half and flour into a medium bowl and mix until combined.

Add milk mixture, clam juice from cans (but not the clams), broth, potatoes, bay leaf, smoked salt, and pepper to pot. Bring to a simmer, reduce heat to medium-low and cook, stirring often, until potatoes are fork tender and the soup thickens, about 20 minutes.

Remove bay leaf. Now that potatoes are tender, partially blend the soup using an immersion blender; puree until soup reaches your desired consistency.

Add clams and cook another 2-3 minutes, or until clams are firm and cooked through.

Serve chowder with crusty sourdough bread or oyster crackers.



Crab Salad

Makes 4 servings

This crab salad is a simple seafood dish perfect for gatherings. You can spread it between two slices of bread for a tasty sandwich or serve it up as a dip for your veggies (like we did!). We guarantee that your guests will devour this dish in no time!

Ingredients

12 ounces canned lump crab meat, rinsed and drained well
2 celery stalks, finely chopped
1 large avocado, diced or mashed
½ red bell pepper, finely chopped
2 Tablespoons green onion, chopped
2 Tablespoons artichoke hearts, chopped
2 Tablespoons red wine vinegar
1 Tablespoon olive oil
1 Tablespoon lemon juice
Salt and pepper, to taste

Instructions

Combine all ingredients except the salt and pepper and mix well. (For a creamier crab salad, you can use a food processor to mix). Add salt and pepper to taste.

Serve on top of mixed greens, with crackers and veggies as a dip or on whole wheat pita as a sandwich.



Seared Scallop Salad with Blueberries

Makes 4 servings

This Seared Scallop Salad with Blueberries recipe brings together two ingredients that you may not have thought of—scallops and blueberries! We always love the sweet-and-savory combination of seafood and fruit and this hits all the right notes when combined with fresh greens and simple homemade delicious balsamic vinaigrette dressing featuring pantry ingredients.

Ingredients - Seared Scallop Salad

1-1½ Tablespoons olive oil, divided
4 cups mixed greens
4 cups arugula
½ medium red onion, thinly sliced
2 radishes, thinly sliced
1 cup fresh blueberries
1 pound sea scallops
Salt and pepper, to taste

Ingredients - Vinaigrette Dressing

2 Tablespoons olive oil, divided
2 Tablespoons balsamic vinegar
2 Tablespoons maple syrup or honey
1 teaspoon Dijon mustard
1 garlic clove, finely minced

Instructions

To make vinaigrette, combine all dressing ingredients in Mason jar; cover jar and shake it until contents are mixed well.

In large salad bowl, combine mixed greens and arugula. Add onion, radishes and blueberries. Set salad aside.

Pat scallops dry with paper towel; salt and pepper both sides of each scallop.

Heat remaining 1-1½ Tablespoons olive oil in sauté pan over medium-high heat; when pan is hot, add scallops and cook 2-3 minutes per side, until seared to a caramel color and cooked through.

Drizzle salad with vinaigrette; toss well until coated. Top salad with the seared scallops.



Instant Pot Lobster Bisque

Makes 8 servings

The Instant Pot provides a depth of flavor that makes this lobster bisque taste like it was slow cooked with care. But our recipe takes just 10 minutes to prep, and then about an hour in the IP! We used frozen lobster (keeping frozen seafood in the house means there is always a healthy protein choice for dinner), but feel free to use fresh lobster.

So, with taste and nutrition in mind, grab your Instant Pot and get ready to enjoy our lobster bisque by the spoonful. Make sure to reserve some lobster meat to garnish!

Ingredients

2-3 teaspoons olive oil
¼ cup yellow onion, diced
2 cloves garlic, minced
2 shallots, minced
2 medium carrots, diced
3 celery stalks, diced
1 medium potato, peeled and diced
1 (14.5-ounce) can diced tomatoes
24 ounces low-sodium vegetable broth
1 Tablespoon Old Bay seasoning
1 teaspoon dried dill
¼ teaspoon paprika
12 ounces frozen lobster meat
½ cup half-and-half or fat-free half-and-half (for creamier bisque, use more)
Salt, to taste
Fresh chopped parsley and fresh ground black pepper, for garnish (if desired)

Instructions

Turn Instant Pot to sauté. Add olive oil and next 6 ingredients (through potato) to pot; sauté, uncovered, until vegetables are tender, about 5-6 minutes.

Add diced tomatoes and their juice to pot; stir to combine. Add broth, seasonings (Old Bay, dried dill, paprika) and frozen lobster to pot; stir to mix. Cover pot, turn steam release handle on lid to venting, set pot to manual function and cook on high for 4 minutes. Allow pressure to release naturally. (Natural release time could vary depending on pressure cooker)

Using immersion blender, carefully blend hot soup in Instant Pot to chunky or smooth consistency, as desired. Fold in half-and-half. If desired, add salt, to taste. Garnish with fresh parsley and fresh ground black pepper, if desired.

DID YOU KNOW?

In addition to having a delectable taste, lobster is lean and packed with nutrients, like protein, selenium, calcium, iron and vitamins A, B-12 and E. These nutrients are especially important for providing heart-healthy omega-3 fatty acids, which help promote healthy skin, support brain and eye health and may even boost overall mood.





Salmon Sushi Bowl

Prep time: 15 minutes; Cook time: 12-15 minutes; Total time: 30 minutes

Makes 4 servings

This bodacious bowl gathers everything you love about sushi—fish, rice, nori, ginger—into a low-maintenance dish, no rolling required! Soy-baked salmon, creamy avocado and tangy mango blend beautifully into a satisfying meal boasting plenty of crunch. Just 30 minutes from hungry to yum!

Ingredients

- 1-1½ pounds salmon
- 1 teaspoon olive oil
- 1 teaspoon soy sauce or gluten-free tamari sauce
- 1 teaspoon sesame seeds, plus more for garnish if desired
- 4 cups quick-cooking or frozen brown rice, cooked
- ¼ cup lite mayonnaise
- 2 teaspoons sriracha sauce
- 2 teaspoons rice vinegar
- 1 avocado, sliced
- 2 cucumbers, sliced
- 2 carrots, grated
- 1 mango, peeled and diced
- 2 green onions, sliced
- 4 sheets of nori or roasted seaweed snack, sliced into thin wraps
- 3-4 Tablespoons pickled ginger (optional)

Instructions

Preheat oven to 425°F. Place salmon on parchment-lined baking sheet, drizzle with olive oil, soy or tamari sauce and sesame seeds. Bake until salmon is cooked through, about 12-15 minutes.

While salmon is cooking, cook rice according to instructions and prepare sriracha-mayo dressing. To prepare dressing, mix mayonnaise, sriracha sauce and rice vinegar in a small bowl; whisk well to combine.

When salmon is finished cooking, flake salmon in chunks. Then, divide rice evenly amongst bowls, top with cooked salmon, avocado, cucumbers, carrots, mango, green onions, seaweed and ginger (if using). Drizzle with sriracha-mayo dressing and garnish with a few more sesame seeds, if desired.

Quinoa Salmon Bowl with Tzatziki Sauce

Makes 4 servings

With our Quinoa Salmon Bowl, versatility is the name of the game. Whether you're in the mood for an effortless lunch or a filling dinner, this bowl can be tailored to suit your tastes. Change up the veggies, add more or less of the creamy tzatziki and enjoy a meal that's uniquely yours.

Ingredients

1 teaspoon ground sumac
(optional substitute: 1 teaspoon lemon zest, 1/8 teaspoon paprika, and increase black pepper to 3/4 teaspoon)
1/2 teaspoon cayenne pepper
1/2 teaspoon dried oregano
1/2 teaspoon kosher or sea salt
1/2 teaspoon ground black pepper
2 Tablespoons olive oil, divided
1 lemon, cut in half, divided
2 cloves garlic, minced
1 pound salmon or 4 (6-ounce) skinless salmon fillets
1 red bell pepper, cut into large cubes
2 zucchini, cut into large chunks
1/2 cup cherry tomatoes, quartered
1 Persian cucumber, chopped
1/4 cup Kalamata olives, halved
4 to 6 ounces feta cheese, cut into cubes
1 1/2 cups uncooked quinoa
6 ounces plain Greek yogurt or labneh
1 clove garlic, minced
1 small cucumber, finely diced
Juice and zest from reserved 1/2 lemon
1 teaspoon dried dill



Instructions

Preheat oven to 400°F.

For marinade, combine in a bowl all seasonings plus 1 Tablespoon olive oil and the juice and zest from half of a lemon (reserve other half lemon). Place salmon in the bowl and let sit on counter for 15 to 20 minutes.

Place foil on baking sheet and spray lightly with nonstick cooking spray. Place marinated salmon, bell pepper and zucchini on prepared baking sheet. Drizzle on remaining marinade. Set in oven and roast for 15 to 20 minutes, or until salmon is thoroughly cooked.

Cook quinoa according to package instructions.

While quinoa is cooking, make tzatziki sauce by combining yogurt, garlic, cucumber, lemon zest and juice, and dried dill in a bowl; mix well. Or, you can pick up a premade tzatziki from your local grocery store.

Distribute cooked quinoa among four bowls and top with roasted salmon and veggies, plus cucumber, tomatoes, olives and feta. Serve with a generous dollop of tzatziki sauce.

Serve roasted salmon and veggies on top of cooked quinoa, plus cucumber, tomatoes, olives and feta.



Shrimp Gumbo

Makes 4 servings

Take a trip to NOLA, no travel required! Our Shrimp Gumbo is rich, savory, and steeped in traditional New Orleans flavors. From the first spoonful to the last, you'll love the zesty Cajun spices, tender shrimp and a medley of vegetables that make this dish a true Southern classic.

Ingredients

1 teaspoon olive oil
 1 red onion, finely chopped
 2 garlic cloves, minced
 1 green bell pepper, chopped
 1 red bell pepper, chopped
 ½ pound chicken sausage, kielbasa-style, cut in ¼-in round slices
 1 (14½ oz.) can diced tomatoes, undrained
 1 cup reduced-sodium chicken broth
 2 cups okra, trimmed and cut into rounds
 2 bay leaves
 1 teaspoon Italian seasoning
 ½ teaspoon cayenne pepper
 ¼ teaspoon salt
 ¼ teaspoon ground black pepper
 1 pound medium shrimp, peeled and deveined
 White rice for serving



Instructions

In a large saucepan, heat oil over medium heat and sauté onion, garlic and bell peppers (about 2 minutes) until tender.

Stir in sausage, cook 4 more minutes.

Stir in tomatoes (including liquid) and chicken broth.

Add okra and seasonings and bring to a boil.

Add shrimp, and cook about 4 more minutes. Discard bay leaves. Serve over rice.

Pasta Salmon Bowl with Balsamic Drizzle

Makes 4 servings

Revel in the flavors of the Mediterranean! Lemon-spiced salmon fillets, roasted with colorful veggies come out of the oven moist and flaky. A topping of cherry tomatoes, cucumber, olives and feta cheese completes this to-die-for pasta dish that's as nutritious as it is delicious!

Ingredients

1 teaspoon ground sumac
(optional substitute: 1 teaspoon lemon zest, 1/8 teaspoon paprika, and increase black pepper to 3/4 teaspoon)
1/2 teaspoon cayenne pepper
1/2 teaspoon dried oregano
1/2 teaspoon kosher or sea salt
1/2 teaspoon ground black pepper
3-4 Tablespoons olive oil, divided
1 lemon, cut in half, divided
2 cloves garlic, minced
1 pound salmon or 4 (6-ounce) skinless salmon fillets

1 red bell pepper, cut into large cubes
2 zucchini, cut into large chunks
1/2 cup cherry tomatoes, quartered
1 Persian cucumber, chopped
1/4 cup Kalamata olives, halved
4 to 6 ounces feta cheese, cut into cubes
8 ounces whole-wheat fettuccine or spaghetti
4 Tablespoons balsamic vinegar
1 clove garlic, minced
Juice and zest from reserved 1/2 lemon
1/2 teaspoon dried oregano

Instructions

Preheat oven to 400°F.

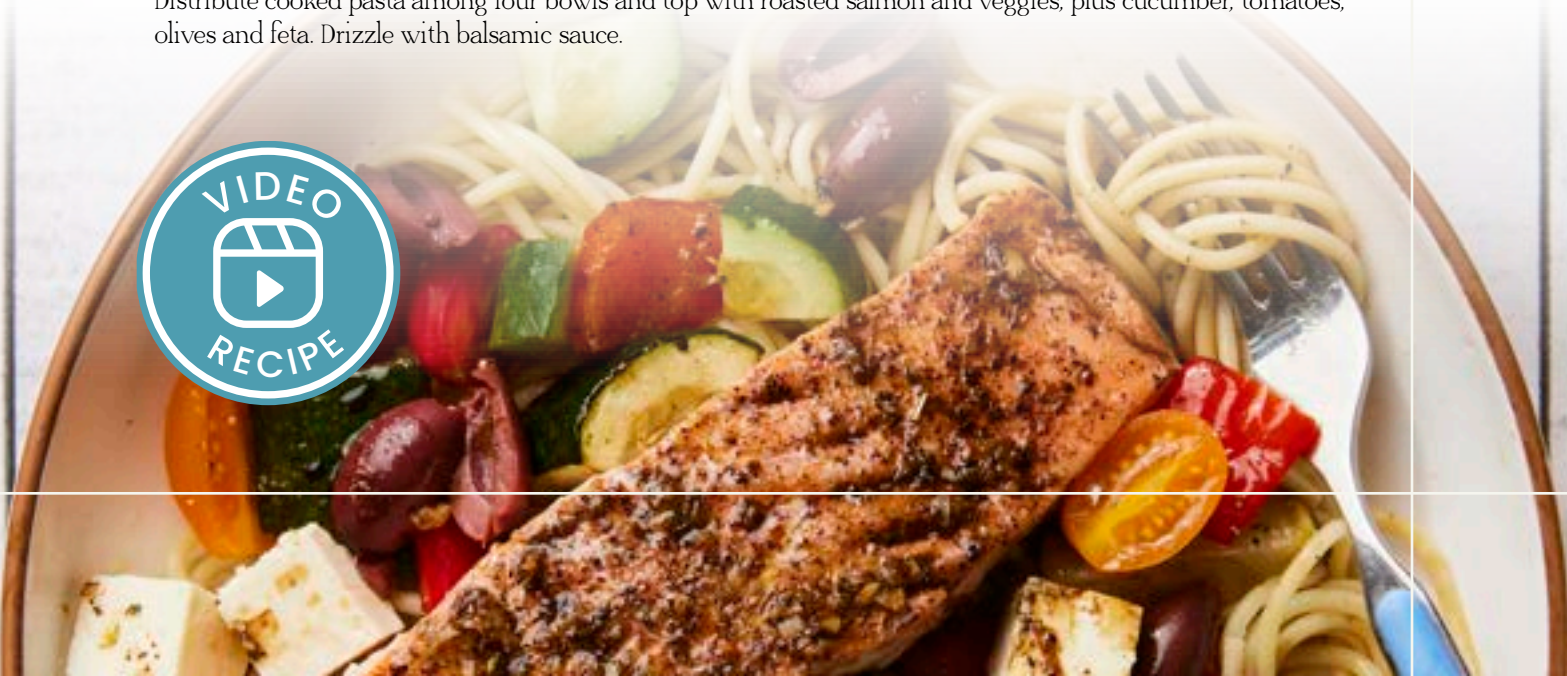
For marinade, combine in a bowl all seasonings plus 1 Tablespoon olive oil and the juice and zest from half of a lemon (reserve other half lemon). Place salmon in the bowl and let sit on counter for 15 to 20 minutes.

Place foil on baking sheet and spray lightly with nonstick cooking spray. Place marinated salmon, bell pepper and zucchini on prepared baking sheet. Drizzle on remaining marinade. Set in oven and roast for 15 to 20 minutes, or until salmon is thoroughly cooked.

Cook pasta according to package instructions.

While pasta is cooking, make balsamic drizzle by combining vinegar, oil, garlic, lemon juice and zest, and oregano in a bowl; mix well.

Distribute cooked pasta among four bowls and top with roasted salmon and veggies, plus cucumber, tomatoes, olives and feta. Drizzle with balsamic sauce.



Lunch & Handhelds

Bring on the seafood sammies! We've created some delicious flavor combinations for a nutritious seafood lunch or a handheld for dinner. These recipes were created with quick meal prep in mind—some can even be prepped in advance—and they all deliver big flavor.

Get ready to trade in that boring brown bag for these delicious (and nutritious!) seafood lunches and handhelds. Enjoy!



Hot 'n' Crunchy Fish Sandwich

Total time: 30 minutes

Makes 4 servings

Reminiscent of a restaurant favorite, our homemade Nashville Hot 'n' Crunchy Fish Sandwich is easy to make and just as satisfying. Air-fried fish fillets are coated in a sweet and spicy hot sauce and nestled between soft Brioche rolls with creamy mayo and tangy pickles. Treat your table to take-out flavors—no drive-through required!

Ingredients

2 cups buttermilk
4 (5-6 ounce) Wild Alaska pollock fillets (or other favorite firm white fish)
2 large eggs
1¼ cups vinegar-based hot sauce, divided
1 cup flour
1 cup panko breadcrumbs
1 teaspoon kosher salt
½ teaspoon freshly ground black pepper
¼ teaspoon garlic powder
¼ teaspoon plus dash of ground cayenne
1 teaspoon melted butter
1 Tablespoon brown sugar
Olive oil or avocado oil spray

For Serving

4 kaiser or Brioche rolls
Dill pickle chips
Mayonnaise, mayonnaise-sriracha, horseradish or favorite prepared creamy spread (optional)

Instructions

Prepare three low-rimmed bowls for dipping. Place buttermilk in the large bowl. Add fish to the buttermilk and let sit for 10 minutes.

In one of the other two low-rimmed bowls, whisk together eggs and ¼ cup of the hot sauce. In last bowl, combine flour, panko, salt, black pepper, garlic powder and dash of cayenne pepper; use fork to mix well.

Preheat Air Fryer to 380°F for 5 minutes.

Instructions Continued on Pg. 105

Instructions Continued

After fish has soaked for 10 minutes, take each fillet and dip into egg mixture one at a time, coating well. Then dredge through flour-panko mixture, ensuring that fillets are coated well.

Spray Air Fryer basket with olive or avocado oil. Place each fillet in Air Fryer, leaving space between each piece. (Pieces of fish should not touch. If all pieces don't fit in basket, cook in two batches.) Spray tops of fillets with oil well and coat all over top of fish. Cook for 7 minutes on 380°F. Flip fillets, spray top of fish with oil and cook for 7 more minutes or until crispy and golden. Remove fish and let cool on cooling rack for 5 minutes. (Don't skip the cooling step— this keeps the fish coating crunchy!)

While fish is cooling, mix remaining 1 cup hot sauce and $\frac{1}{4}$ teaspoon cayenne pepper, melted butter and brown sugar. Microwave for 30-45 seconds, then mix again.

Place fish on plate, pour half of the sauce evenly over top of fish. Using tongs or fork, gently flip fish and pour remaining sauce over fillets. Place fish on roll, top with mayo or other creamy spread and pickle slices.

Recommended utensils: Air Fryer, 3 bowls, fork or tongs, plate, cooling rack



Salmon Smash Burgers with Sriracha Mayo

Total time: 20 minutes

Makes 4 servings

Your new go-to lunch is just 20 minutes away! With omega-3-packed salmon and a light seasoning of garlic and herbs—these patties offer a nutritious twist on traditional burgers. The secret is in the smash, resulting in crispy edges and tender inside. Pair with creamy avocado and fresh arugula. Then add just a dollop of zesty sriracha mayo for a wholesome and satisfying dish.

Ingredients

1-1¼ pounds skinless, boneless salmon fillets
 1 Tablespoon olive oil
 2 garlic cloves, minced
 1 teaspoon dried dill
 ½ teaspoon garlic powder
 ½ teaspoon kosher salt
 ½ teaspoon black pepper
 6 Tablespoons panko or breadcrumbs
 2 Tablespoons mayonnaise
 2 Tablespoons sriracha
 1 avocado, sliced (optional)
 2 cups arugula (optional)
 4 brioche buns or roll of choice

Instructions

Place salmon on cutting board; cut crosswise into very thin ¼-inch strips. Now, cut salmon into very thin strips going in opposite direction so that salmon is almost diced. Continue dicing until salmon pieces are very small and almost mashed in consistency.

On top of mashed salmon, add garlic, dill, garlic powder, salt, pepper and panko or breadcrumbs. Then, using the side of the knife, fold herbs and panko into salmon; keep folding until mixed in. Form into a giant rectangular patty and cut into 4 squares.

Heat griddle over medium high heat; add olive oil to pan.

When griddle is hot, form one patty square into a ball. Place salmon patty ball on griddle, place parchment paper on top of salmon ball and press down using a spatula or smash burger press. Repeat with remaining salmon balls until all are on griddle. Cook for about 5 minutes on each side, or until salmon is cooked through and golden and crispy on both sides.

Instructions Continued on Pg. 108

While salmon burgers are cooking, prepare sriracha-mayo. Mix mayonnaise and sriracha in a small bowl; mix with a fork or small whisk until well-combined.

Remove burgers from griddle; set aside. Place buns on griddle, cut side down; cook for about 2 minutes. Remove buns, spread with sriracha mayo, and top with burger, avocado slices and arugula, if desired.

Recommended utensils: griddle, cutting board, knife, spatula or griddle press, parchment paper, small mixing bowl, fork or small whisk



Baja-Style Street Fish Tacos

Makes 6-8 servings (24 tacos)

This dish is all about contrasts—spicy fish wrapped in a delicate corn tortilla with crunchy slaw and a creamy lime sauce. Adjust the heat as you please! This recipe is a natural for a build-your-own taco bar: Serve it buffet-style with bowls of pico de gallo, diced avocado and other fixings so your guests can customize to their liking.

Ingredients

2 pounds white fish (tilapia, cod, mahi mahi all work well)
2 Tablespoons olive oil
1 lime, juiced
2 garlic cloves, minced
1 teaspoon cumin
1 teaspoon chili powder
½ teaspoon cayenne pepper (can use paprika instead if prefer milder spice)
½ teaspoon salt
½ teaspoon black pepper
24 small white corn tortillas
4 cups bagged shredded purple and green cabbage or broccoli slaw
½ cup cilantro, chopped
Optional toppings: pico de gallo, diced avocado, crumbled Cotija or feta cheese, lime wedges, hot sauce

Instructions

Place fish in a gallon-sized baggie or large shallow bowl with oil and next 7 ingredients (through black pepper). Mix well until fish is coated with marinade; set aside and let sit for 30 minutes.

While fish is marinating, preheat grill* to medium-high heat and make crema-lime sauce. To make sauce, whisk all of the ingredients in a medium bowl until well combined.

To cook fish, brush grill grates with oil. Grill for 3-5 minutes on each side (depending on thickness), flipping once. Fish is cooked with it is opaque and flakes easily. Transfer to a plate and allow to cool for a few minutes, then flake into chunks.

Add corn tortillas to grill and warm for about 15 seconds on each side. Transfer to a serving plate and top with fish, shredded cabbage or broccoli, cilantro, crema-lime sauce and other desired toppings.

*To cook in oven: Preheat to 375°F and bake for 20-25 minutes, or until fish is cooked through.



Grilled Salmon Tacos with Avocado-Lime Salsa

Prep time: 15 minutes Cook time: 10 minutes Total time: 25 minutes

Makes 4 servings

Once you serve our Grilled Salmon Tacos, your family will be clamoring for Taco Tuesday every night! This quick and delicious recipe is a guaranteed winner that will soon become a staple in your home. Smoky grilled salmon, vibrant salsa and crispy cabbage—all wrapped up in a tasty taco shell. What's not to love!?

Ingredients

For tacos:

1½ pound boneless salmon filets
 1 Tablespoon olive oil
 1 teaspoon chili powder
 ½ teaspoon ground cumin
 ½ teaspoon garlic powder
 ½ teaspoon smoked paprika
 Dash of cayenne
 ½ teaspoon kosher salt
 ½ teaspoon freshly ground black pepper

For salsa:

2 medium avocados, pitted and diced
 ½ red onion, diced
 1 jalapeno, seeded and finely chopped
 2 garlic cloves, minced
 3 Tablespoons lime juice (we recommend freshly squeezed)
 2 Tablespoons olive oil, divided
 ¼ cup cilantro, chopped, divided

For Serving

8 (6-inch) corn tortillas, warmed
 2 cups purple or red cabbage, thinly sliced
 ¼ cup crumbled Cotija or feta cheese (optional)

Instructions

Oil grill grates and preheat grill to medium-high heat. While grill is preheating, place salmon on a plate or dish, skin side down and allow to come to room temperature while preparing seasoning. Drizzle remaining 1 Tablespoon olive oil and juice from remaining two quarters of lime over top of salmon.

In a small bowl, mix chili powder, cumin, garlic powder, smoked paprika, dash of cayenne, salt and pepper; mix with a fork to combine well. Coat top of salmon with seasoning.

Put salmon on grill, skin side down. (If skinless, place salmon seasoned side up.) Cook for about 8-10 minutes, or until salmon is fully cooked. Remove from grill using a clean plate or platter. Let cool slightly, then remove skin from salmon if salmon is not skinless.

While salmon is grilling, combine all salsa ingredients and mix well to combine.

Divide cabbage evenly amongst corn tortillas. Top with salmon, salsa, cheese (if using) and remaining cilantro. Serve warm.

Recommended utensils: 2 mixing bowls, grill, fish spatula, fork, cutting board, knife





Seared Ahi Tuna on Asian Slaw

Prep time: 10 minutes; Cook time: 10 minutes; Total time: 20 minutes

Makes 4 servings

Light and refreshing, this gorgeous salad is Instagram-ready (go ahead, tag us!) and sure to please. Sushi-grade ahi tuna just needs a flash in the pan to create a seared edge and perfectly pink center. It's tossed with a snappy, sesame-soy slaw that's so mouthwateringly good, you'll be adding a bite to each forkful of fish.

Ingredients

20 ounces broccoli slaw
1 (11-ounce) can mandarin oranges, drained
½ cup shelled edamame
¼ cup slivered almonds
¼ cup chopped cilantro
1 (3-ounce) package ramen noodles, broken into small pieces (use brown rice ramen to make gluten-free)
3-4 Tablespoon sesame oil, divided
2 Tablespoons soy sauce (use tamari sauce for gluten-free)
¼ cup rice wine vinegar
2 teaspoons maple syrup
1 Tablespoon fresh ginger, peeled and finely grated
5 scallions, chopped
4 tuna steaks (6 ounces each, about 1 inch thick)
Kosher salt and freshly ground black pepper, to taste
Sesame seeds (optional)

Instructions

In a large mixing bowl, combine broccoli slaw, oranges, edamame, almonds, cilantro and ramen. Make dressing in a small bowl by mixing together 2 Tablespoons sesame oil, soy or tamari sauce, vinegar, ginger and scallions; season with salt and pepper. Add dressing to slaw mixture; mix to combine well. Place in refrigerator for 10 minutes.

While slaw is marinating, add remaining 1-2 Tablespoons oil to a medium or large skillet and heat over high. Add tuna to skillet, season with a little salt and pepper. Cook tuna until outside is brown, flip and cook on other side until outside is browned but still pink in the center, about 6 minutes total. Let sit for 1 minute.

Divide slaw evenly amongst four plates, top with tuna, season with freshly ground black pepper and garnish with sesame seeds, if desired.

Air Fryer Beer-Battered Fish ‘n’ Chips

Prep time: 20 minutes; Cook time: 25 minutes; Total time: 45 minutes

Makes 4 servings

Fish and chips is a staple throughout Ireland and the British Isles. It's become synonymous with feel-good pub grub, and using the Air Fryer means you can feel even better about devouring this crispy treat! To spice things up, we added some sweet potatoes—as well as plenty of Old Bay and paprika—to the mix.

Ingredients - Fish

1½ pounds pollock*, cut into 4 pieces about ¾-inch thick
1½ cups all-purpose flour, divided
2 Tablespoons cornstarch
½ teaspoon baking soda
1 egg, lightly beaten
6 ounces light beer
½ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon Old Bay seasoning
½ teaspoon paprika
Olive oil spray or mister
1 lemon, sliced in 4 wedges
Prepared tartar sauce and/or coleslaw (optional)

Ingredients - Chips

1 large sweet potato, washed and scrubbed (can leave peel on)
1 large potato, washed and scrubbed
1 Tablespoon olive oil
1 teaspoon garlic salt (or can use ½ teaspoon kosher salt and ½ teaspoon garlic powder)
1 teaspoon paprika
Olive oil spray or mister

Instructions

Spray Air Fryer basket, place back in fryer and preheat to 400°F for 5 minutes. Make beer batter by mixing ½ cup flour, corn starch, baking soda, egg and beer in a mixing bowl; cover and place in fridge for 10 minutes. Pat pollock with paper towel, set on plate and set aside.

While Air Fryer is preheating, prepare “chips” by cutting potatoes in half lengthwise, then halve lengthwise again and cut into strips or thin wedges. Place in a medium bowl and toss with olive oil, garlic salt (or salt and garlic powder) and paprika. Place potatoes in Air Fryer basket, spray lightly with oil, cook for 5 minutes, then take out basket, flip and cook for an additional 7 minutes or until desired doneness. Put on baking sheet and keep warm in toaster or oven while cooking fish.

While “chips” are cooking, prepare and batter fish. Remove beer batter from fridge. In another mixing bowl, mix remaining 1 cup flour, garlic and onion powder, Old Bay and paprika in a bowl. Dip each fish piece into beer batter and cover, then dredge in flour mixture and coat well. Place fish in Air Fryer basket and spray fish generously with oil so there are no dry flour spots on fish. Cook for 12 minutes or until cooked through and crispy. Serve with sweet potato chips, lemon wedge and prepared tartar sauce or coleslaw, if desired.

*If you don't have pollock, other white fish like cod or halibut also work well in this recipe.





Easy Air Fryer Fish Sticks

Makes 4 servings

Our recipe for Easy Air Fryer Fish Sticks is flaky, crispy and ready to dip into your favorite sauce. Call the kids or (or the kids at heart) because we have the perfect recipe for a quick, healthy and most importantly - crunchy fish stick! This versatile recipe can be used with mild-flavored cod or any firm-fleshed white fish!

Ingredients

1 pound cod or other white fish
1 large egg
½ cup plain kefir
½ cup yellow cornmeal (or whole wheat flour if you're not gluten-free)
1 teaspoon paprika
½ teaspoon dried parsley
½ teaspoon garlic powder
½ teaspoon black pepper
½ teaspoon salt
Nonstick cooking spray
Lemon slices, for garnish
Store bought gluten-free Tartar or other dipping sauce

Instructions

Cut fish into 1" strips.

In a shallow dish, whisk egg and kefir. Add fish and let marinate for 10 minutes.

While fish is marinating, spray Air Fryer basket with nonstick cooking spray, and preheat basket in Air Fryer for about 4 minutes on 400°F.

Using a fork, lift a piece of fish out of marinade and press into flour or cornmeal mixture until well-coated. Continue with each piece of fish. Add to preheated Air Fryer basket in a single row (do not overlap; cook in batches if necessary). Lightly spray coated fish with spray until coating is moist.

Return basket to Air Fryer and cook for 5 minutes. Open basket, flip fish pieces and spray with cooking oil. Cook for an additional 5 minutes, or until cooked through and crisp. Serve with lemon slice and dipping sauce, if desired.

Easy Lobster Reuben

Makes 4 servings

Did we turn a classic sammie into a hero? This Easy Lobster Reuben recipe elevates the Reuben with lobster! It's a protein-filled, lower-fat version of the classic grilled sandwich, featuring one of our favorite shellfish.

Ingredients

1 pound cooked lobster meat, coarsely chopped
½ cup lite Thousand Island salad dressing
8 slices deli style pumpernickel, rye or sourdough bread
3 teaspoons butter
18 ounces shredded sauerkraut
8 sandwich-sized thinly sliced reduced-fat Swiss cheese

Instructions

In a medium bowl, mix together lobster with ½ cup salad dressing. Set aside.

Arrange bread slices on a large cutting board work surface and lightly spread butter on one side of each bread slice.

Heat remaining butter on griddle or large nonstick skillet over medium heat. Place all slices of bread on griddle with butter side face down; reduce heat to medium-low. Top four of the slices with one slice of cheese; on other four bread pieces, top with sauerkraut (distribute evenly). Then, top kraut slices with one slice of cheese each, then top with lobster-dressing mixture and then close the sandwich with the bread slice topped with cheese. Heat sandwiches until bottom is golden, about 5 minutes. Using a spatula, carefully flip sandwiches and cook until underside is golden brown and cheese is melted, about 5 minutes more. Remove from griddle or pan and slice diagonally.





Grilled Mediterranean Cedar Plank Salmon Gyros

Makes 4 servings

This Greek-inspired grilled salmon gyro provides the perfect combination of fresh vegetables, salty olives and zesty tzatziki. We love salmon in a gyro because it ups the nutrient notch of this traditional Mediterranean handheld. This superfood is rich in protein and omega-3 fatty acids, which help to reduce inflammation, lower triglycerides and boost heart and brain health. If you haven't cooked on a cedar plank before, soak it in water for an hour in advance of cooking.

Ingredients

1 pound boneless salmon fillet
1 lemon, halved
1 teaspoon olive oil
4 whole wheat pitas or 4 slices flatbread
Store-bought tzatziki or cucumber-dill sauce
1 cup baby spinach, torn
½ cup cherry or grape tomatoes, halved
¼ cup pitted Kalamata olives, halved or sliced
Feta cheese, for garnish (optional)
Salt and pepper, to taste

Instructions

Soak cedar plank in water for an hour.

Season salmon with juice from half of lemon, olive oil, and salt and pepper. Set aside while plank soaks. Cut other half of lemon into thin slices.

Heat grill to medium-high, close lid. While grill is heating, place salmon on cedar plank and top with remaining lemon slices. Place plank on grill, directly over heat, for 3-4 minutes, until plank starts to char.

Using tongs, transfer plank to indirect heat on side of grill; cover grill and cook for 12-15 minutes or until salmon is cooked. Warm pitas or flatbreads on grill, about 1-2 minutes per side.

Place warmed pitas or flatbreads on plates. Spread tzatziki sauce over each pita/flatbread, cover each with baby spinach, tomatoes and olives, and top each with salmon. Garnish with feta, if desired. Fold and enjoy.

Grilled Shrimp Tacos

Makes 4 servings (2 tacos each)

It's amazing how just a few simple ingredients—shrimp, olive oil, lime juice, chili powder and cilantro—blend together perfectly to take tacos to a new level. Wrap the grilled shrimp up in a warm flour or corn tortilla, add some avocado, cheese and hot sauce (for added heat), and you've got yourself a scrumptious shrimp taco that tastes better with each bite.

Ingredients

1 Tablespoon olive oil
3 limes, juiced
2 cloves garlic, minced
½ teaspoon chili powder
2-3 Tablespoons cilantro, finely chopped
1 pound medium tail-off shrimp, peeled and deveined
8 corn or flour tortillas
Diced avocado or guacamole (for garnish, optional)
Cotija or feta cheese (for garnish, optional)
Hot sauce (for garnish, optional)

Instructions

In a medium bowl, combine oil, lime juice, garlic, chili powder and cilantro until well mixed; add shrimp and toss to coat. Season with salt and pepper. Let marinate in refrigerator for 15 minutes. (Discard unused marinade.)

Preheat grill to medium. Place shrimp directly on grill (or use metal or soaked wooden skewers); grill for 2-3 minutes per side, until shrimp is pink and thoroughly cooked.

Warm tortillas on the grill for 1 minute per side. Distribute shrimp evenly among tortillas; garnish with avocado, cheese and hot sauce, if desired.

PRO TIP:

If you use wooden skewers, soak in water for several hours before adding the shrimp.





Air Fryer Thai Coconut Shrimp

Makes 4 servings

This Thai-inspired coconut shrimp assembles quickly and is then air-fried for a healthy crunch! Make the dipping sauce ahead of time so the shrimp can be served piping hot. For the shrimp, set out all of the ingredients and then set up a dredging station. Flour first, egg next and then the coconut-panko mixture. These are mouthwatering-ly good.

Ingredients - Air Fryer Thai Coconut Shrimp

1 pound medium shrimp, peeled and deveined
½ cup whole-wheat flour (can use coconut flour to make dish gluten-free)
2 eggs, beaten
½ cup unsweetened shredded coconut
½ cup panko (can use plain or whole-wheat or gluten-free)
½ teaspoon salt
½ teaspoon black pepper

Ingredients - Dipping Sauce

Juice from ½ large lime
½ Tablespoon ginger, grated
1-2 Tablespoons fish sauce; or soy sauce
½ jalapeno, finely diced
1 Tablespoon brown sugar
Chili sauce or small red chilies

Instructions - Air Fryer Coconut Shrimp

Pat shrimp dry with paper towel; set shrimp aside.

Put flour into first small mixing bowl, beat eggs in second small bowl, and mix together coconut, panko, salt and pepper in third small bowl.

Dredge shrimp through the flour, then through the beaten eggs, and then through the coconut mixture, coating well each time. Set shrimp to side after coating.

Preheat Air Fryer at 400°F for five minutes. Lightly spray Air Fryer basket with nonstick spray. Place half the shrimp in basket and cook at 400°F until golden, about 4 minutes. Flip shrimp and spray basket again with the nonstick spray. Cook shrimp for another 4 minutes and, if needed, another 2-3 minutes beyond that. Repeat with remaining shrimp.



Instructions - Dipping Sauce

Squeeze lime juice from the half lime into medium mixing bowl. Add ginger, fish sauce (or soy sauce), jalapeno, brown sugar and red chili sauce (or chilies); mix until well combined. Serve as dipping sauce for shrimp.





Lemon-Pepper Salmon Burgers

Makes 4 servings

For this recipe, we used lemon pepper-flavored pouched salmon. Then, we added a little mayo, Dijon mustard, dried dill weed and a little kick of cayenne pepper. Pat a little panko on the outside of these patties and you'll have a perfectly crunchy salmon burger. Plus, this recipe is kid-approved!

Ingredients

4 (2.5-ounce) pouches lemon-pepper salmon
2 teaspoons Dijon mustard
1 teaspoon olive oil mayonnaise
1 egg
½ cup panko plus 1 Tablespoon panko (use gluten-free panko for GF salmon burgers), divided
Juice and zest of ½ lemon
1 teaspoon dried dill weed
Dash of cayenne pepper
Salt and ground black pepper, to taste
2 Tablespoons olive oil, for sautéing

Instructions

Mix all ingredients (except the 1 Tablespoon panko and the olive oil for sautéing) in a medium bowl until well combined. Form mixture into 4 equal-sized salmon burger patties and place patties on plate lined with parchment paper. Top the patties with half of the reserved panko (1/2 Tablespoon), cover them with foil and refrigerate for at least 15 minutes.

Heat olive oil in sauté pan over medium heat. Place salmon burger patties, panko side down, in pan. Sprinkle the remaining ½ Tablespoon reserved panko evenly over patties. Sauté patties for about 4-5 minutes on each side, until they're golden.

Grilled Cod & Avocado Tacos

Makes 2 servings (2 tacos each)

We are so excited to share the recipe for the BEST grilled fish tacos with you! Yes, the all caps are totally necessary because these tacos are just that good. Combining flaky grilled fish with creamy, smoky avocado makes for a taste that is out of this world. Ready-to-eat broccoli slaw makes this recipe easy-peasy to throw together during the week or for a last-minute gathering. And, this recipe is super-versatile—it calls for cod but tastes just as delicious with tilapia, salmon or mahi-mahi. #tacotuesday

Ingredients

½ pounds cod
1¼ Tablespoons olive oil
1¼ Tablespoons lime juice
½ clove garlic, minced
½ teaspoon chili powder
½ teaspoon ground cumin
1 medium avocado, cut in half and pit removed
3 Tablespoons nonfat plain Greek yogurt
2-3 cups ready-to-eat broccoli slaw
¼ jalapeno pepper, finely chopped
2 Tablespoons cilantro, finely chopped
4 corn tortillas

Instructions

Preheat grill to medium-high.

In a large plastic baggie, mix 1/2 Tablespoon olive oil, 1/2 Tablespoon lime juice, garlic, chili powder and cumin. Add cod and mix until the fish is coated.

Grill fish about 3 minutes per side, or until cooked thoroughly.

In a small bowl, mix 1/4 Tablespoon olive oil with 1/4 Tablespoon lime juice. Rub onto avocado halves and place halves face down on grill. Grill for about 2-3 minutes. Remove and cut halves into slices.

In a medium bowl, combine 1/2 Tablespoon olive oil, 1/2 Tablespoon lime juice and yogurt. Mix well. Add broccoli slaw, jalapeno and cilantro and combine until bowl contents are coated with the yogurt-lime sauce.

Top corn tortillas with grilled fish, slaw mixture and avocado slices.



Gluten-Free Acorn Squash & Crab

Makes 4 servings

This dish has fall written all over it. We took buttery acorn squash, added a creamy, cheesy crab meat stuffing and then baked the entire thing in the oven. While this dish is almost too pretty to eat, we guarantee you'll want to devour it all. We created this as a main course, but it could easily be served as an impressive holiday side dish—and it's gluten-free.

Ingredients

2 acorn squash, halved lengthwise and seeds scooped out (leaving a “bowl” in acorn squash)
1 Tablespoon olive oil
4 cloves garlic, minced
2 stalks celery, chopped
1 teaspoon dried parsley
2 teaspoons Old Bay seasoning
1 pound lump crab meat, drained
¼ cup cream cheese, softened
¼ cup Parmesan cheese, shredded
¼ cup gluten-free panko crumbs or crushed gluten-free rice cereal (like Rice Chex)
Salt and pepper, to taste

Instructions

Preheat oven to 400°F. Place acorn squash halves cut side in a glass baking dish; set aside.

Heat olive oil over medium heat; sauté garlic and celery until tender, about 2-3 minutes. Add parsley and Old Bay seasoning. Remove from heat.

In a medium bowl, combine crab meat, cream cheese and cooked vegetables. Mix to combine all ingredients; add salt and pepper to taste.

Using a spoon, scoop mixture into squash “bowls.” Divide mixture between squash bowls. (It is okay to over-stuff “bowls.”) Top with Parmesan cheese and panko or cereal. Cover with foil; cook for 45 minutes.

Remove foil and cook for an additional 15 minutes, or until stuffing is browned and squash is tender.



Air Fryer Shrimp Po' Boy Burger with Remoulade Sauce

Prep time: 20 minutes; Cook time: 15 minutes; Total time: 35 minutes

Makes 6 servings

Inspired by the iconic po' boy sandwich, we've taken Cajun-seasoned shrimp and transformed them into juicy shrimp patties, air-fried to golden perfection. Topped with zesty remoulade sauce, these burgers bring you the spirit of the Crescent City in a delicious and health-conscious meal.

Burger

1 pound large raw shrimp, peeled and deveined
2 cloves garlic, peeled and chopped
 $\frac{3}{4}$ cup panko crumbs, divided
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon Old Bay seasoning
 $\frac{1}{4}$ teaspoon cayenne pepper
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon black pepper
1 small red bell pepper, chopped
 $\frac{1}{2}$ cup corn meal
Olive oil for spraying patties
Hoagie rolls or brioche buns, lettuce and/or tomato slices, for serving

Remoulade Sauce

$\frac{1}{4}$ cup olive oil or light mayonnaise
 $\frac{1}{4}$ cup low-fat plain yogurt
1 Tablespoon grainy Dijon mustard
 $\frac{1}{2}$ Tablespoon lemon juice
 $\frac{1}{4}$ teaspoon cayenne pepper
2 teaspoons capers
1 Tablespoon dill pickle relish or cornichon
2 teaspoons chopped fresh parsley
Dash of hot sauce or sriracha

Instructions

Preheat Air Fryer to 375°F for 10 minutes.

While Air Fryer is preheating, place steel blade in food processor and add $\frac{2}{3}$ of the shrimp, garlic, $\frac{1}{2}$ cup panko crumbs, onion powder, garlic powder, Old Bay, cayenne, salt and pepper; pulse a few times until starting to incorporate. Add chopped bell pepper; puree until fairly smooth. Add remaining $\frac{1}{3}$ shrimp and pulse lightly so that larger pieces of shrimp are incorporated into the mixture. Form shrimp mixture into 6 (approximately $\frac{3}{4}$ ") patties, place on parchment-covered plate, cover with plastic wrap or foil and place in refrigerator for 10 minutes.

In a bowl with deep sides, place panko and cornmeal; mix until combined. Using your hands, take each patty one at a time and dip top into panko-cornmeal mixture, then flip and dip bottom into mixture until well-coated (discard remaining panko mixture).

Lightly spray the Air Fryer basket with olive oil, then place patties in preheated Air Fryer basket (careful that they don't overlap) and spray or mist burgers with olive oil. Cook for 7 minutes at 375°F. Flip, spray with a little more olive oil and cook for another 5 minutes, until burgers are crispy and golden and cooked through (internal temperature should be about 165°F).

While burgers are cooking, make remoulade sauce by whisking mayonnaise, yogurt, mustard, lemon juice and cayenne in a small bowl until smooth. Add in capers, relish, parsley and hot sauce; mix until combined. Serve on top of burgers with buns or rolls and other desired toppings.

Recommended equipment: Air Fryer, food processor, wide bowl, small bowl, whisk, parchment paper, foil or plastic wrap, plate



Cheesy Pimento Tuna Melt

Makes 4 servings

Easy, cheesy and sure to please even the pickiest of palates, this tuna melt recipe is sure to become your new lunchtime go-to! Taking only 15 minutes to throw together and using easy store-bought ingredients like the pimento cheese, this savory sandwich makes the perfect quick after-school snack. It also can be a great quick dinner for those busy weeknights when you're a little short on time.

Ingredients

8 slices whole grain bread
2 (5-ounce) cans or pouches of tuna in water
2 stalks celery, finely chopped
2 Tablespoons red onion, finely chopped
3 Tablespoons olive oil mayonnaise
1 Tablespoon whole grain mustard
Salt and pepper, to taste
1 Tablespoon lemon juice
½ cup prepared pimento cheese spread



Instructions

Preheat broiler. Place bread on baking sheet and lightly toast both sides of all slices.

In medium bowl, prepare tuna salad by combining tuna and the next 6 ingredients (through lemon juice). Take two slices of toasted bread. Spread tuna salad mixture onto one slice; spread pimento cheese onto other slice.

Broil each slice face-up for 3-5 minutes, until the cheese is melted and browned slightly. Sandwich together the two slices of bread. Cut and serve. Repeat process to make three additional tuna melt sandwiches.

Simple Salmon Sliders

Makes 4 servings

We bet you have all the ingredients for our budget-friendly Simple Salmon Sliders in your fridge and pantry! We took convenient canned/pouched salmon, cracker crumbs, an egg and added lemon and dill for bright flavor. These little sliders get pan-fried in a little olive oil for a crunchy patty that's tender inside.

Ingredients

1 (14-ounce) can or pouch of salmon, drained and flaked
¾ cup saltine crackers, roughly crumbled
3 Tablespoons olive oil, divided
¼ cup finely chopped onion
¼ cup finely chopped red bell pepper
½ teaspoon dried dill weed
1 egg, beaten
1 Tablespoon lemon juice
4 Hawaiian slider buns
Lettuce, tomato slices, mayo, mustard or other favorite toppings
Mayo and mustard (and/or other favorite condiments)



Instructions

In a large bowl, toss salmon and cracker crumbs; set aside.

Heat 1 Tablespoon olive oil in skillet and cook onion and red bell pepper until tender. Add cooked ingredients to the salmon-and-cracker mixture and combine gently. Add dill weed, egg and lemon juice and combine gently.

Form mixture into four patties. Add remaining olive oil to skillet and cook patties on medium heat for 3-4 minutes on each side, until golden brown.

Use buns and cooked patties to assemble sliders, and top with your favorite garnishes and condiments.

Instant Pot Crab Mac 'n' Cheese

Makes 6-8 servings

Mac 'n' Cheese is always a family favorite. Add lump crab meat and this Instant Pot recipe is fit for a Dinner Party. We used whole grain pasta, three cheeses and Old Bay seasoning for the perfect bite.

Ingredients

2 teaspoons olive oil
½ cup medium onion, chopped
1 pound whole grain pasta (elbows or cavatappi)
4 cups water
2-3 Tablespoons butter
½ teaspoon kosher salt
½ teaspoon ground black pepper
½ teaspoon garlic powder
3-4 teaspoons Old Bay seasoning
2 cups cheddar cheese
½ cup fresh mozzarella
½ cup Parmesan
¼ cup milk (suggest using 2% milk)
½ pound lump crab meat, drained
1 teaspoon hot sauce (optional)
Toasted panko (optional)

Instructions

Add olive oil and onion to Instant Pot and turn pot to sauté setting. Stir and cook until the onion is tender, about 3 minutes.

Turn off sauté function. Add pasta and next 6 ingredients on list (from water through Old Bay seasoning) to Instant Pot. Place lid on Instant Pot and switch steam release handle position on lid from venting to sealing; select manual function on pot and cook contents on high for 5 minutes.

While pasta is cooking, shred all the cheeses using a grater or food processor. (Can use pre-shredded cheeses, but they will not melt as smoothly because they contain an anti-caking agent.)

When pasta has finished cooking, release pressure in Instant Pot using quick pressure release switch (turn to venting position). Add milk to pot and stir it in with the pasta. Then slowly fold in the cheeses up to 1 cup at a time, making sure the pasta mixture remains creamy between each addition.

Add crab meat to pot, replace lid on pot and allow mac 'n' cheese to warm up for 2-3 minutes; then stir. Top with hot sauce and toasted panko, if desired.





Dinner

We've taken salmon, sardines, shrimp, crab, cod, tuna, tilapia, scallops, Wild Alaska Pollock, mussels and more and developed recipes that answer that age-old question, "What's for dinner?"

Whether cooking with the grill, sheet pan, *en papillote*, Air Fryer or Instant Pot, there is something for every night of the week here. Plus, these recipes deliver a winning combination every time—packing a powerful nutrient punch, easy clean-up and delectable taste.

You'll also find several of our "Seafood Supper Club" recipes here—with step-by-step instructions and images to hone your seafood chef skills!



Crab & Sweet Potato Cauliflower Gnocchi

Total time: 15 minutes

Makes 6-8 servings

Pressed for time but still want a wholesome dinner? Try our Crab & Sweet Potato Cauliflower Gnocchi! Thanks to the convenience of frozen gnocchi, this meal is ready in just 15 minutes. Packed with sweet potatoes, canned crab meat and kale—it's a quick, nutritious option that doesn't compromise on taste.

Ingredients

24 ounces of frozen cauliflower gnocchi
4 Tablespoons olive oil
1 medium peeled sweet potato, diced into small cubes
1½ cups pre-chopped bagged kale, tightly packed
2 garlic cloves, minced
6 ounces canned white crab meat
½ teaspoon dried sage
¼ teaspoon kosher salt
¼ teaspoon black pepper
3 Tablespoons freshly grated Parmesan cheese
1 teaspoon crushed red pepper flakes

Instructions

Heat 2 Tablespoons olive oil in a large skillet over medium-high heat. When oil is hot, add gnocchi to skillet and cook in a single layer for about 4 minutes. Gently flip with a spatula and cook for another 3 minutes, until crispy and golden brown. Transfer gnocchi to a bowl; cover to keep warm and set aside.

Rinse the pan to remove any starch, then return to stove. Add 1 Tablespoon olive oil to skillet; then add sweet potatoes and cook over medium-high heat for 4-5 minutes, or until sweet potatoes are tender. Turn heat down to medium, add kale and garlic; cook for another 4 minutes or until kale is wilted. Add remaining 1 Tablespoon olive oil, crab meat, sage, salt and pepper; stir and cook for 2 minutes.

Turn off heat, add gnocchi and Parmesan cheese. Toss gently to combine and top with crushed red pepper flakes, if desired.

Recommended utensils: skillet, slotted spoon, bowl, cutting board, knife

Instant Pot Cod Tikka Masala

Total time: 30 minutes

Makes 4 servings

Shake up your dinner routine with our Instant Pot Cod Tikka Masala! Traditionally made with chicken, we've given this classic dish a seafood spin, pairing tender cod with rich, aromatic spices. Best of all, the Instant Pot makes it effortless to prepare.

Ingredients

1 ½ pounds thawed or fresh cod or other white fish, cut into 12 pieces	1 teaspoon garlic powder
¾ teaspoon kosher salt, divided	½ teaspoon cayenne pepper
1 Tablespoon ghee (or use butter or olive oil)	¼ cup chicken or vegetable low-sodium broth
1 small yellow onion, diced	1 (8-ounce) can tomato paste
2 cups cauliflower florets	½ teaspoon freshly ground black pepper
2 carrots, peeled and cubed	1 (15-ounce) can light coconut milk
3 garlic cloves, minced	2 cups fresh baby spinach
½ Tablespoon fresh ginger, minced	4 Tablespoons plain Greek yogurt
1 teaspoon garam masala	Fresh cilantro, chopped (optional)
1 teaspoon paprika	Basmati rice or naan for serving, if desired
1 teaspoon turmeric	

Instructions

Place cod on plate and sprinkle on ¼ teaspoon kosher salt over top; set aside.

Set Instant Pot to sauté; add ghee. Once ghee has melted, add onion, cauliflower, carrots, garlic, ginger and spices (garam masala through garlic powder). Stirring often, cook until onion is tender and spices are fragrant, about 5 minutes. Turn off sauté function. Add broth to Instant Pot; scrape bottom with wooden or plastic spoon or spatula to deglaze bottom of pot (to prevent burning).

Add cod, tomato paste, pepper and remaining ½ teaspoon salt; stir to coat fish with spices. Cover and cook on manual HIGH pressure for 3 minutes. Vent to immediately release pressure.

Uncover and stir in can of coconut milk. Turn Instant Pot back to sauté and bring to a simmer. Cook over simmer until sauce thickens slightly, about 10 minutes. Turn off Instant Pot; add spinach and yogurt, stirring well. Garnish with cilantro and serve with basmati rice or naan, if desired.

Recommended utensils: plate, Instant Pot, two spatulas or spoons for stirring, tongs





Mediterranean Tuna Pizza

Prep time: 5 minutes; Cook time: 15 minutes; Total time: 20 minutes

Makes 4 servings

Create something extraordinary from everyday ingredients with our Mediterranean twist on pizza! This ingenious recipe combines the convenience of canned tuna with a bounty of colors, textures and flavors. From crunchy arugula to the tang of olives—this pie will quickly become a family favorite.

Ingredients

1 Tablespoon plus 1 teaspoon olive oil, divided
1 teaspoon corn meal
12-inch flatbread or pizza crust
1 teaspoon Italian herb seasoning
2 (5-ounce) cans tuna packed in olive oil (light or albacore), flaked
¼ small red onion, thinly sliced
½ cup pitted kalamata olives, halved
1 cup arugula
1 cup shredded mozzarella
¼ cup grated Parmesan cheese
½ teaspoon crushed red pepper
½ cup torn basil leaves, optional
½ teaspoon lemon zest, optional

Instructions

Preheat oven to 425°F. Prepare round pizza pan by brushing with 1 teaspoon of olive oil on pan, then sprinkle cornmeal over olive oil.

Place flatbread or prepared pizza crust on pan. Brush on remaining 1 Tablespoon olive oil on top of crust, then sprinkle on Italian herbs. Top with flaked tuna, red onion, olives and arugula. Spread mozzarella and Parmesan cheeses evenly over toppings; sprinkle on crushed red pepper. Garnish with basil and/or lemon zest, if desired.

Cook at 425°F for 10-12 minutes, or until crust is golden and cheese is melted.

Recommended equipment: pizza pan, spatula

Sheet Pan Cod & Vegetables with Smashed Tomatoes & Feta

Prep time: 15 minutes; Cook time: 20 minutes; Total time: 35 minutes

Makes 4 servings

Introducing the ultimate culinary hack—sheet pan dinners! This effortless meal captures the vibrant flavors of the Mediterranean as tender cod mingles with zesty tomatoes, savory spices, and the creamy richness of feta. It only takes 35 minutes to create this delicious and nourishing recipe that checks all the boxes!

Ingredients

- 1½-2 pounds cod, cut into 4 fillets
- 1 pint cherry tomatoes
- 2 cloves garlic, minced
- 1 small zucchini, sliced into ½-inch thick rounds
- 1 small yellow squash, sliced into ½-inch thick rounds
- 2 cups broccoli florets
- 3 Tablespoons olive oil
- ½ teaspoons Italian seasoning or dried oregano
- ¼ teaspoon kosher salt
- ½ teaspoon black pepper
- 1 cup feta, crumbled
- 1 lemon, halved (use juice of one half, slice other half for garnish)
- ½ cup kalamata olives (optional)
- ¼ cup basil leaves, torn (optional)

Instructions

Preheat oven to 400°F. Line an 18" x 13" baking sheet with aluminum foil or parchment paper. Place the cod on one end of the sheet pan and tomatoes and garlic on the other. Then arrange the zucchini, squash and broccoli in between and around the cod and tomatoes. Drizzle fish and vegetables evenly with olive oil; then sprinkle with seasoning or oregano, salt and pepper evenly over the entire pan. Then, top cod and vegetables (not tomatoes) with feta. Bake for 15-20 minutes or until vegetables and feta are golden and fish is cooked through, opaque and flakes easily with a fork. Using a fork or potato masher, smash the tomatoes to pop open and juice runs onto pan. Plate the fish and vegetables, squeeze lemon juice on top of fish, and then top with the crushed tomatoes and garlic. Top with olives and basil leaves and serve with lemon slices, if desired.

Recommended equipment: Baking sheet, parchment or foil, fork or masher





Mini Seafood Pot Pies

*Prep time: 25 minutes; Cook time: 40 minutes; Rest time: 10 minutes; Total time: 1 hour, 15 minutes
Makes 6 servings*

Indulge in the ultimate comfort meal with a twist—mini pot pies that pack a seafood punch! On a chilly afternoon or for a tasty dinner, there's no better time to savor the heartiness of aromatic veggies, a velvety seafood filling and a flaky puff pastry crust.

Ingredients

2 Tablespoons olive oil
1 cup sweet onion, chopped
1 cup celery, diced
1 cup carrots, diced
2 garlic cloves, minced
½ cup flour plus more for rolling puff pastry
½ cup dry white wine
2 cups fish stock or chicken broth
½ teaspoon kosher salt
½ teaspoon freshly ground black pepper
½ teaspoon thyme
½ pound medium shrimp, peeled and deveined, cut in half
½ pound sea scallops, quartered
8 ounces of halibut or cod, cut into ½-inch cubes
1 cup frozen peas
2 Tablespoons plain Greek yogurt
1 (17-ounce) package frozen puff pastry sheets, thawed
Fresh parsley, chopped, optional

Instructions

Preheat oven to 350°F. Place 6 ramekins on a large baking sheet; spray ramekins lightly with nonstick cooking or olive oil spray.

While oven is preheating, combine olive oil, onions, celery, carrots and garlic in a Dutch oven or large pot and cook over high heat for 4-5 minutes, or until vegetables are softened. Add flour and stir to coat vegetables, stirring for 1 minute. Add wine, stock or broth, salt, pepper and thyme, stirring and cooking for 5 minutes. Gently add in seafood and peas, reduce heat to medium and cook for about 10 minutes. Fold in yogurt, stirring to make creamy and cook for another 1-2 minutes. Remove from heat.

Unroll puff pastry and place on lightly floured surface. Cut puff pastry into circles slightly larger than the size of the ramekins. Fill the ramekins with pot pie filling. Place puff pastry circles over top of ramekins and secure around top of ramekin, using fingers to push down on the pastry dough. Cut three or four small slits in top of puff pastry.

Place baking sheet with ramekins in oven and bake until pastry is golden brown and filling is hot, about 35-40 minutes. Let cool 10 minutes before serving.

Recommended equipment: ramekins, baking sheet, cutting board, knife, Dutch oven or large pot

Air Fryer Maple-Glazed Salmon with Brussels Sprouts

Prep time: 5 minutes; Cook time: 15 minutes; Total time: 20 minutes

Makes 4 servings

Craving a delicious seafood meal with maple syrup, soy sauce and sriracha in a flash? Look no further than your Air Fryer! In just 20 minutes from start to finish, you can enjoy succulent maple-glazed salmon filets and perfectly crispy brussels sprouts.

Ingredients

3 Tablespoons pure maple syrup
2 Tablespoons soy sauce or tamari (for gluten-free)
1 teaspoon sriracha hot sauce
1 clove garlic, minced
½ teaspoon sea or kosher salt, divided
½ teaspoon freshly ground black pepper, divided
1/8 teaspoon smoked paprika
2 teaspoons olive oil, divided
4 (6-ounce) salmon fillets
2.5 – 3 cups Brussels sprouts, halved

Instructions

Preheat Air Fryer at 400°F for 10 minutes. Spray Air Fryer with olive oil; set aside.

While Air Fryer is preheating, combine maple syrup, soy sauce or tamari, sriracha, garlic, ¼ teaspoon of salt, ¼ teaspoon of pepper and paprika in a small bowl; mix well to combine. Place salmon in a baking dish or bowl, brush half of olive oil (1 teaspoon) onto salmon fillets and pour half of maple glaze mixture onto salmon. Set salmon aside to marinate.

In a medium bowl, toss remaining 1 teaspoon olive oil and ¼ teaspoon each salt and pepper with Brussels sprouts; toss well to coat sprouts. Place Brussels sprouts in preheated Air Fryer and cook at 400°F for 5 minutes. Then, turn Brussels sprouts using a spatula, push to sides of Air Fryer and add salmon fillets in middle (leave some space between fillets, if possible). Cook salmon and Brussels sprouts at 400°F for about 8 minutes, or until salmon is cooked through and flakes easily and Brussels sprouts are golden brown and crispy. Divide salmon and Brussels sprouts evenly amongst 4 plates, then drizzle remaining maple glaze over both.

Recommended equipment: Air Fryer, small bowl, medium bowl or baking dish, spatula



Triple Seafood Boil

Prep time: 10 minutes; Cook time: 35 minutes; Total time: 45 minutes

Makes 4 servings

Ready to bring the allure of coastal dining to your home kitchen? Look no further than our latest creation—a delectable triple seafood boil packed with plump shrimp, tender mussels and briny clams. With easy steps and unbeatable taste, in only 45 minutes your kitchen will turn into a seaside escape, offering a feast that's hearty, healthy and sure to delight.

Ingredients

5 quarts water
24 ounces lager (or white wine to make gluten-free)
1 sweet onion, chopped
2 garlic cloves, minced
1½ pounds baby red potatoes, diced
2 carrots, chopped
2 celery stalks, chopped
5 Tablespoons Old Bay seasoning
2 teaspoons kosher salt
2 teaspoons freshly ground black pepper
2 bay leaves
4 ears corn on the cob, each cut into quarters
2 pounds mussels, cleaned and debearded
1 pound clams, washed, cleaned and picked through (discard clams that are open or broken)
1 pound large shrimp, peeled and deveined
1 Tablespoon butter, melted
Fresh parsley, optional

Instructions

Add water to Dutch oven or big pot; bring to a boil. Add beer (or wine), onion, garlic, potatoes, carrots, celery, Old Bay seasoning, salt, pepper and bay leaves; bring to a boil, cover and continue to boil for 2 minutes. Add corn; cover and boil for another 5 minutes.

Add clams to pot; cover and cook for 1-2 minutes. Add mussels to pot; cover and cook for 5 minutes. Add shrimp; cover and cook for an additional 3-4 minutes or until seafood is cooked through. Shrimp are cooked when pick and mussels and clams are cooked through when opened.

Pour pot through a large colander to strain liquids. Place cooked seafood and vegetables on a large platter. (Discard any clams or mussels that are not opened.) Drizzle with butter and parsley, if desired.

Recommended equipment: Dutch oven or large pot, tongs, large platter





Mediterranean Baked Shrimp with Whipped Feta

Prep time: 10 minutes; Cook time: 25 minutes; Total time: 35 minutes

Makes 6 servings

This colorful shrimp dish dazzles with an inviting mélange of bright tomatoes, red and yellow bell peppers, bold seasonings and a flourish of whipped feta and fresh basil. Serve with brown rice or whole-grain pasta for a hearty entrée.

Ingredients

4 ounces block feta cheese
2 Tablespoons 2% plain Greek yogurt
1 ounce crème fraîche or Greek cream cheese
2 pints cherry tomatoes
1 yellow bell pepper, thinly sliced
1 red bell pepper, thinly sliced
4 garlic cloves, minced
1 teaspoon Spanish paprika
¼ teaspoon cayenne pepper
1 teaspoon dried oregano
½ teaspoon crushed red pepper
2 Tablespoons extra virgin olive oil, divided
1 pound jumbo shrimp, peeled and deveined
¼ cup fresh basil, chopped
Sea salt and freshly ground black pepper, to taste

Instructions

Preheat oven to 425°F.

Place feta cheese in food processor and process on low to break up feta slightly. Add yogurt and crème fraîche or cream cheese; process on high until creamy and well blended, scraping sides, about 3-5 minutes. Put in a bowl, cover and place in refrigerator while making shrimp.

In a baking dish, combine tomatoes, bell peppers, garlic, paprika, cayenne pepper, oregano, crushed red pepper, 1 Tablespoon olive oil and stir to combine. Add salt and pepper, to taste. Bake for 15 minutes, or until tomatoes bubble. Then, distribute shrimp evenly on top of tomato mixture. Return to oven and bake for another 6-8 minutes or until shrimp are opaque and cooked through. Let cool slightly.

Top with whipped feta in center of dish, drizzle with remaining olive oil and top with fresh basil. Serve with whole grain pasta, brown rice or a baguette.

Grilled Halibut with Walnut Pesto

Prep time: 10 minutes; Cook time: 10 minutes; Total time: 20 minutes

Makes 4 servings

This tasty fish is sure to top your family's most-requested list! It's also chock-full of superfoods like brain- and mood-boosting halibut, peppery arugula and crunchy walnuts. Fire up the grill, and you'll be enjoying a five-star meal in no time!

Ingredients

4 (6-ounce) halibut or other firm white fish filets
1/3 cup + 1 Tablespoon extra-virgin olive oil, divided
2 cups tightly packed baby arugula
1 cup tightly packed fresh basil
1/2 cup walnut halves or pieces
1/4 cup pumpkin seeds
1/4 cup freshly grated Parmesan cheese
3 cloves garlic
1 teaspoon lemon juice
Kosher salt and freshly ground black pepper

Instructions

Preheat grill to medium heat. Prepare halibut by placing on a plate, drizzling with 1 Tablespoon olive oil and a dash of salt and pepper. When grill is ready, place halibut on grill; cook for 4 minutes on each side or until fish is cooked through and flakes easily.

While fish is cooking, make pesto. Place remaining 1/3 cup olive oil and next 7 ingredients (arugula through lemon juice) in a food processor or blender. Blend on high until pesto is well processed and reaches desired consistency. Serve on top of grilled halibut.





Instant Pot Pasta with Red Clams Sauce

Prep time: 10 minutes; Cook time: 5 minutes; Rest time: 5 minutes; Total time: 20 minutes

Makes 4 servings

Pasta with clams (“alle vongole,” as Italians say) originates from the Campania region of Italy, known for its phenomenal seafood dishes. You can enjoy this classic dish whenever the mood strikes, with a little help from your Instant Pot and some pantry staples like canned clams and crushed tomatoes. This easy-to-make recipe has all the classic Italian flavor your family loves!

Ingredients

2 teaspoons olive oil
3 cloves garlic, minced
2 (6.5-ounce) chopped clams, undrained
28 ounces canned crushed tomatoes
6 ounces tomato paste
1 cup water or chicken broth
1 Tablespoon Italian seasoning
1 bay leaf
½ teaspoon red pepper chili flakes
1 teaspoon sugar
½ teaspoon salt
½ teaspoon freshly ground black pepper
8 ounces linguine, broken in half
2 Tablespoons capers
Freshly grated Parmesan cheese (optional)
Fresh basil leaves (optional)

Instructions

Select sauté setting on Instant Pot. Add oil. When oil is hot, add garlic and cook for 1 minute, stirring. Add in next 10 ingredients (clams through black pepper); mix well. Turn off sauté function. Add broken pasta on top of sauce (crisscross noodles so they don't stick together when cooking); do not stir but press pasta down gently until covered by sauce.

Secure lid; ensure valve is in sealing position. Select Manual-High pressure. Set cook time for 5 minutes. Let pressure release naturally, then quick release. Remove lid and stir; let sit for a few minutes to thicken. Top with capers, and basil and Parmesan, if desired.

Creamy Crab & Kale Lasagna

Prep time: 10 minutes; Cook time: 65 minutes; Total time: 1 hour, 15 minutes

Makes 8 servings

Craving some comfort food? With its easy prep, hands-off cooking and fantastic flavor, our utterly crabulous lasagna delivers every item on your weeknight wish list! The delicate crab meat, three cheeses and Béchamel-inspired sauce make it sophisticated enough to wow your dinner guests, too.

Ingredients

1½ pounds lump crab meat, drained and chopped
2 Tablespoons olive oil
½ medium onion, diced
2 garlic cloves, minced
4 Tablespoons flour
3 cups milk
1 cup chicken broth
½ teaspoon salt
1 teaspoon freshly ground black pepper
15 ounces low-fat ricotta cheese
½ cup grated Parmesan cheese
1 egg
1 bunch baby kale, chopped
½ teaspoon crushed red pepper flakes
12 oven-ready lasagna noodles (or cook according to instructions)
12 ounces shredded mozzarella cheese
¼ cup parsley, chopped (optional)

Instructions

Preheat oven to 375°F.

Heat olive oil over medium heat in a pan, cook about 2-3 minutes or until soft. Add garlic, cook another 1-2 minutes, until fragrant. Stir in flour; cook and whisk until starting to thicken and bubble. Gradually add in milk, broth, salt and pepper; heat to boiling, whisk and set sauce aside.

In a mixing bowl, combine ricotta, Parmesan, egg, kale and red pepper flakes. Fold in crab meat; mix gently to combine.

Spray a 13 x 9-inch baking dish with nonstick spray. Spread ½ cup sauce on bottom of baking dish. Layer with four noodles, 1/3 cup ricotta mixture, ¼ of the mozzarella cheese and ½ cup sauce. Repeat layers twice, starting with noodles, then ricotta mixture then sauce. Top with remaining mozzarella cheese and parsley, if desired. Cover dish with aluminum foil, and bake for 45 minutes. Then, remove the foil and bake for another 15 minutes or until cheese is bubbly and lightly browned. Let stand for 10 minutes before serving.





Mustard-Glazed Salmon with Cauliflower Mash & Spinach

Makes 4 servings

The recipe starts with a simple but addictive mustard-maple glaze that adds just the right amount of sweetness and tang to the salmon while it bakes. We've paired it with wilted spinach with a cauliflower mash featuring a blend of cheeses, garlic and golden turmeric!

Ingredients

For Mustard-Glazed Salmon

2 pounds salmon fillet
1 Tablespoon olive oil
1 Tablespoon grainy Dijon mustard
2 teaspoons apple cider vinegar
½ teaspoon maple syrup
½ teaspoon dried thyme
1 lemon, cut one in half and other half sliced into 4 wedges
Kosher salt and black pepper, to taste

For Spinach

1 Tablespoon olive oil
2 garlic cloves, minced
1 (5-ounce) bag baby spinach
Dash of salt and pepper, to taste

For Turmeric-Cauliflower Mash

2 Tablespoons olive oil
1 head cauliflower, cut into small florets
3 cloves garlic, minced
1 teaspoon turmeric
½ cups vegetable or chicken broth, divided
½ cup low-fat milk or buttermilk
½ cup canned white beans, rinsed and drained
½ cup shredded white cheddar
2 Tablespoons Parmesan cheese, freshly grated
Kosher salt and pepper, to taste
Fresh chives, chopped (optional)

Instructions

For salmon: Preheat oven to 450°F. Cover baking sheet with foil. Place fish, skin side down, on foil and sprinkle with a dash of salt and pepper. In a small mixing bowl, combine olive oil, mustard, vinegar, syrup and thyme; whisk well. Cut lemon half in two quarters and juice one-quarter of the lemon into the sauce; mix well. Drizzle about two-thirds of sauce on salmon; set remaining sauce aside. Cook fish for 15-20 minutes, or until fish is cooked through.

For cauliflower mash: While salmon is cooking, prepare cauliflower mash. Heat oil in a large pot or Dutch oven over medium-high heat. Add cauliflower, garlic and turmeric; sauté for two minutes, until garlic is golden and fragrant. Add ½ cups of broth; simmer uncovered for about 10 minutes or until soft. Let cool slightly. Add milk and beans; mash using an immersion blender or masher. Add more broth 1 Tablespoon at a time until you reach desired consistency. Stir in cheeses, salt and pepper. Put in a serving bowl, top with chives if using and set aside while cooking spinach.

For spinach: Add 1 Tablespoon oil to pot or Dutch oven used to cook cauliflower; heat over medium low heat. Add garlic; cook for 1 minute. Then add spinach; cook for 1-2 minutes, until wilted. Turn off heat and season with salt and pepper.

Plate salmon, cauliflower mash and spinach. Drizzle with remaining sauce and serve with lemon wedges.

Mediterranean Tuna Skewers

Makes 4 servings (2 skewers each)

This recipe meets our top three criteria for weeknight meals: great-tasting, nutritious and simple to prepare. On top of that, it offers all that we love about the Mediterranean Diet—fresh vegetables, lean protein and a healthy drizzle of olive oil.

Ingredients

1½ pounds tuna steak (about 1½-inch thick), cut into about 24 pieces
½ cup olive oil, plus more drizzling
2 Tablespoons fresh rosemary, chopped
2 cloves garlic, minced
½ teaspoon sea or kosher salt
½ teaspoon ground black pepper
1 red bell pepper
1 green bell pepper
1 red onion
18 large button mushrooms
24 cherry tomatoes
Lemon wedges, optional
12 metal or bamboo skewers (if using bamboo, soak in water for 30 minutes prior to grilling)
Prepared whole wheat couscous or your other favorite whole grain (optional)

Instructions

In a shallow bowl, combine olive oil, rosemary, garlic, salt and pepper; mix to combine well. Add tuna, cover and let stand at room temperature for about 30 minutes.

While tuna is marinating, wash and prepare veggies. Halve and remove seeds from bell peppers and cut into large chunks. Cut red onion into large chunks. Cut mushrooms in half.

Preheat grill or grill pan to medium-high.

Prepare kebabs by threading each skewer with a tomato, then begin alternating tuna and veggies on each skewer, so that there are about 2-3 pieces of tuna separated by a few pieces of veggies on each skewer; top with a tomato. Place skewers on a plate; drizzle with marinade.

Grill about 3-5 minutes, or until well-browned on one side. Using tongs, flip and cook on other side, about 3-5 minutes.

Serve with prepared whole wheat couscous or other whole grain and a lemon wedge.





Easy Broiled Lobster

Makes 4 servings

Lobster is luscious all on its own and its flavor really shines in this recipe. Prep is simple—butterfly the lobster tails, brush them with a little seasoned lemon butter and let the broiler do the work.

Ingredients

4 (4-ounce) lobster tails, fresh or frozen
4 Tablespoons butter, melted
4 cloves garlic, minced
¼ cup white wine
1 Tablespoon lemon juice
1 teaspoon lemon zest
1 teaspoon dried parsley or 1 Tablespoon fresh chopped parsley
Salt and pepper, to taste
Fresh parsley, chopped (optional)
Lemon wedge, for garnish (optional)

Instructions

If frozen, thaw lobster overnight in refrigerator or in pot of cold water for 30 minutes or more. Pat dry with a paper towel.

Position oven rack to middle of oven, then preheat to broil. Line a baking sheet with foil, and place lobster tails on baking sheet.

Butterfly the tails: Using sharp kitchen shears, cut down the center of the top of the shell lengthwise, starting from the end opposite the tail fins, continuing down until you reach the tail but without cutting the tail. (Remove any veins, if there are any.) Cut through the top of the shell only (not the bottom shell). Run your finger between the meat and shell to loosen it and spread the meat open a little. Slightly push together the empty shell underneath and place the row of meat on top. Sprinkle lobster with a pinch of salt and pepper.

In a small bowl, whisk together butter, garlic, white wine, lemon juice, lemon zest and parsley. Brush the mixture on lobster meat.

Broil for 12-14 minutes or until lobster meat is opaque and slightly browned, or until lobster is cooked through and internal temperature reads 140-145°F. Garnish with fresh parsley and lemon slices if desired and serve immediately.



Asian-Style Scallops with Vegetable Noodles

Makes 4 servings

This recipe combines perfectly seared scallops with carb-smart zoodles, carrot and cucumber curls for a flavorful dish with a red cabbage, cilantro and an addictive soy-hoisin slaw! Scallops boast top-notch nutrition, with about 17 grams of lean protein per 3-ounce serving, as well as impressive amounts of heart-healthy omega-3s and essential nutrients like vitamin B-12, phosphorus and selenium.

Ingredients

For veggie noodles or “voodles”

2 large zucchini, washed and ends trimmed (or buy spiralized zucchini)
1 large carrot, washed and ends trimmed (or buy spiralized carrot)
1 cucumber, washed and ends trimmed (or buy spiralized cucumber)
½ cup red cabbage, thinly sliced
¼ cup cilantro, chopped

For Asian-style sauce

¼ cup reduced sodium soy sauce
2 Tablespoons hoisin sauce
2 Tablespoons rice vinegar
1 Tablespoon honey
1 Tablespoon sesame oil
2 garlic cloves, minced
1-2 teaspoons cornstarch
Red pepper flakes, kosher salt and black pepper, to taste
2 green onions, thinly sliced (optional)
Crushed peanuts or sesame seeds for garnish (optional)

For scallops

1 Tablespoon sesame oil
1½ pounds scallops (about 10-12)

Instructions

Pat scallops dry well with a paper towel. This is important for the “sear”; salt and pepper both sides of each scallop (to taste).

Spiralize zucchini, carrot and cucumber into “noodles” using spiral cutter or vegetable peeler. (Or, purchase already-spiralized veggies and skip this step.) Place spiralized veggies in a large bowl with thinly sliced red cabbage and cilantro; set aside.

In a small bowl, whisk together soy sauce and next 6 ingredients (through cornstarch). Add red pepper flakes, salt and pepper, to taste; whisk well. Set aside.

Heat oil in a large skillet over medium-high heat. Add scallops in small groups making sure to not overcrowd the pan and cook 3-4 minutes, or until golden brown. Flip over and cook 3-4 more minutes, until second side is golden brown. Add 3 Tablespoons sauce, turn down heat to a simmer and cook for about 2 more minutes, or until scallops are cooked through and opaque in color.

Add scallops to vegetable noodles bowl and top with sauce; toss to combine until noodles and scallops coated in sauce. Top with green onions and peanuts or sesame seeds, if desired.

Honey Garlic Shrimp Skewers

Makes 4 servings

After a few simple steps, you'll have sweet and savory shrimp on the table! Serve these Honey Garlic Shrimp Skewers as appetizers, pair them with a side of grilled veggies or top a summer salad with them for a healthy, balanced meal. The options are endless and this recipe is so easy that we know you'll make these all season long. Grab some skewers and shrimp and let's dive in!

Ingredients

1/3 cup honey
1/4 cup reduced-sodium soy sauce
1/2 clove garlic, minced
1 teaspoon crushed red pepper
2 pounds medium shrimp, peeled and deveined
8-10 wooden skewers

Instructions

Soak wooden skewers in water for at least 30 minutes.

In a small bowl, mix honey, soy sauce, garlic and red pepper flakes for marinade. Pour all the shrimp and 1/2 half of the marinade into a large plastic baggie, seal and refrigerate for 15 minutes. Reserve remaining marinade.

Preheat grill to medium-high. Remove shrimp from refrigerator and thread 5-6 shrimp on each skewer.

Grill shrimp skewers on one side for 2-3 minutes. Flip and brush with remaining marinade and cook 2-3 more minutes, or until shrimp are cooked thoroughly.

Remove from grill and enjoy.



Instant Pot Shrimp & Cheesy-Chive Grits

Makes 4 servings

Inspired by Southern flavors and armed with our trusty Instant Pot, we set out to create an easy-to-follow, downright delicious, shrimp and grits recipe!

Ingredients

1 pound medium shrimp, peeled and deveined
1 Tablespoon Old Bay seasoning
1 teaspoon olive oil
1 yellow onion, finely chopped
1 clove garlic, minced
1 green bell pepper, finely chopped
½ cup chicken broth (or ¼ cup broth + ¼ cup white wine)
1 (15-ounce) can of diced tomatoes, drained
2 Tablespoons lemon juice
¼ teaspoon Tabasco sauce
½ teaspoon salt
¼ teaspoon black pepper
½ cup stone-ground grits
1 cup water
1 cup low-fat milk
1 teaspoon butter
2 ounces goat cheese (or, if you prefer, shredded cheddar also works well)
2 Tablespoons fresh chives, chopped
¼ cup fat-free half-and-half
Salt and pepper, to taste

Instructions

In a medium glass bowl mix grits together with water and low-fat milk; season with salt and pepper, to taste. Place glass bowl on the trivet inside the Instant Pot. Put lid on and set to Manual High for 15 minutes

Turn Instant Pot to sauté function. Add olive oil to Instant Pot, then sauté onion, garlic and bell pepper until tender and translucent (about 6-7 minutes). Turn off sauté function. Add broth or broth/wine mixture and next 5 ingredients (through black pepper) to Instant Pot to make gravy; stir until well combined. Insert trivet on top of gravy ingredients.

In a medium glass bowl that will cook the grits inside the Instant Pot, mix grits together with water and low-fat milk; season with salt and pepper, to taste. Place glass bowl on trivet inside Instant Pot. Put lid on and set to Manual High for 15 minutes.

Allow Instant Pot to release manually; open Instant Pot and carefully remove hot bowl and trivet. (Pro tip: make a “foil sling” or use heat-resistant silicone bands to make it easier to remove the bowl.)

Set aside grits bowl. Add shrimp and half-and-half to Instant Pot; bury shrimp with the gravy and let shrimp cook in the hot gravy for about 3-5 minutes, or until shrimp is cooked.

In grits bowl, stir in butter, goat cheese and chives.

To serve, spoon grits into bowls and top with shrimp and gravy.



Grilled Shrimp & Pasta with Lemon-Garlic Sauce

Makes 4 servings

Between the amazing flavor profile and quick cook time, this Grilled Shrimp & Pasta with Lemon-Garlic Sauce will become a staple in your dinner rotation. We've combined flavorful grilled shrimp, pasta and a lemon-butter for a one pot recipe that will be on the table in under 30 minutes. Not only is this dish a fun addition to your weekly meals, shrimp is also packed with protein, low in calories and provides more than 20 vitamins and minerals! In fact, a 3-ounce serving of shrimp provides nearly 20 grams of protein and contains only 85 calories.

Ingredients - Lemon-Garlic Sauce

1 lemon, halved
Salt and pepper, to taste
½ cup unsalted butter
4 garlic cloves, minced
1 shallot, minced
½ teaspoon crushed red pepper
½ teaspoon dried oregano
Dash of cayenne pepper

Ingredients - Grilled Shrimp & Pasta

¼ pounds medium shrimp, peeled and deveined
8 ounces whole grain spaghetti or fettucine
1 teaspoon olive oil, divided
½ lemon

Instructions

Prepare pasta according to package instructions.

While pasta is cooking, begin preparing and cooking shrimp skewers. Preheat grill to medium-high heat. Thread shrimp onto metal skewers (or bamboo skewers that have been soaked in water for 30 minutes minimum). Brush shrimp with olive oil, squeeze juice from half of one lemon onto shrimp, then season shrimp with salt and pepper.

Place skewers onto grill and cook for about 3-5 minutes; then turn skewers over and cook for another 3-5 minutes, until shrimp is cooked through (shrimp should be pink and opaque).

While shrimp are cooking, prepare pasta sauce by placing juice from remaining lemon, plus the lemon zest and all other remaining ingredients, into small pot. Heat pot over medium-low heat until butter melts (about 2 minutes).

Toss pasta with lemon-garlic sauce and serve alongside grilled shrimp.



ALL ABOUT TILAPIA

Thanks to its versatility, ease of preparation and delicious taste, tilapia is one of America's most popular seafood choices. This mild-tasting whitefish is affordable and easy to cook. Filling and nutritious, tilapia is a complete protein—boasting 45% of your recommended daily protein intake—which is key for building and repairing muscle. Plus, an average serving of about 4 ounces of tilapia provides about 12 grams of calcium (or 10% of daily calcium needs) and about one-third of your daily vitamin D needs, both of which are necessary for healthy bones and teeth. Plus, tilapia also provides other important nutrients, like potassium, selenium, phosphorus and vitamins B6 and B12.



Tilapia with Black Bean & Mango Salsa

Makes 4 servings

A lot of our recipes call for prepared salsas—but this home-made black bean and mango salsa is the perfect accompaniment to grilled tilapia. An extra time-saver is to prep the salsa the night before and store in the fridge. The next night's dinner can be ready in 10 minutes.

Ingredients - Black Bean & Mango Salsa

1 (15-ounce) can low-sodium black beans, drained and rinsed
1 cup cherry tomatoes, diced
1 mango, diced
1 avocado, diced
¼ cup red onion, finely diced
½ jalapeno, finely chopped
3 Tablespoons cilantro, chopped
¼ cup lime juice
¼ cup olive oil
2 Tablespoons red wine vinegar

Ingredients - Grilled Tilapia

4 tilapia fillets (4-6 ounces each)
1 teaspoon chili powder
1 teaspoon ground cumin
Salt and pepper to taste

Instructions

In a medium bowl, combine first 10 ingredients (black beans through vinegar) to make mango salsa. Set aside while the fish cooks.

Preheat grill. In a small bowl, mix chili powder, cumin and salt and pepper. Rub or sprinkle evenly onto tilapia fillets.

Grill tilapia fillets about 3-5 minutes per side, or until cooked thoroughly. Fish should flake easily when cooked through. Top tilapia with salsa.

Lemon Tilapia Piccata

Makes 4 servings

Lemon is the perfect citrus flavor for seafood. With that in mind, we created a succulent Lemon Tilapia Piccata. Taking just 15 minutes to cook from start to finish, this dish is simple, elegant and, most importantly, delicious. Tilapia is an easy fish to keep in the freezer—the filets are thin and thaw in no time. Grab a lemon and get started on dinner.

Ingredients

2 Tablespoons olive oil
1 lemon, sliced in half
2 Tablespoons white wine*
2 garlic cloves, minced
2 Tablespoons capers
4 tilapia fillets
Fresh parsley, for garnish
*May substitute vegetable broth for white wine

Instructions

Heat olive oil in skillet over medium-high heat. Combine juice of half a lemon into a small bowl and combine with wine, garlic and capers.

Mix lemon juice, wine, garlic and capers well and add to pan. Thinly slice the other half of the lemon and add the slices and tilapia to the pan.

Cook about 2 minutes, then flip and cook 2-3 more minutes, or until fish is cooked through.

Garnish with parsley.





Spicy Sheet-Pan Salmon

Makes 4 servings

This Asian-inspired spicy sheet-pan salmon recipe features Sriracha blended with honey for the perfect combination of hot and sweet flavors. There's so many things to love about salmon, including the fact that it's high in omega-3 fatty acids. This sheet-pan salmon is a no-fuss, no-fail recipe.

Ingredients

1 teaspoon olive oil
1 pound salmon, cut into 4 fillets
1 Tablespoon honey
1-2 Tablespoons Sriracha
1 garlic clove, minced

Instructions

Preheat oven to 425°F. Coat a baking sheet with ½ teaspoon olive oil and place salmon fillets on the pan. Drizzle remaining ½ teaspoon olive oil over the top of the salmon.

In a small bowl, mix together the honey, Sriracha and garlic.

Pour evenly over top of the salmon fillets.

Bake for 15 minutes, or until salmon is cooked through.

Easy Air Fryer Salmon

Makes 4 servings

This Air Fryer recipe combines heart-healthy salmon, citrusy lemons and sweet paprika for flavorful and flaky salmon ready in just 12 minutes. Serve alongside roasted asparagus or broccoli or on top of a salad.

Ingredients

1½ pounds (or 4 fillets) salmon
2 teaspoons olive oil
1½ lemons (cut the whole lemon into slices, cut the half lemon in two)
½ teaspoon sweet paprika
Kosher salt and pepper, to taste

Instructions

Remove salmon from the refrigerator and let come to room temperature for 15 minutes.

Spray Air Fryer pan with nonstick spray or rub the pan with olive oil. Place salmon in Air Fryer pan. Drizzle salmon with olive oil and juice from the two half-lemon pieces; sprinkle with the paprika, salt and pepper (to taste). Place lemon slices on top of salmon.

Set Air Fryer to 400°F and set timer to 12 minutes (or to 7 minutes if cooking just one 1½-inch fillet). When timer alarm goes off, check to see if salmon is cooked through (salmon's internal temperature should be at least 145°F and the fish should flake easily).

If additional cooking time is needed, keep Air Fryer at 400°F and continue cooking for 1-2 minutes (do not overcook).



Wild Alaska Pollock en Papillote with Chimichurri Sauce

Makes 4 servings

Grab the aluminum foil for these en papillote fillets! En papillote is French for “cooking in a pouch,” which equals a no-mess, high-flavor meal! We used flaky, tender Wild Alaska Pollock paired with a vibrant chimichurri that will kick dinner into high gear.

Ingredients

4 (4-ounce) Wild Alaska Pollock fillets
6-8 ounces halved cherry tomatoes
1 medium zucchini, sliced
¼ cup + 1 Tablespoon olive oil, divided
1 lime, cut in half (slice one half into 4 slices, leave other half intact)
1 cup fresh basil leaves, finely chopped
1 cup fresh parsley leaves, finely chopped
2 cloves garlic, minced
½ teaspoon crushed red pepper flakes
½ teaspoon kosher or sea salt
1 Tablespoon white wine vinegar

Instructions

Preheat oven to 400°F. Place 4 pieces of heavy-duty aluminum foil (about 12" x 17") on counter. Spray lightly with nonstick spray.

Place one fillet of Wild Alaska Pollock in center of each square. Evenly distribute tomatoes and zucchini slices around fish. Using 1 Tablespoon olive oil, drizzle over fish and vegetables. Sprinkle with salt and pepper and top with one lime slice. Seal foil packets so that no steam escapes packets by folding in long ends first and then crimping the short ends.

Place on baking sheet. Bake for 18-20 minutes, or until fish is thoroughly cooked through.

While Wild Alaska Pollock is baking, make chimichurri sauce by placing basil, parsley, ¼ cup olive oil, juice from other half of lime, garlic, red pepper flakes, salt and vinegar in a food processor or blender. Process until sauce is well-combined and chunky. (If too thick, add more olive oil 1 teaspoon at a time until desired consistency.)

When Wild Alaska Pollock is finished cooking, carefully open packets (steam will be hot!). Brush fish with chimichurri sauce and serve immediately.



Tuna Puttanesca

Makes 4 servings

Pasta and tuna lovers, unite! Our Tuna Puttanesca recipe combines delicious tuna with a perfectly seasoned sauce for a hearty, flavorful easy-to-make dinner.

Ingredients

1 pound whole wheat linguine or spaghetti
1 Tablespoon olive oil, divided
4 garlic cloves, minced
1-2 teaspoons crushed red pepper
¼ cup chopped Kalamata olives
¼ cup chopped green olives (or use ½ cup chopped Kalamata olives and no green olives)
¼ cup capers, drained
1 teaspoon dried basil
28 ounces canned crushed tomatoes
2 (5-ounce) cans of tuna, drained and flaked
Salt and pepper, to taste
Parmesan cheese, optional (to garnish)

Instructions

Cook pasta according to package instructions.

While pasta is cooking, heat 2 teaspoons of olive oil in sauté pan over medium heat. Add garlic and crushed red pepper to pan and cook for 2 minutes. Then add olives, capers and basil to pan and cook for another 2-3 minutes. Add crushed tomatoes and tuna to pan and cook until sauce is warm, about 3-5 more minutes.

Drain pasta, separately reserving about ½ cup of the pasta cooking water. Return pasta to empty pot.

Add reserved pasta cooking water to sauce in pan; mix well. Add sauce to pasta pot and stir until pasta is coated with the sauce. Distribute pasta evenly among four bowls; evenly drizzle remaining 1 teaspoon olive oil on top of each bowl of pasta. Add salt and pepper, to taste. Garnish with Parmesan, if desired.



Mediterranean Tuna & Pasta

Makes 4 servings

Featuring plenty of pantry staples, including canned or pouched tuna, this recipe will bring a little taste of the Mediterranean into your home. We've combined tuna, whole wheat pasta, olives, capers, feta, basil and lemon, and the result is a light and delicious dish that you can whip up in under 20 minutes.

Ingredients

8 ounces whole wheat spaghetti
4 teaspoons olive oil, divided
Juice of 1 lemon
¼ teaspoon dried oregano
1 cup cherry tomatoes, halved
½ cup pitted Kalamata olives, halved
2 garlic cloves, minced
¼ cup capers, drained
2 (4-ounce) cans or pouches albacore or light tuna, drained
4 ounces feta cheese (optional)
Fresh basil leaves (optional)

Instructions

Cook spaghetti in pot according to instructions, drain and set aside. Keep pot handy.

In small bowl, combine 2 teaspoons olive oil with the lemon juice and oregano; stir until well combined. Set aside

To the empty spaghetti pot, add 2 teaspoons olive oil plus the tomatoes, garlic, olives and capers to the empty pot; cook for about 2-3 minutes over medium heat. Add tuna to pot; cooking for another 2 minutes.

Add spaghetti and lemon olive oil mixture to pot. Using tongs, toss everything until well mixed. Garnish with feta and/or basil leaves, if desired.





Seafood Paella

Makes 4-6 servings

This hearty Mediterranean-style paella made with fresh shrimp, fish and clams and featuring caramelized rice and savory vegetables will feed—and delight—a crowd. For the white fish, you can use halibut, mahi mahi, Wild Alaska Pollock, tilapia, cod or haddock. Not only is this dish bursting with flavor, but it's also chock full of important vitamins, minerals and essential omega-3s.

Ingredients

2 Tablespoons olive oil
½ yellow onion, chopped
4 cloves garlic, minced
4 cups chicken, vegetable or seafood broth
Pinch of saffron
2 cups brown rice
1 pound shrimp, peeled and deveined
1 pound white fish, cut into 1-inch cubes
1 (6.5-ounce) can of clams, minced, undrained
1 (14.5-ounce) can diced or stewed tomatoes, undrained
1 cup frozen sweet green peas, thawed
Salt and pepper to taste

Instructions

Heat olive oil in paella pan or Dutch oven over medium-high heat. Add onion and cook until onion is starting to turn translucent, about 4-5 minutes. Add garlic; cook about 1-2 minutes.

Add broth and saffron; add rice and stir until rice is in an even layer in the pot. Bring to a boil, then turn to medium heat and let cook until about half of liquid is absorbed, about 15-20 minutes.

Reduce heat to low. Add shrimp, fish, clams, clam juice and tomatoes and nestle under rice. Cook until seafood is cooked through and most of the liquid is absorbed, about 15-20 minutes.

Add peas to top and let stand for 5 minutes, or until remaining liquid is absorbed. Fluff with a fork.

Instant Pot Seafood Risotto

Makes 4 servings

Before the Instant Pot, making risotto meant standing (and stirring, and stirring) over the stove. Not anymore! Enjoy this creamy, cheesy risotto packed with scallops and shrimp that you can whip up in under 30 minutes.

Ingredients

2 Tablespoons olive oil, divided, plus a little extra for drizzling
1 small sweet yellow onion, finely chopped
4 garlic cloves, finely minced, divided
1 teaspoon dried oregano
1½ cups uncooked Arborio rice
¼ cup white wine
3 cups vegetable broth
½ cup Parmesan cheese, divided
½ pound bay scallops
1 pound medium shrimp, peeled and deveined
Fresh parsley, chopped, for garnish
Salt and pepper, to taste

Instructions

Select sauté setting on Instant Pot and add 1 Tablespoon olive oil. Add onion and cook for 4-5 minutes, until onion is translucent and tender.

Add garlic and oregano; cook for 1 minute. Add rice; stir and cook for 2 minutes.

Add wine and stir until absorbed; deglaze bottom of pot. Add broth and ¼ cup Parmesan. Lock lid on Instant Pot and ensure that vent is sealed. Select manual setting, adjust pressure to high, and set timer for 9 minutes.

While risotto is cooking, sauté the scallops: Heat remaining 1 Tablespoon olive oil in large skillet over high heat. Add scallops to hot oil and cook them undisturbed until golden brown (about 2 minutes). Turn scallops and cook until cooked through (about 1-2 minutes). Set aside.

When Instant Pot timer goes off, turn vent to quick-release to allow the pressure to normalize. Open lid carefully. Stir in shrimp and let the risotto stand, until the shrimp are pale pink and cooked through (about 2 minutes).

Serve risotto in bowls. Top risotto with seared scallops and remaining Parmesan and parsley. Drizzle with a little olive oil and add salt and pepper, to taste.





Creamy Shrimp Alfredo Pasta

Makes 6 servings

Prepared in less than 30 minutes, creamy shrimp alfredo pasta is great for any weeknight. The shrimp and sauce come together quickly, so make sure you have the pasta water boiling and ready to go. The fettuccine can cook simultaneously while you are working on the shrimp. Want to add a veggie? We like to toss peas in with this recipe.

Ingredients

¾ pound fettuccine
1 pound shrimp, peeled and deveined
Salt and pepper, to taste
Dash of paprika
1 Tablespoon olive oil
2 Tablespoons butter
1 small onion, finely chopped
1 garlic clove
1/3 cup white wine
2 cups heavy whipping cream
1/3 cup Parmesan cheese
Parsley, basil or freshly cracked pepper for garnish, if desired



Instructions

Cook fettuccine according to package instructions. Do not rinse.

Lightly season shrimp with salt, pepper and paprika. Preheat a large skillet to medium-high and add the oil. Once oil is hot, add shrimp in a single layer and cook 1-2 minutes per side, or until fully cooked and no longer translucent. Remove shrimp from pan and place in a separate bowl.

In same pan, over medium-high heat, add the butter and onion and sauté onion until it's golden. Stir in garlic and sauté another minute. Stir in the white wine and reduce heat to 25%, scraping the bottom of pan to deglaze it.

Stir in whipping cream and simmer for 2 minutes. Next, sprinkle the contents in pan with the 1/3 cup Parmesan (or add to taste) and stir until creamy and smooth. Add about ¼ teaspoon paprika and season with salt and pepper to taste.

Turn off heat and stir the cooked shrimp and drained (and unrinsed) pasta into the pan.

Garnish with parsley, basil, extra Parmesan or freshly cracked pepper, if desired.

One-Pan Mediterranean Salmon

Makes 4 servings

One-Pan Mediterranean Salmon, with its medley of savory herbs and spices, is a weeknight hero. Rich in bone-boosting vitamin D, as well as the omega-3 fatty acids that are critical for a healthy brain and heart. High in protein, salmon is great for the entire family.

Ingredients

½ teaspoon dried basil
½ teaspoon dried oregano
½ teaspoon lemon pepper
4 (4-ounce) salmon fillets, skin on
1 Tablespoon olive oil
½ small onion, thinly sliced
¼ cup white wine
1 cup cherry tomatoes, halved
1 small zucchini, diced
½ cup pitted black olives, sliced
2 Tablespoons capers
Juice of ½ lemon, then cut the lemon into slices
Salt and pepper, to taste



Instructions

Mix seasonings in a medium bowl and sprinkle them over salmon; set aside.

Preheat oil in large skillet over medium-high heat. Place salmon skin-side-up in skillet and add onions.

Cook salmon and onions for 5 minutes; turn salmon fillets over, so skin is pan-side-down.

Add white wine, tomatoes and zucchini to pan; cook for 5 minutes. Add olives, capers and lemon juice to pan; cook for another minute or until fish is cooked through and flakes easily.

Serve with lemon slices, salt and pepper, to taste.



Shrimp Fried Rice

Prep time: 15 minutes; Cook time: 15 minutes; Total time: 30 minutes

Makes 6 servings

Our Shrimp Fried Rice recipe is the ultimate solution for turning yesterday's rice into today's star meal. With a winning combination of shrimp, veggies and soy sauce—every bite is a delicious reminder of how leftovers can be transformed into something truly extraordinary.

Ingredients

1 pound (26-30 count) uncooked shrimp, shelled and deveined
 1 teaspoon cornstarch
 1/4 teaspoon salt
 1/4 teaspoon freshly ground black pepper
 3 Tablespoons canola or other cooking oil
 4 eggs, beaten
 1/4 cup green onion, finely chopped
 5 cups cooked left-over, cold rice (Make sure to rinse the rice before cooking so it's not sticky – sticky fried rice doesn't work)
 1 and 1/2 cups (12 oz.) frozen carrots and peas, defrosted according to package instructions and well-drained
 2 1/2 to 3 Tablespoons soy sauce
 1 1/2 teaspoon sesame oil



Instructions

In a medium bowl, mix the shrimp, cornstarch, salt and pepper. Let marinate at room temperature for 10 minutes.

Heat a large non-stick skillet on high heat. When a bead of water sizzles and evaporates, swirl in 2 Tablespoons of cooking oil then add shrimp and spread them out in a single layer. Cook about 1 minute each side, or until cooked through and no longer opaque. Remove to a bowl.

Over medium heat, add eggs to the same skillet. Break up the eggs with a spatula and cook until no longer runny. Remove to a bowl.

Wipe down the skillet with a paper towel and return to high heat. Add 1 Tablespoon oil and onions and cook green onion until fragrant (if using regular onion, cook until soft).

Add rice and mix well. Spread rice evenly over the pan and cook 1 to 2 minutes, stir and sauté another 1 to 2 minutes. Rice should sizzle.

Drizzle 2 Tablespoons soy sauce over rice and stir well.

Add sesame oil and vegetables and mix well.

Add cooked shrimp and cooked eggs to the pan and mix well. Continue to cook until the rice is hot and sizzles, stirring frequently. Add another Tablespoon of soy sauce to taste, if desired.

Grilled Lime Butter Salmon

Makes 2 servings

Save yourself from extra dinner clean-up with our foil-wrapped Grilled Lime Butter Salmon! This recipe infuses salmon with zesty lime butter and adds an array of fresh veggies—all cooked mess-free in foil. Perfect for a relaxing evening on the patio or any busy weeknight when you don't want to worry about the dishes after a meal.

Ingredients

12 (6 ounce) salmon fillets
Salt and pepper
3 Tablespoons of butter, melted
1/2 Tablespoon of lime juice
Zest of half of a lime
1 small zucchini
1 small yellow squash
1/2 pound of asparagus
1/2 small red onion, cut into chunks
1/2 red pepper, sliced
1/2 lime, cut into two wedges
Fresh parsley for garnish



Instructions

Heat grill to medium heat. Cut 2 sheets, enough to wrap the salmon and veggies, of heavy duty foil. Place salmon on center of aluminum foil and divide the veggies into each packet.

In a small bowl add melted butter, lime juice, and zest of lime and mix. Pour evenly into each packet. Add lime wedge in each packet and bring up 2 sides of foil over salmon so edges meet. Seal edges, making tight 1/2 inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.

Place salmon packets onto grill and grill for 13-15 minutes flipping at about 7 minutes. To serve, carefully open packets and garnish with parsley.

Garlicky Shrimp Scampi

Makes 4 servings

You'll want to make this shrimp scampi dish over and over again, because it's realllyyy good. Not only is it incredibly flavorful, thanks to the additions of red pepper, lemon and lots of garlic, but it's also seriously easy to prepare (just three simple steps!). To make it gluten-free, just switch out the whole wheat linguini with your favorite gluten-free or veggie noodles. Zoodles are another great option to switch it up.

Ingredients

12 ounces whole wheat linguini (for gluten-free version, use gluten-free or zucchini noodles)
4 cups baby spinach
3 teaspoons olive oil, divided
4 cloves garlic, minced
1 pound raw shrimp, peeled, deveined and tails removed
½ teaspoon crushed red pepper flakes
¼ cup dry white wine (can substitute vegetable broth)
1 Tablespoon lemon juice
1 Tablespoon lemon zest
Chopped parsley, to taste
Freshly shaved Parmesan cheese, to taste (optional)
Sea salt and black pepper, to taste



Instructions

Cook noodles according to instructions. After draining pasta, quickly return it to pot and stir in spinach and 1 teaspoon olive oil, allowing hot pasta to wilt spinach.

While pasta is cooking, heat 1 teaspoon olive oil in a large skillet over medium-high heat. Add garlic and cook for 1 minute. Then add shrimp, red pepper flakes and a dash of salt and pepper. Sauté for 3-4 minutes, or until shrimp is pink on both sides. Add white wine or chicken broth, plus lemon juice and zest. Cook for another minute or two, then remove from heat.

Add shrimp mixture to pasta in pot. Stir in parsley and remaining 1 teaspoon olive oil; toss to mix. Serve garnished with Parmesan, if desired.

Grilled Salmon Skewers

Makes 2 servings (2 skewers each)

Heart-healthy salmon and lemon slices all coated in an incredible garlic-dijon marinade? This dinner is second to none! Pop your kebabs onto the grill and then kick back and relax with a glass of white wine or iced tea while dinner cooks itself. Drooling yet? We thought so!

Ingredients

For the skewers:

- 3/4 pound salmon, cut into 1-inch squares
- 1 large lemon thinly sliced
- 8 (10-inch) bamboo skewers (will use two skewers per serving)

For the marinade:

- 1 Tablespoon parsley, freshly chopped
- 1 large garlic clove, pressed
- 1/4 Tablespoon Dijon mustard
- 1/4 teaspoon salt
- Pinch of black pepper
- 1 Tablespoon light olive oil (not extra virgin, pick something with a higher smoke point)
- 1 Tablespoon of fresh lemon juice



Instructions

Prep: Soak bamboo skewers at least 1 hour to keep them from catching fire. Preheat grill to medium heat (about 375°F).

In a medium bowl, stir together all of the marinade ingredients.

Double skewer the salmon and lemon slices folded in half intermittently onto two skewers at a time (The double skewer aids in turning the salmon kebobs on the grill). Brush both sides of skewered salmon with marinade.

Oil the grates then carefully place salmon skewers onto the hot BBQ. Grill skewers for 3-4 minutes per side or until salmon is cooked through and opaque.

Mango Chipotle BBQ Salmon

Makes 2 servings

For a fast, flavorful dinner, try our Mango Chipotle BBQ Salmon. The tangy sauce is ready in a snap (more like a few food processor pulses), and the whole meal requires just one baking sheet! It's a healthy, tasty option for any night.

Ingredients

2 (6 ounce) salmon fillets
Salt and pepper
1/2 mango, peeled and cubed
1/2 clove of garlic
1 chipotle pepper in adobo sauce
1/4 cup of ketchup
1/2 Tablespoon packed brown sugar
1/2 Tablespoon of rice wine vinegar
Chopped mango and green onions for garnish



Instructions

Preheat oven to 400°F. Spray 9x13 inch pan with non-stick cooking spray. Place the salmon in the pan and cover with aluminum foil and bake for 15-17 minutes until the salmon is opaque in the center. I like to remove the aluminum foil the last few minutes of baking to brown the tops.

While the salmon is baking, place mango, garlic, chipotle pepper, ketchup and brown sugar, and rice wine vinegar in a food processor. Pulse until smooth. Spread about 1-2 Tablespoons of sauce on each of the baked salmon. Garnish with chopped mango and green onions.

Shrimp & Pesto Naan Pizza

Makes 2 servings

Shrimp & Pesto Naan Pizza comes together in a snap. We used whole grain naan bread, in lieu of standard pizza dough, prepared pizza sauce and shrimp for a zesty taste in each bite. No matter whether you serve this seafood pizza on pizza-movie night or around the table for an easy weekend lunch, be prepared for this recipe to become a household favorite. Cooking skill level for this shrimp pizza = easy!

Ingredients

1/2 teaspoon olive oil
8-11 medium shrimp, peeled and deveined
2 pieces whole-wheat naan bread
1/4 cup prepared pesto
1 roasted red bell pepper, cut into strips
2 ounces fresh mozzarella, sliced
2 ounces grated Parmesan
4 basil leaves, thinly sliced into ribbons



Instructions

Preheat oven to 425°F.

In a medium pan, sauté shrimp in olive oil for about 2 minutes per side, or until fully cooked.

Place naan pieces on large baking sheet and top evenly with pesto, sautéed shrimp, roasted pepper strips and mozzarella and Parmesan cheeses. Bake until bread is golden brown around edges and cheese is melted, about 8 to 10 minutes.

Sprinkle basil ribbons on top of pizzas.

Transfer pizzas to a cutting board and let cool for 5 minutes before cutting.

Shrimp Scampi Skewers

Makes 4 servings

These shrimp kebabs are packed with good-for-you flavor, marrying lemon zest, the heat of red pepper flakes and scrumptious shrimp together into one fun, fabulous dish. This grilled shrimp comes together quickly making it a favorite way to cook America's favorite seafood.

Ingredients - Shrimp Scampi Skewers

1 pound raw large or jumbo shrimp, peeled and deveined (tails left on or off)
3 lemons, sliced into thin wedges
½ teaspoon kosher salt
½ teaspoon freshly-ground black pepper
1/8 teaspoon crushed red pepper flakes (or more to taste)

Ingredients - Garlic Parsley Butter

3 Tablespoons butter
2 cloves garlic, minced
¼ cup dry white wine
¼ cup finely chopped fresh parsley, loosely packed
Wooden skewers (soak in water for 30 minutes prior to using)

Instructions - Garlic Parsley Butter

First, prepare the garlic parsley butter. Heat butter in a sauté pan over medium-high heat until melted. Add the garlic and sauté for 2 minutes, or until fragrant. Add in the white wine, and stir to combine.

Remove from heat and stir in the chopped fresh parsley. Cover to stay warm.

Instructions - Shrimp Scampi Skewers

Thread the shrimp and sliced lemons onto skewers.

Sprinkle evenly with the salt, black pepper and crushed red pepper.

Place the skewers on grill for 3-4 minutes per side, until the shrimp are pink and no longer opaque.

Remove shrimp from the grill, and brush liberally with the parsley butter; squeeze the grilled lemons over the shrimp. Serve immediately.



Index of Searchable Terms

30-Minutes or Less

Everything Lox Omelet 34
Upside Down Salmon & Cream Cheese
 Puff Pastry 12
Sardine Toasts 37
Spicy Clam Dip 38
7-Layer Tuna Pasta Salad 81
Korean Shrimp & Ramen Bowl 82
Hot 'n' Crunchy Fish Sandwich 105
Grilled Salmon Tacos with
 Avocado-Lime Salsa 110
Salmon Smash Burgers with
 Sriracha Mayo 107
Crab & Sweet Potato Cauliflower
 Gnocchi 139
Instant Pot Cod Tikka Masala 140
Skinny Baked Popcorn Shrimp 78
Shrimp Fried Rice 196
Kale Caesar with Shrimp or Salmon 86
Easy Crab Nachos 41
Simple Shrimp & Avocado Toast 17
Breakfast Pizza with Smoked Salmon 18
Spicy Tuna on Crispy Rice Roll 43
Crostini with Blackened Tilapia
 & Watermelon Salsa 44
Instant Pot Curried Mussels 47
Lobster Salad with Summer Fruit 85
Seared Ahi Tuna on Asian Slaw 113
Salmon Sushi Bowl 99
Mediterranean Tuna Pizza 143
Air Fryer Maple-Glazed Salmon with
 Brussels Sprouts 148
Grilled Halibut with Walnut Pesto 154
Instant Pot Pasta with Red
 Clams Sauce 157
Easy Egg & Crab Muffins 35
Avocado-Crab Benny 26
Salmon-Stuffed Avocado Boats 33
Cast-Iron Smoked Salmon Hash 25
Baked Spinach Artichoke
 Shrimp Dip 79
Shrimp Scampi Skewers 202
Coconut Shrimp 73
Air Fryer Tempura Shrimp 53
Smoked Salmon Deviled Eggs 55
Smoked Salmon Dip 56

Air Fryer Calamari with Chipotle
 Dipping Sauce 58
Smoked Trout Dip 61
Char-Grilled Honey Parmesan Oysters 62
Tuna Croquettes with
 Lemon-Caper Sauce 64
Crab Salad 92
Seared Scallop Salad with Blueberries 94
Cheesy Pimento Tuna Melt 134
Grilled Shrimp Tacos 122
Air Fryer Thai Coconut Shrimp 124
Shrimp & Pesto Naan Pizza 201
Simple Salmon Sliders 135
Grilled Mediterranean Cedar Plank
 Salmon Gyros 121
Quinoa Salmon Bowl with
 Tzatziki Sauce 100
Pasta Salmon Bowl with
 Balsamic Drizzle 103
Lemon-Pepper Salmon Burgers 127
Grilled Cod & Avocado Tacos 128
Garlicky Shrimp Scampi 198
Honey Garlic Shrimp Skewers 168
Grilled Shrimp & Pasta with
 Lemon-Garlic Sauce 172
Tilapia with Black Bean &
 Mango Salsa 175
Lemon Tilapia Piccata 176
Spicy Sheet-Pan Salmon 179
Easy Air Fryer Salmon 180
One-Pan Mediterranean Salmon 194
Wild Alaska Pollock en Papillote with
 Chimichurri Sauce 182
Mussels with White Wine Sauce 68
Grilled Whole Sardines with Charred
 Rosemary Vinaigrette 70
Tuna Puttanesca 184
Mediterranean Tuna & Pasta 186

Air Fryer

Hot 'n' Crunchy Fish Sandwich 105
Air Fryer Mac 'n' Cheese Tuna Bites 50
Air Fryer Beer-Battered Fish 'n' Chips 114
Air Fryer Shrimp Po' Boy Burger with
 Remoulade Sauce 132
Easy Air Fryer Fish Sticks 117

Air Fryer Continued

- Air Fryer Maple-Glazed Salmon with Brussels Sprouts 148
- Air Fryer Tempura Shrimp 53
- Air Fryer Calamari with Chipotle Dipping Sauce 58
- Air Fryer Thai Coconut Shrimp 124
- Easy Air Fryer Salmon 180

Appetizers

- Grilled Whole Sardines with Charred Rosemary Vinaigrette 70
- Mussels with White Wine Sauce 68
- Gluten-Free Crab Cakes 67
- Caribbean Shrimp with Tropical Fruit 74
- Sardine Toasts 37
- Spicy Clam Dip 38
- Skinny Baked Popcorn Shrimp 78
- Easy Crab Nachos 41
- Spicy Tuna on Crispy Rice Roll 43
- Crostini with Blackened Tilapia & Watermelon Salsa 44
- Instant Pot Curried Mussels 47
- Vietnamese Shrimp Spring Rolls 49
- Air Fryer Mac 'n' Cheese Tuna Bites 50
- Baked Spinach Artichoke Shrimp Dip 79
- Coconut Shrimp 73
- Air Fryer Tempura Shrimp 53
- Crab Empanadas with Mango Salsa 76
- Smoked Salmon Deviled Eggs 55
- Smoked Salmon Dip 56
- Air Fryer Calamari with Chipotle Dipping Sauce 58
- Smoked Trout Dip 61
- Char-Grilled Honey Parmesan Oysters 62
- Tuna Croquettes with Lemon-Caper Sauce 64

Bowls

- Korean Shrimp & Ramen Bowl 82
- Turmeric Smoked Salmon Breakfast Bowl 21
- Salmon Sushi Bowl 99
- Quinoa Salmon Bowl with Tzatziki Sauce 100
- Pasta Salmon Bowl with Balsamic Drizzle 103

Breakfast

- Everything Lox Omelet 34
- Gluten-Free Lobster & Asparagus Crepes with Champagne Sauce 9

Upside Down Salmon & Cream Cheese Puff Pastry 12

Everything Salmon & Egg Breakfast Hand Pies 14

Simple Shrimp & Avocado Toast 17

Breakfast Pizza with Smoked Salmon 18

Turmeric Smoked Salmon Breakfast Bowl 21

Shrimp & Egg Breakfast Burritos 22

Easy Egg & Crab Muffins 35

Avocado-Crab Benny 26

Crab Frittata Squares 29

Cheesy Shrimp Breakfast Casserole 30

Salmon-Stuffed Avocado Boats 33

Cast-Iron Smoked Salmon Hash 25

Burgers

Salmon Smash Burgers with Sriracha Mayo 107

Air Fryer Shrimp Po' Boy Burger with Remoulade Sauce 132

Simple Salmon Sliders 135

Lemon-Pepper Salmon Burgers 127

Brunch

Everything Lox Omelet 34

Gluten-Free Lobster & Asparagus Crepes with Champagne Sauce 9

Upside Down Salmon & Cream Cheese Puff Pastry 12

Everything Salmon & Egg Breakfast Hand Pies 14

Simple Shrimp & Avocado Toast 17

Breakfast Pizza with Smoked Salmon 18

Turmeric Smoked Salmon Breakfast Bowl 21

Shrimp & Egg Breakfast Burritos 22

Easy Egg & Crab Muffins 35

Avocado-Crab Benny 26

Crab Frittata Squares 29

Cheesy Shrimp Breakfast Casserole 30

Salmon-Stuffed Avocado Boats 33

Char-Grilled Honey Parmesan Oysters 62

Cast-Iron Smoked Salmon Hash 25

Casseroles

Creamy Crab & Kale Lasagna 158

Cheesy Shrimp Breakfast Casserole 30

Calamari

Air Fryer Calamari with Chipotle Dipping Sauce 58

Crab

Crab & Sweet Potato Cauliflower
Gnocchi 139
Easy Crab Nachos 41
Creamy Crab & Kale Lasagna 158
Easy Egg & Crab Muffins 35
Avocado-Crab Benny 26
Crab Frittata Squares 29
Crab Empanadas with Mango Salsa 76
Crab Salad 92
Gluten-Free Acorn Squash & Crab 130
Instant Pot Crab Mac 'n' Cheese 136
Gluten-Free Crab Cakes 67

Clams

Spicy Clam Dip 38
Triple Seafood Boil 150
Instant Pot Pasta with Red Clams
Sauce 157
Creamy Clam Chowder 90
Seafood Paella 189

Cod

Instant Pot Cod Tikka Masala 140
Air Fryer Beer-Battered Fish 'n' Chips 114
Easy Air Fryer Fish Sticks 117
Baja-Style Street Fish Tacos 109
Sheet Pan Cod & Vegetables with
Smashed Tomatoes & Feta 144
Mini Seafood Pot Pies 147
Cod & Corn Chowder 89
Grilled Cod & Avocado Tacos 128

Crustaceans

Gluten-Free Lobster & Asparagus Crepes
with Champagne Sauce 9
Korean Shrimp & Ramen Bowl 82
Crab & Sweet Potato Cauliflower
Gnocchi 139
Skinny Baked Popcorn Shrimp 78
Shrimp Gumbo 102
Shrimp Fried Rice 196
Easy Egg & Crab Muffins 35
Avocado-Crab Benny 26
Crab Frittata Squares 29
Cheesy Shrimp Breakfast Casserole 30
Baked Spinach Artichoke
Shrimp Dip 79
Shrimp Scampi Skewers 202
Coconut Shrimp 73
Air Fryer Tempura Shrimp 53
Crab Empanadas with Mango Salsa 76
Crab Salad 92

Instant Pot Lobster Bisque 96
Grilled Shrimp Tacos 122
Air Fryer Thai Coconut Shrimp 124
Shrimp & Pesto Naan Pizza 201
Gluten-Free Acorn Squash and Crab 130
Instant Pot Crab Mac 'n' Cheese 136
Garlicky Shrimp Scampi 198
Honey Garlic Shrimp Skewers 168
Instant Pot Shrimp &
Cheesy-Chive Grits 170
Creamy Shrimp Alfredo Pasta 193
Grilled Shrimp & Pasta with
Lemon-Garlic Sauce 172
Gluten-Free Crab Cakes 67

Dinner

Shrimp Scampi Skewers 202
Crab & Sweet Potato Cauliflower
Gnocchi 139
Instant Pot Cod Tikka Masala 140
Shrimp Fried Rice 196
Grilled Lime Butter Salmon 197
Grilled Salmon Skewers 199
Mango Chipotle BBQ Salmon 200
Mediterranean Tuna Pizza 143
Sheet Pan Cod & Vegetables with
Smashed Tomatoes & Feta 144
Mini Seafood Pot Pies 147
Air Fryer Maple-Glazed Salmon with
Brussels Sprouts 148
Triple Seafood Boil 150
Mediterranean Baked Shrimp with
Whipped Feta 153
Grilled Halibut with Walnut Pesto 154
Instant Pot Pasta with Red Clams
Sauce 157
Creamy Crab & Kale Lasagna 158
Mustard-Glazed Salmon with Cauliflower
Mash and Spinach 161
Mediterranean Tuna Skewers 162
Easy Broiled Lobster 165
Asian-Style Scallops with Vegetable
Noodles 167
Garlicky Shrimp Scampi 198
Honey Garlic Shrimp Skewers 168
Instant Pot Shrimp &
Cheesy-Chive Grits 170
Creamy Shrimp Alfredo Pasta 193
Grilled Shrimp & Pasta with
Lemon-Garlic Sauce 172

Dinner Continued

Tilapia with Black Bean and
Mango Salsa 175
Lemon Tilapia Piccata 176
Spicy Sheet-Pan Salmon 179
Easy Air Fryer Salmon 180
One-Pan Mediterranean Salmon 194
Wild Alaska Pollock en Papillote with
Chimichurri Sauce 182
Tuna Puttanesca 184
Mediterranean Tuna & Pasta 186
Seafood Paella 189
Instant Pot Seafood Risotto 190

Dips

Spicy Clam Dip 38
Baked Spinach Artichoke
Shrimp Dip 79
Smoked Salmon Dip 56
Smoke Trout Dip 61

Fish

Everything Lox Omelet 34
Upside Down Salmon & Cream Cheese
Puff Pastry 12
Sardine Toasts 37
7-Layer Tuna Pasta Salad 81
Hot 'n' Crunchy Fish Sandwich 105
Grilled Salmon Tacos with
Avocado-Lime Salsa 110
Salmon Smash Burgers with
Sriracha Mayo 107
Instant Pot Cod Tikka Masala 140
Grilled Lime Butter Salmon 197
Grilled Salmon Skewers 199
Mango Chipotle BBQ Salmon 200
Kale Caesar with Shrimp or Salmon 86
Everything Salmon & Egg Breakfast
Hand Pies 14
Breakfast Pizza with Smoked Salmon 18
Turmeric Smoked Salmon Breakfast
Bowl 21
Spicy Tuna on Crispy Rice Roll 43
Crostini with Blackened Tilapia
& Watermelon Salsa 44
Air Fryer Mac 'n' Cheese Tuna Bites 50
Seared Ahi Tuna on Asian Slaw 113
Air Fryer Beer-Battered Fish 'n' Chips 114
Salmon Sushi Bowl 99
Easy Air Fryer Fish Sticks 117
Baja-Style Street Fish Tacos 109
Shrimp & Pesto Naan Pizza 201

Mediterranean Tuna Pizza 143
Air Fryer Maple-Glazed Salmon with
Brussels Sprouts 148
Grilled Halibut with Walnut Pesto 154
Mustard-Glazed Salmon with Cauliflower
Mash & Spinach 161
Mediterranean Tuna Skewers 162
Salmon-Stuffed Avocado Boats 33
Cast-Iron Smoked Salmon Hash 25
Smoked Salmon Deviled Eggs 55
Smoked Salmon Dip 56
Smoked Trout Dip 61
Tuna Croquettes with
Lemon-Caper Sauce 64
Cod & Corn Chowder 89
Cheesy Pimento Tuna Melt 134
Simple Salmon Sliders 135
Grilled Mediterranean Cedar Plank
Salmon Gyros 121
Quinoa Salmon Bowl with
Tzatziki Sauce 100
Pasta Salmon Bowl with
Balsamic Drizzle 103
Lemon-Pepper Salmon Burgers 127
Grilled Cod & Avocado Tacos 128
Tilapia with Black Bean and
Mango Salsa 175
Lemon Tilapia Piccata 176
Spicy Sheet-Pan Salmon 179
Easy Air Fryer Salmon 180
One-Pan Mediterranean Salmon 194
Wild Alaska Pollock en Papillote with
Chimichurri Sauce 182
Grilled Whole Sardines with
Charred Rosemary Vinaigrette 70
Tuna Puttanesca 184
Mediterranean Tuna & Pasta 186
Seafood Paella 189

Gluten-Free

Gluten-Free Lobster & Asparagus Crepes
with Champagne Sauce 9
Kale Caesar with Shrimp or Salmon 86
Turmeric Smoked Salmon Breakfast
Bowl 21
Instant Pot Curried Mussels 47
Vietnamese Shrimp Spring Rolls 49
Seared Ahi Tuna on Asian Slaw 113
Salmon Sushi Bowl 99
Easy Egg & Crab Muffins 35
Cheesy Shrimp Breakfast Casserole 30

Gluten-Free Continued

- Salmon-Stuffed Avocado Boats 33
- Cast-Iron Smoked Salmon Hash 25
- Smoked Salmon Deviled Eggs 55
- Shrimp Scampi Skewers 202
- Gluten-Free Acorn Squash and Crab 130
- Tilapia with Black Bean and Mango Salsa 175
- Lemon Tilapia Piccata 176
- Spicy Sheet-Pan Salmon 179
- Easy Air Fryer Salmon 180
- One-Pan Mediterranean Salmon 194
- Gluten-Free Crab Cakes 67
- Wild Alaska Pollock en Papillote with Chimichurri Sauce 182
- Grilled Whole Sardines with Charred Rosemary Vinaigrette 70

Grilled

- Grilled Salmon Tacos with Avocado-Lime Salsa 110
- Grilled Lime Butter Salmon 197
- Grilled Salmon Skewers 199
- Kale Caesar with Shrimp or Salmon 86
- Grilled Halibut with Walnut Pesto 154
- Mediterranean Tuna Skewers 162
- Grilled Shrimp Tacos 122
- Grilled Mediterranean Cedar-Plank Salmon Gyros 121
- Grilled Cod & Avocado Tacos 128
- Honey Garlic Shrimp Skewers 168
- Grilled Shrimp & Pasta with Lemon-Garlic Sauce 172
- Tilapia with Black Bean and Mango Salsa 175
- Grilled Whole Sardines with Charred Rosemary Vinaigrette 70

Handhelds

- Hot 'n' Crunchy Fish Sandwich 105
- Grilled Salmon Tacos with Avocado-Lime Salsa 110
- Salmon Smash Burgers with Sriracha Mayo 107
- Everything Salmon & Egg Breakfast Hand Pies 14
- Shrimp and Egg Breakfast Burritos 18
- Easy Lobster Reuben 118
- Baja-Style Street Fish Tacos 109
- Air Fryer Shrimp Po' Boy Burger with Remoulade Sauce 132
- Cheesy Pimento Tuna Melt 134

- Grilled Shrimp Tacos 122
- Shrimp & Pesto Naan Pizza 201
- Simple Salmon Sliders 135
- Grilled Mediterranean Cedar Plank Salmon Gyros 121
- Lemon-Pepper Salmon Burgers 127
- Grilled Cod & Avocado Tacos 128

Instant Pot

- Instant Pot Cod Tikka Masala 140
- Instant Pot Curried Mussels 47
- Instant Pot Pasta with Red Clams Sauce 157
- Instant Pot Lobster Bisque 96
- Instant Pot Crab Mac 'n' Cheese 136
- Instant Pot Shrimp & Cheesy-Chive Grits 170
- Instant Pot Seafood Risotto 190

Kid Friendly

- Spicy Clam Dip 38
- Grilled Salmon Tacos with Avocado-Lime Salsa 110
- Salmon Smash Burgers with Sriracha Mayo 107
- Hot 'n' Crunchy Fish Sandwich 105
- Crab & Sweet Potato Cauliflower Gnocchi 139
- Instant Pot Cod Tikka Masala 140
- Skinny Baked Popcorn Shrimp 78
- Shrimp Fried Rice 196
- Grilled Lime Butter Salmon 197
- Grilled Salmon Skewers 199
- Easy Crab Nachos 41
- Everything Salmon & Egg Breakfast Hand Pies 14
- Shrimp and Egg Breakfast Burritos 18
- Air Fryer Mac 'n' Cheese Tuna Bites 50
- Air Fryer Beer-Battered Fish 'n' Chips 114
- Easy Air Fryer Fish Sticks 117
- Mediterranean Tuna Pizza 143
- Air Fryer Shrimp Po' Boy Burger with Remoulade Sauce 132
- Instant Pot Pasta with Red Clams Sauce 157
- Creamy Crab & Kale Lasagna 158
- Easy Egg & Crab Muffins 35
- Crab Frittata Squares 29
- Cheesy Shrimp Breakfast Casserole 30
- Salmon-Stuffed Avocado Boats 33
- Shrimp Scampi Skewers 202
- Coconut Shrimp 73

Kid Friendly Continued

- Air Fryer Tempura Shrimp 53
- Smoked Salmon Dip 56
- Air Fryer Calamari with
 - Chipotle Dipping Sauce 58
- Tuna Croquettes with
 - Lemon-Caper Sauce 64
- Cheesy Pimento Tuna Melt 134
- Grilled Shrimp Tacos 122
- Air Fryer Thai Coconut Shrimp 124
- Shrimp & Pesto Naan Pizza 201
- Simple Salmon Sliders 135
- Grilled Mediterranean Cedar Plank
 - Salmon Gyros 121
- Quinoa Salmon Bowl with
 - Tzatziki Sauce 100
- Pasta Salmon Bowl with
 - Balsamic Drizzle 103
- Lemon-Pepper Salmon Burgers 127
- Grilled Cod & Avocado Tacos 128
- Instant Pot Crab Mac 'n' Cheese 136
- Garlicky Shrimp Scampi 198
- Honey Garlic Shrimp Skewers 168
- Creamy Shrimp Alfredo Pasta 193
- Grilled Shrimp & Pasta with
 - Lemon-Garlic Sauce 172
- Mediterranean Tuna & Pasta 186

Lobster

- Gluten-Free Lobster & Asparagus Crepes
 - with Champagne Sauce 9
- Lobster Salad with Summer Fruit 85
- Easy Lobster Reuben 118
- Easy Broiled Lobster 165
- Instant Pot Lobster Bisque 96

Mollusks

- Spicy Clam Dip 38
- Instant Pot Curried Mussels 47
- Triple Seafood Boil 150
- Air Fryer Calamari with
 - Chipotle Dipping Sauce 58
- Creamy Clam Chowder 90
- Seared Scallop Salad with Blueberries 94
- Mussels with White Wine Sauce 68
- Seafood Paella 189

Mussels

- Instant Pot Curried Mussels 47
- Triple Seafood Boil 150
- Mussels with White Wine Sauce 68

Oysters

- Char-Grilled Honey Parmesan Oysters 62 - 208 -

One-Pan

- Easy Crab Nachos 41
- Sheet Pan Cod & Vegetables with
 - Smashed Tomatoes & Feta 144
- Spicy Sheet-Pan Salmon 179
- One-Pan Mediterranean Salmon 194

Pasta

- 7-Layer Tuna Pasta Salad 81
- Korean Shrimp & Ramen Bowl 82
- Crab & Sweet Potato Cauliflower
 - Gnocchi 139
- Instant Pot Pasta with Red Clams
 - Sauce 157
- Pasta Salmon Bowl with
 - Balsamic Drizzle 103
- Instant Pot Crab Mac 'n' Cheese 136
- Garlicky Shrimp Scampi 198
- Creamy Shrimp Alfredo Pasta 193
- Grilled Shrimp & Pasta with
 - Lemon-Garlic Sauce 172
- Tuna Puttanesca 184
- Mediterranean Tuna & Pasta 186

Pescatarian

- Everything Lox Omelet 34
- Gluten-Free Lobster & Asparagus Crepes
 - with Champagne Sauce 9
- Upside Down Salmon & Cream Cheese
 - Puff Pastry 12
- Sardine Toasts 37
- 7-Layer Tuna Pasta Salad 81
- Korean Shrimp & Ramen Bowl 82
- Hot 'n' Crunchy Fish Sandwich 105
- Grilled Salmon Tacos with
 - Avocado-Lime Salsa 110
- Salmon Smash Burgers with
 - Sriracha Mayo 107
- Crab & Sweet Potato Cauliflower
 - Gnocchi 139
- Skinny Baked Popcorn Shrimp 78
- Shrimp Fried Rice 196
- Grilled Lime Butter Salmon 197
- Grilled Salmon Skewers 199
- Mango Chipotle BBQ Salmon 200
- Kale Caesar with Shrimp or Salmon 86
- Easy Crab Nachos 41
- Everything Salmon & Egg Breakfast
 - Hand Pies 14
- Turmeric Smoked Salmon Breakfast
 - Bowl 21
- Breakfast Pizza with Smoked Salmon 18

Pescatarian Continued

Shrimp and Egg Breakfast Burritos 18
Spicy Tuna on Crispy Rice Roll 43
Crostiti with Blackened Tilapia
& Watermelon Salsa 44
Instant Pot Curried Mussels 47
Vietnamese Shrimp Spring Rolls 49
Air Fryer Mac 'n' Cheese Tuna Bites 50
Lobster Salad with Summer Fruit 85
Seared Ahi Tuna on Asian Slaw 113
Air Fryer Beer-Battered Fish 'n' Chips 114
Salmon Sushi Bowl 99
Easy Air Fryer Fish Sticks 117
Easy Lobster Reuben 118
Baja-Style Street Fish Tacos 109
Mediterranean Tuna Pizza 143
Sheet Pan Cod & Vegetables with
Smashed Tomatoes & Feta 144
Mini Seafood Pot Pies 147
Air Fryer Maple-Glazed Salmon with
Brussels Sprouts 148
Air Fryer Shrimp Po' Boy Burger with
Remoulade Sauce 132
Triple Seafood Boil 150
Mediterranean Baked Shrimp with
Whipped Feta 153
Grilled Halibut with Walnut Pesto 154
Instant Pot Pasta with Red Clams
Sauce 157
Mustard-Glazed Salmon with Cauliflower
Mash & Spinach 161
Creamy Crab & Kale Lasagna 158
Mediterranean Tuna Skewers 162
Caribbean Shrimp with Tropical Fruit 74
Easy Broiled Lobster 165
Asian-Style Scallops with Vegetable
Noodles 167
Easy Egg & Crab Muffins 35
Avocado-Crab Benny 26
Crab Frittata Squares 29
Salmon-Stuffed Avocado Boats 33
Cast-Iron Salmon Hash 19
Baked Spinach and Artichoke
Shrimp Dip 79
Shrimp Scampi Skewers 202
Coconut Shrimp 73
Air Fryer Tempura Shrimp 53
Crab Empanadas with Mango Salsa 76
Smoked Salmon Deviled Eggs 55
Smoked Salmon Dip 56

Air Fryer Calamari with
Chipotle Dipping Sauce 58
Smoked Trout Dip 61
Char-Grilled Honey Parmesan Oysters 62
Tuna Croquettes with Lemon-Caper
Sauce 64
Creamy Clam Chowder 90
Crab Salad 92
Cod & Corn Chowder 89
Seared Scallop Salad with Blueberries 94
Instant Pot Lobster Bisque 96
Cheesy Pimento Tuna Melt 134
Grilled Shrimp Tacos 122
Air Fryer Thai Coconut Shrimp 124
Shrimp & Pesto Naan Pizza 201
Simple Salmon Sliders 135
Grilled Mediterranean Cedar Plank
Salmon Gyros 121
Quinoa Salmon Bowl with
Tzatziki Sauce 100
Pasta Salmon Bowl with
Balsamic Drizzle 103
Lemon-Pepper Salmon Burgers 127
Grilled Cod & Avocado Tacos 128
Gluten-Free Acorn Squash and Crab 130
Instant Pot Crab Mac 'n' Cheese 136
Garlicky Shrimp Scampi 198
Honey Garlic Shrimp Skewers 168
Instant Pot Shrimp &
Cheesy-Chive Grits 170
Creamy Shrimp Alfredo Pasta 193
Grilled Shrimp & Pasta with
Lemon-Garlic Sauce 172
Tilapia with Black Bean and
Mango Salsa 175
Lemon Tilapia Piccata 176
Spicy Sheet-Pan Salmon 179
Easy Air Fryer Salmon 180
One-Pan Mediterranean Salmon 194
Gluten-Free Crab Cakes 67
Wild Alaska Pollock en Papillote with
Chimichurri Sauce 182
Mussels with White Wine Sauce 68
Grilled Whole Sardines with
Charred Rosemary Vinaigrette 70
Tuna Puttanesca 184
Mediterranean Tuna & Pasta 186
Seafood Paella 189
Instant Pot Seafood Risotto 190

Salads

- 7-Layer Tuna Pasta Salad 81
- Kale Caesar with Shrimp or Salmon 86
- Lobster Salad with Summer Fruit 85
- Crab Salad 92
- Seared Scallop Salad with Blueberries 94

Salmon

- Everything Lox Omelet 34
- Upside Down Salmon & Cream Cheese Puff Pastry 12
- Grilled Salmon Tacos with Avocado-Lime Salsa 110
- Salmon Smash Burgers with Sriracha Mayo 107
- Grilled Lime Butter Salmon 197
- Grilled Salmon Skewers 199
- Mango Chipotle BBQ Salmon 200
- Kale Caesar with Shrimp or Salmon 86
- Everything Salmon & Egg Breakfast Hand Pies 14
- Breakfast Pizza with Smoked Salmon 18
- Turmeric Smoked Salmon Breakfast Bowl 21
- Salmon Sushi Bowl 99
- Air Fryer Maple-Glazed Salmon with Brussels Sprouts 148
- Mustard-Glazed Salmon with Cauliflower Mash & Spinach 161
- Salmon-Stuffed Avocado Boats 33
- Cast-Iron Smoked Salmon Hash 25
- Smoked Salmon Deviled Eggs 55
- Smoked Salmon Dip 56
- Simple Salmon Sliders 135
- Grilled Mediterranean Cedar Plank Salmon Gyros 121
- Quinoa Salmon Bowl with Tzatziki Sauce 100
- Pasta Salmon Bowl with Balsamic Drizzle 103
- Lemon-Pepper Salmon Burgers 127
- Spicy Sheet-Pan Salmon 179
- Easy Air Fryer Salmon 180
- One-Pan Mediterranean Salmon 194

Sardines

- Sardine Toasts 37
- Grilled Whole Sardines with Charred Rosemary Vinaigrette 70

Scallops

- Mini Seafood Pot Pies 147

Asian-Style Scallops with Vegetable Noodles 167

- Seared Scallop Salad with Blueberries 94
- Instant Pot Seafood Risotto 190

Seafood Supper Club

- Mini Seafood Pot Pies 147
- Mediterranean Tuna Pizza 143
- Air Fryer Shrimp Po' Boy Burger with Remoulade Sauce 132
- Breakfast Pizza with Smoked Salmon 18
- Air Fryer Beer-Battered Fish 'n' Chips 114
- Mediterranean Tuna Skewers 162
- Avocado-Crab Benny 26
- Creamy Clam Chowder 90
- Seared Scallop Salad with Blueberries 94
- Grilled Mediterranean Cedar Plank Salmon Gyros 121
- Honey Garlic Shrimp Skewers 168
- Instant Pot Shrimp & Cheesy-Chive Grits 170
- Grilled Shrimp & Pasta with Lemon-Garlic Sauce 172
- Lemon Tilapia Piccata 176
- Spicy Sheet-Pan Salmon 179
- Easy Air Fryer Salmon 180
- Gluten-Free Crab Cakes 67
- Mussels with White Wine Sauce 68

Shrimp

- Korean Shrimp & Ramen Bowl 82
- Skinny Baked Popcorn Shrimp 78
- Shrimp Gumbo 102
- Shrimp Fried Rice 196
- Kale Caesar with Shrimp or Salmon 86
- Simple Shrimp & Avocado Toast 17
- Shrimp and Egg Breakfast Burritos 18
- Vietnamese Shrimp Spring Rolls 49
- Mini Seafood Pot Pies 147
- Air Fryer Shrimp Po' Boy Burger with Remoulade Sauce 132
- Triple Seafood Boil 150
- Mediterranean Baked Shrimp with Whipped Feta 153
- Caribbean Shrimp with Tropical Fruit 74
- Cheesy Shrimp Breakfast Casserole 30
- Baked Spinach Artichoke Shrimp Dip 79
- Shrimp Scampi Skewers 202
- Coconut Shrimp 73
- Air Fryer Tempura Shrimp 53
- Grilled Shrimp Tacos 122

Shrimp Continued

Air Fryer Tempura Shrimp 53
Grilled Shrimp Tacos 122
Air Fryer Thai Coconut Shrimp 124
Shrimp & Pesto Naan Pizza 201
Garlicky Shrimp Scampi 198
Honey Garlic Shrimp Skewers 168
Instant Pot Shrimp &
 Cheesy-Chive Grits 170
Creamy Shrimp Alfredo Pasta 193
Grilled Shrimp & Pasta with
 Lemon-Garlic Sauce 172
Seafood Paella 189
Instant Pot Seafood Risotto 190

Snacks

Grilled Whole Sardines with
 Charred Rosemary Vinaigrette 70
Mussels with White Wine Sauce 68
Gluten-Free Crab Cakes 67
Caribbean Shrimp with Tropical Fruit 74
Sardine Toasts 37
Spicy Clam Dip 38
Skinny Baked Popcorn Shrimp 78
Easy Crab Nachos 41
Spicy Tuna on Crispy Rice Roll 43
Crostitini with Blackened Tilapia
 & Watermelon Salsa 44
Vietnamese Shrimp Spring Rolls 49
Air Fryer Mac 'n' Cheese Tuna Bites 50
Baked Spinach Artichok
 Shrimp Dip 79
Coconut Shrimp 73
Air Fryer Tempura Shrimp 53
Crab Empanadas with Mango Salsa 76
Smoked Salmon Deviled Eggs 55
Smoked Salmon Dip 56
Air Fryer Calamari with
 Chipotle Dipping Sauce 58
Smoked Trout Dip 61
Tuna Croquettes with Lemon-Caper
 Sauce 64

Soups

Shrimp Gumbo 102
Creamy Clam Chowder 90
Cod & Corn Chowder 89
Instant Pot Lobster Bisque 96

Tacos

Grilled Salmon Tacos with
 Avocado-Lime Salsa 110
Baja-Style Street Fish Tacos 109

Grilled Shrimp Tacos 122
Grilled Cod & Avocado Tacos 128

Tilapia

Crostitini with Blackened Tilapia
 & Watermelon Salsa 44
Baja-Style Street Fish Tacos 109
Tilapia with Black Bean and
 Mango Salsa 175
Lemon Tilapia Piccata 176

Trout

Smoked Trout Dip 61

Tuna

7-Layer Tuna Pasta Salad 81
Spicy Tuna on Crispy Rice Roll 43
Air Fryer Mac 'n' Cheese Tuna Bites 50
Seared Ahi Tuna on Asian Slaw 113
Mediterranean Tuna Pizza 143
Mediterranean Tuna Skewers 162
Tuna Croquettes with
 Lemon-Caper Sauce 64
Cheesy Pimento Tuna Melt 134
 Tuna Puttanesca 184
Mediterranean Tuna & Pasta 186

Wild Alaska Pollock

Hot 'n' Crunchy Fish Sandwich 105
Wild Alaska Pollock en Papillote with
 Chimichurri Sauce 182
Air Fryer Beer-Battered Fish 'n' Chips 114

On the cover: Salmon Smash Burgers with Sriracha Mayo

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