



10

TASTIEST SEAFOOD RECIPES

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Indian Spiced Shrimp

Makes: 4 servings, ¾ cup each

Active time: 15 minutes (if using peeled shrimp) **Total:** 45 minutes (including 30 minutes marinating time)

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The magic in this dish happens in the spice grinder, where all the layers of flavor are brought together before cooking even begins. Serve with brown basmati rice.

- 1 tablespoon yellow split peas
- 1 tablespoon coriander seeds
- 1 teaspoon cumin seeds
- ¼ teaspoon black peppercorns
- 1 dried red chile, such as Thai, cayenne or chile de arbol
- 2 tablespoons finely chopped fresh cilantro
- 1 teaspoon tamarind concentrate (see Tip) or 2 tablespoons lime juice
- ½ teaspoon salt
- 1 pound raw shrimp (16-20 per pound), peeled and deveined
- 1 tablespoon canola oil
- 1 teaspoon black or yellow mustard seeds
- ¼ cup minced shallots
- ½ cup water

1. Toast split peas, coriander, cumin, peppercorns and chile in a large skillet over medium heat, shaking the pan occasionally, until the peas turn reddish brown, the spices become fragrant and the chile blackens slightly, 2 to 3 minutes. Transfer to a plate to cool for 3 to 5 minutes. Grind in a spice grinder or mortar and pestle until the mixture is the texture of finely ground black pepper.

2. Combine cilantro, tamarind concentrate (or lime juice), salt and the spice blend in a medium bowl. Add shrimp and turn to coat. Cover and refrigerate for 30 minutes. (Do not marinate for more than 2 hours or the acidity in the tamarind will affect the shrimp's texture.)

3. Heat oil in the pan over medium-high heat; add mustard seeds. When the seeds begin to pop, cover the skillet. As soon as the popping stops, add shallots and the shrimp in a single layer and cook until the undersides of the shrimp turn salmon-pink, 1 to 2 minutes. Turn the shrimp and cook until the other side is pink, 1 to 2 minutes. Add water and continue cooking for 1 minute. Serve immediately.

Per serving: 139 calories; 5 g fat (0 g sat, 3 g mono); 143 mg cholesterol; 7 g carbohydrate; 0 g added sugars; 17 g protein; 2 g fiber; 464 mg sodium; 201 mg potassium.

Carbohydrate Servings: ½

Exchanges: ½ starch, 2 lean meat, 1 fat

Tip: Tart tamarind fruit (or a concentrate of its pulp) is common in southern Indian cooking. Find it in Indian grocery stores and other ethnic markets. Keep it covered in the refrigerator for up to 1 year. Lime juice is an acceptable substitute.





Curried Fish

Makes: 6 servings, about 1 cup each

Active time: 35 minutes **Total:** 35 minutes

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Though curried goat, chicken and shrimp are more popular in Jamaica than fish, this curry with mild mahi-mahi is a delicious and light alternative. Serve over rice.

- 3 tablespoons canola oil
- 2 tablespoons curry powder
- 1 medium onion, finely chopped
- 1 green bell pepper, diced
- 2 cloves garlic, minced
- 1 teaspoon minced Scotch bonnet chile pepper (see *Tips*), or to taste
- 1 teaspoon chopped fresh thyme or ¼ teaspoon dried
- 1 14-ounce can “lite” coconut milk
- 2 pounds mahi-mahi fillets (see *Tips*), skinned, cut into 1-inch pieces
- 3 scallions, thinly sliced
- 1 teaspoon salt

Heat oil in a large skillet over medium heat. Add curry powder and cook for 1 minute. Add onion, bell pepper, garlic, chile pepper and thyme. Cook, stirring, until fragrant, about 2 minutes. Add coconut milk and bring to a simmer. Stir in fish and scallions; cover and cook until the fish is just cooked through, 5 to 7 minutes. Stir in salt and serve immediately.

Per serving: 265 calories; 13 g fat (4 g sat, 5 g mono); 110 mg cholesterol; 7 g carbohydrate; 0 g added sugars; 30 g protein; 2 g fiber; 541 mg sodium; 748 mg potassium.

Nutrition bonus: Vitamin C (33% daily value), Potassium (21% dv).

Carbohydrate Servings: ½

Exchanges: 4 lean meat, 2 fat

Tips:

One of the hottest chile peppers, Scotch bonnets come in vivid shades of red, orange and green and are used throughout the Caribbean. Though they look similar to habaneros, Scotch bonnets have a citrus note that makes them undeniably different. You can control the heat of a dish a little by discarding the membranes that hold the seeds, which are the spiciest part of chile peppers, along with the seeds themselves. Be sure to wash your hands thoroughly after handling hot peppers or wear rubber gloves. If you can't find Scotch bonnet peppers, habaneros can be substituted.

Mahi-mahi (also called dorado) from the U.S. Atlantic is sustainably fished and considered the best choice for the environment. For more information, go to seafoodwatch.org.

Ginger-Steamed Fish with Troy's Hana-Style Sauce

Makes: 4 servings

Active time: 20 minutes **Total:** 20 minutes

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This shoyu-based sauce with fresh ginger, garlic and sesame is a classic at the Hotel Hana-Maui, Hawaii. Aloha Shoyu is the preferred brand at the hotel. Use reduced-sodium soy sauce to keep the sodium in check. Chef David Patterson prepares the dish with onaga, a red snapper only found in the Hawaiian waters; it's tender, sweet and mild in flavor. We found that halibut and other white fish were also delicious. Serve with steamed brown rice and green papaya salad.

Fish

- 6 5-ounce portions striped bass, halibut or any flaky white fish
- 6 ¼-inch-thick slices peeled fresh ginger

Sauce

- ¼ cup minced peeled fresh ginger
- ¼ cup chopped garlic
- ¼ cup sesame seeds
- 2 tablespoons grapeseed oil or canola oil
- 2 tablespoons toasted sesame oil
- ¼ cup reduced-sodium soy sauce
- 2-3 scallions, thinly sliced, for garnish

1. To prepare fish: Bring 1 to 2 inches of water to a boil in a pot large enough to hold a two-tier bamboo steamer. (If you don't have a steamer, improvise by setting mugs upside down in a large pot and resting a large heatproof plate on top.) Put a heatproof plate in each of the steamer baskets. Place 3 portions of fish on each plate with a slice of fresh ginger on top. Stack the baskets, cover and set over the boiling water. Steam the fish for 7 minutes per inch of thickness.

2. To prepare sauce: Meanwhile, combine minced ginger, garlic and sesame seeds in a small bowl. Heat grapeseed (or canola) oil in a medium skillet over medium-high heat. Add the ginger mixture and cook, stirring, until fragrant, 1 minute. Add sesame oil; allow the mixture to get hot. Add soy sauce (be careful, it will splatter a bit) and cook for 1 minute more.

3. Transfer the fish to a deep platter. Discard the ginger slices. Pour the sauce over the fish and garnish with scallions.

Per serving: 270 calories; 14 g fat (2 g sat, 7 g mono); 69 mg cholesterol; 7 g carbohydrate; 0 g added sugars; 29 g protein; 1 g fiber; 455 mg sodium; 726 mg potassium.

Nutrition bonus: Potassium (21% daily value), Magnesium (16% dv).

Carbohydrate Servings: ½

Exchanges: 4½ lean meat, 1 fat



Tip: To oil a grill rack, oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)



Grilled Shrimp Skewers over White Bean Salad

Makes: 6 servings, about $\frac{3}{4}$ cup salad and 4 shrimp each

Active time: 30 minutes **Total:** 30 minutes

To make ahead: Cover and refrigerate the salad and shrimp separately for up to 1 day.

Equipment: Six 8- to 10-inch skewers

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Fresh herbs make all the difference in this light, summery bean salad that in turn makes an aromatic bed for the easy grilled shrimp. The shrimp and salad are wonderful together but you could also make them separately. Consider skewering and grilling scallops as another delicious option.

- 1 teaspoon finely grated lemon zest
- $\frac{1}{3}$ cup lemon juice
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons packed fresh oregano, minced
- 2 tablespoons packed fresh sage, minced
- 2 tablespoons minced fresh chives
- 1 teaspoon freshly ground pepper
- $\frac{1}{2}$ teaspoon salt
- 2 15-ounce cans cannellini beans, rinsed
- 12 cherry tomatoes, quartered
- 1 cup finely diced celery
- 24 raw shrimp (21-25 per pound; see *Note*), peeled and deveined

1. Combine lemon zest, lemon juice, oil, oregano, sage, chives, pepper and salt in a large bowl. Reserve 2 tablespoons of the dressing in a small bowl. Add beans, tomatoes and celery to the large bowl; toss well.
2. Preheat grill to medium-high or place a grill pan over medium-high heat until hot.
3. Thread shrimp onto 6 skewers. (If using a grill pan, you don't need to skewer the shrimp.)

4. Oil the grill rack (see *Tip*, left) or the grill pan. Grill the shrimp until pink and firm, turning once, about 4 minutes total. Serve the shrimp on the white bean salad, drizzled with the reserved dressing

Per serving: 212 calories; 8 g fat (1 g sat, 5 g mono); 95 mg cholesterol; 22 g carbohydrate; 0 g added sugars; 17 g protein; 8 g fiber; 575 mg sodium; 242 mg potassium.

Nutrition bonus: Vitamin C (20% daily value).

Carbohydrate Servings: 1

Exchanges: 1 starch, 1 vegetable, $2\frac{1}{2}$ lean meat, $1\frac{1}{2}$ fat

Note: Both wild-caught and farm-raised shrimp can damage the surrounding ecosystems when not managed properly. Look for shrimp certified by an independent agency, such as Wild American Shrimp or Marine Stewardship Council. If you can't find certified shrimp, choose wild-caught shrimp from North America—it's more likely to be sustainably caught. Shrimp is usually sold by the number needed to make one pound. For example, "21-25 count" means there will be 21 to 25 shrimp in a pound. Size names, such as "large" or "extra large," are not standardized. In recipes calling for a specific count, order by the count (or number) per pound to be sure you're getting the size you want.



Grilled Whole Trout with Lemon-Tarragon Bean Salad

Makes: 4 servings

Active time: 35 minutes **Total:** 45 minutes.

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This freshwater favorite is a snap on the grill. Grilling with the skin on keeps the fish from falling apart and gives the skin a delightful crispy texture. Enjoy this fish with a side of garlic-rubbed bread.

- ¼ cup chopped fresh tarragon, plus 4 whole sprigs**
- 3 tablespoons lemon juice**
- 2 tablespoons extra-virgin olive oil**
- 1 tablespoon chopped shallot**
- 1 teaspoon kosher salt, divided**
- ¼ teaspoon sugar**
- ¼ teaspoon freshly ground pepper, divided**
- 1 15-ounce can small white beans, rinsed**
- ⅓ cup chopped roasted red peppers**
- 4 cleaned whole rainbow trout (about 5 ounces each; see Tip)**
- 12 thin slices of lemon (1-2 lemons)**

1. Whisk chopped tarragon, lemon juice, oil, shallot, ¼ teaspoon salt, sugar and ⅓ teaspoon pepper in a medium bowl until combined. Reserve 2 tablespoons of the dressing; add beans and peppers to the rest and toss to combine.

2. Preheat grill to medium-high. Coat a large fish-grilling basket with cooking spray. Stuff each trout with 3 slices lemon and 1 tarragon sprig. Sprinkle inside and out with the remaining ¾ teaspoon salt and ⅓ teaspoon pepper. Place in the basket.

3. Grill the fish until the skin is golden and crispy, 4 to 5 minutes per side. Carefully remove the lemon and tarragon, drizzle the fish with the reserved dressing and serve with the bean salad.

Per serving: 311 calories; 14 g fat (3 g sat, 8 g mono); 67 mg cholesterol; 19 g carbohydrate; 0 g added sugars; 29 g protein; 5 g fiber; 665 mg sodium; 739 mg potassium.

Nutrition bonus: Folate (23% daily value), Potassium (22% dv), Vitamin C (15% dv).

Carbohydrate Servings: 1

Exchanges: 1 starch, 1 vegetable, 4 lean meat, 1 fat

Tip: You can buy trout with the bones and heads removed (easier than cleaning them yourself); for this recipe, each cleaned trout should weigh about 5 ounces.

Korean Grilled Mackerel

Makes: 4 servings

Active time: 30 minutes **Total:** 1 hour
(including 30 minutes marinating time)

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Oily fish, such as mackerel, are strong-flavored and pair well with boldly seasoned glazes made from gochujang chile paste. The red, rich paste is so common in Korea that it is sold in virtually every supermarket in plastic containers ranging in size from about 2 cups to about 2 quarts. Normally the main ingredients are fermented soybeans ground with red chiles and powdered rice, plus a little salt and sweetener.

- 2 tablespoons Korean chile paste
(see *Tips*)
- 1 tablespoon canola oil
- 1 tablespoon reduced-sodium soy sauce
- 2 teaspoons rice vinegar
- 1 teaspoon grated fresh ginger
- 2 whole mackerel (about 1½ pounds each) or 4 whole rainbow trout (about 5 ounces each), cleaned and butterflied, tails left on (see *Tips*)

1. Whisk chile paste, oil, soy sauce, vinegar and ginger in a small bowl until smooth. Transfer 2 tablespoons marinade to a small bowl and set aside.
2. Open each fish like a book, exposing the flesh. Place in a large pan or on a baking sheet and spread the remaining marinade over the flesh. Marinate in the refrigerator for 30 minutes to 1 hour.
3. About 20 minutes before you're ready to grill, preheat grill to high or prepare a charcoal fire.
4. Brush the grill rack clean and oil it well (see *Tip, right*). Grill the fish, flesh-side down, for 3 minutes. Flip with a large spatula, spread the reserved marinade over the fish and grill until opaque in the center, 3 to 4 minutes more.

Per serving: 221 calories; 7 g fat (1 g sat, 3 g mono); 87 mg cholesterol; 4 g carbohydrate; 0 g added sugars; 34 g protein; 0 g fiber; 612 mg sodium; 721 mg potassium.

Nutrition bonus: Potassium & Vitamin A (21% daily value), Iron (17% dv).

Carbohydrate servings: 0

Exchanges: 5 lean meat

Tips:

Both wild-caught mackerel from the Atlantic and farmed rainbow trout from the U.S. are considered best choices for the environment, according to seafoodwatch.org. For this recipe, you'll need whole mackerel (or rainbow trout) that has been cleaned, butterflied and the heads removed (tails left on). Availability of whole mackerel (or trout) varies, but most fish markets or fish departments at large supermarkets can order and clean the fish for you. Call ahead to make sure you get what you're looking for.

Korean chile paste (also called hot pepper paste, gochujang or kochujang) is a fermented spicy condiment made from red chiles, soybeans and salt. Find it in Korean or Asian markets or online from koamart.com. Annie Chun, a widely distributed national brand of Asian foods, has recently launched their own bottled gochujang sauce that is becoming increasingly available in large supermarkets. It keeps indefinitely in the refrigerator. To make a substitute for Korean chile paste, combine 2 tablespoons white miso, 2 tablespoons Asian-style chile sauce, such as sriracha, and 2 teaspoons molasses.



Tip: To oil a grill rack, oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)



Oven-Fried Fish & Chips

Makes: 4 servings

Active time: 25 minutes **Total:** 45 minutes

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Fish and chips are traditionally sold wrapped in paper to soak up all the grease—not a good sign. To cut the calories in half and reduce the fat, we coat the delicate fish in a crispy cornflake crust and then bake it along with sliced potatoes. Serve with coleslaw and malt vinegar or lemon wedges.

Canola or olive oil cooking spray

1½ pounds russet potatoes, scrubbed and cut into ¼-inch-thick wedges

4 teaspoons canola oil

1½ teaspoons Cajun or Creole seasoning, divided

2 cups cornflakes

¼ cup all-purpose flour

¼ teaspoon salt

2 large egg whites, beaten

1 pound cod (see Tip) or haddock, cut into 4 portions

1. Position racks in upper and lower third of oven; preheat to 425°F. Coat a large baking sheet with cooking spray. Set a wire rack on another large baking sheet; coat with cooking spray.

2. Place potatoes in a colander. Thoroughly rinse with cold water, then pat dry completely with paper towels. Toss the potatoes, oil and ¾ teaspoon Cajun (or Creole) seasoning in a large bowl. Spread on the baking sheet without the rack. Bake on the lower oven rack, turning every 10 minutes, until tender and golden, 30 to 35 minutes.

3. Meanwhile, coarsely grind cornflakes in a food processor or blender or crush in a sealable plastic bag. Transfer to a shallow dish. Place flour, the remaining ¾ teaspoon Cajun (or Creole) seasoning and salt in another shallow dish and egg whites in a third shallow dish. Dredge fish in the flour mixture, dip in egg white and then coat all sides with the ground cornflakes. Place on the prepared wire rack. Coat both sides of the breaded fish with cooking spray.

4. Bake the fish on the upper oven rack until opaque in the center and the breading is golden brown and crisp, about 20 minutes.

Per serving: 323 calories; 5 g fat (1 g sat, 3 g mono); 53 mg cholesterol; 46 g carbohydrate; 1 g added sugars; 23 g protein; 3 g fiber; 423 mg sodium; 832 mg potassium.

Nutrition bonus: Vitamin C (35% daily value), Potassium (24% dv), Iron (20% dv).

Carbohydrate Servings: 2

Exchanges: 3 starch, 3 lean meat

Tip: Overfishing and trawling have drastically reduced the number of cod in the U.S. and Canadian Atlantic Ocean and destroyed its sea floor. For sustainably fished cod, choose U.S. Pacific cod or Atlantic cod from Iceland and the north-east Arctic. For more information, visit Monterey Bay Aquarium Seafood Watch at seafoodwatch.org.

Salmon & Escarole Packets with Lemon-Tarragon Butter

Makes: 4 servings

Active time: 40 minutes **Total:** 1 hour

Equipment: Parchment paper or foil.

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This company-worthy salmon is steamed on a bed of escarole and basted in a rich and tangy lemon-tarragon sauce. Fresh tarragon is delicious or try other herbs, such as thyme or rosemary. Rainbow trout or arctic char are good substitutes for the salmon.

- 2 tablespoons butter
- 2 lemons
- 2 tablespoons minced fresh tarragon or 1 teaspoon dried
- 2 cloves garlic, minced
- 6 cups chopped escarole, romaine lettuce or spinach
- 1 bunch scallions, thinly sliced
- $\frac{3}{4}$ teaspoon salt, divided
- $\frac{1}{2}$ teaspoon freshly ground pepper, divided
- 1-1 $\frac{1}{4}$ pounds skinned salmon fillet, preferably wild Pacific (see Tip), cut into 4 portions

1. Preheat oven to 400°F (or see Grill Variation, right).

2. To prepare packets, start with four 20- to 24-inch-long pieces of parchment paper or foil. Fold in half crosswise. With the parchment or foil folded, draw half a heart shape on one side as you would if you were making a Valentine. Use scissors to cut out the heart shape. Open up the heart.

3. Combine butter with the juice of 1 lemon in a small pan; melt over low heat. Remove from the heat and stir in tarragon and garlic. Reserve 2 tablespoons for the fish. Combine the rest of the sauce in a large bowl with escarole (or lettuce or spinach), scallions, $\frac{1}{4}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper; toss to coat.

4. Place one-fourth of the greens mixture (about $1\frac{1}{4}$ cups) on one side of each open heart fairly close to the crease and leaving at least a 1-inch border around the edges for folding. Place 1 piece of fish on top of each portion of greens. Season with the remaining $\frac{1}{2}$ teaspoon salt and pepper. Brush the reserved sauce on the fish. Slice the remaining lemon and top the fish with the lemon slices.

5. Close the packet to cover the ingredients. Starting at the top, seal the packet by folding the edges together in a series of small, tight folds. Twist the tip of the packet and tuck it underneath to help keep the packet closed. Place the packets on a large rimmed baking sheet (packets may overlap slightly). Bake until the fish is just cooked through and the greens are wilted, about 15 minutes. (Carefully open one package to check for doneness—be cautious of the steam.) Let the packets rest unopened for 5 minutes before serving.

Per serving: 215 calories; 10 g fat (5 g sat, 3 g mono); 68 mg cholesterol; 7 g carbohydrate; 0 g added sugars; 24 g protein; 3 g fiber; 513 mg sodium; 762 mg potassium.

Nutrition bonus: Vitamin A (44% daily value), Vitamin C (37% dv), Folate (35% dv), Potassium (22% dv), omega-3s.

Carbohydrate Servings: $\frac{1}{2}$

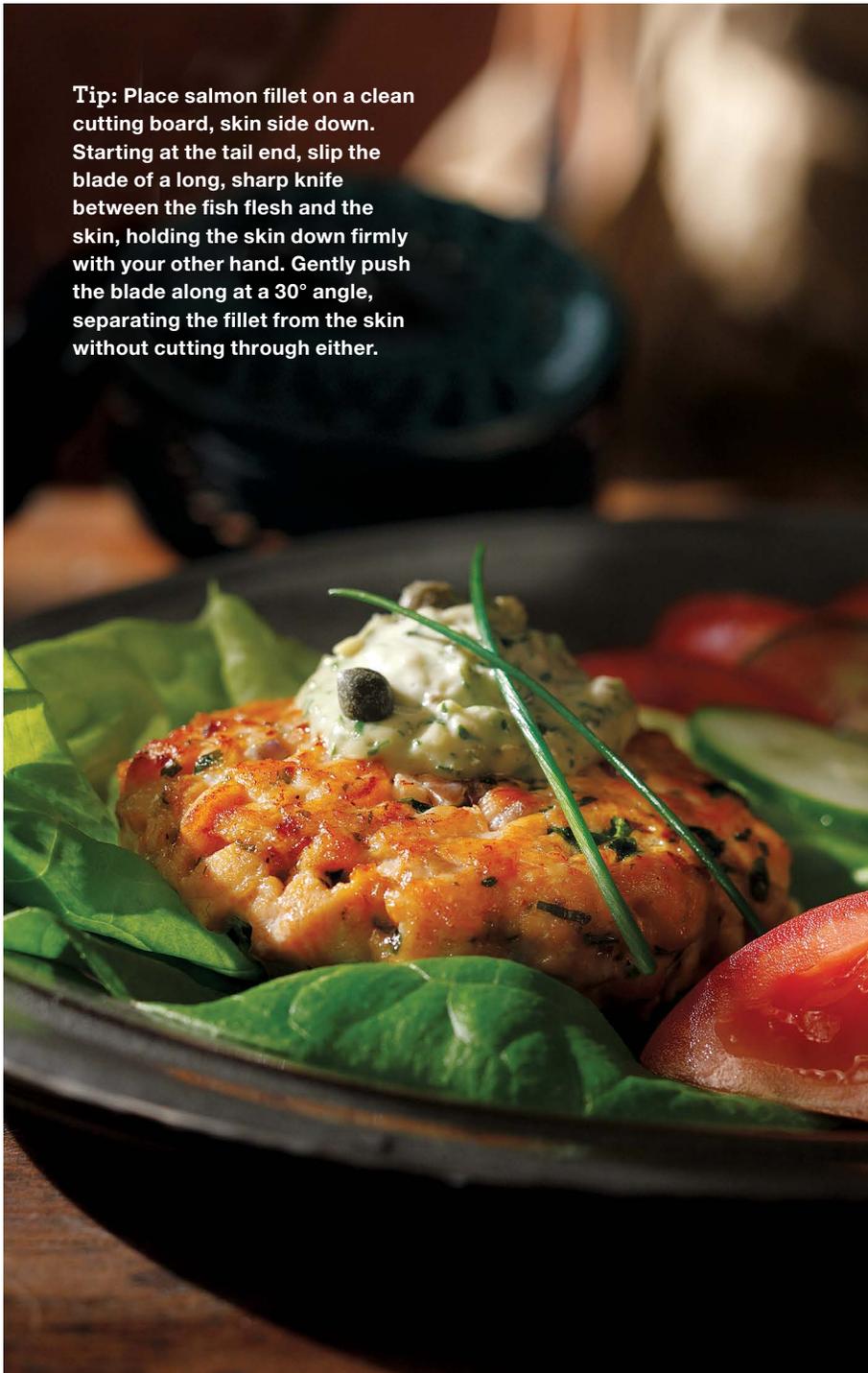
Exchanges: 1 vegetable, 3 lean meat, 1 fat

Grill Variation: Cooking in packets is great for the grill, but it's not safe to put parchment paper over an open flame, so use foil. To prepare packets for grilling, start with eight 20- to 24-inch-long pieces of foil. Layer two sheets for each of four packets (the double layers will help protect the contents from burning). Arrange the ingredients on one half of each double layer. Fold the foil over the ingredients and tightly seal the packets by crimping and folding the edges together. Grill over medium heat for 8 to 10 minutes, rotating the packets to another spot on the grill about halfway through to ensure even cooking.



Tip: Wild-caught salmon from the Pacific (Alaska and Washington) are more sustainably fished and have a larger, more stable population. For more information, visit Monterey Bay Aquarium Seafood Watch (seafoodwatch.org).

Tip: Place salmon fillet on a clean cutting board, skin side down. Starting at the tail end, slip the blade of a long, sharp knife between the fish flesh and the skin, holding the skin down firmly with your other hand. Gently push the blade along at a 30° angle, separating the fillet from the skin without cutting through either.



Salmon Burgers with Green Goddess Sauce

Makes: 4 servings

Active time: 25 minutes **Total:** 45 minutes

To make ahead: Prepare through Step 1, cover and refrigerate for up to 2 hours.

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The key to perfect salmon burgers is to handle the fish delicately: don't overseason, overhandle or overcook it. Cutting the salmon into small pieces by hand takes a little while, but you want it in tender little bits. Serve over a bed of salad greens.

- 1 pound wild salmon fillet, skinned (see Tip)
- 2 tablespoons finely chopped red onion or scallion
- 2 tablespoons chopped fresh cilantro
- ½ teaspoon finely chopped peeled fresh ginger
- ¼ teaspoon kosher or sea salt
- ⅓ teaspoon freshly ground pepper
- 1 tablespoon extra-virgin olive oil or canola oil
- 4 tablespoons Green Goddess Sauce (right)

1. With a large chef's knife, chop salmon using quick, even, straight-up-and-down motions (do not rock the knife through the fish or it will turn mushy) until you have a mass of roughly ¼-inch pieces. Transfer to large bowl and gently stir in onion (or scallion), cilantro, ginger, salt and pepper, being careful not to overmix. Divide the mixture into 4 patties, about 1 inch thick. Chill in the refrigerator for at least 20 minutes (or up to 2 hours) before cooking.

2. Heat oil in a large nonstick skillet over medium heat. Add the burgers and cook until browned on both sides and just cooked through, 4 to 6 minutes total. Serve with 1 tablespoon Green Goddess Sauce each.

Per serving: 197 calories; 10 g fat (2 g sat, 5 g mono); 57 mg cholesterol; 3 g carbohydrate; 0 g added sugars; 23 g protein; 0 g fiber; 249 mg sodium; 445 mg potassium.

Nutrition bonus: omega-3s.

Carbohydrate Servings: 0

Exchanges: 3½ lean meat, 1 fat

Green Goddess Sauce

Makes: 1¼ cups

Active time: 10 minutes **Total:** 10 minutes

To make ahead: Cover and refrigerate for up to 3 days.

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Try this fresh approach to tartar sauce as an accompaniment for any fish or combine it with chunk light tuna as the base of a tuna salad.

- ¾ cup reduced-fat mayonnaise
- ¼ cup reduced-fat sour cream
- 4 anchovy fillets, rinsed and chopped
- 3 tablespoons chopped fresh chives
- 2 tablespoons chopped fresh parsley
- 1 tablespoon capers, rinsed
- 2 teaspoons freshly grated lemon zest
- 1 teaspoon fresh lemon juice
- ⅓ teaspoon salt
- Freshly ground pepper to taste

Combine mayonnaise, sour cream, anchovies, chives, parsley, capers, lemon zest, lemon juice, salt and pepper in a food processor and pulse to combine.

Per tablespoon: 21 calories; 2 g fat (1 g sat, 0 g mono); 2 mg cholesterol; 1 g carbohydrate; 0 g protein; 0 g fiber; 128 mg sodium; 8 mg potassium.

Carbohydrate Servings: 0

Exchanges: ½ fat

Sugar Snap Pea & Shrimp Curry

Makes: 4 servings

Active time: 25 minutes **Total:** 25 minutes

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This dish is best done at the last minute so the snap peas keep their crisp texture. The pink of the shrimp and the green peas make it as pretty as it is tasty.

2 tablespoons canola oil

2 tablespoons Madras curry powder

**1½ pounds raw shrimp (16-20 per pound),
peeled and deveined**

1 pound sugar snap peas, trimmed

1 cup “lite” coconut milk

¼ cup lemon juice

½ teaspoon salt

Heat oil in a wok or large skillet over medium heat. Add curry powder and cook, stirring, until fragrant, 1 to 2 minutes. Add shrimp and peas and cook, stirring, until the shrimp are almost cooked through, about 4 minutes. Stir in coconut milk, lemon juice and salt. Bring to a boil and cook until the shrimp have cooked through, about 2 minutes more.

Per serving: 289 calories; 13 g fat (4 g sat, 5 g mono); 214 mg cholesterol; 14 g carbohydrate; 0 g added sugars; 28 g protein; 4 g fiber; 563 mg sodium; 467 mg potassium.

Nutrition bonus: Vitamin C (117% daily value), Iron (40% dv), Vitamin A (30% dv), Folate (22% dv), Magnesium (18% dv).

Carbohydrate Servings: 1

Exchanges: 1 starch, 4 lean meat, 2 fat



About EatingWell

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- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

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We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!

About EatingWell health tags

A recipe checked...

 **Heart Health** has limited saturated fat.

 **Diabetes** is low in calories and meets limits for Carbohydrate Servings.

 **Weight Loss** has reduced calories (and limited saturated fat).

 **Gluten Free** does not contain wheat, rye, barley or oats.
(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)