

A person wearing a dark blue denim apron over a light-colored shirt is holding a large pita sandwich. The sandwich is filled with cooked salmon, cherry tomatoes, fresh spinach leaves, and a white sauce. The background is slightly blurred, focusing attention on the sandwich and the person's hands.

EVERYDAY SEAFOOD RECIPES

53 Quick & Easy Dishes

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

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 50 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—because it makes it so easy to include seafood in your meal plan at least *two or three times a week per the recommendations from 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 that will make you think you deserve your own cooking show. We also included recipes featuring two of our favorite seafood-friendly appliances—the Instant Pot and the Air Fryer. We think you'll love the ease and convenience of these recipes!



Every recipe has been thoughtfully created or approved by nationally recognized registered dietitian Rima Kleiner, MS, RDN.

We want to thank our friend Barton Seaver for his generosity and for giving us permission to reprint “Grilled Whole Sardines with Charred Rosemary Vinaigrette” from his cookbook *The Joy of Seafood*.

We hope you enjoy these recipes and that they provide you with endless good times with family and friends around your table.

For more on seafood, cooking and health, visit us at dishonfish.com. From all of us here at Dish on Fish, we hope you enjoy!

The Team at *Dish on Fish*



A Foreword

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

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

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

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

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

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

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

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

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

Bon appetite.

Barton Seaver

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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 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 start the day with protein-rich seafood.

Enjoy this mouthwatering collection of seafood breakfast and brunch dishes.



Easy Egg and 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 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 lb. fresh lump crabmeat, drained well
½ tsp. oregano or Italian seasoning
½ tsp. salt
¼ tsp. 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 crabmeat; stir until well combined. Add cooked vegetables, oregano, salt and black pepper to egg and crab 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.



Avocado-Crab Benny

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

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

Instructions

Put crabmeat in a medium bowl; add mustard and lemon juice to crabmeat 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 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 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 crabmeat, 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 crabmeat
- 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 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

Holidays, family vacations, weekend houseguests, brunch – these are just some of the occasions that have us reaching for this Cheesy Shrimp Breakfast Casserole! We've included make-ahead instructions; but unlike heavier bread-based breakfast casseroles, this can be whipped up in the morning. This casserole is full of shrimp, veggies, cheese and goodness!

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 crabmeat in a medium bowl; add mustard and lemon juice to crabmeat 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. Featuring two favorite ingredients—salmon and avocados—well, let's say 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.





DID YOU KNOW?

Salmon is a premier food source of omega-3 fatty acids, which fight chronic inflammation and help support a healthy heart, brain and immune system. And, the protein in salmon helps keep you feeling fuller longer.

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.

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!



Baked Spinach Artichoke Shrimp Dip

Makes 16 servings

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

Ingredients

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



Instructions

Preheat oven to 425°F.

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

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

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

Shrimp Scampi Skewers

Makes 4 servings

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

Ingredients - Shrimp Scampi Skewers

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



Ingredients - Garlic Parsley Butter

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

Instructions - Garlic Parsley Butter

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

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

Instructions - Shrimp Scampi Skewers

Thread the shrimp and sliced lemons onto skewers.

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

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

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

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 lb. large shrimp (21-25 count), peeled and deveined with tails left on
1/4 cup all-purpose flour
1/2 tsp. garlic powder
1/2 tsp. 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

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

Instructions - Dipping Sauce

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

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.





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 saturated fat. Blink and these crunchy bite-sized treats will be gone within minutes! Confession: It was lunchtime when we tested this recipe and we devoured them in minutes!

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.

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 crabmeat
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 crabmeat 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 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.



Smoked Salmon Deviled Eggs

Makes 6-8 servings

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

Ingredients

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

Instructions

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

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

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

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

Smoked Salmon Dip

Makes approximately 2 cups

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

Ingredients

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

Instructions

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

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

Serve with whole grain crackers or vegetable crudité.



Air Fryer Calamari with Chipotle Dipping Sauce

Makes 4 servings

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

Ingredients

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

PRO TIP:

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

Instructions

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

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

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

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

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

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





Smoked Trout Dip

Makes 4 servings

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

Ingredients

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

Instructions

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

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

Char-Grilled Honey Parmesan Oysters

Makes 4-6 servings

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

Ingredients

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

Instructions

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

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

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

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

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



Tuna Croquettes with Lemon-Caper Sauce

Makes 4 servings

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

Ingredients - Tuna Croquettes

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

Ingredients - Lemon-Caper Sauce

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

Instructions

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

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

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

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



Soups & Salads

Whether light or hearty, seafood soups and salads 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!



Creamy Clam Chowder

Makes 6-8 servings

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

Ingredients

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

Instructions

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

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

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

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

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

Serve chowder with crusty sourdough bread or oyster crackers.



Crab Salad

Makes 4 servings

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

Ingredients

12 ounces canned lump crabmeat, 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.



Cod and 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.



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.



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!



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.

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.



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.



Shrimp and Pesto Naan Pizza

Makes 2 servings

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

Ingredients

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



Instructions

Preheat oven to 425°F.

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

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

Sprinkle basil ribbons on top of pizzas.

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

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.



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.

Mediterranean Salmon Bowl, Two Ways

Salmon is so versatile you can create different flavor profiles from this simple roasted salmon and veggies base. Here we provide two different twists on this simple Mediterranean salmon recipe.

Roasted Salmon and Veggies

Makes 4 servings

Ingredients

1 teaspoon ground sumac (optional substitute: 1 teaspoon lemon zest, 1/8 teaspoon paprika and increase black pepper to 3/4 teaspoon)
1/2 teaspoon cayenne pepper
1/2 teaspoon dried oregano
1/2 teaspoon kosher or sea salt
1/2 teaspoon ground black pepper
2 tablespoons olive oil, divided
1 lemon, cut in half, divided
2 cloves garlic, minced
1 pound salmon or 4 (6-ounce) skinless salmon fillets
1 red bell pepper, cut into large cubes
2 zucchinis, cut into large chunks
1/2 cup cherry tomatoes, quartered
1 Persian cucumber, chopped
1/4 cup Kalamata olives, halved
4-6 ounces feta cheese, cut into cubes

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 15-20 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 15-20 minutes, or until salmon is thoroughly cooked.

Quinoa Salmon Bowl with Tzatziki Sauce

Ingredients

Roasted salmon and veggies (see preparation, above)
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

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 (alternatively, use packaged store-bought tzatziki).

Distribute cooked quinoa among 4 bowls and top with roasted salmon and veggies, plus cucumber, tomatoes, olives and feta. Serve with a generous dollop of tzatziki sauce.

Pasta Salmon Bowl with Balsamic Drizzle

Ingredients

Roasted salmon and veggies (see preparation, above)
8 ounces whole wheat fettuccine or spaghetti
4 tablespoons balsamic vinegar
1-2 tablespoons olive oil
1 clove garlic, minced
Juice and zest from reserved ½ lemon
½ teaspoon dried oregano

Instructions

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 4 bowls and top with roasted salmon and veggies, plus cucumber, tomatoes, olives and feta. Drizzle with balsamic sauce.



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 and 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 ½ tablespoon olive oil, ½ 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 ¼ tablespoon olive oil with ¼ 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 ½ tablespoon olive oil, ½ 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 and Crab

Makes 4 servings

This dish has fall written all over it. We took buttery acorn squash, added a creamy, cheesy crab 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, 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.



Instant Pot Crab Mac 'n' Cheese

Makes 6-8 servings

Mac 'n' Cheese is always a family favorite. Add lump crabmeat 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 crabmeat, 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 crabmeat to pot, replace lid on pot and allow mac 'n' cheese to warm up for 2-3 minutes; then stir. Top with hot sauce and toasted panko, if desired.



Dinner

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

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

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



Garlicky Shrimp Scampi

Makes 4 servings

You'll want to make this shrimp scampi dish over and over again, because it's reaaalllyyy 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.

Honey Garlic Shrimp Skewers

Makes 4 servings

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

Ingredients

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

Instructions

Soak wooden skewers in water for at least 30 minutes.

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

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

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

Remove from grill and enjoy.



Instant Pot Shrimp and 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.



Creamy Shrimp Alfredo Pasta

Makes 6 servings

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

Ingredients

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



Instructions

Cook fettuccine according to package instructions. Do not rinse.

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

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

Stir in whipping cream and simmer for 2 minutes. Next, sprinkle the contents in pan with the 1/3 cup Parmesan (or add to taste) and stir until creamy and smooth. Add about 1/4 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.

Grilled Shrimp and Pasta with Lemon-Garlic Sauce

Makes 4 servings

Between the amazing flavor profile and quick cook time, this Grilled Shrimp and 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 and 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 and 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 and 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

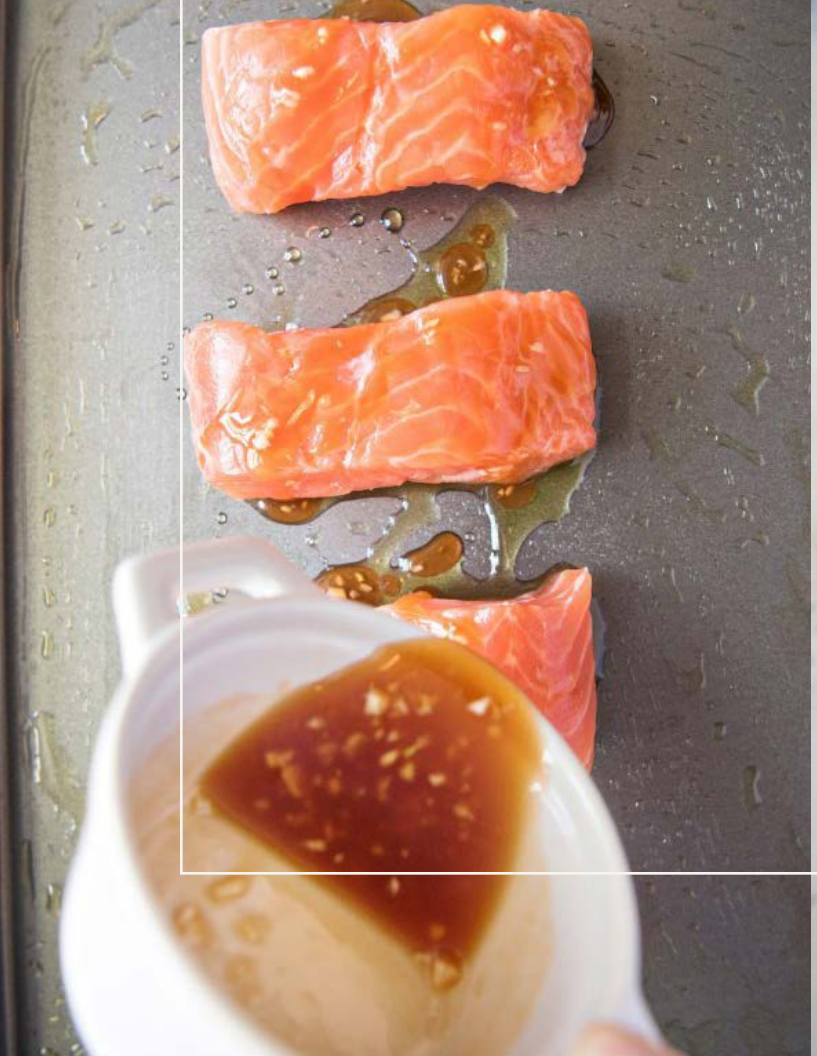
Heat olive oil in skillet over medium-high heat. Combine juice of half a lemon into a small bowl and combine with wine, garlic and capers.

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).



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.

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 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 crabmeat
½ 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.





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.



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 summer-time 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.



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 and 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

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.



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On the cover: Grilled Mediterranean Cedar Plank Salmon Gyros.

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