




A HEALTHFUL DISH IS FISH!



Fish is a good source of omega-3 that is important for a healthful diet.

-  Do not overcook fish. Cook to an internal temperature of 145° F. Best to cook fish at a high temperature for a short period of time.
-  **“Ten Minute Rule”** – When baking (400-450° F), grilling, broiling, poaching, steaming or sautéing fish allow 10 minutes cooking time per inch of thickness of fresh fish and 20 minutes per inch of thickness for frozen fish. (Measure fish at thickest point).
-  Season fish. Try herbs (parsley, dill, rosemary or chives), lemon juice or soy sauce for low-fat cooking.

***NOTE - Women who may become pregnant, pregnant women, nursing mothers, and young children should not eat shark, swordfish, king mackerel and tilefish. Choose fish low in mercury. They should follow these recommendations:**

- Eat up to 12 ounces a week of a variety of fish and shellfish that are lower in mercury.
 - Five of the most commonly eaten fish that are low in mercury are shrimp, canned light tuna, salmon, pollock, and catfish.
 - Albacore ("white") tuna has more mercury than canned light tuna. You may eat up to 6 ounces of albacore tuna per week.
- Check local advisories about the safety of fish caught by family and friends in your local lakes, rivers, and coastal areas. If no advice is available, eat up to 6 ounces per week of fish you catch from local waters, but don't consume any other fish during that week.

Microwave Fish Serves 4.

2 Tbsp. tub margarine 1 tsp. dried or fresh chopped chives
2 Tbsp. lemon juice 1 lb. fish, thawed

1. Melt margarine in small microwave-safe dish. Add lemon juice and chives.
2. Grease microwave-safe casserole dish with 1/2 of the seasoned margarine.
3. Place fish in the greased microwave-safe casserole dish.
4. Top fish with remaining seasoned margarine. Cover dish with casserole lid or wax paper.
5. Microwave on HIGH for 4-8 minutes or until it reaches internal temperature of 145° F. Fish flakes easily with fork when done. Rotate dish several times during cooking.
6. Let stand several minutes before serving.

NUTRITION FACTS (per serving) - Calories 140 ~ fat 6 g ~ calories from fat 60 ~ sodium 115 mg ~ total carbohydrate 1 g ~ fiber 0 g

Broiled Fish Serves 4.

1 lb. fish filets (haddock, halibut, cod, etc.), thawed
1 Tbsp. lemon juice + 1 Tbsp. low-sodium soy sauce **or** 1 Tbsp. lemon juice + 1 tsp. dill
2 Tbsp. melted tub margarine

1. Pat fish dry thoroughly.
2. Place in a single layer on greased broiler pan.
3. Sprinkle fish with lemon juice and soy sauce.
4. Brush filets with melted margarine. Sprinkle with herb seasonings.
5. Broil about 10 minutes per inch of thickness of thawed fish or until it reaches internal temperature of 145° F. Fish flakes easily with fork when done. Turn fish over about halfway through broiling.

NUTRITION FACTS (per serving) - Calories 150 ~ fat 6 g ~ calories from fat 60 ~ sodium 270 mg ~ total carbohydrate 1 g ~ fiber 0 g

Baked Fish Serves 4.

1 pound fish, thawed
1 Tbsp. lemon juice
1 Tbsp. vegetable oil
1/4 tsp. garlic powder
1/4 cup dry, crushed bread crumbs
3 Tbsp. grated Parmesan cheese

1. Preheat oven to 400° F.
2. Pat fish dry. Grease casserole dish with vegetable spray. Place fish in casserole dish.
3. In a cup mix lemon juice, oil and garlic powder. Spread on top of fish with brush or spoon.
4. Sprinkle bread crumbs then Parmesan cheese on top of fish.
5. Bake in 400° F oven for about 10 minutes per inch of thickness of thawed fish or until it reaches internal temperature of 145° F. Fish flakes easily with fork when done.

NUTRITION FACTS (per serving) - Calories 170 ~ fat 6 g ~ calories from fat 60 ~ sodium 210 mg ~ total carbohydrate 5 g ~ fiber 0 g

Skillet Fish Serves 4.

1 Tbsp. vegetable oil
1 small onion
1 garlic clove, crushed or 1/8 tsp. garlic powder
1 can (15 oz.) tomatoes, diced
1 lb. fish fillets, thawed
Season to taste; parsley, pepper

1. Heat oil in large skillet. Sauté onion and garlic.
2. Add tomato with juices, onion, and garlic. Stir well and cook over medium heat until heated through.
3. Push tomato mixture to the side and add fish. Cover fish with tomato mixture. Cover skillet and cook 10 minutes per inch of thickness of thawed fish or until it reaches internal temperature of 145° F. Fish flakes easily with fork when done.
4. Season fish and tomato dish with parsley and pepper to taste.

NUTRITION FACTS (per serving) - Calories 150 ~ fat 4.5 g ~ calories from fat 35 ~ sodium 200 mg ~ total carbohydrate 7 g ~ fiber 2 g



**University of Illinois * United States Department of Agriculture
* Local Extension Councils Cooperating**

University of Illinois Extension provides equal opportunities in programs and employment.

This material was funded by USDA's Food Stamp Program.