

Fish

Selection - Choose pieces that are similar in size for even cooking time. Common kinds of fish include salmon or white fish such as tilapia, haddock, flounder and cod, but there are many more kinds. Aim to eat 8 ounces of a variety of seafood a week.

Storage - Keep frozen fish in freezer. To thaw, place in refrigerator overnight.

Nutrition - Potassium, a mineral your body needs, is in most kinds of fish and supports heart health.

3 EASY WAYS TO USE FISH

- To bake salmon, place in baking dish, add olive oil and season with garlic powder and pepper. Bake at 425 degrees for about 15 minutes. If it is a thick piece of salmon, it may take longer (cook seafood to 145 degrees).
- To pan cook tilapia, thaw fish if frozen. Pat fish dry and sprinkle with salt and pepper. Add oil to the pan. Lay the fish in the hot pan and cook for about 3 minutes on each side. Fish should flake apart easily.
- To make tacos, bake tilapia (or other white fish) at 425 degrees for about 15 minutes. Season with taco spices or paprika and chili powder. Flake fish and serve on taco shell. Top with salsa, cabbage and cheese.

Ingredients

- ☐ Cooking spray
- ☐ 1 pound frozen pollock, or other white fish, such as haddock or cod (partially thawed)
- ☐ 1/2 cup flour
- ☐ 2 egg whites, beaten
- ☐ 3/4 cup whole wheat bread crumbs
- ☐ 2 tablespoons grated parmesan cheese
- ☐ 1/8 teaspoon ground black pepper

Directions

1. Place rack in center and heat oven to 450 degrees. Spray baking sheet with cooking spray.
2. Cut pollock into strips 1-inch wide (easiest when fish is partially, rather than fully, thawed) and place on baking sheet.
3. Mix breading ingredients (bread crumbs, parmesan cheese and pepper) in a shallow dish; place flour and egg whites in separate dishes.
4. Dip fish sticks in flour, then in egg whites, then breading mix, coating evenly.
5. Return coated fish sticks to baking sheet, spacing evenly. Cook fish until it is 145 degrees, about 10-12 minutes, and golden brown, turning as needed.

