

# BAKED SCALLOPS

Serves 6

Serve with wedges  
of  
lemon

Serving size =  
8 large baked  
scallops with sauce

***Per serving:***

*Calories: 167*

*Fat: 4g*

*Sat fat: <1g*

*Chol: 38mg*

*Carb: 6g*

*Protein: 28g*

*Sodium: 452mg*

*Fiber: <1g*

1½ pounds large sea or bay scallops,  
washed & drained  
¼ teaspoon salt  
½ teaspoon black pepper  
½ pound mushrooms, chopped  
6 tablespoons nonalcoholic white wine  
2 tablespoons chopped parsley  
6 teaspoons light margarine  
2-3 garlic cloves, minced  
1 lemon, cut in wedges

- ❶ Preheat oven to 450°F. Cut the large sea scallops in quarters, but if you are using bay scallops, leave them whole.
- ❷ Arrange the scallops in 6 individual baking dishes and season with the salt and pepper.
- ❸ Cover with the chopped mushrooms and sprinkle each portion with 1 tablespoon wine and ⅓ tablespoon parsley.
- ❹ Dot each with 1 teaspoon margarine and bake in a 450°F oven for 12 minutes.

QUICK MEAL - Try this [Quick Clam Sauce](#) for a perfect Friday night dinner for two.  
Directions: Sauté 1 cup chopped onion and 3 minced garlic cloves in 2 tablespoons reduced-calorie margarine. Blend in 1 teaspoon flour. Add 1 (6½ or 7-ounce) can minced clams, drained and ½ cup evaporated skim milk or skim milk. Simmer 10 minutes, season to taste and serve over pasta.

# SCALLOP-MUSHROOM GRATINS

Serves 4



**TIP:** Get the freshest scallops available; they should smell sweet and look plump and moist. They're extremely perishable, so use them within a day or two of purchase.

Serving size =  
1 gratin

**Per serving:**

*Calories: 201*

*Fat: 4g*

*Sat fat: 1g*

*Chol: 41mg*

*Carb: 16g*

*Protein: 25g*

*Sodium: 385mg*

*Fiber: 1g*

- ¼ cup soft white breadcrumbs
- 2 tablespoons chopped fresh parsley
- 1½ tablespoons grated Parmesan cheese
- 2 teaspoons margarine
- 4 cups presliced fresh mushrooms
- ¼ teaspoon dried whole thyme
- 2 tablespoons all-purpose flour
- ⅔ cup evaporated skimmed milk
- ⅓ cup nonalcoholic white wine
- ⅛ teaspoon salt
- ⅛ teaspoon pepper
- 1 pound fresh bay scallops

- ❶ Combine breadcrumbs, parsley, and Parmesan cheese; stir well, and set aside.
  - ❷ Melt margarine in a large nonstick skillet over medium-high heat.
  - ❸ Add mushrooms and thyme; sauté 5 minutes. Spoon into a bowl; set aside.
  - ❹ Place flour in a bowl; gradually add milk, stirring with a wire whisk until blended.
  - ❺ Add milk mixture, wine, salt, and pepper to skillet; stir well. Place over medium heat, and cook 2½ minutes or until thickened, stirring constantly.
  - ❻ Add mushroom mixture and scallops; cook 4 minutes or until scallops are done.
  - ❼ Spoon ¾ cup into each of 4 individual serving dishes; top each with 1½ tablespoons breadcrumb mixture.
  - ❽ Place dishes on a baking sheet. Broil 3 inches from heat 1 minute or until breadcrumbs are golden.
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# CRAB CAKES



*Serves 4*

Crab cakes can be made 2 hours ahead. Just cover & refrigerate.

Variation:

**Crab Ball**

**Appetizers:** divide the crab mixture evenly into 16 small patties or balls. These smaller versions will be about 30 calories each with sauce.

Serving size =  
1 crab cake with 1  
Tablespoon sauce

**Per serving:**

*Calories: 147*  
*Fat: 7g*  
*Sat fat: 1g*  
*Chol: 108mg*  
*Carb: 8g*  
*Protein: 14g*  
*Sodium: 436mg*  
*Fiber: <1g*

½ pound fresh lump crabmeat  
½ cup fresh white or wheat breadcrumbs  
2 tablespoons light mayonnaise  
2 tablespoons chopped fresh parsley  
1 tablespoon coarse-grained Dijon mustard  
1 tablespoons chopped green onion  
2 teaspoons fresh lime juice  
⅛ teaspoon ground red pepper  
Dash of Worcestershire sauce  
1 egg, lightly beaten  
1 tablespoon light margarine

Combine the first 9 ingredients (crabmeat through Worcestershire) in bowl. Mix in egg. Form mixture into 8 equal patties, using scant ¼ cup dry measure for each. Melt margarine in large nonstick skillet over medium heat. Add crab cakes and cook in batches until golden brown, about 2-3 minutes per side. Transfer cakes to paper towels; drain. Serve warm with Tangy Lemon Sauce.

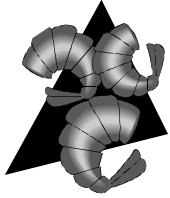
**Tangy Lemon Sauce**

1 tablespoon cornstarch  
2 tablespoons water  
½ teaspoon sugar  
½ teaspoon grated lemon rind  
Dash of white pepper  
⅓ cup fresh lemon juice  
1 cup chicken broth  
2 teaspoons fresh parsley

Combine cornstarch, water & sugar in a small saucepan; stir well. Gradually stir in chicken broth & water. Cook over medium heat, stirring constantly, until boiling. Reduce heat, simmer 1 minute or until mixture is thick, stirring constantly. Remove from heat; stir in rind, lemon juice, & parsley.

# SHRIMP JAMBALAYA

Serves 4



Don't let the long ingredient list stop you from trying this Cajun classic—most of the ingredients are spices.

Serving size =  
1 ½ cups

***Per serving:***

*Calories: 356*

*Fat: 6g*

*Sat fat: 1g*

*Chol: 79mg*

*Carb: 53g*

*Protein: 20g*

*Sodium: 625mg*

*Fiber: 3g*

- ½ pound medium unpeeled shrimp
- 1 tablespoon canola oil
- 1 tablespoon all-purpose flour
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped green pepper
- ¼ pound low salt, lean ham, diced
- 2 garlic cloves, minced
- 2½ cups no-salt-added chicken broth
- ¼ cup chopped fresh parsley
- 1 teaspoon dried thyme
- ½ teaspoon salt
- ½ teaspoon dried basil
- ¼ teaspoon black pepper
- ⅛ teaspoon ground red pepper
- 1 (14½-ounce) can no-salt-added whole tomatoes, undrained & chopped
- 1 cup long-grain white rice, uncooked

- ❶ Peel and devein shrimp; set aside.
- ❷ Heat oil in a large skillet; stir in flour.
- ❸ Cook over medium-high heat 1½ minutes or until brown, stirring constantly.
- ❹ Add onion and the next 4 ingredients; sauté 7 minutes or until tender.
- ❺ Add chicken broth and next 7 ingredients; stir well; bring to a boil.
- ❻ Add rice; stir well. Cover, reduce heat, and simmer 20 minutes or until rice is tender.
- ❼ Stir in shrimp; cover and cook 5 minutes or until shrimp is done.

Cook's Tip: Shrimp turns into rubber when it's overcooked—that's why it's the last ingredient added.

# FLOUNDER PARMESAN

Serves 4



Serving size =  
1 fillet (3 ounces  
cooked)

**Per serving:**

*Calories: 184*

*Fat: 5g*

*Sat fat: 1g*

*Chol: 90mg*

*Carb: 0mg*

*Protein: 32g*

*Sodium: 184mg*

*Fiber: 0g*

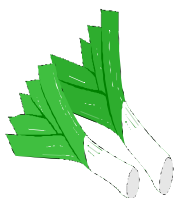
- 4 (4-ounce) flounder fillets or other lean white fish fillets
- 2 teaspoons olive oil
- 2 teaspoons lime juice
- 2 teaspoons lemon juice
- 2 tablespoons grated Parmesan cheese

- ❶ Preheat broiler.
- ❷ In a cup or small bowl combine oil, & lemon and lime juice.
- ❸ Spray a baking sheet with nonstick cooking spray & arrange fillets in a single layer.
- ❹ Using pastry brush, brush both sides of each fillet with 1½ teaspoons of the oil mixture.
- ❺ Sprinkle top of each fillet with ½ tablespoon Parmesan cheese.
- ❻ Broil until golden brown and fish flakes easily when tested with a fork, about 3 to 4 minutes.

Nutri-Tip - Omega-3 fatty acids are found in fish and marine plants. Scientists believe they are a substance that can help protect us against heart disease. Studies have shown that cultures with a diet high in fish, such as the Japanese and the Eskimos of Greenland, have a very low incidence of heart disease. Salmon, mackerel, sardines and bluefish are all excellent sources of omega-3 fatty acids.

# FLOUNDER & VEGETABLES SEALED IN SILVER

Serves 4



The fish packets can be prepared early in the day and cooked later. Serve with rice.

Serving size =  
1 fillet (4 ounces  
cooked) with  
vegetables

**Per serving:**

Calories: 212

Fat: 6g

Sat fat: 1g

Chol: 88mg

Carb: 5g

Protein: 32g

Sodium: 188mg

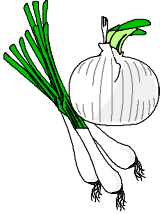
Fiber: 2g

- 1½ tablespoons margarine
- 1 teaspoon minced chives
- 1 teaspoon lemon juice
- ⅛ teaspoon paprika
- 1 large carrot, peeled & cut into matchstick strips
- 1 large leek or onion, cut into matchstick strips
- ½ cup thinly sliced fresh mushrooms
- 4 flounder, sole, or other white fish fillets (about 5 ounces each)
- 4 thin slices lemon

- ❶ Preheat the oven to 400°F. In a small bowl, combine margarine, chives, lemon juice, and paprika; set aside.
  - ❷ In a medium-size saucepan, cook the carrot, leek, and mushrooms for 1 minute in boiling unsalted water. Drain and set aside.
  - ❸ Cut 4 sheets of aluminum foil large enough to enclose the flounder fillets and lightly coat with nonstick cooking spray.
  - ❹ Lay a fillet in the center of each sheet, arrange ¼ of the carrots, leeks, and mushrooms on top of each fillet, then top with ¼ of the margarine mixture and a slice of lemon. Fold the foil over and crimp the edges to seal.
  - ❺ Place the packets on a baking sheet and bake for 7 to 8 minutes. Transfer the packets to dinner plates and let diners open their own.
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# BAKED SALMON WITH CHIVE SAUCE

Serves 4



Sauce can be prepared 1 day ahead. Cover and refrigerate.

Serving size =  
3 ounces cooked with  
sauce

**Per serving:**

Calories: 341

Fat: 14g

Sat fat: 2g

Chol: 66mg

Carb: 25g

Protein: 28g

Sodium: 408mg

Fiber: 2g

**Chive Sauce:**

- ½ cup nonfat sour cream
- ¼ cup reduced-fat mayonnaise
- ¼ cup chopped green onion
- 1½ tablespoons fresh lime juice

**Salmon:**

- 1 (1-pound) fresh salmon fillet
- ½ cup packed fresh parsley
- 2-3 large garlic cloves
- 5 ounces (about ⅓ of 1-pound loaf)  
French bread, crusts trimmed, torn into bite-size pieces
- 2 tablespoons reduced-calorie margarine
- 1 tablespoon fresh lime juice
- 1 tablespoon grated lime peel

- ① **For Sauce:** Mix all ingredients in small bowl. Season to taste with pepper.
  - ② **For Salmon:** Preheat oven to 400°F. Line a large baking sheet with foil. Spray foil with nonstick cooking spray. Arrange salmon on foil.
  - ③ Finely chop parsley and garlic in food processor. Add bread and process until coarse crumbs form.
  - ④ Melt margarine in heavy large skillet over medium-high heat.
  - ⑤ Add lime juice, lime peel and bread crumb mixture.
  - ⑥ Stir until crumbs begin to crisp, about 8 minutes.
  - ⑦ Press crumb mixture over salmon, covering completely.
  - ⑧ Bake salmon until just cooked through, about 15 minutes. Transfer salmon to platter.
  - ⑨ Serve, passing chive sauce along side.
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# MARTHA'S SALMON

Serves 4



Serving size =  
3 ounces cooked

***Per serving:***

*Calories: 181*

*Fat: 7g*

*Sat fat: 1g*

*Chol: 43mg*

*Carb: 3g*

*Protein: 25g*

*Sodium: 173mg*

*Fiber: <1g*

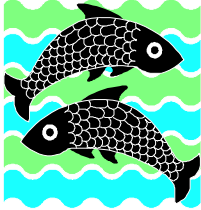
2 salmon fillets (about 1 pound total)  
2 tablespoons nonfat plain yogurt or fat-free sour cream  
1 tablespoon honey mustard  
½ teaspoon ginger  
½ teaspoon paprika  
⅛ teaspoon pepper  
⅛ teaspoon salt (optional)  
3-5 cloves garlic, minced (to taste)  
5 slices onion  
4-5 fresh tomato slices (optional)  
Fresh dill or cilantro, to taste

- ❶ Rinse salmon, pat dry.
- ❷ Place salmon in baking dish sprayed with nonstick cooking spray.
- ❸ Mix yogurt and mustard; spread evenly on fillets.
- ❹ Sprinkle with spices, pepper, and salt (optional).
- ❺ Top with minced garlic, onion, tomato, and fresh dill or cilantro slices; cover.
- ❻ Cook covered in microwave on 50% power or defrost for 14 minutes or to desired doneness.

Build Better Bones: Milk products are the number one source of calcium; indeed, a cup of skim milk offers 300 milligrams. But you needn't depend on the dairy alone to help you meet your calcium goals. A quarter cup of canned salmon contributes 100 milligrams toward your daily total—so long as you eat the soft, calcium-rich bones. Other good sources include dark, green leafy vegetables. A half cup of chopped, cooked kale provides about 47 milligrams.

# LEMON-DILL FISH FILLETS

Serves 4



Serve with lemon wedges, if desired.

Serving size =  
3 ounces cooked

**Per serving:**  
Calories: 125  
Fat: 2g  
Sat fat: 0g  
Chol: 23mg  
Carb: 8g  
Protein: 18g  
Sodium: 307mg  
Fiber: 0g

4 (4-ounce) orange roughy or other lean white fish fillets  
¼ teaspoon salt  
½ cup Lemon-Dill Coating\*

- 1 Coat both sides of fish with nonstick cooking spray; sprinkle with salt.
- 2 Place ½ cup Lemon-Dill Coating in a shallow dish; dredge fish in topping.
- 3 Place fish in a 13x9-inch baking dish coated with nonstick cooking spray.
- 4 Bake at 400°F for 15 minutes or until fish flakes easily when tested with a fork.

**\*Lemon-Dill Coating:**

2 cups finely crushed plain Melba toast rounds (about 54)  
2 tablespoons paprika  
2 tablespoon grated lemon rind  
1 Tbsp. plus 1 tsp. dried whole dillweed  
1½ teaspoons dried mustard

Yield: 2 cups

**Per 2 tablespoons of coating:**

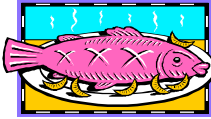
Cals: 43      Carb: 8g Fat: 1g  
Protein: 2g      Sodium: 89mg

- 1 Combine all ingredients in large zip-top plastic bag; seal bag; shake well.
- 2 Store tightly sealed in refrigerator; shake well before each use.
- 3 Use coating mix for fish or chicken.

TIP: For information about safety, nutrition and storage of seafood, call the U.S. Food & Drug Administration's toll-free seafood hotline at 1-800-332-4010 between 12 noon and 4pm Eastern time.

# CHEESE-TOPPED SOLE

Serves 6



Sprinkle this dish with freshly grated Parmesan cheese for extra flavor!

Serving size =  
4 ounces cooked with  
topping

***Per serving:***

*Calories: 172*

*Fat: 6g*

*Sat fat: 2g*

*Chol: 76mg*

*Carb: 2g*

*Protein: 27g*

*Sodium: 238mg*

*Fiber: 0g*

2 pounds sole (orange roughy, cod or snapper can be substituted)

***Topping:***

1/4 cup light mayonnaise

1/2 teaspoon lemon juice

1/4 cup Parmesan cheese

1/4-1/2 teaspoon garlic powder

1/4 cup green onion, sliced

Hot sauce, to taste

- ❶ Preheat oven to 350°F.
- ❷ Bake sole until flesh flakes easily (about 8 minutes).
- ❸ Meanwhile, mix topping ingredients (mayonnaise, lemon juice, Parmesan cheese, garlic powder, green onions and hot sauce).
- ❹ Spread topping evenly over cooked fish fillets.
- ❺ Broil until topping is lightly browned (about 5 minutes).

*Cook's Tip:* If slicing onions or garlic or cleaning fish has left a lingering odor on your hands, try rubbing them with coffee grounds to remove the smell. Other remedies that work include rubbing on toothpaste, adding salt to the soap lather and washing with plain white vinegar.

# FISH FILLETS FLORENTINE

Serves 6



Garnish with lemon slices. Serve with rice.

**TIP:** One pound of fresh spinach equals 10 to 12 cups of torn pieces or 1 cup cooked spinach.

Serving size =  
3 ounces cooked

**Per serving:**

*Calories: 245*

*Fat: 9g*

*Sat fat: 2g*

*Chol: 69mg*

*Carb: 11g*

*Protein: 30g*

*Sodium: 252mg*

*Fiber: 3g*

1½ pounds fish fillets (whitefish, pollock, sole, flounder, etc...)

4 tablespoons lemon juice

½ cup water

Pepper, to taste

½ cup evaporated skim milk

2½ tablespoons flour

1 pinch nutmeg

2 (10-ounce) packages frozen chopped spinach, thawed & well drained

6 tablespoons grated Parmesan cheese

Paprika

1 lemon, sliced

- ❶ Arrange fish in single layer in a 13 x 9-inch pan sprayed with nonstick cooking spray. Sprinkle with lemon juice. Add water to pan. Add a generous amount of pepper, or to taste.
- ❷ Cover pan tightly with foil.
- ❸ Bake for 15 minutes at 350°F.
- ❹ Remove from oven. Drain fish liquid into saucepan and heat to boil.
- ❺ Combine milk and flour into a paste and stir into fish liquid, stirring constantly until sauce thickens. Stir in nutmeg.
- ❻ Arrange fillets in center of baking pan and surround with spinach. Sprinkle with cheese and paprika.
- ❼ Increase oven temperature to 425°F and bake, uncovered, until heated through (approximately 5 minutes).

**TIP:** Marinades with liquids that are high in acid (lemon or lime juice, wine, vinegar) help tenderize chicken and fish. When marinating, always use a nonreactive container, such as glass or plastic (not aluminum), and always marinate in the refrigerator to prevent food poisoning.

# GRILLED TUNA WITH ROSEMARY BUTTER

Serves 2

TIP: Rosemary is a member of the mint family. It's flavor hints of both lemon and pine. Rosemary can be used as a seasoning in a variety of dishes including soups, vegetables, stuffings and dressings.

Serving size =  
5 ounces cooked

**Per serving:**

Calories: 288

Fat: 16g

Sat fat: 4g

Chol: 100mg

Carb: <1g

Protein: 33g

Sodium: 142mg

Fiber: 0g

2 (6-ounce) tuna steaks (3/4-1-inch thick)

**Rosemary Butter:**

1 tablespoon margarine, room temperature

1 teaspoon chopped fresh rosemary

1 teaspoon finely chopped fresh chives or green onions

1 teaspoon grated lemon peel

**Marinade:**

1 tablespoon fresh lemon juice

1 tablespoon olive oil

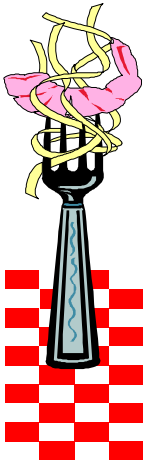
1 teaspoon chopped fresh rosemary

1/4 teaspoon black pepper

- ❶ Make Rosemary Butter: Mix margarine, fresh rosemary, chopped chives and grated lemon peel in small bowl. Season with pepper, if desired. (Can be prepared 1 day ahead. Cover and refrigerate.)
  - ❷ Prepare grill (medium-high heat) or preheat broiler.
  - ❸ Make Marinade: Combine lemon juice, oil, rosemary and pepper in shallow baking dish.
  - ❹ Add tuna to marinade, turning to coat.
  - ❺ Let stand 15 minutes in refrigerator, turning twice.
  - ❻ Remove tuna from marinade; grill or broil tuna until just cooked through, about 4-5 minutes per side.
  - ❼ Transfer to plate. Top with rosemary butter.
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# SHRIMP SCAMPI

Serves 6



Serving size =  
8 shrimp in sauce  
over 1 cup cooked  
pasta

***Per serving:***

*Calories: 383*

*Fat: 9g*

*Sat fat: 2g*

*Chol: 172mg*

*Carb: 42g*

*Protein: 30g*

*Sodium: 435mg*

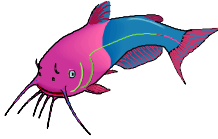
*Fiber: 3g*

2 pounds large shrimp (48 shrimp)  
3 tablespoons margarine  
1 cup chopped red bell pepper  
8 cloves garlic, crushed  
½ cup nonalcoholic dry white wine  
¼ cup minced fresh parsley  
¼ cup lemon juice  
½ teaspoon salt  
¼ teaspoon pepper  
Paprika  
6 cups hot cooked angel hair (about ¾ pound uncooked pasta)

- ❶ Peel shrimp, and discard tails.
  - ❷ Starting at tail end, butterfly underside of each shrimp, cutting to, but not through, back of shrimp so that they open up, or butterfly.
  - ❸ Arrange shrimp, cut sides up, in a 2-quart oblong casserole dish; set aside.
  - ❹ Melt margarine in a small skillet over medium heat.
  - ❺ Add bell pepper and garlic; sauté 2 minutes.
  - ❻ Remove from heat; stir in wine, parsley, lemon juice, salt, and pepper.
  - ❼ Pour wine mixture over shrimp; sprinkle paprika over shrimp, and broil 6 minutes or until shrimp is done.
  - ❽ Serve over hot angel hair pasta.
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# CAJUN CATFISH WITH COUSCOUS

Serves 4



Serving size =  
½ cup couscous with  
3 ounces cooked fish

**Per serving:**

Calories: 307

Fat: 4g

Sat fat: <1g

Chol: 46mg

Carb: 43g

Protein: 24g

Sodium: 254mg

Fiber: 4g

¾ pound catfish  
2 teaspoons Cajun seasoning  
2 teaspoons olive oil  
½ cup onion, chopped  
½ cup green pepper, chopped  
2 cloves garlic, minced  
1 (14.5-ounce) can whole tomatoes,  
chopped  
¾ cup water  
1 cup couscous, uncooked

- ❶ Sprinkle fish with Cajun seasoning.
  - ❷ Heat oil in a nonstick skillet.
  - ❸ Add onion, green pepper and garlic.
  - ❹ Stir-fry until vegetables begin to brown, about 2 minutes.
  - ❺ Stir in tomatoes and water, and bring to a boil.
  - ❻ Cover and simmer over low heat for 5 minutes.
  - ❼ Stir in couscous.
  - ❽ Cut fish into 4 equal portions and arrange over couscous.
  - ❾ Cover and cook until fish turns opaque, about 10 minutes; serve.
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# GRILLED TUNA WITH TOMATO VINAIGRETTE

Serves 4



Serve with grilled vegetables such as potatoes, baby carrots, onions and broccoli

Serving size =  
3 ounces cooked

**Per serving:**

Calories: 177

Fat: 6g

Sat fat: 2g

Chol: 67mg

Carb: 8g

Protein: 23g

Sodium: 70mg

Fiber: 1g

- 1 pound fresh tuna steak
- 4 plum tomatoes, diced
- 1/4 cup chopped onions
- 4 cloves garlic, minced
- 2-3 tablespoons dried basil
- 1/2 cup balsamic vinegar
- 1/4 teaspoon black pepper

**Marinade:**

- 1/4 cup chopped onions
- 4 cloves garlic, minced
- 2-3 tablespoons dried basil
- 1/2 cup balsamic vinegar
- 1/4 teaspoon black pepper

- ❶ Combine marinade ingredients in a shallow baking dish; mix well.
  - ❷ Place tuna steaks in marinade, turning to coat sides.
  - ❸ Marinate tuna for 1½-2 hours in refrigerator, turning twice.
  - ❹ Meanwhile, combine tomatoes, onion, garlic, basil, vinegar and pepper in a medium bowl and refrigerate.
  - ❺ Prepare grill (medium-high heat) or preheat broiler.
  - ❻ Remove tuna from marinade and discard.
  - ❼ Grill or broil tuna until just cooked through, about 4-5 minutes per side.
  - ❽ Transfer to plate and serve topped with tomato mixture.
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