

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences






Ideas For Eating Better For Less February 2008

A HEALTHFUL DISH IS FISH



Eat fish twice a week. Choose fatty fish like salmon, lake trout, sardines, canned light tuna and herring often.

-  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.
-  Bake, broil or grill fish instead of frying. Season with herbs (parsley, dill, rosemary or chives), lemon juice or soy sauce.

Baked Fish Serves 4.

1 pound fish, thawed	1/4 tsp. garlic powder
1 Tbsp. lemon juice	1/4 cup dry, crushed bread crumbs
1 Tbsp. vegetable oil	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 fish with bread crumbs then Parmesan cheese.
5. Bake in 400° F oven for about 10 minutes per inch of thickness of thawed fish or until it reaches an 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

Tuna Melt Serves 4

1/4 cup fat free mayonnaise

1 Tablespoon sweet pickle relish

1 teaspoon dried onion flakes

1 can (6 oz.) tuna, in water, drained

4 slices whole wheat bread

1/2 cup low-fat cheddar cheese, shredded

1. Stir mayonnaise, relish, and onion together in a medium bowl.

2. Add tuna and stir until combined.

3. Spread tuna mixture on the 4 slices of bread.

4. Top with cheese.

5. Heat in microwave about 20 or 30 seconds or until cheese melts.



NUTRITION FACTS (per serving) - Calories 160 - fat 4 g - calories from fat 35 - sodium 540 mg - total carbohydrate 16 g - fiber 2 g

CAUTION!

Some fish may contain mercury, which is dangerous for pregnant women, women who are planning to become pregnant, nursing women and small children.

They should:

- not eat swordfish, shark, tilefish (golden bass or golden snapper), and king mackerel.
- eat up to 12 ounces of other types of fish. Shrimp, canned light tuna, salmon, pollock, and catfish are good choices.
- eat only 6 ounces of albacore (white) tuna per week.
- eat only 6 ounces of locally caught fish per week.



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