

# Seafood for Health

EATING AND BUYING SEAFOOD ON A BUDGET



## Seafood is an important part of a healthy and balanced diet.

- It has many nutrients to keep your body working at its best.
- The Dietary Guidelines for Americans recommend eating at least two servings (8 ounces or more) per week of a variety of seafood, which includes budget-friendly options like canned and frozen seafood.

## Benefits of eating seafood two times a week:

- Leads to better brain & eyes in infants, children and adults.
- Helps to reduce risks of heart disease.
- Gives pregnant women and their babies key nutrients.
- Keeps your mental health calm.

## WANT TO EAT MORE SEAFOOD? KEEP IT ON HAND.

- Canned seafood, such as canned salmon, tuna, or sardines, makes for a delicious, easy and healthy meal with simple cooking to no-cook steps.
- Keep frozen fish in the freezer as a budget-friendly option – you can cook from frozen or thaw fillets in about 15-20 minutes. From frozen-at-sea fillets to baked fish sticks, grilled salmon to shrimp scampi, frozen seafood offers options everyone in your family will love.

## BUYING SEAFOOD ON A BUDGET? SHOP SMART.

Delicious seafood comes at all price points, and eating more seafood does not have to be expensive. Some quick tips to find a great deal:

- **Check seasonality** – for example, fresh Alaskan salmon is cheaper in early summer when the fish are running. Farmed fish is always in season.
- **Many sustainable species can be found at great deals** – look for frozen cod, flounder, Alaska pollock, salmon, shrimp, mussels, and canned tuna and sardines.
- **Buy in bulk** and freeze.
- **Check the weekly sales** and clip coupons to help save on seafood.

## GET CREATIVE WITH SEAFOOD

Think beyond the fish fillet.

- Try salmon patties, shrimp stir-fry, fish tacos, or clams with whole wheat pasta.
- Top a salad or spaghetti with canned tuna or salmon or use it for sandwiches in place of deli meats.
- Eat the foods you already enjoy and jazz it up with fish or shellfish!
- You can also cook extra of your favorite fish and use the leftovers for another meal or two – a great way to get your seafood twice a week!



For more ways to eat more seafood, visit our website or follow us on social media.

    @Seafood4Health | #Seafood2xWk

[seafoodnutrition.org](http://seafoodnutrition.org)

# SALMON (OR TUNA) CAKES

Recipe created by SNP Ambassador  
Chef Kelly Armetta

Servings: 4  
Prep Time: 20 minutes  
Cook Time: 10 minutes  
Total Time: 30 minutes

## INGREDIENTS:

1/4 cup olive oil, divided  
1 Tbsp. onions, chopped fine  
1 tsp. garlic, chopped  
1 potato, peeled, boiled and cooled  
1 - 14.7 oz salmon or tuna, canned,  
drained and crumbled  
1 lemon, juiced, divided  
1 egg, beaten  
1/2 tsp. mustard  
1/2 cup bread crumbs



## INSTRUCTIONS:

1. Heat 1/2 of the oil in a pan. Add onions and garlic until aroma is released.
2. Meanwhile, crush potato and mix with fish and 1/2 the lemon juice.
3. Add cooked garlic and onions into mixture. Add egg and mustard. Mix again.
4. Add bread crumbs. You may not need all the crumbs. Fold until combined.
5. Heat pan again and add remaining oil.
6. While heating, use an ice cream scoop or soup spoon and scoop fish mixture. Place into pan, flattening the cake.
7. Fry cakes on both sides for 4 minutes each.

# SARDINES SIMMERED WITH TOMATOES

Recipe created by SNP Ambassador  
Michael-Ann Rowe

Servings: 2  
Prep Time: 0 minutes  
Cook Time: 20 minutes  
Total Time: 20 minutes

## INGREDIENTS:

1 - 32 oz. can Roma Tomatoes,  
chopped  
1 can sardines, in oil  
Optional: 1 tsp. red pepper flakes  
(substitute for 1/2 tsp. paprika)



## INSTRUCTIONS:

1. Heat can of tomatoes in medium-size pan over medium heat for 5 minutes.
2. Add red pepper flakes or paprika for added spice, if desired.
3. Add whole can of sardines with oil. Cover and cook over medium to low heat for 15 minutes, turning once.