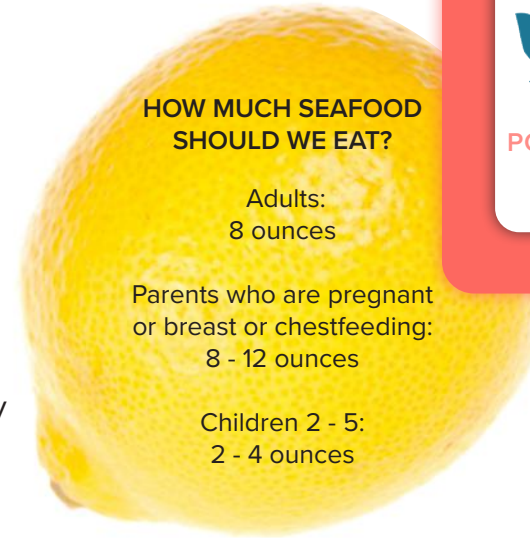


DON'T LOVE SEAFOOD?

Here are some tips!

There are a lot of different kinds of fish and shellfish in the world, and many ways to prepare seafood dishes. These ideas can help turn *yuck* into *yum*!



HOW MUCH SEAFOOD SHOULD WE EAT?

Adults:
8 ounces

Parents who are pregnant or breast or chestfeeding:
8 - 12 ounces

Children 2 - 5:
2 - 4 ounces



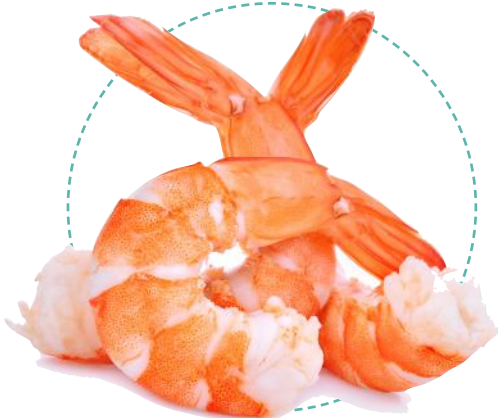
LESSON:
**POWERFUL PROTEINS -
SO MUCH MORE
THAN MEAT**

1 CHOOSE Milder-TASTING SEAFOOD.

A lot of people think they don't like seafood because they've only tried very strong-tasting fish. But there are many options that are milder, without a "fishy" flavor. The following are all known for being easy on the taste buds, and they could become a family favorite.

- Cod
- Haddock
- Pollock

When it comes to shellfish, **shrimp** is usually a beginner's favorite and is perfect for dipping in cocktail sauce or ketchup.



2 MIX IT UP.

Even if you don't like fish or other seafood by itself, you may love it combined with some of your favorite sauces and condiments. Here are some ideas to try:

MIX canned tuna or salmon with your favorite pasta sauce.

STIR canned fish together with mayo, mustard or your favorite salad dressing and serve on bread or whole-wheat crackers.

SLICE up baked fillets and serve them on a tortilla with salsa and cheese.



3 KEEP IT SIMPLE.

If you like your foods simpler, try a squeeze of **lemon**, a dab of **butter**, or a sprinkle of **salt** on your seafood.

* If that's too plain, try adding another seasoning you like, such as **dill**, **garlic**, or **oregano**. Many mild fishes really don't need much spice to shine.



RECIPE IDEA
Fish Tacos

Prep time: **10 minutes**
Cook time: **10 minutes**
Servings: **4**

INGREDIENTS

- 1 pound white fish
- 2 tablespoons Cajun spice
- 3 tablespoons oil (divided)
- 3 small tomatoes
- 3 green onions
- 1 avocado
- 1 cup shredded lettuce
- 1 teaspoon cumin
- 2 juiced limes
- 2 tablespoons fresh cilantro
- pepper to taste
- 8 medium whole wheat tortillas

DIRECTIONS

Step 1 Wash prep area, your hands, and all fresh produce. Preheat oven to 325° F.

Step 2 Cut fish into 1-inch strips and toss with Cajun spices and 1 tablespoon of oil. Wash hands with warm, soapy water for 20 seconds after handling fish.

Step 3 Bake in oven for 8-10 minutes or until done.

Step 4 Meanwhile, chop tomato. Dice green onions and cilantro. Peel, deseed, and slice avocado. Shred lettuce.

Step 5 To make the salsa you'll be putting on your tacos, mix tomatoes with cumin, remaining oil, lime juice, cilantro, green onions, salt, and pepper.

Step 6 Build tacos by placing fish in tortillas and topping with homemade salsa, avocado, lettuce, more lime to taste, and add any other favorite toppings.

Enjoy!



LESSON:
POWERFUL PROTEINS -
SO MUCH MORE
THAN MEAT

Take This Lesson to Learn:

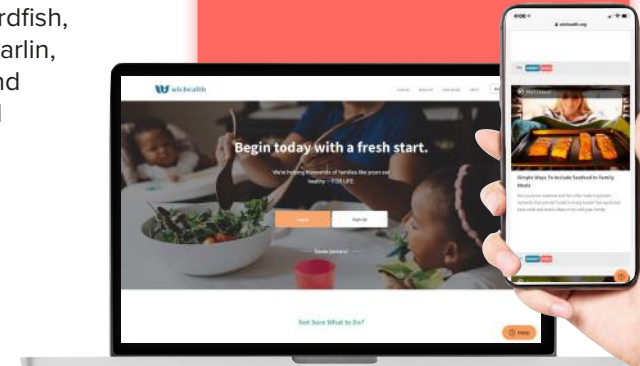
- Important nutrients found in seafood
- Quick and easy meal and snack ideas and recipes

To Get Started:

- Visit wichealth.org
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Select **Begin**
- Choose the category: **Choosing Healthy Foods**
- Choose the lesson: **Powerful Proteins - So Much More Than Meat**



Avoid seafood that is high in mercury such as: Shark, Tilefish, Swordfish, Orange Roughy, Marlin, Bigeye Tuna, and King Mackerel



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