

RECIPES FOR HEALTHY LIVING

SEAFOOD

JUNE 2014

Paprika Shrimp & Green Bean Saute

From Eating Well: January/February 2009, April/May 2005, The Eating Well Healthy in a Hurry Cookbook (2006)



Makes: 6 servings

Active Time: 30 minutes

Total Time: 30 minutes

Nutrition Profile

Diabetes appropriate | Low calorie | Low saturated fat | Heart healthy | Healthy weight | High fiber | High potassium | Gluten free |

Ingredients:

- 4 cups green beans, trimmed (about 12 ounces)
- 3 tablespoons extra-virgin olive oil
- 1/4 cup minced garlic
- 2 teaspoons paprika
- 1 pound raw shrimp, (21-25 per pound; see Note), peeled and deveined
- 2 16-ounce cans large butter beans, or cannellini beans, rinsed
- 1/4 cup sherry vinegar, or red-wine vinegar
- 1/2 teaspoon salt
- 1/2 cup chopped fresh parsley, divided
- Freshly ground pepper, to taste

Preparation:

1. Bring 1 inch of water to a boil in a large saucepan. Put green beans in a steamer basket, place in the pan, cover and steam until tender-crisp, 4 to 6 minutes.
2. Meanwhile, heat oil in a large skillet over medium-high heat. Add garlic and paprika and cook, stirring constantly, until just fragrant but not browned, about 20 seconds. Add shrimp and cook until pink and opaque, about 2 minutes per side. Stir in beans, vinegar and salt; cook, stirring occasionally, until heated through, about 2 minutes. Stir in 1/4 cup parsley.
3. Divide the green beans among 6 plates. Top with the shrimp mixture. Sprinkle with pepper and the remaining 1/4 cup parsley.

Tips & Notes

- **Note:** Shrimp is usually sold by the number needed to make one pound. For example, “21-25 count” means there will be 21 to 25 shrimp in a pound. Size names, such as “large” or “extra large,” are not standardized. In recipes calling for a specific count, order by the count (or number) per pound to be sure you're getting the size you want.
- **To peel shrimp, grasp the legs and hold onto the tail while you twist off the shell. Save the shells to make a tasty stock:** Simmer, in enough water to cover, for 10 minutes, then strain. The “vein” running along a shrimp's back (technically the dorsal surface, opposite the legs) under a thin layer of flesh is really its digestive tract.

- To devein shrimp, use a paring knife to make a slit along the length of the shrimp. Under running water, remove the tract with the knife tip.

Nutrition

Per serving: 245 calories; 8 g fat (1 g sat, 6 g mono); 115 mg cholesterol; 26 g carbohydrates; 0 g added sugars; 23 g protein; 8 g fiber; 596 mg sodium; 855 mg potassium.

Nutrition Bonus: Selenium (43% daily value), Fiber (33% dv), Vitamin C (30% dv), Iron (25% dv), Potassium (24% dv), Vitamin A (20% dv).

Carbohydrate Servings: 2

Exchanges: 1 starch, 1 vegetable, 3 very lean meat, 1 fat

Penne with Shrimp



"Tomatoes and onions are sauteed with garlic and wine, tossed with shrimp, and served with pasta in this quick and easy entree."

Prep Time: 10 Minutes Ready In: 35 Minutes
Cook Time: 25 Minutes Servings: 8

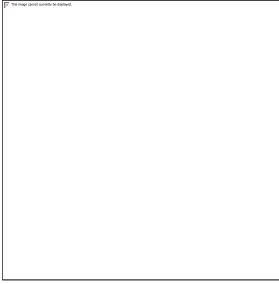
Ingredients:

1 (16 ounce) package penne pasta	1/4 cup white wine
2 tablespoons olive oil	2 (14.5 ounce) cans diced tomatoes
1/4 cup chopped red onion	1 pound shrimp, peeled and deveined
1 tablespoon chopped garlic	1 cup grated Parmesan cheese

Directions:

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.
2. Heat the oil in a skillet over medium heat. Stir in onion and garlic, and cook until onion is tender. Mix in wine and tomatoes, and continue cooking 10 minutes, stirring occasionally.
3. Mix shrimp into the skillet, and cook 5 minutes, or until opaque. Toss with pasta and top with Parmesan cheese to serve.

Easy Baked Tilapia



Prep Time: 5 Minutes
Cook Time: 30 Minutes

Ready In: 35 Minutes
Servings: 4

"Just 35 minutes and six simple ingredients are all you need for this top-rated, flavorful tilapia recipe."

Ingredients:

4 (4 ounce) fillets tilapia	1/2 teaspoon garlic salt, or to taste
2 teaspoons butter	1 lemon, sliced
1/4 teaspoon Old Bay Seasoning TM, or to taste	1 (16 ounce) package frozen cauliflower with broccoli and red pepper

Directions:

1. Preheat the oven to 375 degrees F (190 degrees F). Grease a 9x13 inch baking dish.
2. Place the tilapia fillets in the bottom of the baking dish and dot with butter. Season with Old Bay seasoning and garlic salt. Top each one with a slice or two of lemon. Arrange the frozen mixed vegetables around the fish, and season lightly with salt and pepper.
3. Cover the dish and bake for 25 to 30 minutes in the preheated oven, until vegetables are tender and fish flakes easily with a fork.

Steamed Mussels in Tomato Broth



With fresh mussels increasingly available at supermarket fish counters, you can easily make this bistro favorite at home.

4 servings | **Active Time:** 20 minutes | **Total Time:** 30 minutes

Ingredients

- 1 teaspoon extra-virgin olive oil
- 4 cloves garlic, finely chopped
- 6 ripe plum tomatoes, cored and coarsely chopped
- 1 cup dry white wine
- 3 pounds mussels, scrubbed and debearded (see Tip)
- 2 teaspoons chopped fresh parsley

Preparation

1. Warm oil in a large pot with a tight-fitting lid over low heat. Add garlic and cook, stirring, until golden, about 3 minutes. Add tomatoes, increase the heat to high and stir for 1 minute more. Pour in wine and bring to a boil.
2. Add mussels, cover and steam, occasionally giving the pan a vigorous shake, until all the mussels have opened, 3 to 4 minutes. Discard any that do not open. Transfer the mussels to a serving bowl. Spoon the broth over the mussels and sprinkle with parsley.

Nutrition

Per serving : 267 Calories; 6 g Fat; 1 g Sat; 1 g Mono; 64 mg Cholesterol; 2 g Carbohydrates; 28 g Protein; 1 g Fiber; 427 mg Sodium; 587 mg Potassium

1 Carbohydrate Serving

Exchanges: 1 vegetable, 4 very lean meat

Tips & Notes

- **Tip:** To clean mussels, scrub them with a stiff brush under cold running water. Scrape off any barnacles using the shell of another mussel. Just before cooking, pull off the "beard" from each one.
- Discard any mussels with broken shells or any that do not close when tapped.

Low Carb Crab Cakes

Makes 8 three-inch cakes

Crab Cake Ingredients:

1 cup lump crab meat
1 egg, beaten
2 tsp dijon mustard
1 Tbl fresh lemon juice
2 tsp Old Bay seasoning
2 Tbl parsley, chopped
1.5 Tbl coconut flour
2 Tbl coconut oil



Gently pick through the crab to make sure there are no shells or cartilage in the meat, and add to a small bowl. In another small bowl, combine the egg, lemon juice, and dijon mustard, mixing until smooth. In a third bowl, combine the old bay, parsley, and coconut flour, mixing thoroughly. Gently add the egg mixture to the crab, folding until combined. Then add the dry ingredients to the crab mixture and gently mix in. Try not to break up/shred the pieces of crab too much. Heat the coconut oil over medium heat in a nonstick saute pan. Form 8 small cakes and place carefully in the hot oil. Cook for about 2-3 minutes per side or until golden brown. Remove from the pan to a plate lined with paper towels. Sprinkle with kosher salt, squeeze half a fresh lemon over them and serve with Roasted Red Pepper Sauce.

Roasted Red Pepper Sauce:

Makes 8 servings:

1/4 cup roasted red peppers
1 Tbl extra virgin olive oil
1 tsp fresh lemon juice
1/4 cup fresh avocado



Blend all of the ingredients until smooth. Season with salt and pepper. Serve.

Approx nutrition info per cake:

65 calories, 4g fat, .4g net carbs, 6g protein

*Approx nutrition info per serving of sauce: 30 calories, 3g fat,
.7g net carbs, 0g protein*

Coconut-Crusted Mahi Mahi Nuggets



Ingredients:

1 1/4 lb Mahi Mahi
1 large egg
1 cup almond flour
2/3 cup finely shredded coconut (unsweetened)
3/4 tsp salt
1/4 tsp pepper
1/4 cup extra virgin [coconut oil](#)
4 lime wedges

Directions:

Set a wire cooling rack over a cookie sheet.

Cut mahi mahi into 1 or 2 inch pieces, as you prefer. Pat dry with a paper towel.

Whisk egg in large shallow bowl. In a large plastic container with a lid, combine almond flour, coconut, salt and pepper. Put on lid and shake to combine.



Heat 2 tablespoons of the coconut oil in a large skillet over medium heat. Add half of the fish to the egg and toss to coat, and use a fork or slotted spoon to transfer pieces to the almond flour mixture, shaking off excess egg.

Place lid on container and shake until fish pieces are well-coated. Transfer fish pieces to skillet and cook 2 to 4 minutes per side (thinner pieces will cook faster). Crust should be a light golden brown.

Transfer to wire rack and repeat with remaining fish.

Serve with lime wedges.

Carolyn Ketchum

Lemon-Garlic Shrimp with Zucchini Noodles and Spinach

serves 2



What you need:

2 medium zucchini (about 2 1/2 cups noodles)
12-15 large shrimp, peeled and deveined (about 1/2 lb)
1/2 tbsp extra virgin olive oil (or melted ghee)
1-3 garlic cloves, crushed or grated (I use 3)
1 tbsp minced fresh parsley
Zest from 1/2 lemon
Juice from 1/2 lemon (or more to taste)
salt and pepper (to taste)
1/2 - 1 tbsp [ghee](#) or coconut oil (or butter) (I use 1 tbsp)
1 1/2 - 2 cups baby spinach (optional)

How to make:

Defrost, peel, and devein the shrimp if needed. Crush or grate garlic with a zester/grater ([this is the one I use](#)). Mix together olive oil, garlic, lemon juice, zest, parsley, and salt and pepper and marinate for about 20-30 minutes. Make noodles from zucchini using a [julienne peeler](#) or [spiral slicer](#) (or cut into thin strips). Place noodles in a strainer or colander. Sprinkle noodles with salt, toss and let sit for 10-20 minutes to release liquid. (Skip this step if you don't plan to cook your zucchini.)

Get all of your ingredients ready to go. Drain water from zucchini and pat dry with paper towels (I squeeze water out gently. This helps so your pasta isn't watery.). Heat ghee over medium heat. Add shrimp (with the marinade) and cook for about 30 seconds. Flip the shrimp, cook for another 30 seconds, then add the zucchini noodles. Toss a few times to coat. Add spinach and basil, continue tossing gently and let cook for a minute or two or until noodles are cooked to preference and shrimp is cooked through. Add salt and pepper to taste and squeeze on some extra lemon juice if needed (I squeeze on the other other lemon half.). Garnish with chopped basil and lemon zest if desired.

*Don't cook for too long after adding noodles or shrimp will be overcooked. If you prefer softer noodles, cook shrimp for about a minute on each side, remove from pan. Then add noodles until soft and toss with shrimp.

Note: To make zucchini noodles, a julienne peeler OR a spiral slicer can be used. If you are “grain-free” and miss noodles, this is an ideal solution.

Recipe: Honey Balsamic Glazed Salmon



From Keeping It Tasty

Preparation time: 10 minute(s)

Cooking time: 10-15 minute(s)

Servings (yield): 4 servings

Ingredients:

- 4 salmon fillets
- 1 tablespoon of salt
- 1/2 teaspoon pepper
- 1/4 teaspoon of ground (dry) mustard
- 1/2 cup of honey
- 1/4 cup of balsamic vinegar

Instructions:

1. Mix all of the ingredients together to make the glaze.
2. Cut small slices in the salmon every inch to allow the glaze to penetrate the fish.
3. Place the salmon in a pyrex dish and pour the glaze over, making sure to massage it into the cuts.
4. Bake at 400 degrees for 10-15 minutes or until done.
5. Serve and Enjoy!