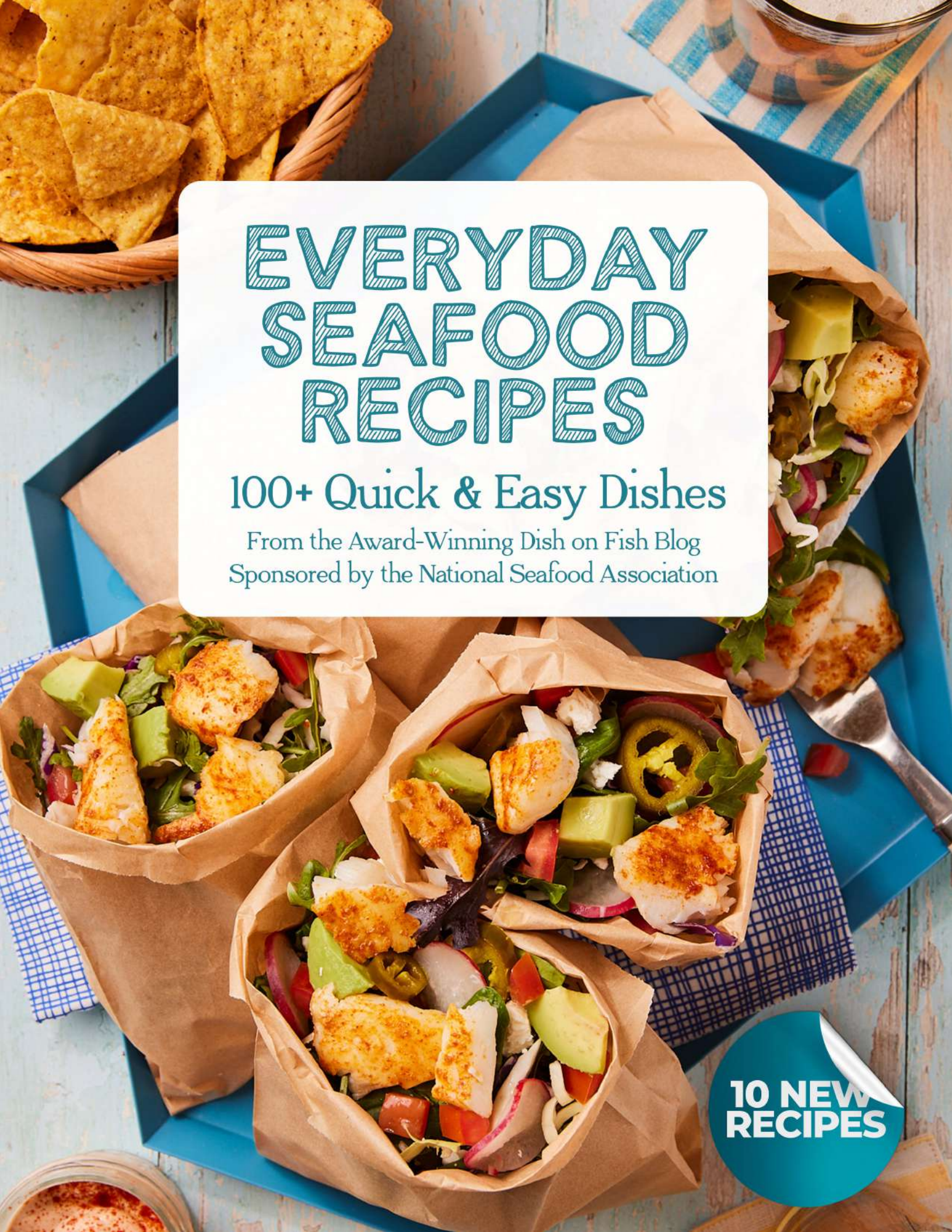

EVERYDAY SEAFOOD RECIPES
100+ Quick & Easy Dishes
From the Award-Winning Dish on Fish Blog
Sponsored by the National Seafood Association
10 NEW RECIPES

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 Seafood Association 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

Introduction 2

Foreword by Barton Seaver 4

Breakfast & Brunch
- Introduction 8
- Mediterranean Tuna Shakshuka 9
- Grab n' Go Mediterranean Salmon Frittata Cups 10
- Gluten-Free Lobster & Asparagus Crepes with Champagne Sauce 13
- Upside Down Salmon & Cream Cheese Puff Pastry 16
- Everything Salmon & Egg Breakfast Hand Pies 18
- Simple Shrimp & Avocado Toast 21
- Breakfast Pizza with Smoked Salmon 22
- Turmeric Smoked Salmon Breakfast Bowl 25
- Shrimp & Egg Breakfast Burritos 26
- Cast-Iron Smoked Salmon Hash 29
- Avocado-Crab Benny 30
- Crab Frittata Squares 33
- Cheesy Shrimp Breakfast Casserole 34
- Salmon-Stuffed Avocado Boats 37
- Everything Lox Omelet 38
- Easy Egg & Crab Muffins 40

Snacks & Apps
- Introduction 42
- Sardine Croquettes 43
- Crab Leg Flight – Crab Legs 4 Ways + Sauces 45
- Air Fryer Thai Coconut Shrimp 48
- Sourdough Crab Melts 51
- Seacuterie Board 52
- Ceviche-Style Bloody Mary Shrimp Cocktail 55
- Baked Salmon Sushi Cups 56
- Sardine Toasts 59
- Spicy Clam Dip 60
- Easy Crab Nachos 63
- Spicy Tuna on Crispy Rice Roll 65
- Crostini with Blackened Tilapia & Watermelon Salsa 66
- Instant Pot Curried Mussels 69
- Vietnamese Shrimp Spring Rolls 71
- Air Fryer Mac 'n' Cheese Tuna Bites 72
- Air Fryer Tempura Shrimp 75
- Smoked Salmon Deviled Eggs 77
- Smoked Salmon Dip 78
- Air Fryer Calamari with Chipotle Dipping Sauce 80
- Smoked Trout Dip 83
- Char-Grilled Honey Parmesan Oysters 84
- Tuna Croquettes with Lemon-Caper Sauce 86
- Gluten-Free Crab Cakes 89
- Mussels with White Wine Sauce 90
- Grilled Whole Sardines with Charred Rosemary Vinaigrette 92
- Coconut Shrimp 95
- Caribbean Shrimp with Tropical Fruit 96
- Crab Empanadas with Mango Salsa 98
- Skinny Baked Popcorn Shrimp 100
- Baked Spinach Artichoke Shrimp Dip 101

Soups, Salads & Bowls
- Introduction 102
- Simple and Savory Cioppino 103
- Shrimp, Corn and Avocado Salad 104
- Spicy Surimi Kani Salad 107
- 7-Layer Tuna Pasta Salad 109
- Korean Shrimp & Ramen Bowl 110
- Lobster Salad with Summer Fruit 113
- Kale Caesar with Shrimp or Salmon 114
- Cod & Corn Chowder 117
- Creamy Clam Chowder 118
- Crab Salad 120
- Seared Scallop Salad with Blueberries 122
- Instant Pot Lobster Bisque 124
- Salmon Sushi Bowl 127

Quinoa Salmon Bowl with Tzatziki Sauce 128
Shrimp Gumbo 130
Pasta Salmon Bowl with Balsamic Drizzle 131

Lunch & Handhelds
Introduction 132
Air Fryer Tuna Quesadillas 133
Air Fried Fish Walking Tacos 134
Air Fryer Lobster Burgers 136
Hot 'n' Crunchy Fish Sandwich 138
Salmon Smash Burgers with Sriracha Mayo 140
Baja-Style Street Fish Tacos 143
Grilled Salmon Tacos with Avocado-Lime Salsa 144
Seared Ahi Tuna on Asian Slaw 147
Air Fryer Beer-Battered Fish 'n' Chips 148
Easy Air Fryer Fish Sticks 151
Easy Lobster Reuben 152
Grilled Mediterranean Cedar Plank Salmon Gyros 155
Grilled Shrimp Tacos 156
Lemon-Pepper Salmon Burgers 159
Grilled Cod & Avocado Tacos 160
Gluten-Free Acorn Squash & Crab 162
Air Fryer Shrimp Po' Boy Burger with Remoulade Sauce 164
Cheesy Pimento Tuna Melt 167
Simple Salmon Sliders 168

Dinner
Introduction 170
Marry Me Salmon 171
Spicy Calamari Pasta 172
Sheet Pan Scallops & Vegetables with Maple-Bacon Butter 175
Instant Pot Crab Mac 'n' Cheese 176
Sheet Pan Tuna Steaks with Vegetables 179
Instant Pot Fish Tortilla Soup 180
Roasted Chilean Sea Bass with Ginger Citrus Soy Sauce 183
Crab & Sweet Potato Cauliflower Gnocchi 185
Instant Pot Cod Tikka Masala 186
Mediterranean Tuna Pizza 189
Sheet Pan Cod & Vegetables with Smashed Tomatoes & Feta 190
Mini Seafood Pot Pies 193
Air Fryer Maple-Glazed Salmon with Brussels Sprouts 194
Triple Seafood Boil 196
Mediterranean Baked Shrimp with Whipped Feta 199
Grilled Halibut with Walnut Pesto 200
Instant Pot Pasta with Red Clams Sauce 203
Creamy Crab & Kale Lasagna 204
Mustard-Glazed Salmon with Cauliflower Mash & Spinach 207
Mediterranean Tuna Skewers 208
Easy Broiled Lobster 211
Asian-Style Scallops with Vegetable Noodles 213
Honey Garlic Shrimp Skewers 214
Instant Pot Shrimp & Cheesy-Chive Grits 216
Grilled Shrimp & Pasta with Lemon-Garlic Sauce 218
Tilapia with Black Bean & Mango Salsa 221
Lemon Tilapia Piccata 222
Spicy Sheet-Pan Salmon 225
Easy Air Fryer Salmon 226
Wild Alaska Pollock en Papillote with Chimichurri Sauce 228
Tuna Puttanesca 230
Mediterranean Tuna & Pasta 232
Seafood Paella 235
Instant Pot Seafood Risotto 236
Creamy Shrimp Alfredo Pasta 239
One-Pan Mediterranean Salmon 240
Shrimp Fried Rice 242
Grilled Lime Butter Salmon 243
Garlicky Shrimp Scampi 244
Grilled Salmon Skewers 247
Mango Chipotle BBQ Salmon 248
Shrimp & Pesto Naan Pizza 251
Shrimp Scampi Skewers 252

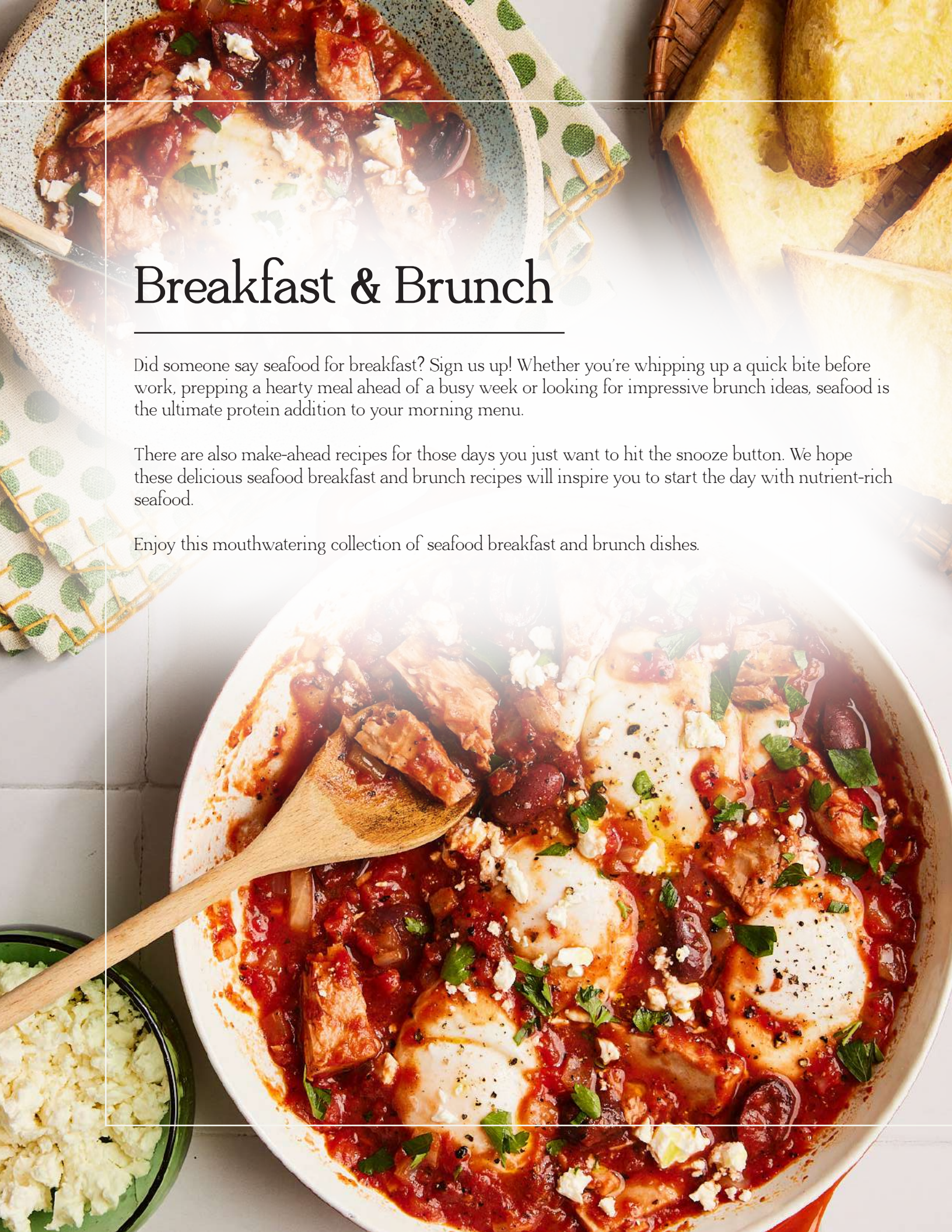
Index of Searchable Terms 254

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.



NEW!

Mediterranean Tuna Shakshuka

Total time: 25 minutes
Makes 4 servings

Give brunch a Mediterranean makeover with this one-skillet stunner! Eggs poach right in a spiced tomato sauce studded with tuna and kalamata olives, delivering around 20 grams of protein per serving. Twenty-five minutes from stove to table—just add crusty bread for scooping.

Ingredients

2 (5-ounce) cans of tuna in olive oil (we used yellowfin with chili peppers, but albacore or light tuna also work well)
½ medium yellow or sweet onion, diced
2 cloves garlic, minced
1 teaspoon ground cumin
½ teaspoon kosher salt
½ teaspoon freshly ground black pepper
¼ teaspoon sweet paprika
1 (28-ounce) can crushed tomatoes
¼ cup sliced pitted kalamata olives
8 large eggs
3 tablespoons fresh parsley, chopped
4 ounces feta cheese, crumbled (optional)

Instructions

Heat a large saucepan on medium heat. Drain olive oil from canned tuna and add the oil to the pan.

Add onions and cook until tender and lightly golden, about 5 minutes. Then add garlic, cumin, salt, pepper and paprika, stirring to prevent burning. Cook another 2 minutes, until garlic is lightly golden.

Add tomatoes, tuna and black olives and stir to combine. Bring sauce to a low boil, then reduce heat to low and simmer for 5 minutes, stirring occasionally.

Using a spoon, gently move part of the tomato sauce to create an indentation near the edge of the pan. Then crack an egg gently into the space. (It's okay if it runs over slightly.) Continue to make indentations and crack an egg into each one, all around the sides and in the center of the pan for the remaining eggs.

Increase heat to medium, cover pan and cook until egg whites and yolks are set, about 7 to 8 minutes.

When eggs are cooked to your liking, garnish with fresh parsley and feta. Enjoy with a piece of toasted bread or mixed greens salad.

Recommended equipment: Skillet or pan, spatula, spoon, cutting board, knife

Grab n' Go Mediterranean Salmon Frittata Cups

Prep time: 10 minutes; Cook time: 20 minutes; Total time: 30 minutes
Serves 12 (2 muffins each)

Mornings just got easier with our Mediterranean Salmon Frittata Cups! These portable breakfast bites are protein-packed, thanks to eggs, cottage cheese and salmon. Plus, the salmon provides a healthy dose of omega-3s, as well! These were designed with busy schedules in mind, so make a batch over the weekend and grab two for a satisfying, nutritious start to your day— no drive-thru required!

Ingredients

8 large eggs
1 cup 2% or nonfat cottage cheese
10 ounces of canned or pouched salmon, flaked
1 small yellow onion, finely chopped
1 clove garlic, minced
1 cup baby spinach, chopped
6 ounces feta, crumbled
½ teaspoon dried oregano
½ teaspoon crushed red pepper
½ teaspoon kosher salt
½ teaspoon freshly ground black pepper

Instructions

Preheat the oven to 425°F. Spray 12 muffin cups with nonstick spray or insert liners.

Add eggs to medium mixing bowl. Whisk, until lightly beaten. Add cottage cheese and whisk until incorporated. Add remaining ingredients to bowl (salmon through black pepper).

Divide egg mixture evenly into prepared muffin cups.

Bake until cooked through and firm to the touch, about 20 minutes. Let cool slightly, then loosen each with a small paring knife.

Enjoy immediately OR store in the refrigerator for up to 4 days OR store in the freezer for up to 3 months. Reheat in the microwave when ready to serve (heat for 30 seconds from fridge or heat for 1-2 minutes from freezer).

Equipment needed: muffin pan, medium mixing bowl, whisk, cutting board, paring knife, muffin pan liners (or spray).





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 teaspooon 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 ⅓ of flour mixture; beat until just combined. Then, add ⅓ 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



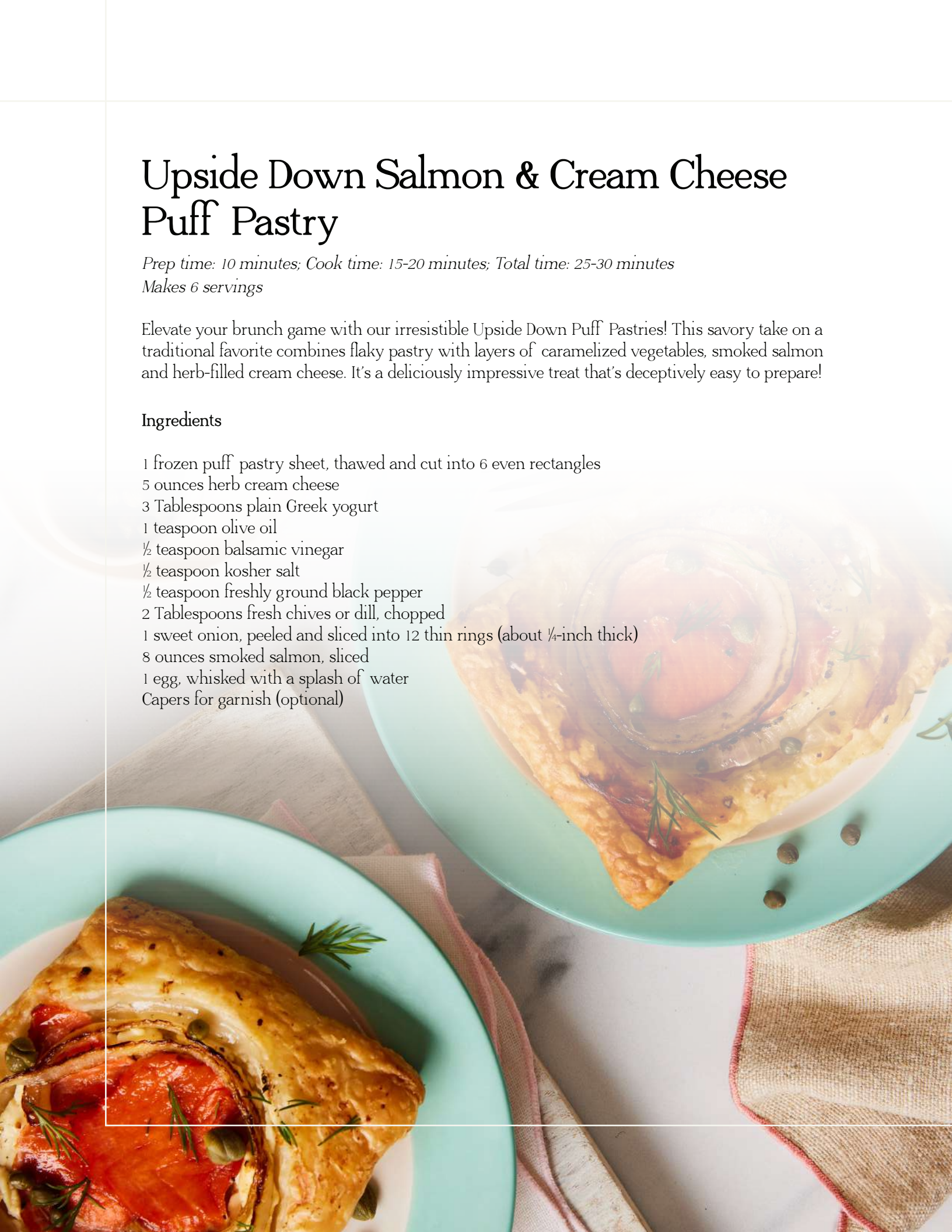
Upside Down Salmon & Cream Cheese Puff Pastry

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 of 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 your reach desired consistency.

Lightly toast or broil bread. Top with mashed avocado, sauteed 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

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.

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










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

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.

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.





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!

NEW!

Sardine Croquettes

Total time: 30 minutes
Makes 4 servings (about 3 croquettes per serving)

Tiny fish, mighty results! These golden croquettes combine sardines with white beans, Dijon, lemon and Old Bay, then pan-fry into crispy, golden-brown patties with tender, savory centers. A simple side salad turns everything into a complete meal in about 30 minutes.

Ingredients

2 (4-ounce) cans sardines in oil, drained
1 cup canned white beans, rinsed and drained
1 large egg, whisked
⅓ cup panko breadcrumbs (regular or gluten-free)
3 tablespoons plain Greek yogurt
2 tablespoons Dijon mustard
1 clove garlic, minced
¼ cup yellow onion, minced
2 tablespoons fresh parsley, chopped
1 tablespoon lemon juice
½ teaspoon salt
½ teaspoon freshly ground black pepper
½ teaspoon Old Bay seasoning
2 tablespoons olive oil
Lemon wedges for garnish (optional)
Tartar sauce, tangy mustard sauce or other favorite sauce for dipping (optional)

Instructions

In a big bowl, mash sardines. Then add white beans and mash again, until mixture is well mashed and combined.

Add whisked egg to sardine and bean mixture and stir until fully incorporated.

Add breadcrumbs, yogurt, mustard, garlic, onion, parsley, lemon juice, salt, black pepper and Old Bay, and combine well.

Using hands, form into small patties about 2 to 3 inches in diameter and ½-inch thick. (Mixture should make about 12 patties.) Cover and refrigerate for about 15 minutes to help patties maintain shape while cooking.

Heat a large skillet over medium heat. Add olive oil and swirl it around pan. Once pan is heated, add patties, leaving space between each. (Cook in batches if overcrowded.) Cook for about 4-5 minutes on each side, until golden brown and crispy.

Serve with lemon wedges and tartar sauce or sauce of your choice.

Recommended equipment: Large bowl, plastic wrap or cover for bowl, whisk, masher or fork, skillet or pan, spatula



NEW!

Crab Leg Flight – Crab Legs 4 Ways + Sauces

Total time: Varies depending on cooking method
Makes 12 servings

Turn dinner into a full event with the ultimate crab experience! Cook your legs four different ways, set out lemon butter, cocktail sauce, tartar and aioli, then let everyone crack, dip and debate their favorites. Works beautifully with snow crab, king crab or Dungeness clusters—whatever is calling to you from your seafood counter.

Suggested sauces for tasting flight (we like these, but feel free to use any you like)

Lemon butter sauce
Cocktail sauce
Tartar sauce
Lemon aioli sauce

Method #1: Steamed Crab Legs
Ingredients

½ pound crab legs, can use snow crab legs, king crab legs or Dungeness crab clusters (if frozen, thaw before cooking)
2 garlic cloves, gently smashed
2 stalks of celery, cut lengthwise into 4 pieces each
½ cup herbs (like parsley, dill or chives), rinsed and loosely packed
1 cup white wine
1 lemon, halved

Instructions

Fill a large pot or Dutch oven with about 1 to 1½ inches of water, or just enough so that the level is below the bottom of the steamer basket*. Place steamer basket into pot.

Flavor the water with smashed garlic, celery, herbs, white wine and lemon halves. Cover the pot with a lid and bring the water to a boil over high heat.

When water starts to boil, remove the lid and carefully lower crab legs into steamer basket using tongs. (Bend large crab legs if needed.)

Cover with lid and steam crab legs until meat is warmed through. For king crab legs, steam for 6 to 8 minutes. For snow crab legs or Dungeness crab clusters, steam for 4 to 5 minutes.

Remove crab legs from pot. Let cool before cracking and serving.

*If you do not have a steamer basket, you can use a metal colander or just place crab in pot of water directly.

Instructions Continued On Next Page

Method #2: Poached Crab Legs
Ingredients

½ pound crab legs, can use snow crab legs, king crab legs or Dungeness crab clusters (if frozen, thaw before cooking)
2 garlic cloves, gently smashed
2 stalks of celery, cut lengthwise into 4 pieces each
½ cup herbs (like parsley, dill or chives), rinsed and loosely packed
1 lemon, halved
1 teaspoon Old Bay seasoning
½ teaspoon freshly ground black pepper

Instructions

Fill a large pot or Dutch oven with about 3 to 4 inches of water.

Flavor the water with smashed garlic, celery, herbs, lemon halves, Old Bay seasoning and black pepper.

Turn to medium heat and bring poaching liquid to a simmer.

Add crab legs to pot using tongs, bending as needed to fit and placing snow crab or Dungeness crab cluster-side-down.

Cover the pot and cook the crab legs until the meat is warmed through. For king crab legs, simmer for 5 to 7 minutes. For snow crab legs or Dungeness crab clusters, simmer for 3 to 5 minutes.

Remove crab legs from pot. Let cool before cracking and serving.

Method #3: Grilled Crab Legs
Ingredients

½ pound crab, can use snow crab legs, king crab legs or Dungeness crab clusters (if frozen, thaw before cooking)
½ cup herbs (like parsley, dill or chives), rinsed and loosely packed
2 tablespoons butter
2 garlic cloves, peeled and gently smashed
1 lemon, halved

Instructions

Preheat grill to medium-high heat.

Chop herbs. Place in a microwaveable bowl with butter and garlic, and cook until butter melts, in 30-second increments. Squeeze 1 lemon half into the butter-herb mixture; stir until combined.

Brush exposed crab meat with butter-lemon-herb sauce and squeeze the juice of the other lemon half onto top of crab meat.

Instructions Continued On Next Page

Method #4: Baked Crab Legs

Ingredients

½ pound crab, can use snow crab legs, king crab legs or Dungeness crab clusters (if frozen, thaw before cooking)
½ cup herbs (like parsley, dill or chives), rinsed and loosely packed
2 tablespoons butter
2 garlic cloves, peeled and gently smashed
1 lemon, halved

Instructions

Preheat oven to 375°F and place rack in middle position.

Line large-rimmed baking sheet with foil. Then place crab legs onto prepared baking sheet, arranging them in a single layer.

Chop herbs. Place in a microwaveable bowl with butter and garlic, and cook until butter melts, in 30-second increments. Squeeze 1 lemon half into the butter-herb mixture; stir until combined.

Brush exposed crab meat with butter-lemon-herb sauce and squeeze the juice of the other lemon half onto top of crab meat.

Bake until crab meat is warmed through and shells are warm to the touch. For king crab legs, bake for 15 to 20 minutes. For snow crab legs or Dungeness crab clusters, bake for 7 to 10 minutes.

Remove crab legs from oven. Let cool before cracking and serving.



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.





Sourdough Crab Melts

Prep time: 20 minutes; Cook time: 10 minutes; Total time: 30 minutes
Makes 8 appetizer-sized servings

Transform ordinary ingredients into something extraordinary with our Sourdough Crab Melts! Creamy crab salad nestled on crispy sourdough, topped with ripe tomatoes and golden, stretchy cheese— every bite is pure indulgence. Great for impressing guests or simply treating yourself to a restaurant-quality meal at home in mere minutes.

Ingredients

8 sourdough bread slices
4 teaspoons olive oil
24 ounces lump crab meat, drained, cartilage and shell removed
¼ cup olive oil mayonnaise
¼ cup plain Greek yogurt
1 teaspoon lemon juice
3 Tablespoons fresh parsley, chopped, divided
1 teaspoon Old Bay seasoning
½ teaspoon kosher salt
½ teaspoon freshly ground black pepper
1/8 teaspoon cayenne pepper
4 ripe on-the-vine or plum tomatoes, sliced into ¼-inch thick slices
8 ounces mozzarella or gruyere cheese, sliced or shredded

Instructions

Set oven to broil; place top rack about 6 inches from heat.

Place bread slices on foil-lined baking sheet. Drizzle or brush on olive oil, distributing evenly.

Broil until golden brown, about 2-3 minutes. Set aside.

In a medium mixing bowl, combine crab meat, mayonnaise, yogurt, lemon juice, 2 Tablespoons parsley, salt and pepper; gently combine until well-mixed.

Spread crab mixture evenly over bread slices. Top evenly with tomato slices and cheese.

Return to oven and broil until cheese is melted, about 3-4 minutes. Let cool 5 minutes. Top with remaining parsley and enjoy immediately.

Equipment needed: baking pan, medium mixing bowl, spoon, cutting board, knife

Seacuterie Board

Prep time: 15 minutes; Total time: 15 minutes
Serves 8-12

Move over charcuterie— there's a new board in town! Seacuterie Boards put seafood front and center with smoked salmon roses, creamy dips and gorgeous tinned fish displays. Ready in minutes, it's an awesome way to impress guests while also packing in some serious nutrition. Be sure to tag us on social media when you post your own Seacuterie masterpiece.

Ingredients

16 ounces smoked salmon
8 ounces seafood dip, like our Smoked Salmon Dip, Smoked Trout Dip or Spicy Clam Dip
1-2 cans tinned fish in oil, like light or albacore tuna, salmon or sardines
6 ounces cream cheese
4-6 ounces mixed cheeses, such as 2-3 ounces cubed cheddar cheese and 2-3 ounces wedge of soft Brie
2-4 hard-boiled eggs, thinly sliced
2 mini cucumbers, thinly sliced into rounds
2 radishes, ends cut off and thinly sliced
1 avocado, thinly sliced
1 lemon, cut into 8 wedges
½ cup fresh fruit, like grapes, berries or apple slices
¼ cup capers
Mini bagels, crusty bread loaf, whole grain or seed crackers or bagel chips, for dipping
Fresh herbs and seasonings, like fresh dill, chives, parsley or Everything seasoning
Extra garnish and toppings, like olives, nuts or pickled onions

Instructions

Select a serving tray or cutting board large enough to hold all ingredients.

Place dip in small bowl. Open tinned fish cans. Place capers and any herbs/seasonings in small bowl(s). Set bowls and tins on board with space in between.

Place the remaining seafood ingredients on the board. Fill in gaps with other ingredients.

Serve immediately, along with small forks and/or knives to scoop food. Enjoy!

Equipment needed: cutting board, knife, serving tray or large board, small bowls (for dip, capers, herbs/seasonings), small forks or knives for serving





Ceviche-Style Bloody Mary Shrimp Cocktail

Prep time: 10 minutes; Chill time: 50 minutes; Total time: 1 hour
Serves 8

Our latest creative fusion takes traditional shrimp cocktails to exciting new heights with Bloody Mary-inspired flavors and ceviche-style preparation. With minimal prep and maximum flavor—it's sophisticated entertaining made simple. Don't be surprised if your guests ask you for the recipe!

Ingredients

1 pound cooked*, peeled and deveined large to jumbo shrimp (we used extra-large), tail on
5 large celery stalks with leaves, 4 cut in half, and 1 finely diced
½ lemon, zested and juiced
½ cup ketchup
¼ cup ice-cold vodka (non-alcoholic vodka works fine, too)
1 Tablespoon prepared horseradish
1 teaspoon Worcestershire sauce
½ teaspoon soy sauce
Dash of kosher salt and freshly ground black pepper
Cilantro for garnish

Instructions

Dry shrimp with a paper towel; discard paper towel. Remove 8 shrimp and set aside for garnish.

Remove shrimp tails on the remaining shrimp and chop all of the shrimp except for the 8 pieces set aside.

Combine diced shrimp and diced celery in a medium bowl or large measuring cup; set aside.

In another medium bowl, combine remaining ingredients (juice and zest from lemon half, ketchup, vodka, horseradish, Worcestershire, soy sauce, salt and pepper); mix well.

Pour liquid mixture over shrimp and celery; stir to combine, cover and put in fridge for 45-50 minutes.

Serve in small glasses. Place one of the halved celery stalks and one tailed shrimp in each glass. Garnish with cilantro and serve with a small spoon.

Equipment needed: cutting board, knife, 8 shot glasses, 8 small spoons, two mixing bowls

Baked Salmon Sushi Cups

Prep time: 10 minutes; Cook time: 15; Total time: 25 minutes
Makes 12 sushi cups

Bring the sushi bar home with these easy individual servings! Our Baked Salmon Sushi Cups combine tender, spicy salmon with seasoned rice and fresh garnishes for a fun take on traditional rolls. They're fun to make, pre-portioned and incredible as a post-work snack, party app or even a full meal.

Ingredients

1½ pounds salmon fillet, skin removed and chopped into 1-inch cubes
2 Tablespoons soy sauce or coconut aminos (for gluten-free)
1½ Tablespoons mayonnaise
½ Tablespoon sriracha or other hot sauce, plus some for garnish
¼ teaspoon kosher salt
1 cup cooked short-grain rice, such as sushi or jasmine rice
¾ teaspoon rice vinegar
12 Nori squares or 3 large Nori sheets (cut into quarters)
½ avocado, finely chopped
2 Tablespoons chives, chopped
1 Tablespoon sesame seeds

Instructions

Preheat oven to 400°F.

Combine salmon, soy sauce or aminos, mayonnaise, sriracha and salt in a large bowl. Toss gently to mix, until all ingredients are coated well.

In a medium mixing bowl, combine rice and vinegar; stir gently until rice is coated with vinegar.

Place nori squares on cutting board or counter. Top the square or sheet with about 2 Tablespoons of the rice mixture, then gently place inside the lightly greased muffin tin, so that the sides of the nori sheets stick up a little outside of the muffin tin. Repeat with the remaining 11 squares.

Next, place about 2 Tablespoons of the salmon mixture on top of the rice mixture for all of the muffin cups.

Place in oven and bake for about 15 minutes, or until salmon is cooked through. Remove from oven, top with chopped avocado, chives and sesame seeds. Drizzle sriracha sauce on top, if desired.

Equipment needed: standard muffin pan, large mixing bowl, medium mixing bowl, cutting board, knife, spatula or forks to mix





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, Worchestershire 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"x3") 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
1½ 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 FRY
REHEAT

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 crudités.



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 ½ 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 ½ 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

Ingredients - Dipping Sauce

¼ cup sweet chili sauce
¼ cup apricot preserves or apricot fruit spread

Instructions - Dipping Sauce

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



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.

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.

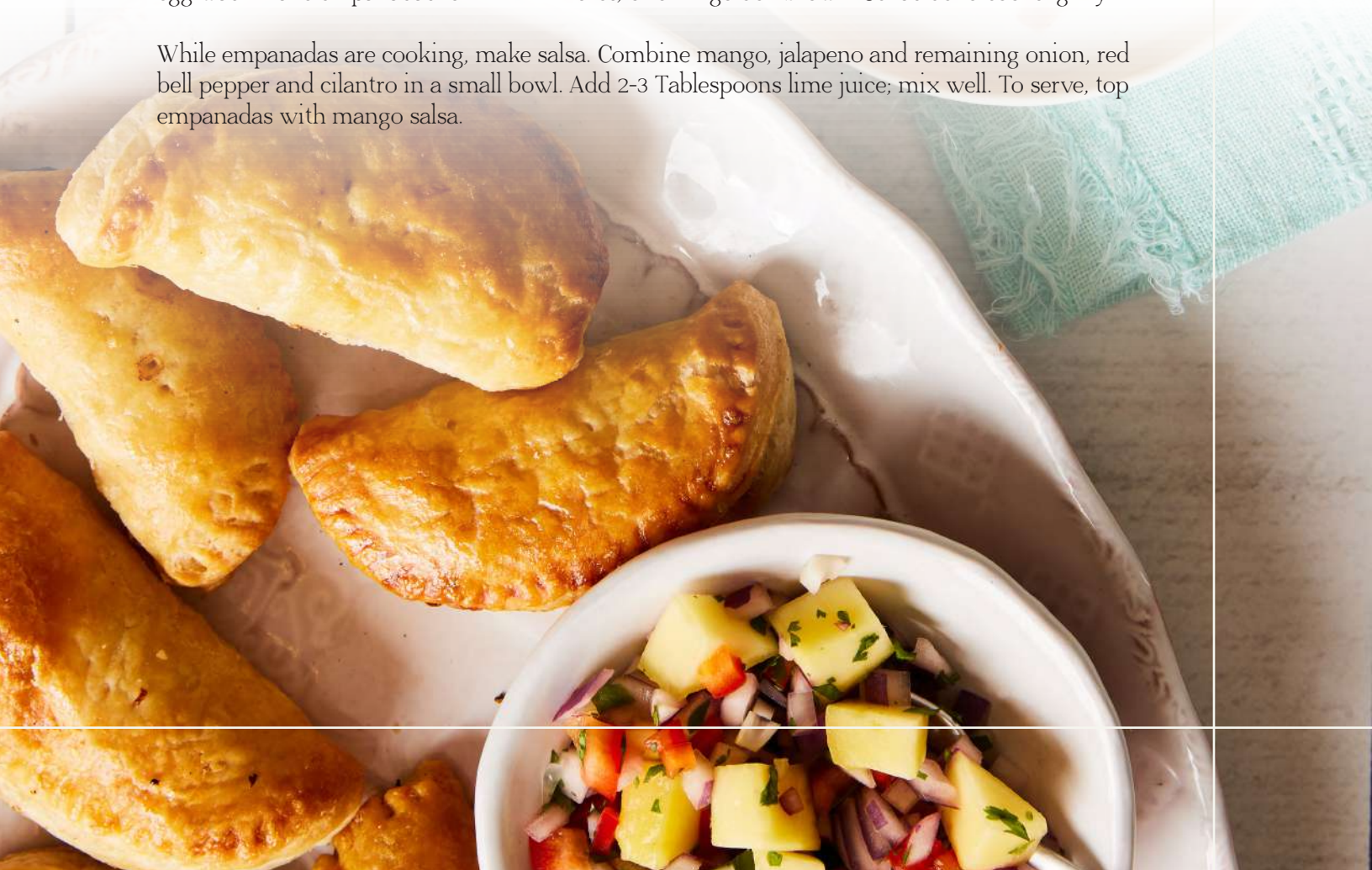
Add crab meat and stir, slightly breaking up the meat. Add cumin, 2 Tablespoons lime juice and 3 Tablespoons cilantro; season with salt and pepper to taste. Reduce heat to low and cover. Cook for 5 minutes, remove from heat and set aside.

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.





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!

VIDEO RECIPE

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

VIDEO RECIPE

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

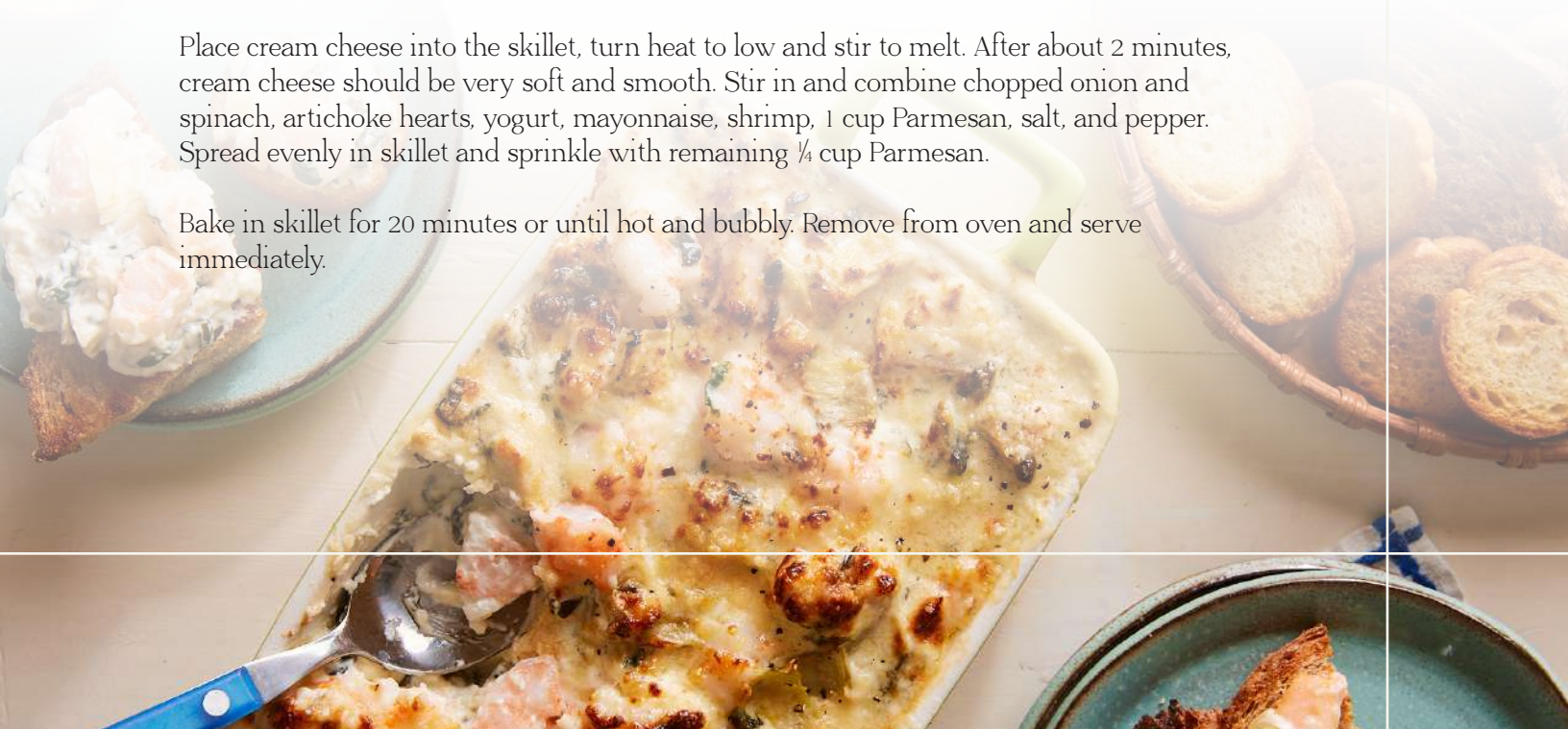
Instructions

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!



NEW!

Simple and Savory Cioppino

Total time: 40 minutes

Serves 4-6

This hearty Italian-American stew brings restaurant elegance home with little effort. Aromatic vegetables, herbs, wine and tomatoes build a deeply flavorful broth that's the base for a bounty of seafood— five species in every bowl! One pot, minimal cleanup and dinner is served!

Ingredients

3 tablespoons olive oil
1 medium sweet onion, diced
1 medium green bell pepper, diced
4 cloves garlic, minced
½ teaspoon dried oregano
½ teaspoon dried thyme
¼ teaspoon crushed red pepper flakes
1 dash cayenne pepper
½ teaspoon kosher salt
½ teaspoon freshly ground black pepper
½ cup dry white wine (can use ½ cup more stock or broth in place of white wine)
1 (28-ounce) can crushed tomatoes
2 cups vegetable stock or broth
2 tablespoons tomato paste
1 bay leaf
1 (10-ounce) can minced clams, drained with juice reserved
½ pound mussels, scrubbed and debearded*
1 pound cod, halibut or other white fish fillets, cut into ¾ inch pieces
½ pound medium shrimp, peeled and deveined
10 ounces medium sea scallops
2 tablespoons fresh parsley leaves, chopped

Instructions

Heat oil in a large pot or Dutch oven over medium heat. Sauté onion and bell pepper until soft, about 5 minutes.

Add garlic, oregano, thyme, crushed red pepper flakes, cayenne pepper, salt and black pepper. Cook for an additional 2 to 3 minutes, until garlic is soft.

Stir in wine, tomatoes, stock or broth, tomato paste, bay leaf and reserved clam juice. Bring to a boil; reduce heat to medium-low and simmer until flavors have blended, about 15 minutes.

Stir in clams and mussels. Reduce heat to low, cover with lid and cook until mussels are just beginning to open, about 4 minutes.

Add in white fish, shrimp and scallops. Stir gently to combine.

Increase heat to medium and simmer until seafood is cooked through and mussels have fully opened, about 5 minutes. Discard any unopened mussels.

Stir in parsley and serve immediately.

Equipment needed: large pot or Dutch oven, cutting board, knife, spatula or spoon to stir

NEW!

Shrimp, Corn and Avocado Salad

Total time: 20 minutes

Makes 4 appetizer servings

Every gathering deserves a dish this bright! Juicy shrimp and smoky charred corn mingle with cherry tomatoes, red onion, jalapeño and buttery avocado for a salad bursting with color, texture and lean protein. Serve it as a side, scoop it with tortilla chips or pile it into lettuce cups— there's no wrong way to enjoy!

Ingredients

3 tablespoons olive oil, divided
12 ounces raw large shrimp, peeled and deveined (tails on or off, as preferred)
1½ cups fresh corn kernels (kernels cut off from cobs)
1 large avocado, diced
1 jalapeno pepper, seeded and diced
1 cup cherry tomatoes, halved
½ cup red onion, finely diced
½ cup cilantro, chopped
1 tablespoon lime juice
½ teaspoon cayenne pepper
½ teaspoon ground cumin
½ teaspoon kosher salt
½ teaspoon, freshly ground black pepper
Tortilla chips, for serving (optional)

Instructions

Heat 1 tablespoon olive oil in a large skillet over medium-high heat. Add shrimp in single layer, sear2 to 3 minutes (turning once) until cooked through, pink and opaque. Transfer shrimp to plate and set aside to cool.

Return skillet to medium-high heat and add 1 tablespoon olive oil. Add corn kernels and cook, stirring frequently until slightly charred. Set aside to cool.

Add avocado, jalapeno pepper, tomatoes and onion to a large mixing bowl. Mix to combine well.

In a small bowl, mix remaining 1 tablespoon olive oil, cilantro, lime juice, cayenne pepper, cumin, salt and pepper.

Add shrimp and corn to salad ingredients. Toss with olive oil and lime juice dressing. Serve immediately.

Equipment needed: Skillet, cutting board, knife, large bowl, small bowl, whisk or fork to mix, spatula





Spicy Surimi Kani Salad

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

Serves 4

Combining the best of Asian-inspired flavors with wholesome ingredients like edamame, fresh vegetables and kelp noodles—this Spicy Surimi Kani Salad is comfort food that satisfies your cravings while still keeping things light, fresh and delicious. Add it to your weekly meal plan as a side dish, light lunch or anytime savory snack.

Ingredients

¼ cup plain Greek yogurt
1 Tablespoon apple cider vinegar
2 teaspoons soy sauce (or liquid aminos to make gluten free)
2-3 teaspoons sriracha sauce (2 if less spicy, 3 if more spicy), plus a little to drizzle on top
¼ teaspoon kosher salt
10 ounces kelp or rice noodles
10 ounces surimi (imitation crab meat), shredded and flaked apart
½ cup shelled edamame, thawed
2 mini cucumbers, thinly sliced (about 1 cup)
2 medium carrots, peeled, cut in half and thinly sliced (about 1 cup)
½ avocado, peeled, pitted and thinly sliced
3 scallions, sliced
1 Tablespoon white or black sesame seeds for garnish (optional)

Instructions

Cook noodles according to package instructions. Drain, rinse with cold water, drain again and cool; set aside.

In a small mixing bowl, combine yogurt, vinegar, soy sauce, sriracha and salt. Whisk to mix and set aside.

In a medium mixing bowl, combine surimi, edamame, noodles, cucumbers, carrots, avocado and scallions. Using tongs, gently toss until combined. Gently fold in yogurt-vinegar mixture. Garnish with sesame seeds and drizzle with a little sriracha, if desired.

Equipment needed: small mixing bowl, medium mixing bowl, small whisk, tongs, pan, colander, cutting board, knife



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 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

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

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. Remover 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
¾ cup low-fat milk
¾ cup half-and-half
3 Tablespoons whole-wheat flour
2 (10-ounce) cans chopped clams in clam juice, reserve clam juice separately
1½ cups chicken broth
1 pound russet or Yukon potatoes, scrubbed, peeled and cut into ½-inch cubes
1 bay leaf
½ teaspoon smoked salt
¼ 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 greens 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)
½ teaspoon cayenne pepper
½ teaspoon dried oregano
½ teaspoon kosher or sea salt
½ 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
½ cup cherry tomatoes, quartered
1 Persian cucumber, chopped
¼ cup Kalamata olives, halved
4 to 6 ounces feta cheese, cut into cubes
1½ cups uncooked quinoa
6 ounces plain Greek yogurt or labneh
1 clove garlic, minced
1 small cucumber, finely diced
Juice and zest from reserved ½ 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)
½ teaspoon cayenne pepper
½ teaspoon dried oregano
½ teaspoon kosher or sea salt
½ 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
½ cup cherry tomatoes, quartered
1 Persian cucumber, chopped
¼ 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 ½ lemon
½ teaspoon dried oregano

Instructions

Preheat oven to 400°F.

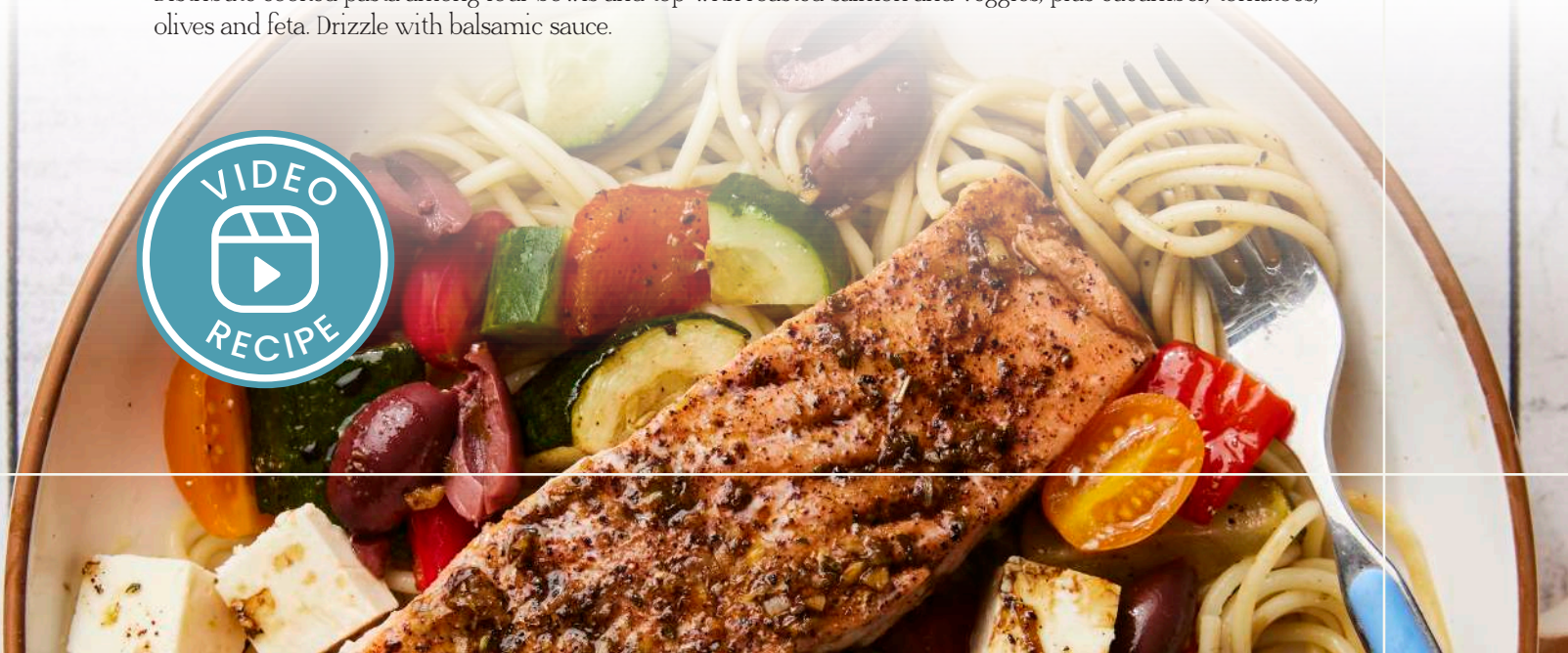
For marinade, combine in a bowl all seasonings plus 1 Tablespoon olive oil and the juice and zest from half of a lemon (reserve other half lemon). Place salmon in the bowl and let sit on counter for 15 to 20 minutes.

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!



NEW!

Air Fryer Tuna Quesadillas

Total time: 15 minutes

Makes 4 servings

Meet your new solution for sudden hunger + healthier comfort food cravings! Protein-packed tuna mixes with crunchy celery and tangy pickle before getting sandwiched between Monterey Jack and cheddar in a soft tortilla. Eight minutes in the air fryer creates the crispy-on-the-outside, gooey-on-the-inside magic that everyone craves.

Ingredients

2 (6 oz.) cans or pouches of tuna in water, drained
2 medium celery stalks, diced (about ½ cup)
1 medium kosher dill pickle spear, diced (about ¼ cup)
3 tablespoons mayonnaise
2 tablespoons cilantro, chopped
1 teaspoon lemon juice
½ teaspoon kosher salt
½ teaspoon black pepper
½ teaspoon Old Bay seasoning
1 cup shredded Monterey Jack cheese, divided
1 cup shredded mild cheddar cheese, divided
4 (8-inch) soft flour tortillas
Olive oil or avocado spray
Salsa, hot sauce, guacamole, Greek yogurt or sour cream for topping (optional)

Instructions

In a medium bowl, combine tuna, celery, pickle, mayonnaise, cilantro, lemon juice, salt, pepper and Old Bay seasoning. Mix to combine well.

Spray air fryer basket insert with olive oil or avocado oil. Place one tortilla in basket, then add ¼ cup of the Monterey Jack cheese on half of the tortilla, top with ¼ tuna mixture, then top with ¼ cup of the cheddar cheese. Fold tortilla in half. Spray lightly with oil. Repeat with a second tortilla.

Cook at 350°F for 4 minutes or until the quesadilla is crispy and golden. Flip, and cook for another 4 minutes. (If tortilla has lifted away from the fillings, press it back down with a spatula.) Remove and place on plate.

Repeat the process with the remaining two tortillas, tuna mixture and cheese.

Serve immediately with your choice of toppings.

Recommended Equipment: Air fryer, bowl, fork to mix, spatula, cutting board, knife

NEW!

Air Fried Fish Walking Tacos

Total time: 25 minutes

Makes 6-8 servings

Nostalgia meets nutrition in this seafood spin on a party favorite! Chili-and-cumin-seasoned white fish gets flaky in the air fryer, then tops a vibrant salad of greens, cabbage, radishes, tomatoes and avocado with crushed tortilla chips for a little crunch. Build them in bowls, jars or cups for a fully customizable meal.

Ingredients

Fish

2 pounds cod, mahi mahi, halibut or other white fish (defrosted if using from frozen)
½ lime, juiced (about 1 tablespoon)
2 tablespoons olive oil, plus some for misting
1 teaspoon chili powder
1 teaspoon ground cumin
¾ teaspoon garlic powder
½ teaspoon kosher salt
½ teaspoon paprika

Salad

2 cups bagged spring salad mix
2 cups pre-shredded red, purple and/or green cabbage
½ cup cilantro, chopped
1 cup radishes, thinly sliced
2 Roma tomatoes, diced
2 avocados, diced
1 lime, cut into wedges
1 cup tortilla chips, broken or crushed
Sliced pickled jalapenos and/or sliced pickled onions (optional)
Cotija, feta or shredded cheddar cheese (optional)

Dressing

½ cup plain Greek yogurt (sour cream also works well)
¼ cup mayonnaise
1 lime, juiced (about 2 tablespoons)
1 teaspoon garlic powder
1 teaspoon ground cumin
1 teaspoon hot sauce
½ teaspoon kosher salt
½ teaspoon freshly ground black pepper

Instructions Continued On Next Page

Instructions

Preheat air fryer to 400°F for 5 minutes.

Place fish in a large bowl or sealable bag. Squeeze lime juice and pour olive oil into bag over fish. Then add chili powder, cumin, garlic powder, salt and paprika. Massage fish until well coated with oil and seasoning.

Once air fryer is preheated, place fish in air fryer basket. Spray top of fish with olive oil and cook at 400°F for 10 minutes, or until fish is cooked through and flakes easily. Then cut cooked fish into bite-sized pieces.

While fish is cooking, prepare salad. Combine spring mix, cabbage and cilantro in a large bowl. Top with radishes, tomatoes and avocados. Toss well with any other desired toppings (such as pickled jalapenos, pickled onions or cheese).

Next, prepare salad dressing by combining all dressing ingredients in a separate bowl and whisk until well combined.

Divide salad between bowls, jars or large cups. Top with cooked fish and crushed tortilla chips. Drizzle with salad dressing. Enjoy immediately.

*If cooking fish in the oven: Preheat oven to 400°F. Prepare fish the same as in Step 2. Then, place fish on baking sheet covered with aluminum foil. Bake at 400°F for 12-15 minutes or until cooked through and flakes easily with a fork. Follow all other steps above.

Recommended Equipment: air fryer or oven, large bowl or baggie for fish, large bowl for salad, medium bowl for dressing, whisk, baking sheet if cooking fish in oven, fork, cutting board, knife



Air Fryer Lobster Burgers

Prep time: 15 minutes; Chill time: 5 minutes; Cook time: ~15 minutes; Total time: 35 minutes

Serves 4

Lobster lovers, this one's for you! These Air Fryer Lobster Burgers prove that elevated ingredients can be deliciously simple. With tender lobster, gooey cheese and a show-stopping lemon butter aioli—each bite brings pure seafood luxury to your table. No flipping, no monitoring, no weather considerations—simply form your patties, give them a quick chill in the fridge to firm up (5 minutes!) and then let the air fryer do its thing!

Ingredients – Lobster Burgers

1 pound raw (fresh or thawed) lobster meat, chopped
(if using meat from lobster tails, remove meat from about 4 tails)
2 eggs, lightly whisked
¼ cup panko breadcrumbs (regular or gluten-free)
¼ cup gruyere or parmesan cheese, shredded
1 Tablespoon fresh parsley, chopped
1 teaspoon Dijon mustard
1 teaspoon lemon zest
¼ teaspoon cayenne pepper
½ teaspoon kosher salt
1 teaspoon freshly ground black pepper
1 teaspoon olive oil
4 Brioche or potato hamburger buns (regular or gluten-free), lightly toasted



Ingredients – Lemon Butter Aioli

1 Tablespoon butter, melted and cooled
½ cup mayonnaise (we like olive oil or avocado mayo)
2 cloves garlic, minced
1 Tablespoon freshly squeezed lemon juice (jarred lemon juice also works well)
1 Tablespoon sweet chili sauce
½ teaspoon lemon zest
¼ teaspoon kosher salt
½ teaspoon freshly ground black pepper

Instructions

Mix until well combined and then shape into 4 burger patties. Cover and place in fridge for at least 5 minutes, while air fryer preheats.

Preheat air fryer to 390°F for 3 minutes.

When air fryer has finished preheating, lightly oil air fryer basket. Place burgers in basket. Spray or drizzle olive oil evenly on top of burgers. Cook for 8-12 minutes at 390°F or until burgers are cooked thoroughly, appear golden and have an internal temperature of 145°F

While burgers are cooking, prepare lemon butter aioli by combining all ingredients in small mixing bowl. Mix well with a clean whisk, cover, and place in refrigerator until ready to use.

Spread aioli on top and bottom of lightly toasted buns, top with a burger patty and enjoy!

Equipment needed: air fryer, medium mixing bowl, small mixing bowl, whisk, fork

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 Next Page

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 ¼ 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 Next Page

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 3/4-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

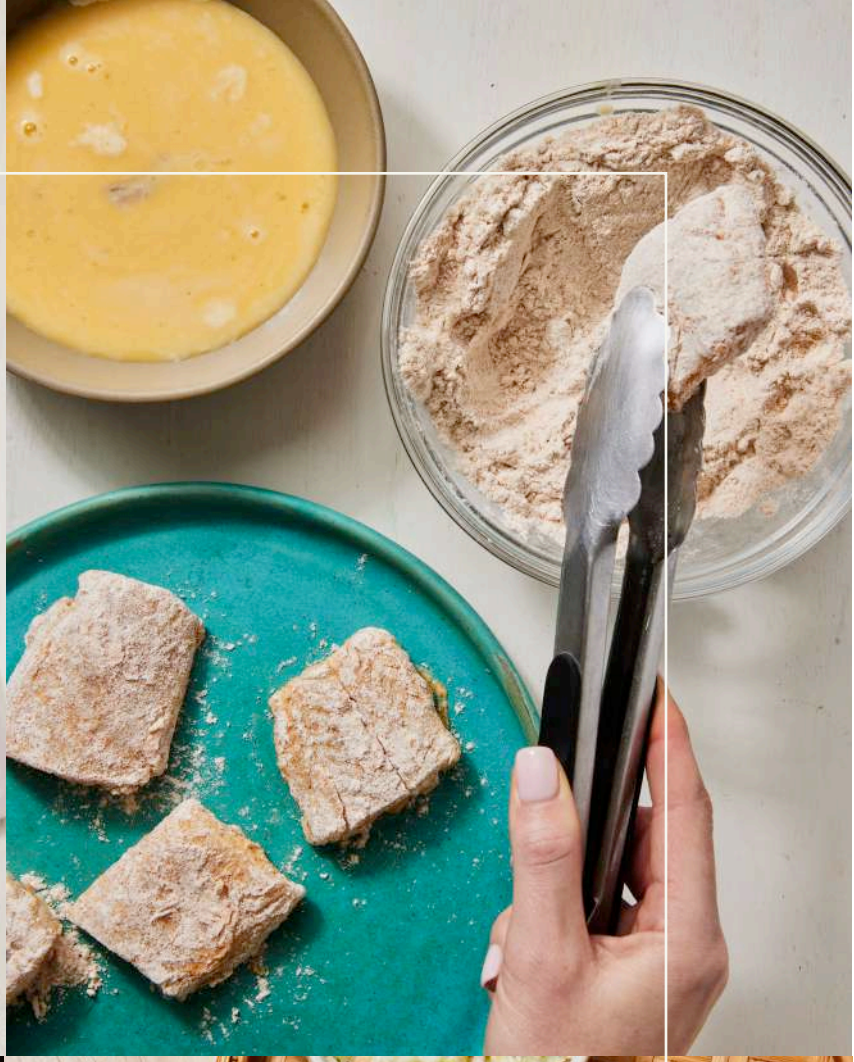
Spray Air Fryer basket, place back in fryer and preheat to 400°F for 5 minutes. Make beer batter by mixing ½ cup flour, corn starch, baking soda, egg and beer in a mixing bowl; cover and place in fridge for 10 minutes. Pat pollock with paper towel, set on plate and set aside.

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 lobstah! 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

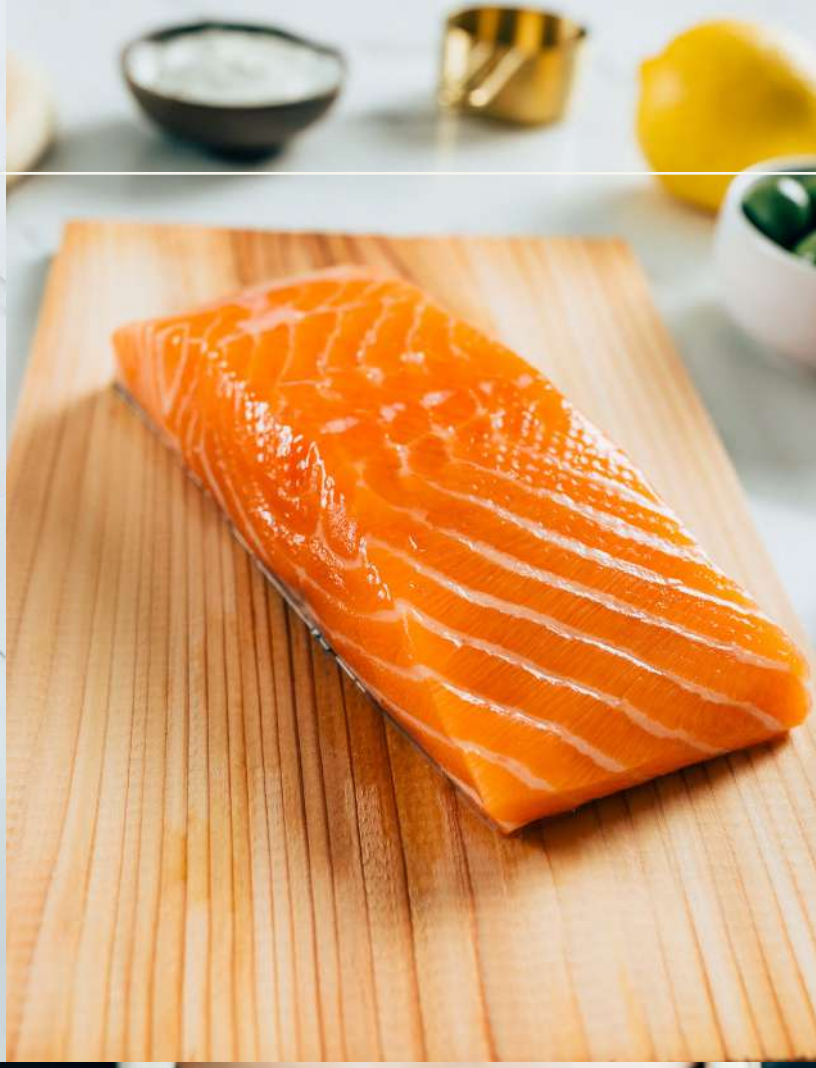
In a medium bowl, mix together lobster with ½ cup salad dressing. Set aside.

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)

PRO TIP:

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



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.





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
¾ cup panko crumbs, divided
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon Old Bay seasoning
¼ teaspoon cayenne pepper
½ teaspoon salt
½ teaspoon black pepper
1 small red bell pepper, chopped
½ cup corn meal
Olive oil for spraying patties
Hoagie rolls or brioche buns, lettuce and/or tomato slices, for serving

Remoulade Sauce

¼ cup olive oil or light mayonnaise
¼ cup low-fat plain yogurt
1 Tablespoon grainy Dijon mustard
½ Tablespoon lemon juice
¼ 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 2/3 of the shrimp, garlic, ½ 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 ⅓ shrimp and pulse lightly so that larger pieces of shrimp are incorporated into the mixture. Form shrimp mixture into 6 (approximately ¾") 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










CAUTION: DO NOT BLOCK VENTS
NINJA









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.





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!

NEW!

Marry Me Salmon

Total time: 30 minutes

Makes 4 servings

Prepare to fall head over heels. This swoon-worthy salmon simmers in a velvety sun-dried tomato sauce that begs to be paired up with pasta, a side salad and a hunk of crusty bread. Omega-3-rich salmon plus unforgettable flavor equals true dinner devotion.

Ingredients

4 salmon fillets, preferably with skin on
3 tablespoons olive oil, divided
2 teaspoons Italian seasoning
½ teaspoon kosher salt
½ teaspoon freshly ground black pepper
3 cloves garlic, minced
1 teaspoon dried oregano
½ teaspoon crushed red pepper flakes
2 tablespoons flour (can use gluten-free or all-purpose)
2 tablespoons tomato paste
1 cup chicken broth or clam juice
½ cup heavy cream
½ cup sundried tomatoes, drained
1 teaspoon lemon zest (zest from about ¼ of lemon)
Fresh basil leaves, torn
Parmesan cheese, freshly grated (for garnish)

Instructions

Lightly sprinkle salt and pepper on salmon fillets.

Heat 1 tablespoon olive oil in skillet over medium-high heat. Add salmon, skin side down, to skillet and cook about 7 to 8 minutes, until skin is crisped and browned and flesh is opaque about ¾ of the way up. Transfer to a plate and set aside while making sauce. (The fish will finish cooking in the sauce.)

Reduce the heat to medium-low and add the remaining 2 tablespoons olive oil, Italian seasoning, salt, pepper, garlic, oregano and crushed red pepper to the skillet. Stir until garlic is fragrant and starting to brown. Add the flour and stir until a paste forms.

Turn heat to medium, then add tomato paste and broth or clam juice and cook for 3 minutes, stirring frequently with a whisk until tomato paste is mixed in well.

Reduce heat to low, then add heavy cream, sundried tomatoes and lemon zest. Whisk well to combine and simmer for about 3 minutes.

Turn heat to medium-low and return salmon to skillet and place on top of sauce. Continue to cook for 10 minutes, or until salmon is cooked through.

Garnish with fresh basil leaves, more lemon zest and Parmesan cheese, if desired. Serve with pasta, rice or side salad.

Equipment needed: Skillet, cutting board, knife, whisk, plate, spoon to stir

NEW!

Spicy Calamari Pasta

Total time: 25 minutes

Makes 4 servings

Consider this your official invitation to cook calamari at home! Garlic, lemon zest and red chili paste build serious flavor fast, and a splash of starchy pasta water transforms it all into a silky sauce that clings to every noodle. Fact: Only twenty-five minutes stand between you and your new favorite pasta night.

Ingredients

12 ounces dried pappardelle or spaghetti
3 tablespoons olive oil, divided
4 cloves garlic, minced
2 lemons, zested and juiced (should equal ¼ cup of lemon juice)
8 calamari tubes, cleaned, thinly sliced crossways OR 1 pound cleaned squid, sliced ¼ inch thick, tentacles left whole
1 tablespoon red chili paste or 1 teaspoon crushed red pepper flakes, plus extra for garnish
1 teaspoon kosher salt
½ teaspoon, freshly ground black pepper
1 cup fresh basil, sliced thinly (for garnish)
Parmesan cheese, grated (for garnish)

Instructions

Cook pasta according to directions. Reserving ¾ cup pasta water when draining cooked pasta.

Heat 2 tablespoons olive oil in large skillet over medium-high heat. Cook lemon zest and garlic, stirring until fragrant, about 30 seconds. Add half of lemon juice and cook, stirring often, until reduced slightly, about 1 minute.

Add squid or calamari to olive oil, until partially cooked, about 2 minutes. Squid should look opaque and white, 2 to 3 minutes. (Squid cooks quickly, so ensure not to overcook.)

Add chili paste, ½ cup pasta water, 1 tablespoon olive oil and remaining lemon juice. Season with salt and freshly ground black pepper. Cook, tossing often and adding more pasta water a little at a time as needed.

Remove from heat, stir in torn basil and Parmesan cheese, if using. Garnish with a little drizzle of chili paste or sprinkle of red pepper flakes, if desired.

Equipment needed: Skillet, cutting board, knife, pot, colander, whisk, plate, spoon to stir





NEW!

Sheet Pan Scallops & Vegetables with Maple-Bacon Butter

Total time: 30 minutes

Makes 4 servings

Maple syrup, crispy bacon, buttery scallops— yes, all in one easy recipe! Lean, protein-packed scallops share a pan with fiber-rich roasted vegetables under a sweet-and-savory sauce spiked with lime and cayenne. Kids devour their veggies and parents feel like they're on date night? Talk about a weeknight win!

Ingredients

1 pound large sea scallops, fresh or thawed
1 large sweet potato (about 1 pound), peeled and cut into 1-inch cubes
1 small crown broccoli, cut into small florets
1 red bell pepper, seeded and cut into 1-inch cubes
2 tablespoons olive oil, divided
1 teaspoon kosher salt, divided
½ teaspoon freshly ground black pepper
4 slices bacon
3 tablespoons unsalted butter
1 tablespoon maple syrup
1 tablespoon lime juice
½ teaspoon cayenne pepper
¼ cup fresh parsley, chopped

Instructions

Preheat oven to 425°F. Line baking pan with aluminum foil.

Place sweet potatoes, broccoli and red peppers on baking sheet. Drizzle with 2 tablespoons of olive oil, ½ teaspoon salt and ½ teaspoon black pepper. Stir with a spatula to combine well. Cook for 10 minutes, stirring with a spatula halfway through.

While vegetables are cooking, prepare the maple-bacon butter sauce. In a small skillet, heat 1 tablespoon olive oil over medium heat. Add bacon to skillet and cook for 4 to 5 minutes. Remove bacon and set on a plate; drain fat from skillet. Chop bacon once cooled.

Return skillet to stove, and combine remaining 1 tablespoon olive oil, butter, maple syrup, lime juice and cayenne pepper. Heat over medium heat until starting to boil, then turn off heat and stir. Set aside.

When vegetables are starting to turn golden, remove vegetables from oven and move to one end of sheet pan. Add scallops to other end of sheet pan. Sprinkle with chopped bacon and drizzle sauce on top of scallops and vegetables.

Return pan to oven. Lower oven temperature to 350°F. Cook for about 10 minutes, or until scallops are cooked through.

Garnish with fresh parsley and serve hot.

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.





Sheet Pan Tuna Steaks with Vegetables

Prep time: 15 minutes; Cook time: 30 minutes; Total time: 45 minutes

Serves 4

There are many reasons why we love one pan recipes and this dish is one of them. Herb-marinated tuna, juicy roasted potatoes and tender asparagus all cook together to create a complete, nourishing meal—with minimal cleanup. Dinner doesn't get much easier (or tastier) than this!

Ingredients

4 (4-ounce) tuna steaks, about ¾-inch thick
6 Tablespoons olive oil, divided
2 lemons
1 teaspoon garlic powder, divided
1 teaspoon dried oregano, divided
1 teaspoon dried basil, divided
1 teaspoon dried rosemary, divided
½ teaspoon kosher salt, divided
½ teaspoon freshly ground black pepper, divided
¼ teaspoon crushed red pepper
1 pound baby red potatoes, halved
1 pound asparagus, woody ends cut off
3 garlic cloves, minced
2 Tablespoons freshly shaved parmesan for garnish (optional)

Instructions

Preheat oven to 450°F. Place aluminum foil or parchment paper on baking sheet and mist with olive oil or nonstick spray; set aside.

Thinly slice one lemon; set aside. Zest and juice other lemon (about 2 teaspoons lemon juice).

In a large ziploc bag, combine 3 Tablespoons olive oil, lemon juice, lemon zest and ½ teaspoon each of garlic powder, oregano, basil and rosemary; squeeze bag to mix. Add tuna steaks and ¼ teaspoon each of salt, pepper and crushed red pepper. Seal bag and massage outside of bag to coat tuna steaks with oil-herb mixture. Let marinate in fridge while preparing vegetables.

Combine potatoes, remaining olive oil and remaining garlic powder, oregano, basil, rosemary, salt and pepper; mix to coat potatoes well. Using a large slotted spoon or tongs, remove potatoes from bowl and place on one end of baking sheet. Keep any leftover oil-herb mixture in bowl; set aside. Bake potatoes for 15 minutes or until tender.

Remove pan from oven and flip potatoes using spatula or tongs. Lay asparagus spears next to potatoes on baking sheet and drizzle with remaining oil-herb mixture from potato bowl. Place tuna steaks on other half of baking sheet. Sprinkle minced garlic on top of potatoes, tuna and asparagus. Place lemon slices on the tuna and vegetables.

Return pan to oven, cook for 6 minutes, then flip tuna and asparagus. Return pan to oven, cook for an additional 6 minutes or until tuna is cooked through. Sprinkle freshly shaved parmesan, if desired, on top of vegetables and enjoy immediately.

Equipment needed: baking sheet, foil or parchment, gallon bag, large mixing bowl, slotted spoon or tongs, cutting board, knife

Instant Pot Fish Tortilla Soup

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

Serves 6

Busy schedules call for this incredibly delicious Fish Tortilla Soup—that practically makes itself! Your Instant Pot does all the heavy lifting while you gather your favorite toppings. With protein-packed fish, fiber-packed beans and vibrant vegetables, it delivers the comfort flavor you crave in half an hour.

Ingredients

1 Tablespoon olive oil
1 medium sweet onion, diced
1 large carrot, peeled and diced
1 celery stalk, diced
1 serrano chili, diced
4 cloves garlic, minced
2 teaspoons cumin
2 teaspoons chili powder
1 teaspoon dried oregano
1 teaspoon kosher salt
1 teaspoon black pepper
1 (28-ounce) can fire-roasted diced tomatoes, undrained
3 cups of chicken broth (fish or vegetable broth work well, too)
1 cup water
1 (14-ounce) can black beans, rinsed
2 bay leaves
½ lime, juiced, plus lime wedges for garnish
2 pounds white fish (such as tilapia, Alaska pollock, cod or other favorite fishspecies), cut into bite-sized chunks
1 cup plain Greek yogurt or sour cream (optional, for a creamier tortilla soup)
Tortilla strips or crumbled tortilla chips

Instructions

Add olive oil to Instant Pot and turn on Sauté function. Add onion and sauté for 3 minutes, stirring often. Add carrots, celery and serrano pepper; sauté for another 3 minutes or until vegetables are softened. Add garlic and seasonings (cumin, chili powder, oregano, salt and pepper); sauté for 1 additional minute, stirring often. Turn off sauté function.

Add diced tomatoes, broth, water, bay leaves and beans; stir well. Stir to incorporate. Put the lid on the Instant Pot and cook on high pressure for 5 minutes.

When Instant Pot reaches 5 minutes, turn vent carefully to quick release. While wearing gloves and taking care to avoid the steam, remove the lid.

Turn on Sauté function again and add fish; cook for 5 minutes or until fish is cooked through. Add lime juice, stir well. If you prefer a creamier tortilla soup, add yogurt and stir well.

Ladle into bowls and top with tortilla strips and other desired garnishes.

Equipment needed: Instant Pot, cutting board, knife, toaster or oven, baking sheet for toaster or oven, kitchen mitts, spatula, ladle





Roasted Chilean Sea Bass with Ginger Citrus Soy Sauce

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

Serves 4

A gentle roast in the oven is all this Chilean Sea Bass needs to preserve its buttery taste while infusing the fish with our zesty ginger citrus sauce while it steams. Serve your final creation with brown or cauliflower rice and some simply prepared vegetables for a complete meal that will give your taste buds the VIP treatment they deserve!

Ingredients

2 medium oranges
1 lime
1½ Tablespoons fresh ginger, peeled and minced
1 Tablespoon soy sauce
1 Tablespoon ponzu sauce
2 teaspoons olive oil, divided
2 garlic cloves, minced
½ teaspoon salt, divided
½ teaspoon freshly ground black pepper, divided
¼ teaspoon garlic powder
¼ teaspoon cayenne pepper
2 pounds Chilean sea bass (about 1½- to 1¾-inch thickness)
Chopped cilantro for garnish (optional)

Instructions

Preheat oven to 425°F. Spray bottom and sides of 13x9-inch baking dish with nonstick spray or olive oil; set aside.

Zest and juice 1½ oranges, slice the remaining orange half into thin slices. Zest and juice lime.

In a small mixing bowl, combine zest and juice from oranges, zest and juice from lime, ginger, soy sauce, ponzu sauce, 1 teaspoon olive oil, garlic cloves, ¼ teaspoon each salt and pepper, garlic powder and cayenne pepper. Mix until well-combined. Take out about 2 Tablespoons of the sauce and set aside.

Pour about half of the remaining mixture into prepared baking dish. Place fish on top of mixture in baking dish, skin side down and sprinkle remaining ¼ teaspoon salt and pepper on top of fish.

Place orange slices around fish and pour remaining half of citrus-soy mixture (except for the 2 Tablespoons set aside) over top of fish. Cover loosely with aluminum foil. Cook fish for about 20 minutes. Remove foil and continue to cook, uncovered, for about 5-10 more minutes, or until fish is cooked through and flakes easily.

Remove fish from oven, let rest for about 5 minutes. Drizzle on remaining sauce and add chopped cilantro for garnish (optional). Serve alongside rice and/or cooked vegetables.

Equipment needed: baking sheet, small mixing bowl, small bowl, aluminum foil, knife, cutting board



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

Instructions

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

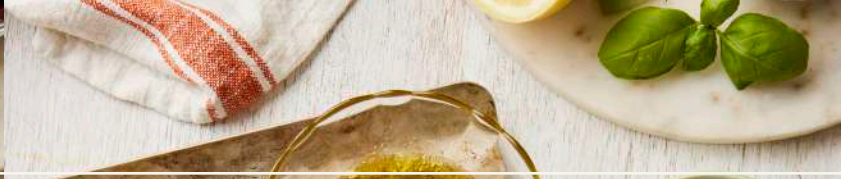
Set Instant Pot to sauté; add ghee. Once ghee has melted, add onion, cauliflower, carrots, garlic, ginger and spices (garam masala through garlic powder). Stirring often, cook until onion is tender and spices are fragrant, about 5 minutes. Turn off sauté function. Add broth to Instant Pot; scrape bottom 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
1½ 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 Brussles 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 or 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 fraiche 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 fraiche 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
⅓ cup + 1 Tablespoon extra-virgin olive oil, divided
2 cups tightly packed baby arugula
1 cup tightly packed fresh basil
½ cup walnut halves or pieces
¼ cup pumpkin seeds
¼ 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 ⅓ 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, ⅓ 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
1½ 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 1½ 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.

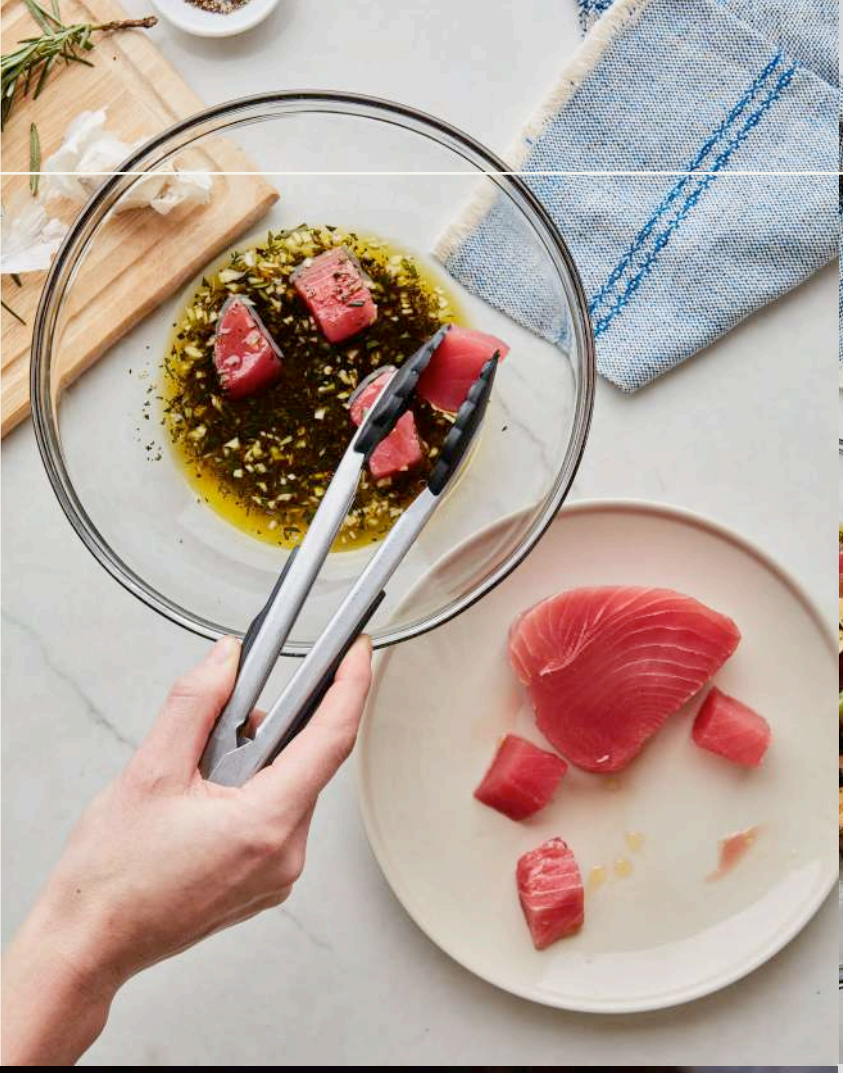
While tuna is marinating, wash and prepare veggies. Halve and remove seeds from bell peppers and cut into large chunks. Cut red onion into large chunks. Cut mushrooms in half.

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.

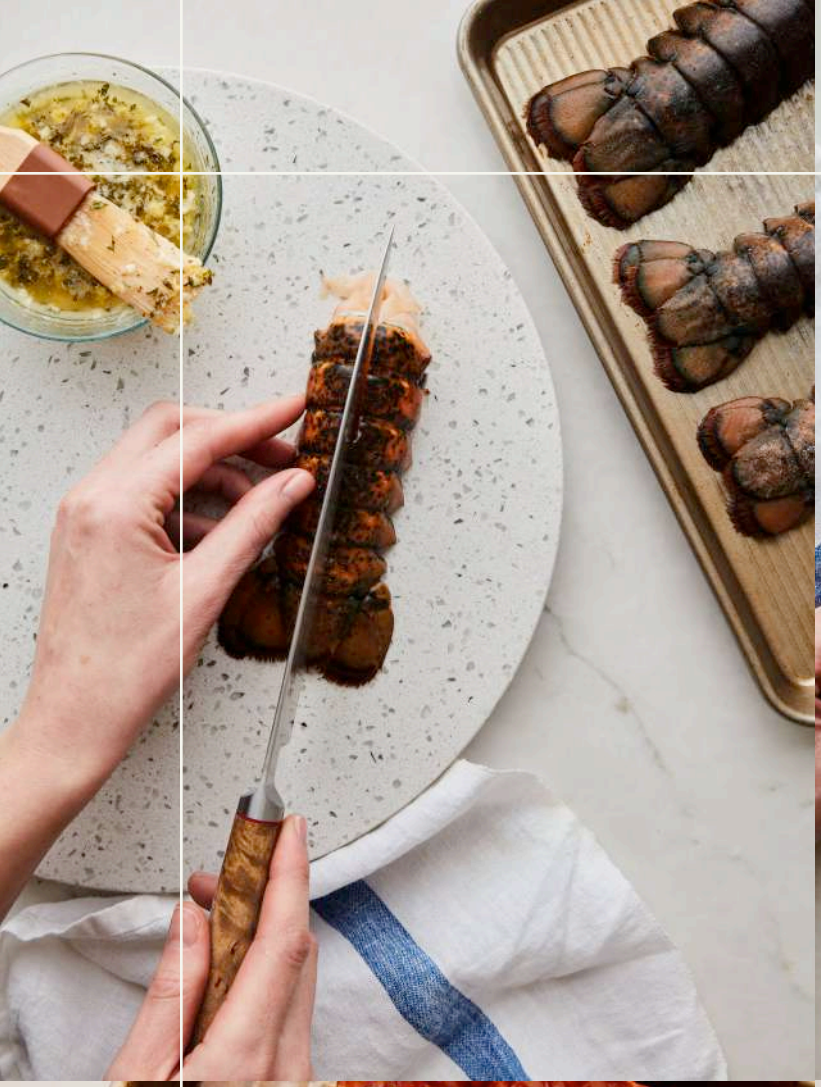
Serve with prepared whole wheat couscous or other whole grain and a lemon wedge.

















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

⅓ cup honey
¼ cup reduced-sodium soy sauce
½ 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 ½ 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

1¼ 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.



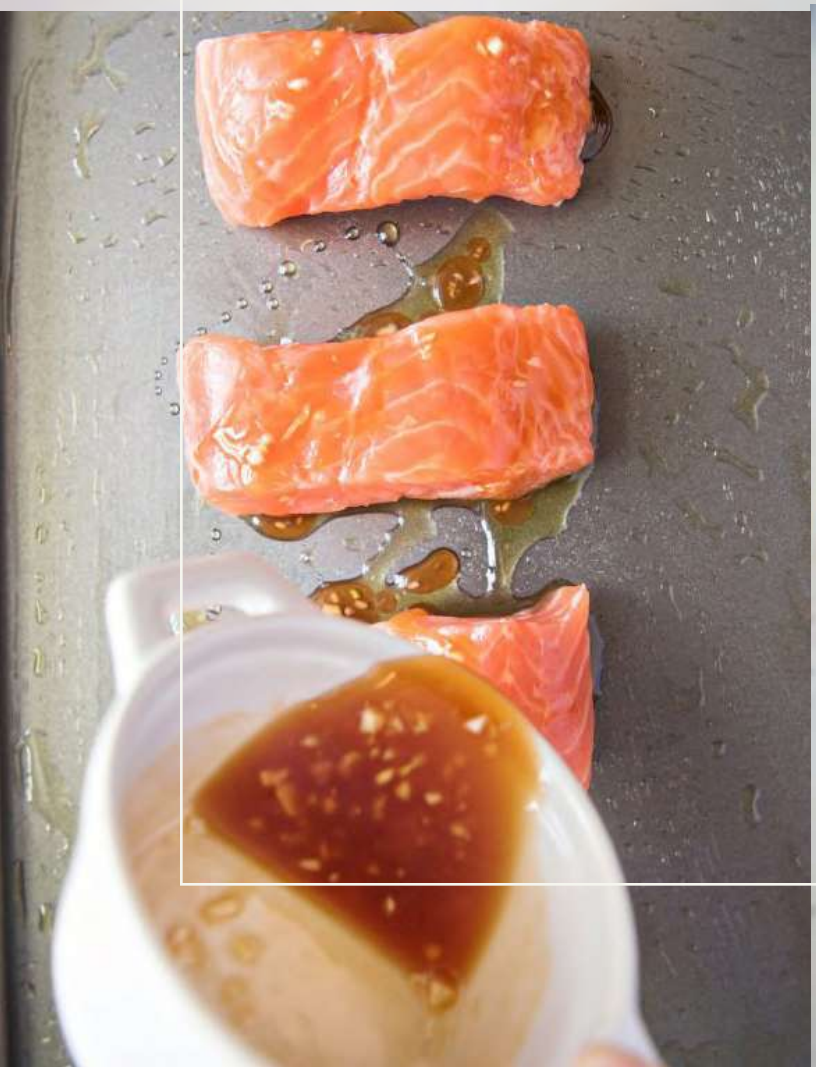














Spicy Sheet-Pan Salmon

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).


DO NOT BLOCK VENTS
NE PAS BLOQUEZ PAS LA VENTILATION
NINJA


NINJA
TEMP
400
TIME
AIR FRY
ROAST
REHEAT
DEHYDRATE
START/PAUSE





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 fettucine 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
⅓ cup white wine
2 cups heavy whipping cream
⅓ 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 ⅓ 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 than 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 ½ 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 reaalllyyy 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 of the week.

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
¼ 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 an easy 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
- Mediterranean Tuna Shakshuka 9
- Sardine Croquettes 43
- Crab Leg Flight – Crab Legs 4 Ways + Sauces
- Shrimp, Corn and Avocado Salad 104
- Air Fried Fish Walking Tacos 134
- Air Fryer Tuna Quesadillas 133
- Marry Me Salmon 171
- Spicy Calamari Pasta 172
- Sheet Pan Scallops & Vegetables with Maple-Bacon Butter 175
- Grab n' Go Mediterranean Salmon Frittata Cups 10
- Sourdough Crab Melts 51
- Seacuterie Board 52
- Baked Salmon Sushi Cups 56
- Spicy Surimi Kani Salad 107
- Everything Lox Omelet 38
- Upside Down Salmon & Cream Cheese Puff Pastry 16
- Sardine Toasts 59
- Spicy Clam Dip 60
- 7-Layer Tuna Pasta Salad 109
- Korean Shrimp & Ramen Bowl 110
- Hot 'n' Crunchy Fish Sandwich 138
- Grilled Salmon Tacos with Avocado-Lime Salsa 128
- Salmon Smash Burgers with Sriracha Mayo 140
- Crab & Sweet Potato Cauliflower Gnocchi 185
- Instant Pot Cod Tikka Masala 186
- Skinny Baked Popcorn Shrimp 100
- Shrimp Fried Rice 242
- Kale Caesar with Shrimp or Salmon 114
- Easy Crab Nachos 63
- Simple Shrimp & Avocado Toast 21
- Breakfast Pizza with Smoked Salmon 22
- Spicy Tuna on Crispy Rice Roll 65
- Crostini with Blackened Tilapia Watermelon Salsa 66
- Instant Pot Curried Mussels 69
- Lobster Salad with Summer Fruit 113
- Seared Ahi Tuna on Asian Slaw 147
- Salmon Sushi Bowl 127
- Mediterranean Tuna Pizza 189
- Air Fryer Maple-Glazed Salmon with Brussels Sprouts 194
- Grilled Halibut with Walnut Pesto 200
- Instant Pot Pasta with Red Clams Sauce 203
- Easy Egg & Crab Muffins 40
- Avocado-Crab Benny 30
- Salmon-Stuffed Avocado Boats 37
- Cast-Iron Smoked Salmon Hash 29
- Baked Spinach Artichoke Shrimp Dip 101
- Shrimp Scampi Skewers 252
- Coconut Shrimp 95
- Air Fryer Tempura Shrimp 75
- Smoked Salmon Deviled Eggs 77
- Smoked Salmon Dip 78
- Air Fryer Calamari with Chipotle Dipping Sauce 80
- Smoked Trout Dip 83
- Char-Grilled Honey Parmesan Oysters 84
- Tuna Croquettes with Lemon-Caper Sauce 86
- Crab Salad 120
- Seared Scallop Salad with Blueberries 122
- Cheesy Pimento Tuna Melt 167
- Grilled Shrimp Tacos 156
- Air Fryer Thai Coconut Shrimp 48
- Shrimp & Pesto Naan Pizza 251
- Simple Salmon Sliders 168
- Grilled Mediterranean Cedar Plank Salmon Gyros 155
- Quinoa Salmon Bowl with Tzatziki Sauce 128
- Pasta Salmon Bowl with Balsamic Drizzle 131
- Lemon-Pepper Salmon Burgers 159
- Grilled Cod & Avocado Tacos 160
- Garlicky Shrimp Scampi 244
- Honey Garlic Shrimp Skewers 214
- Grilled Shrimp & Pasta with Lemon-Garlic Sauce 218
- Tilapia with Black Bean & Mango Salsa 221
- Lemon Tilapia Piccata 222
- Spicy Sheet-Pan Salmon 225

30-Minutes or Less Continued
Easy Air Fryer Salmon 226
One-Pan Mediterranean Salmon 240
Wild Alaska Pollock en Papillote with Chimichurri Sauce 228
Mussels with White Wine Sauce 90
Grilled Whole Sardines with Charred Rosemary Vinaigrette 82
Tuna Puttanesca 230
Mediterranean Tuna & Pasta 232
Air Fryer
Air Fried Fish Walking Tacos 134
Air Fryer Tuna Quesadillas 133
Air Fryer Lobster Burgers 136
Hot 'n' Crunchy Fish Sandwich 138
Air Fryer Mac 'n' Cheese Tuna Bites 72
Air Fryer Beer-Battered Fish 'n' Chips 148
Air Fryer Shrimp Po' Boy Burger with Remoulade Sauce 164
Easy Air Fryer Fish Sticks 151
Air Fryer Maple-Glazed Salmon with Brussels Sprouts 194
Air Fryer Tempura Shrimp 75
Air Fryer Calamari with Chipotle Dipping Sauce 80
Air Fryer Thai Coconut Shrimp 48
Easy Air Fryer Salmon 226
Appetizers
Sardine Croquettes 43
Crab Leg Flight – Crab Legs 4 Ways + Sauces 45
Air Fryer Thai Coconut Shrimp 48
Sourdough Crab Melts 51
Seacuterie Board 52
Ceviche-Style Bloody Mary Shrimp Cocktail 55
Baked Salmon Sushi Cups 56
Grilled Whole Sardines with Charred Rosemary Vinaigrette 92
Mussels with White Wine Sauce 90
Gluten-Free Crab Cakes 89
Caribbean Shrimp with Tropical Fruit 96
Sardine Toasts 59
Spicy Clam Dip 60
Skinny Baked Popcorn Shrimp 100
Easy Crab Nachos 63
Spicy Tuna on Crispy Rice Roll 65
Crostini with Blackened Tilapia Watermelon Salsa 66
Instant Pot Curried Mussels 69
Vietnamese Shrimp Spring Rolls 71
Air Fryer Mac 'n' Cheese Tuna Bites 62
Baked Spinach Artichoke Shrimp Dip 101
Coconut Shrimp 95
Air Fryer Tempura Shrimp 75
Crab Empanadas with Mango Salsa 98
Smoked Salmon Deviled Eggs 77
Smoked Salmon Dip 78
Air Fryer Calamari with Chipotle Dipping Sauce 80
Smoked Trout Dip 83
Char-Grilled Honey Parmesan Oysters 84
Tuna Croquettes with Lemon-Caper Sauce 86
Bowls
Korean Shrimp & Ramen Bowl 110
Turmeric Smoked Salmon Breakfast Bowl 25
Salmon Sushi Bowl 127
Quinoa Salmon Bowl with Tzatziki Sauce 128
Pasta Salmon Bowl with Balsamic Drizzle 131
Breakfast
Mediterranean Tuna Shakshuka 9
Grab n' Go Mediterranean Salmon Frittata Cups 10
Everything Lox Omelet 38
Gluten-Free Lobster & Asparagus Crepes with Champagne Sauce 13
Upside Down Salmon & Cream Cheese Puff Pastry 16
Everything Salmon & Egg Breakfast Hand Pies 18
Simple Shrimp & Avocado Toast 21
Breakfast Pizza with Smoked Salmon 22
Turmeric Smoked Salmon Breakfast Bowl 25
Shrimp & Egg Breakfast Burritos 26
Easy Egg & Crab Muffins 40
Avocado-Crab Benny 30
Crab Frittata Squares 33
Cheesy Shrimp Breakfast Casserole 34
Salmon-Stuffed Avocado Boats 37
Cast-Iron Smoked Salmon Hash 29
Burgers
Air Fryer Lobster Burgers 136

Burgers Continued
Salmon Smash Burgers with Sriracha Mayo 140
Air Fryer Shrimp Po' Boy Burger with Remoulade Sauce 164
Simple Salmon Sliders 168
Lemon-Pepper Salmon Burgers 159
Brunch
Mediterranean Tuna Shakshuka 9
Grab n' Go Mediterranean Salmon Frittata Cups 10
Everything Lox Omelet 38
Gluten-Free Lobster & Asparagus Crepes with Champagne Sauce 13
Upside Down Salmon & Cream Cheese Puff Pastry 16
Everything Salmon & Egg Breakfast Hand Pies 18
Simple Shrimp & Avocado Toast 21
Breakfast Pizza with Smoked Salmon 22
Turmeric Smoked Salmon Breakfast Bowl 25
Shrimp & Egg Breakfast Burritos 26
Easy Egg & Crab Muffins 40
Avocado-Crab Benny 30
Crab Frittata Squares 33
Cheesy Shrimp Breakfast Casserole 34
Salmon-Stuffed Avocado Boats 37
Char-Grilled Honey Parmesan Oysters 84
Cast-Iron Smoked Salmon Hash 29
Casseroles
Creamy Crab & Kale Lasagna 204
Cheesy Shrimp Breakfast Casserole 34
Calamari
Spicy Calamari Pasta 172
Air Fryer Calamari with Chipotle Dipping Sauce 80
Crab
Crab Leg Flight – Crab Legs 4 Ways + Sauces 45
Sourdough Crab Melts 51
Crab & Sweet Potato Cauliflower Gnocchi 185
Easy Crab Nachos 63
Creamy Crab & Kale Lasagna 204
Easy Egg & Crab Muffins 40
Avocado-Crab Benny 30
Crab Frittata Squares 33
Crab Empanadas with Mango Salsa 98
Crab Salad 120
Gluten-Free Acorn Squash & Crab 162
Instant Pot Crab Mac 'n' Cheese 176
Gluten-Free Crab Cakes 89
Clams
Simple and Savory Cioppino 103
Spicy Clam Dip 60
Triple Seafood Boil 196
Instant Pot Pasta with Red Clams Sauce 203
Creamy Clam Chowder 118
Seafood Paella 235
Cod
Instant Pot Cod Tikka Masala 186
Air Fryer Beer-Battered Fish 'n' Chips 148
Easy Air Fryer Fish Sticks 151
Baja-Style Street Fish Tacos 143
Sheet Pan Cod & Vegetables with Smashed Tomatoes & Feta 190
Mini Seafood Pot Pies 193
Cod & Corn Chowder 117
Grilled Cod & Avocado Tacos 160
Crustaceans
Crab Leg Flight – Crab Legs 4 Ways + Sauces 45
Simple and Savory Cioppino 103
Shrimp, Corn and Avocado Salad 104
Sourdough Crab Melts 51
Seacuterie Board 52
Ceviche-Style Bloody Mary Shrimp Cocktail 55
Air Fryer Lobster Burgers 136
Gluten-Free Lobster & Asparagus Crepes with Champagne Sauce 13
Korean Shrimp & Ramen Bowl 110
Crab & Sweet Potato Cauliflower Gnocchi 185
Skinny Baked Popcorn Shrimp 100
Shrimp Gumbo 130
Shrimp Fried Rice 242
Easy Egg & Crab Muffins 40
Avocado-Crab Benny 30
Crab Frittata Squares 33
Cheesy Shrimp Breakfast Casserole 34
Baked Spinach Artichoke Shrimp Dip 101
Shrimp Scampi Skewers 252
Coconut Shrimp 95
Air Fryer Tempura Shrimp 75

Crustaceans Continued
Crab Empanadas with Mango Salsa 98
Crab Salad 120
Instant Pot Lobster Bisque 124
Grilled Shrimp Tacos 156
Air Fryer Thai Coconut Shrimp 48
Shrimp & Pesto Naan Pizza 251
Gluten-Free Acorn Squash and Crab 130
Instant Pot Crab Mac 'n' Cheese 176
Garlicky Shrimp Scampi 244
Honey Garlic Shrimp Skewers 214
Instant Pot Shrimp & Cheesy-Chive Grits 216
Creamy Shrimp Alfredo Pasta 239
Grilled Shrimp & Pasta with Lemon-Garlic Sauce 196
Gluten-Free Crab Cakes 89
Dinner
Marry Me Salmon 171
Spicy Calamari Pasta 172
Sheet Pan Scallops & Vegetables with Maple-Bacon Butter 175
Instant Pot Crab Mac 'n' Cheese 176
Sheet Pan Tuna Steaks with Vegetables 157
Instant Pot Fish Tortilla Soup 180
Roasted Chilean Sea Bass with Ginger Citrus Soy Sauce 183
Shrimp Scampi Skewers 252
Crab & Sweet Potato Cauliflower Gnocchi 185
Instant Pot Cod Tikka Masala 186
Shrimp Fried Rice 242
Grilled Lime Butter Salmon 243
Grilled Salmon Skewers 247
Mango Chipotle BBQ Salmon 248
Mediterranean Tuna Pizza 189
Sheet Pan Cod & Vegetables with Smashed Tomatoes & Feta 190
Mini Seafood Pot Pies 193
Air Fryer Maple-Glazed Salmon with Brussels Sprouts 194
Triple Seafood Boil 196
Mediterranean Baked Shrimp with Whipped Feta 199
Grilled Halibut with Walnut Pesto 200
Instant Pot Pasta with Red Clams Sauce 181
Creamy Crab & Kale Lasagna 204
Mustard-Glazed Salmon with Cauliflower Mash and Spinach 185
Mediterranean Tuna Skewers 208
Easy Broiled Lobster 211
Asian-Style Scallops with Vegetable Noodles 213
Garlicky Shrimp Scampi 244
Honey Garlic Shrimp Skewers 214
Instant Pot Shrimp & Cheesy-Chive Grits 216
Creamy Shrimp Alfredo Pasta 239
Grilled Shrimp & Pasta with Lemon-Garlic Sauce 218
Tilapia with Black Bean and Mango Salsa 221
Lemon Tilapia Piccata 222
Spicy Sheet-Pan Salmon 225
Easy Air Fryer Salmon 226
One-Pan Mediterranean Salmon 240
Wild Alaska Pollock en Papillote with Chimichurri Sauce 228
Tuna Puttanesca 230
Mediterranean Tuna & Pasta 232
Seafood Paella 235
Instant Pot Seafood Risotto 236
Dips
Seacuterie Board 52
Spicy Clam Dip 60
Baked Spinach Artichoke Shrimp Dip 101
Smoked Salmon Dip 78
Smoke Trout Dip 61
Fish
Mediterranean Tuna Shakshuka 9
Sardine Croquettes 43
Simple and Savory Cioppino 103
Air Fried Fish Walking Tacos 134
Air Fryer Tuna Quesadillas 133
Marry Me Salmon 171
Grab n' Go Mediterranean Salmon Frittata Cups 10
Seacuterie Board 52
Baked Salmon Sushi Cups 56
Spicy Surimi Kani Salad 107
Sheet Pan Tuna Steaks with Vegetables 157
Instant Pot Fish Tortilla Soup 180
Roasted Chilean Sea Bass with Ginger Citrus Soy Sauce 183
Everything Lox Omelet 38

Fish Continued
Upside Down Salmon & Cream Cheese Puff Pastry 16
Sardine Toasts 59
7-Layer Tuna Pasta Salad 109
Hot 'n' Crunchy Fish Sandwich 138
Grilled Salmon Tacos with Avocado-Lime Salsa 144
Salmon Smash Burgers with Sriracha Mayo 140
Instant Pot Cod Tikka Masala 186
Grilled Lime Butter Salmon 243
Grilled Salmon Skewers 247
Mango Chipotle BBQ Salmon 248
Kale Caesar with Shrimp or Salmon 114
Everything Salmon & Egg Breakfast Hand Pies 18
Breakfast Pizza with Smoked Salmon 22
Turmeric Smoked Salmon Breakfast Bowl 25
Spicy Tuna on Crispy Rice Roll 65
Crostini with Blackened Tilapia Watermelon Salsa 66
Air Fryer Mac 'n' Cheese Tuna Bites 72
Seared Ahi Tuna on Asian Slaw 147
Air Fryer Beer-Battered Fish 'n' Chips 148
Salmon Sushi Bowl 127
Easy Air Fryer Fish Sticks 151
Baja-Style Street Fish Tacos 143
Shrimp & Pesto Naan Pizza 251
Mediterranean Tuna Pizza 189
Air Fryer Maple-Glazed Salmon with Brussels Sprouts 194
Grilled Halibut with Walnut Pesto 200
Mustard-Glazed Salmon with Cauliflower Mash & Spinach 207
Mediterranean Tuna Skewers 208
Salmon-Stuffed Avocado Boats 37
Cast-Iron Smoked Salmon Hash 29
Smoked Salmon Deviled Eggs 77
Smoked Salmon Dip 78
Smoked Trout Dip 83
Tuna Croquettes with Lemon-Caper Sauce 86
Cod & Corn Chowder 117
Cheesy Pimento Tuna Melt 167
Simple Salmon Sliders 168
Grilled Mediterranean Cedar Plank Salmon Gyros 155
Quinoa Salmon Bowl with Tzatziki Sauce 128
Pasta Salmon Bowl with Balsamic Drizzle 131
Lemon-Pepper Salmon Burgers 159
Grilled Cod & Avocado Tacos 160
Tilapia with Black Bean and Mango Salsa 221
Lemon Tilapia Piccata 222
Spicy Sheet-Pan Salmon 225
Easy Air Fryer Salmon 226
One-Pan Mediterranean Salmon 240
Wild Alaska Pollock en Papillote with Chimichurri Sauce 228
Grilled Whole Sardines with Charred Rosemary Vinaigrette 92
Tuna Puttanesca 230
Mediterranean Tuna & Pasta 232
Seafood Paella 235
Gluten-Free
Mediterranean Tuna Shakshuka 9
Sardine Croquettes 43
Crab Leg Flight – Crab Legs 4 Ways + Sauces 45
Simple and Savory Cioppino 103
Shrimp, Corn and Avocado Salad 104
Air Fried Fish Walking Tacos 134
Sheet Pan Scallops & Vegetables with Maple-Bacon Butter 175
Gluten-Free Lobster & Asparagus Crepes with Champagne Sauce 13
Kale Caesar with Shrimp or Salmon 114
Turmeric Smoked Salmon Breakfast Bowl 25
Instant Pot Curried Mussels 69
Vietnamese Shrimp Spring Rolls 71
Seared Ahi Tuna on Asian Slaw 147
Salmon Sushi Bowl 127
Easy Egg & Crab Muffins 40
Cheesy Shrimp Breakfast Casserole 34
Salmon-Stuffed Avocado Boats 37
Cast-Iron Smoked Salmon Hash 29
Smoked Salmon Deviled Eggs 77
Shrimp Scampi Skewers 252
Gluten-Free Acorn Squash and Crab 130
Tilapia with Black Bean and Mango Salsa 221
Lemon Tilapia Piccata 222
Spicy Sheet-Pan Salmon 225
Easy Air Fryer Salmon 226

Gluten-Free Continued
One-Pan Mediterranean Salmon 240
Gluten-Free Crab Cakes 89
Wild Alaska Pollock en Papillote with Chimichurri Sauce 228
Grilled Whole Sardines with Charred Rosemary Vinaigrette 92
Grilled
Crab Leg Flight – Crab Legs 4 Ways + Sauces 45
Grilled Salmon Tacos with Avocado-Lime Salsa 144
Grilled Lime Butter Salmon 243
Grilled Salmon Skewers 247
Kale Caesar with Shrimp or Salmon 114
Grilled Halibut with Walnut Pesto 200
Mediterranean Tuna Skewers 208
Grilled Shrimp Tacos 156
Grilled Mediterranean Cedar-Plank Salmon Gyros 155
Grilled Cod & Avocado Tacos 160
Honey Garlic Shrimp Skewers 214
Grilled Shrimp & Pasta with Lemon-Garlic Sauce 218
Tilapia with Black Bean and Mango Salsa 221
Grilled Whole Sardines with Charred Rosemary Vinaigrette 92
Handhelds
Air Fryer Lobster Burgers 136
Hot 'n' Crunchy Fish Sandwich 138
Grilled Salmon Tacos with Avocado-Lime Salsa 144
Salmon Smash Burgers with Sriracha Mayo 140
Everything Salmon & Egg Breakfast Hand Pies 18
Shrimp and Egg Breakfast Burritos 18
Easy Lobster Reuben 152
Baja-Style Street Fish Tacos 143
Air Fryer Shrimp Po' Boy Burger with Remoulade Sauce 164
Cheesy Pimento Tuna Melt 167
Grilled Shrimp Tacos 156
Shrimp & Pesto Naan Pizza 251
Simple Salmon Sliders 168
Grilled Mediterranean Cedar Plank Salmon Gyros 155
Lemon-Pepper Salmon Burgers 159
Grilled Cod & Avocado Tacos 160
Instant Pot
Instant Pot Crab Mac 'n' Cheese 176
Instant Pot Fish Tortilla Soup 180
Instant Pot Cod Tikka Masala 186
Instant Pot Curried Mussels 69
Instant Pot Pasta with Red Clams Sauce 203
Instant Pot Lobster Bisque 124
Instant Pot Crab Mac 'n' Cheese 176
Instant Pot Shrimp & Cheesy-Chive Grits 170
Instant Pot Seafood Risotto 236
Kid Friendly
Air Fried Fish Walking Tacos 134
Air Fryer Tuna Quesadillas 133
Sheet Pan Scallops & Vegetables with Maple-Bacon Butter 175
Grab n' Go Mediterranean Salmon Frittata Cups 10
Baked Salmon Sushi Cups 56
Sourdough Crab Melts 51
Instant Pot Fish Tortilla Soup 180
Air Fryer Lobster Burgers 136
Spicy Clam Dip 60
Grilled Salmon Tacos wit Avocado-Lime Salsa 144
Salmon Smash Burgers with Sriracha Mayo 140
Hot 'n' Crunchy Fish Sandwich 138
Crab & Sweet Potato Cauliflower Gnocchi 185
Instant Pot Cod Tikka Masala 186
Skinny Baked Popcorn Shrimp 100
Shrimp Fried Rice 242
Grilled Lime Butter Salmon 243
Grilled Salmon Skewers 247
Easy Crab Nachos 63
Everything Salmon & Egg Breakfast Hand Pies 18
Shrimp and Egg Breakfast Burritos 18
Air Fryer Mac 'n' Cheese Tuna Bites 72
Air Fryer Beer-Battered Fish 'n' Chips 148
Easy Air Fryer Fish Sticks 151
Mediterranean Tuna Pizza 189
Air Fryer Shrimp Po' Boy Burger with Remoulade Sauce 164
Instant Pot Pasta with Red Clams Sauce 203
Creamy Crab & Kale Lasagna 204

Kid Friendly Continued
Easy Egg & Crab Muffins 40
Crab Frittata Squares 33
Cheesy Shrimp Breakfast Casserole 34
Salmon-Stuffed Avocado Boats 37
Shrimp Scampi Skewers 252
Coconut Shrimp 95
Air Fryer Tempura Shrimp 75
Smoked Salmon Dip 78
Air Fryer Calamari with Chipotle Dipping Sauce 80
Tuna Croquettes with Lemon-Caper Sauce 86
Cheesy Pimento Tuna Melt 167
Grilled Shrimp Tacos 156
Air Fryer Thai Coconut Shrimp 48
Shrimp & Pesto Naan Pizza 251
Simple Salmon Sliders 168
Grilled Mediterranean Cedar Plank Salmon Gyros 155
Quinoa Salmon Bowl with Tzatziki Sauce 128
Pasta Salmon Bowl with Balsamic Drizzle 131
Lemon-Pepper Salmon Burgers 159
Grilled Cod & Avocado Tacos 160
Instant Pot Crab Mac 'n' Cheese 176
Garlicky Shrimp Scampi 244
Honey Garlic Shrimp Skewers 214
Creamy Shrimp Alfredo Pasta 239
Grilled Shrimp & Pasta with Lemon-Garlic Sauce 218
Mediterranean Tuna & Pasta 232
Lobster
Air Fryer Lobster Burgers 136
Gluten-Free Lobster & Asparagus Crepes with Champagne Sauce 13
Lobster Salad with Summer Fruit 113
Easy Lobster Reuben 152
Easy Broiled Lobster 211
Instant Pot Lobster Bisque 124
Mollusks
Simple and Savory Cioppino 103
Spicy Calamari Pasta 172
Sheet Pan Scallops & Vegetables with Maple-Bacon Butter 175
Spicy Clam Dip 60
Instant Pot Curried Mussels 69
Triple Seafood Boil 196
Air Fryer Calamari with Chipotle Dipping Sauce 80
Creamy Clam Chowder 118
Seared Scallop Salad with Blueberries 122
Mussels with White Wine Sauce 90
Seafood Paella 235
Mussels
Simple and Savory Cioppino 103
Instant Pot Curried Mussels 69
Triple Seafood Boil 196
Mussels with White Wine Sauce 90
Oysters
Char-Grilled Honey Parmesan Oysters 84
One-Pan
Sheet Pan Scallops & Vegetables with Maple-Bacon Butter 175
Sheet Pan Tuna Steaks with Vegetables 157
Easy Crab Nachos 63
Sheet Pan Cod & Vegetables with Smashed Tomatoes & Feta 190
Spicy Sheet-Pan Salmon 225
One-Pan Mediterranean Salmon 240
Pasta
Spicy Calamari Pasta 172
7-Layer Tuna Pasta Salad 109
Korean Shrimp & Ramen Bowl 110
Crab & Sweet Potato Cauliflower Gnocchi 185
Instant Pot Pasta with Red Clams Sauce 203
Pasta Salmon Bowl with Balsamic Drizzle 131
Instant Pot Crab Mac 'n' Cheese 176
Garlicky Shrimp Scampi 244
Creamy Shrimp Alfredo Pasta 239
Grilled Shrimp & Pasta with Lemon-Garlic Sauce 218
Tuna Puttanesca 230
Mediterranean Tuna & Pasta 232
Pescatarian
Grab n' Go Mediterranean Salmon Frittata Cups 10
Sourdough Crab Melts 51
Seacuterie Board 52
Ceviche-Style Bloody Mary Shrimp Cocktail 55
Baked Salmon Sushi Cups 56
Spicy Surimi Kani Salad 107
Air Fryer Lobster Burgers 136

Pescatarian Continued
Sheet Pan Tuna Steaks with Vegetables 157
Roasted Chilean Sea Bass with Ginger Citrus Soy Sauce 183
Everything Lox Omelet 38
Gluten-Free Lobster & Asparagus Crepes with Champagne Sauce 13
Upside Down Salmon & Cream Cheese Puff Pastry 16
Sardine Toasts 59
7-Layer Tuna Pasta Salad 109
Korean Shrimp & Ramen Bowl 110
Hot 'n' Crunchy Fish Sandwich 138
Grilled Salmon Tacos with Avocado-Lime Salsa 144
Shrimp and Egg Breakfast Burritos 18
Spicy Tuna on Crispy Rice Roll 65
Crostini with Blackened Tilapia Watermelon Salsa 66
Instant Pot Curried Mussels 69
Vietnamese Shrimp Spring Rolls 71
Air Fryer Mac 'n' Cheese Tuna Bites 72
Lobster Salad with Summer Fruit 113
Seared Ahi Tuna on Asian Slaw 147
Air Fryer Beer-Battered Fish 'n' Chips 148
Salmon Sushi Bowl 127
Easy Air Fryer Fish Sticks 151
Easy Lobster Reuben 152
Baja-Style Street Fish Tacos 143
Mediterranean Tuna Pizza 189
Sheet Pan Cod & Vegetables with Smashed Tomatoes & Feta 190
Mini Seafood Pot Pies 193
Air Fryer Maple-Glazed Salmon with Brussels Sprouts 194
Air Fryer Shrimp Po' Boy Burger with Remoulade Sauce 164
Triple Seafood Boil 196
Mediterranean Baked Shrimp with Whipped Feta 199
Grilled Halibut with Walnut Pesto 200
Instant Pot Pasta with Red Clams Sauce 203
Mustard-Glazed Salmon with Cauliflower Mash & Spinach 207
Creamy Crab & Kale Lasagna 204
Mediterranean Tuna Skewers 208
Caribbean Shrimp with Tropical Fruit 96
Easy Broiled Lobster 211
Asian-Style Scallops with Vegetable Noodles 213
Easy Egg & Crab Muffins 40
Avocado-Crab Benny 30
Crab Frittata Squares 33
Salmon-Stuffed Avocado Boats 37
Cast-Iron Salmon Hash 19
Baked Spinach and Artichoke Shrimp Dip 79
Shrimp Scampi Skewers 252
Coconut Shrimp 95
Air Fryer Tempura Shrimp 75
Crab Empanadas with Mango Salsa 98
Smoked Salmon Deviled Eggs 77
Smoked Salmon Dip 78
Salmon Smash Burgers with Sriracha Mayo 140
Crab & Sweet Potato Cauliflower Gnocchi 185
Skinny Baked Popcorn Shrimp 100
Shrimp Fried Rice 242
Grilled Lime Butter Salmon 243
Grilled Salmon Skewers 247
Mango Chipotle BBQ Salmon 248
Kale Caesar with Shrimp or Salmon 114
Easy Crab Nachos 63
Everything Salmon & Egg Breakfast Hand Pies 18
Turmeric Smoked Salmon Breakfast Bowl 25
Breakfast Pizza with Smoked Salmon 22
Air Fryer Calamari with Chipotle Dipping Sauce 80
Smoked Trout Dip 83
Char-Grilled Honey Parmesan Oysters 84
Tuna Croquettes with Lemon-Caper Sauce 76
Creamy Clam Chowder 118
Crab Salad 120
Cod & Corn Chowder 117
Seared Scallop Salad with Blueberries 122
Instant Pot Lobster Bisque 124
Cheesy Pimento Tuna Melt 167
Grilled Shrimp Tacos 156
Air Fryer Thai Coconut Shrimp 48
Shrimp & Pesto Naan Pizza 251
Simple Salmon Sliders 168
Grilled Mediterranean Cedar Plank Salmon Gyros 155

Pescatarian Continued
Quinoa Salmon Bowl with Tzatziki Sauce 128
Pasta Salmon Bowl with Balsamic Drizzle 131
Lemon-Pepper Salmon Burgers 159
Grilled Cod & Avocado Tacos 160
Gluten-Free Acorn Squash and Crab 130
Instant Pot Crab Mac 'n' Cheese 176
Garlicky Shrimp Scampi 244
Honey Garlic Shrimp Skewers 214
Instant Pot Shrimp & Cheesy-Chive Grits 170
Creamy Shrimp Alfredo Pasta 239
Grilled Shrimp & Pasta with Lemon-Garlic Sauce 218
Tilapia with Black Bean and Mango Salsa 221
Lemon Tilapia Piccata 222
Spicy Sheet-Pan Salmon 225
Easy Air Fryer Salmon 226
One-Pan Mediterranean Salmon 240
Gluten-Free Crab Cakes 89
Wild Alaska Pollock en Papillote with Chimichurri Sauce 228
Mussels with White Wine Sauce 90
Grilled Whole Sardines with Charred Rosemary Vinaigrette 92
Tuna Puttanesca 230
Mediterranean Tuna & Pasta 232
Seafood Paella 235
Instant Pot Seafood Risotto 236
Korean Shrimp & Ramen Bowl 110
Skinny Baked Popcorn Shrimp 100
Shrimp Gumbo 130
Shrimp Fried Rice 242
Kale Caesar with Shrimp or Salmon 114
Simple Shrimp & Avocado Toast 21
Shrimp and Egg Breakfast Burritos 18
Vietnamese Shrimp Spring Rolls 71
Mini Seafood Pot Pies 193
Air Fryer Shrimp Po' Boy Burger with Remoulade Sauce 164
Triple Seafood Boil 196
Mediterranean Baked Shrimp with Whipped Feta 199
Caribbean Shrimp with Tropical Fruit 96
Cheesy Shrimp Breakfast Casserole 34
Baked Spinach Artichoke Shrimp Dip 101
Shrimp Scampi Skewers 252
Coconut Shrimp 95
Salads
Shrimp, Corn and Avocado Salad 104
Spicy Surimi Kani Salad 107
7-Layer Tuna Pasta Salad 109
Kale Caesar with Shrimp or Salmon 114
Lobster Salad with Summer Fruit 113
Crab Salad 120
Seared Scallop Salad with Blueberries 122
Salmon
Marry Me Salmon 171
Grab n' Go Mediterranean Salmon Frittata Cups 10
Baked Salmon Sushi Cups 56
Everything Lox Omelet 38
Upside Down Salmon & Cream Cheese Puff Pastry 16
Grilled Salmon Tacos with Avocado-Lime Salsa 144
Salmon Smash Burgers with Sriracha Mayo 140
Grilled Lime Butter Salmon 243
Grilled Salmon Skewers 247
Mango Chipotle BBQ Salmon 248
Kale Caesar with Shrimp or Salmon 114
Everything Salmon & Egg Breakfast Hand Pies 18
Breakfast Pizza with Smoked Salmon 22
Turmeric Smoked Salmon Breakfast Bowl 25
Salmon Sushi Bowl 127
Air Fryer Maple-Glazed Salmon with Brussels Sprouts 194
Mustard-Glazed Salmon with Cauliflower Mash & Spinach 207
Salmon-Stuffed Avocado Boats 37
Cast-Iron Smoked Salmon Hash 29
Smoked Salmon Deviled Eggs 77
Smoked Salmon Dip 78
Simple Salmon Sliders 168
Grilled Mediterranean Cedar Plank Salmon Gyros 155
Quinoa Salmon Bowl with Tzatziki Sauce 128
Pasta Salmon Bowl with Balsamic Drizzle 131
Lemon-Pepper Salmon Burgers 159
Spicy Sheet-Pan Salmon 225
Easy Air Fryer Salmon 226

Salmon Continued
One-Pan Mediterranean Salmon 240
Sardines
Sardine Croquettes 43
Sardine Toasts 59
Grilled Whole Sardines with Charred Rosemary Vinaigrette 92
Scallops
Simple and Savory Cioppino 103
Sheet Pan Scallops & Vegetables with Maple-Bacon Butter 175
Mini Seafood Pot Pies 193
Asian-Style Scallops with Vegetable Noodles 213
Seared Scallop Salad with Blueberries 122
Instant Pot Seafood Risotto 236
Seafood Supper Club
Mini Seafood Pot Pies 193
Mediterranean Tuna Pizza 189
Air Fryer Shrimp Po' Boy Burger with Remoulade Sauce 164
Breakfast Pizza with Smoked Salmon 22
Air Fryer Beer-Battered Fish 'n' Chips 148
Mediterranean Tuna Skewers 208
Avocado-Crab Benny 30
Creamy Clam Chowder 118
Seared Scallop Salad with Blueberries 122
Grilled Mediterranean Cedar Plank Salmon Gyros 155
Honey Garlic Shrimp Skewers 214
Instant Pot Shrimp & Cheesy-Chive Grits 170
Grilled Shrimp & Pasta with Lemon-Garlic Sauce 218
Lemon Tilapia Piccata 222
Spicy Sheet-Pan Salmon 225
Easy Air Fryer Salmon 226
Gluten-Free Crab Cakes 89
Mussels with White Wine Sauce 90
Shrimp
Simple and Savory Cioppino 103
Air Fryer Tempura Shrimp 75
Grilled Shrimp Tacos 156
Air Fryer Thai Coconut Shrimp 48
Shrimp & Pesto Naan Pizza 251
Garlicky Shrimp Scampi 244
Honey Garlic Shrimp Skewers 214
Instant Pot Shrimp & Cheesy-Chive Grits 170
Creamy Shrimp Alfredo Pasta 239
Grilled Shrimp & Pasta with Lemon-Garlic Sauce 218
Shrimp, Corn and Avocado Salad 104
Ceviche-Style Bloody Mary Shrimp Cocktail 55
Seafood Paella 235
Instant Pot Seafood Risotto 236
Snacks
Sardine Croquettes 43
Grab n' Go Mediterranean Salmon Frittata Cups 10
Sourdough Crab Melts 51
Seacuterie Board 52
Baked Salmon Sushi Cups 56
Grilled Whole Sardines with Charred Rosemary Vinaigrette 92
Mussels with White Wine Sauce 90
Gluten-Free Crab Cakes 89
Caribbean Shrimp with Tropical Fruit 96
Sardine Toasts 59
Spicy Clam Dip 60
Skinny Baked Popcorn Shrimp 100
Easy Crab Nachos 63
Spicy Tuna on Crispy Rice Roll 65
Crostini with Blackened Tilapia Watermelon Salsa 66
Vietnamese Shrimp Spring Rolls 71
Air Fryer Mac 'n' Cheese Tuna Bites 72
Baked Spinach Artichok Shrimp Dip 79
Coconut Shrimp 95
Air Fryer Tempura Shrimp 75
Crab Empanadas with Mango Salsa 98
Smoked Salmon Deviled Eggs 77
Smoked Salmon Dip 78
Air Fryer Calamari with Chipotle Dipping Sauce 80
Smoked Trout Dip 83
Tuna Croquettes with Lemon-Caper Sauce 76
Soups
Simple and Savory Cioppino 103
Instant Pot Fish Tortilla Soup 180
Shrimp Gumbo 130
Creamy Clam Chowder 118
Cod & Corn Chowder 117
Instant Pot Lobster Bisque 124
Tacos
Air Fried Fish Walking Tacos 134

Tacos Continued
Grilled Salmon Tacos with Avocado-Lime Salsa 144
Baja-Style Street Fish Tacos 143
Grilled Shrimp Tacos 156
Grilled Cod & Avocado Tacos 160
Tilapia
Crostini with Blackened Tilapia Watermelon Salsa 66
Baja-Style Street Fish Tacos 143
Tilapia with Black Bean and Mango Salsa 221
Lemon Tilapia Piccata 222
Trout
Smoked Trout Dip 83
Tuna
Mediterranean Tuna Shakshuka 9
Air Fryer Tuna Quesadillas 133
Sheet Pan Tuna Steaks with Vegetables 157
7-Layer Tuna Pasta Salad 109
Spicy Tuna on Crispy Rice Roll 65
Air Fryer Mac 'n' Cheese Tuna Bites 72
Seared Ahi Tuna on Asian Slaw 147
Mediterranean Tuna Pizza 189
Mediterranean Tuna Skewers 208
Tuna Croquettes with Lemon-Caper Sauce 86
Cheesy Pimento Tuna Melt 167
Tuna Puttanesca 230
Mediterranean Tuna & Pasta 232
Wild Alaska Pollock
Hot 'n' Crunchy Fish Sandwich 138
Wild Alaska Pollock en Papillote with Chimichurri Sauce 228
Air Fryer Beer-Battered Fish 'n' Chips 148

On the cover: Seacuterie Board

Credits: Design by ButinPR

Copyright 2026 by National Seafood Association

All rights reserved. National Seafood Association grants permission to link to the cookbook in its entirety. Otherwise no part of this cookbook may be used or reproduced without written permission.