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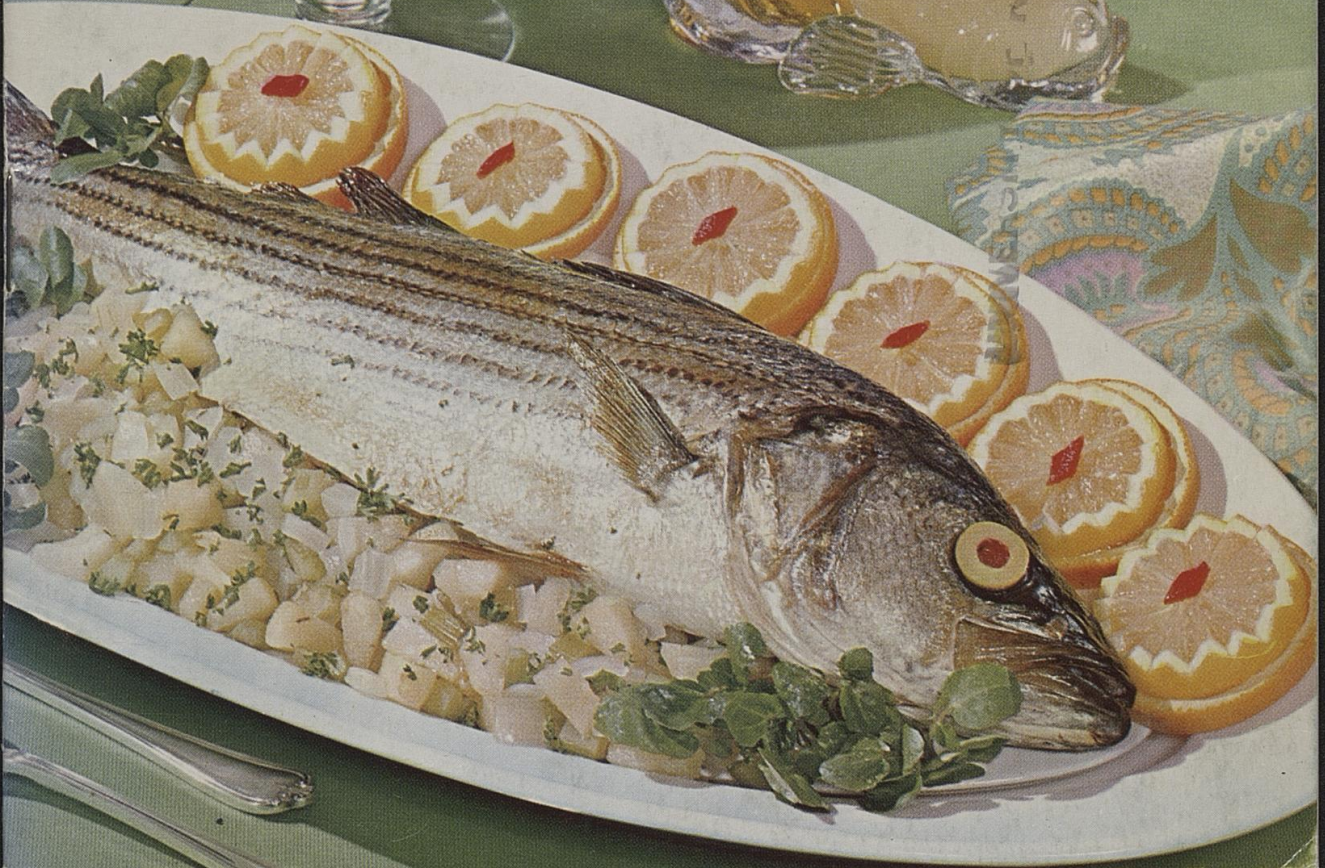
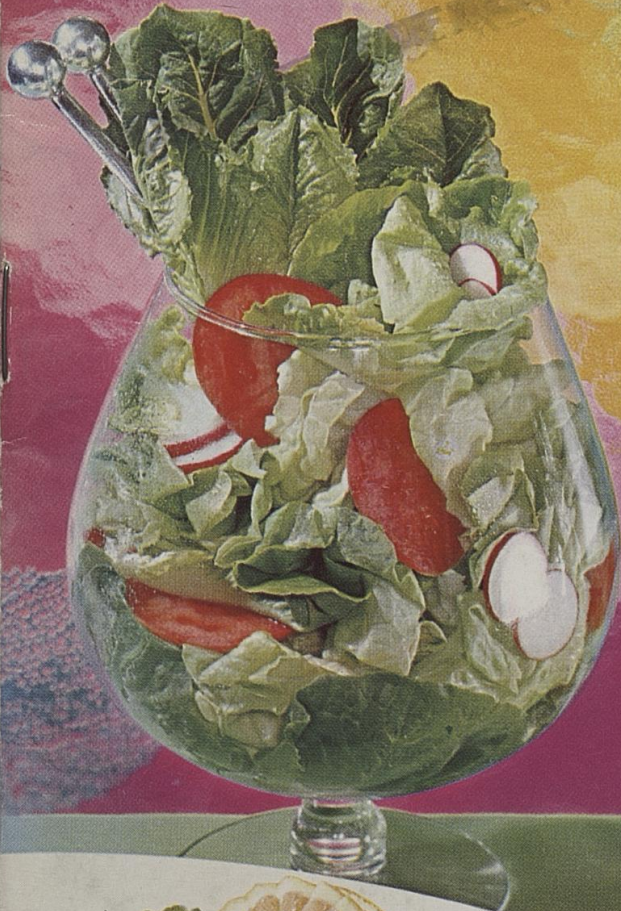
UNIVERSITY OF KENTUCKY



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# seafood slimmers

*room 116*



...an ocean of low-calorie variety ... a world of interesting flavor

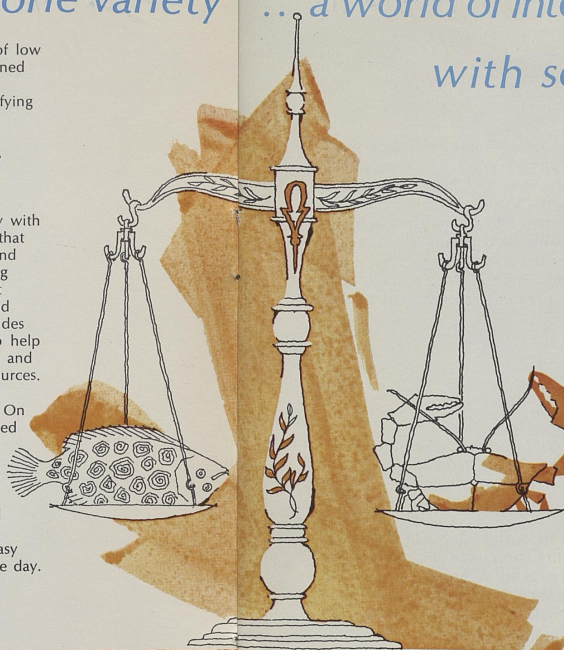
with seafood slimmers

The many moods of seafoods offer the dieter an ocean of low calorie variety with a world of interesting flavor. Combined with a bit of imagination and a dash of color, slimming seafoods offer endless possibilities for light lunches, satisfying suppers, "different" dinners, and sensible snacks. The delicate flavor of fish and shellfish also blends well with most foods. Varied cooking methods, low calorie sauces, perky garnishes, and colorful "go-with" foods add eye appeal and eater interest to well-balanced diet meals.

Eating enjoyment is an important part of dieting. To stay with a diet until the goal is reached, the dieter needs foods that give a sense of satisfaction as well as nourishment. Fish and shellfish impart vitality and a wonderful, well-fed feeling because they are a complete protein food, 85-95 percent digestible, rich in energy-giving vitamins and minerals, and high in "fill-ability." An average serving of seafood provides nearly all the animal protein that is needed each day to help the dieter build and repair body tissue. In addition, fish and shellfish are lower in calories than most other protein sources.

This booklet has been designed especially for the dieter. On the following pages you will find a netful of kitchen-tested recipes that vary from 65 to 310 calories per serving. These sure-fire seafood slimmers will become alltime favorites with you and your family.

Diet the sensible seafood way. You can lose weight, feel better, and enjoy your diet with fish and shellfish on the menu. The many moods of seafoods make dieting easy and they are good any day of the week for any meal of the day.



- 2 Striped Bass with Low-Cal Stuffing
- 4 King Crab-Celery Victor  
Savory Baked Haddock  
Quick Oyster Pickup
- 6 Smoked Fish Oriental  
Quick 'n' Easy Yellow Perch
- 7 Spicy Snapper
- 9 Cantonese Shrimp and Beans  
Succulent Sea Bass  
Tuna Danish
- 12 Hearty Halibut  
Salmon Paysanne  
Crab Divan
- 14 Scallop-Vegetable Salad  
Flounder in Wine Sauce
- 15 Sea Garden Antipasto
- 16 Chef's Salad Chesapeake  
Cod Curry
- 18 Fish Caper
- 19 Sea Slaw  
Sweet and Pungent Mahimahi  
Key Lime Mullet

**STRIPED BASS WITH LOW-CAL STUFFING**

(FRONT COVER)

- 3 pounds dressed striped bass or other dressed fish, fresh or frozen
- 1 1/2 teaspoons salt
- Low-cal Stuffing
- 2 tablespoons melted fat or oil
- Lemon wedges

Thaw frozen fish. Clean, wash, and dry fish. Sprinkle inside and out with salt. Stuff fish loosely. Close opening with small skewers or toothpicks. Place fish on a greased bake and serve platter, 16 x 10 inches. Brush with fat. Bake in a moderate oven, 350° F., for 40 to 60 minutes or until fish flakes easily when tested with a fork. Remove skewers. Serve with lemon wedges. Serves 6.

Approximately 310 calories in each serving.

**LOW-CAL STUFFING**

- 3/4 cup chopped onion
- 1 1/2 tablespoons butter or margarine, melted
- 2 1/4 cups chopped, peeled apple
- 1/3 cup chopped celery
- 1/3 cup chopped parsley
- 2 tablespoons lemon juice
- 1/4 teaspoon salt
- 1/8 teaspoon thyme

Cook onion in butter until tender. Combine all ingredients and mix thoroughly. Makes approximately 3 cups stuffing.

## KING CRAB-CELERY VICTOR (OPPOSITE)

- |  |                                   |
|--|-----------------------------------|
| 2 packages (6 ounces each) king crab meat or other crab meat, fresh, frozen, or pasteurized or | 2 chicken bouillon cubes          |
| 2 cans (6 <sup>1</sup> / <sub>2</sub> or 7 <sup>1</sup> / <sub>2</sub> ounces each) crab meat  | 3 cups boiling water              |
| 2 celery hearts  | 1 cup low calorie French dressing |
|  | 6 large lettuce cups              |
|  | Pepper                            |

Thaw frozen crab meat. Drain crab meat. Remove any remaining shell or cartilage. Cut crab meat into 1 inch pieces. Wash and trim celery hearts so that they are about 5 inches long. Cut each heart into thirds lengthwise. Place celery in a 10 inch fry pan. Dissolve bouillon cubes in boiling water and pour over celery. Cover pan and simmer for 10 to 15 minutes or until tender. Let celery cool in bouillon. Drain. Place celery in a shallow baking dish. Pour French dressing over celery and chill for at least 2 hours. Remove celery from dressing. Drain. Place in lettuce cups. Sprinkle with pepper. Place approximately <sup>1</sup>/<sub>4</sub> cup crab meat on celery. Serves 6.

Approximately 70 calories in each serving.

## SAVORY BAKED HADDOCK (OPPOSITE)

- |   |   |
|---|---|
| 2 pounds haddock fillets or other fish fillets, fresh or frozen | <sup>1</sup> / <sub>2</sub> cup soft bread crumbs   |
| 2 teaspoons lemon juice   | 2 tablespoons chopped parsley                       |
| Dash pepper   | <sup>3</sup> / <sub>4</sub> cup thinly sliced onion |
| 6 slices bacon, chopped   | 2 tablespoons bacon fat                             |

Thaw frozen fillets. Skin fillets and place in a single layer in a greased baking dish, 12 x 8 x 2 inches. Sprinkle with lemon juice and pepper. Fry bacon until crisp. Remove bacon from fat. Add to bread crumbs and parsley. Cook onion in bacon fat until tender. Spread onion over fish. Sprinkle crumb mixture over top of onion. Bake in a moderate oven, 350° F., for 25 to 30 minutes or until fish flakes easily when tested with a fork. Serves 6.

Approximately 170 calories in each serving.

## QUICK OYSTER PICKUP

- |   |                              |
|---|------------------------------|
| 1 can (12 ounces) oysters, fresh or frozen                              | 1 cup milk                   |
| 2 cups oyster liquor and water  | 1 tablespoon chopped parsley |
| 1 package (1 <sup>3</sup> / <sub>4</sub> ounces) cream of leek soup mix |                              |

Thaw frozen oysters. Drain oysters, reserving liquor. Add oyster liquor and water to soup mix and bring to a boil, stirring constantly. Reduce heat and simmer for 10 minutes. Add milk and heat, stirring occasionally. Add oysters and heat 3 to 5 minutes longer or until edges of oysters begin to curl. Sprinkle with parsley. Serves 6.

Approximately 65 calories in each serving.



## SMOKED FISH ORIENTAL

- 1 pound smoked whitefish or other smoked fish
- 1 can (1 pound) bean sprouts, drained
- 6 eggs, beaten
- 1/2 cup finely chopped green onion

- Dash pepper
- Foo Yung Sauce
- 1 tablespoon toasted sesame seeds

Remove skin and bones from the fish. Flake the fish. Combine all ingredients except sauce and sesame seeds. Pour 1/3 cup fish mixture onto a hot greased griddle or fry pan. Fry at moderate heat for 2 to 3 minutes or until brown. Turn carefully and fry 2 to 3 minutes longer or until brown. Drain on absorbent paper. Pour Foo Yung Sauce over patties and sprinkle with sesame seeds. Serves 6.

Approximately 300 calories in each serving.

## FOO YUNG SAUCE

- 2 chicken bouillon cubes
- 1/2 teaspoon sugar
- 2 cups boiling water
- 2 tablespoons cornstarch
- 2 tablespoons soy sauce

6 Dissolve bouillon cubes and sugar in boiling water. Combine cornstarch and soy sauce. Add cornstarch mixture to bouillon mixture and cook until thick and clear, stirring constantly. Makes approximately 1 2/3 cups sauce.

## QUICK 'n' EASY YELLOW PERCH

- 2 pounds yellow perch fillets or other fish fillets, fresh or frozen
- 1/4 cup butter or margarine, melted
- 2 tablespoons lemon juice
- 2 tablespoons chopped parsley
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- Paprika
- Lemon wedges



Thaw frozen fillets. Skin fillets and place on a greased broil and serve platter, 16 x 10 inches. Combine remaining ingredients except paprika and lemon wedges. Pour over fillets and let stand for 30 minutes. Broil about 4 inches from source of heat for 8 to 10 minutes or until fish flakes easily when tested with a fork. Sprinkle with paprika. Serve with lemon wedges. Serves 6.

Approximately 130 calories in each serving.

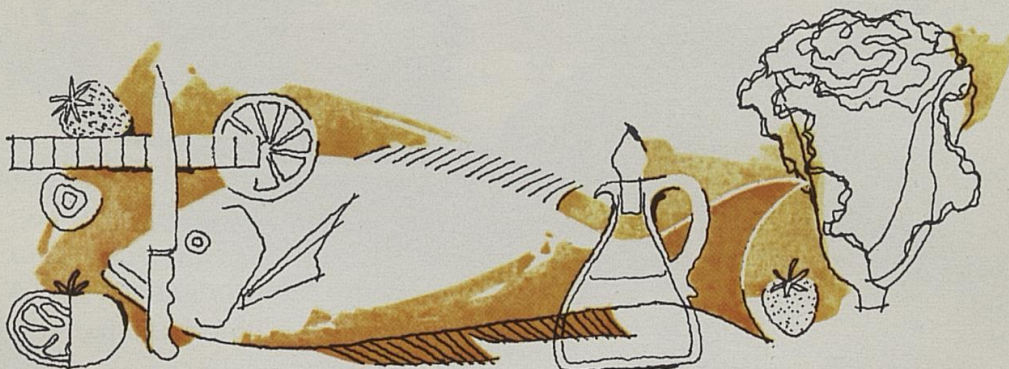


## SPICY SNAPPER

2 pounds snapper fillets or other  
fish fillets, fresh or frozen  
 $\frac{2}{3}$  cup tomato juice  
3 tablespoons vinegar

2 tablespoons salad oil  
1 envelope ( $\frac{5}{8}$  ounce) old  
fashioned French dressing  
mix

Thaw frozen fillets. Skin fillets and cut into serving-size portions. Place fish in a single layer in a shallow baking dish. Combine remaining ingredients and mix thoroughly. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish, reserving sauce for basting. Place fish on a well-greased broiler pan. Broil about 4 inches from source of heat for 4 to 5 minutes. Turn carefully and brush with sauce. Broil 4 to 5 minutes longer or until fish flakes easily when tested with a fork. Serves 6. Approximately 130 calories in each serving.





## CANTONESE SHRIMP AND BEANS (OPPOSITE)

- |   |  |
|---|--|
| <i>1 1/2 pounds frozen raw, peeled, deveined shrimp</i> | <i>1 teaspoon salt</i>                             |
| <i>1 1/2 teaspoons chicken stock base</i>               | <i>1/2 teaspoon ginger</i>                         |
| <i>1 cup boiling water</i>                              | <i>Dash pepper</i>                                 |
| <i>1/4 cup thinly sliced green onion</i>                | <i>1 package (9 ounces) frozen cut green beans</i> |
| <i>1 clove garlic, crushed</i>                          | <i>1 tablespoon cornstarch</i>                     |
| <i>1 tablespoon salad oil</i>                           | <i>1 tablespoon cold water</i>                     |

Thaw frozen shrimp. Dissolve chicken stock base in boiling water. Cook onion, garlic, and shrimp in oil for 3 minutes, stirring frequently. If necessary, add a little of the chicken broth to prevent sticking. Stir in salt, ginger, pepper, green beans, and chicken broth. Cover and simmer 5 to 7 minutes longer or until beans are cooked but still slightly crisp. Combine cornstarch and water. Add cornstarch mixture to shrimp and cook until thick and clear, stirring constantly. Serves 6.

Approximately 130 calories in each serving.

## SUCCULENT SEA BASS (CENTER PHOTO)

- |   |                            |
|---|----------------------------|
| <i>2 pounds sea bass fillets or other fish fillets, fresh or frozen</i> | <i>1/4 cup steak sauce</i> |
| <i>1/2 cup pineapple juice</i>  | <i>1 teaspoon salt</i>     |
|   | <i>Dash pepper</i>         |

Thaw frozen fillets. Skin fillets and cut into serving-size portions. Place fish in a single layer in a shallow baking dish. Combine remaining ingredients and pour over fish. Let stand for 30 minutes, turning once. Remove fish, reserving sauce for basting. Place fish on a well-greased broiler pan. Broil about 4 inches from source of heat for 4 to 6 minutes. Turn carefully and brush with sauce. Broil 4 to 6 minutes longer or until fish flakes easily when tested with a fork. Serves 6.

Approximately 80 calories in each serving.

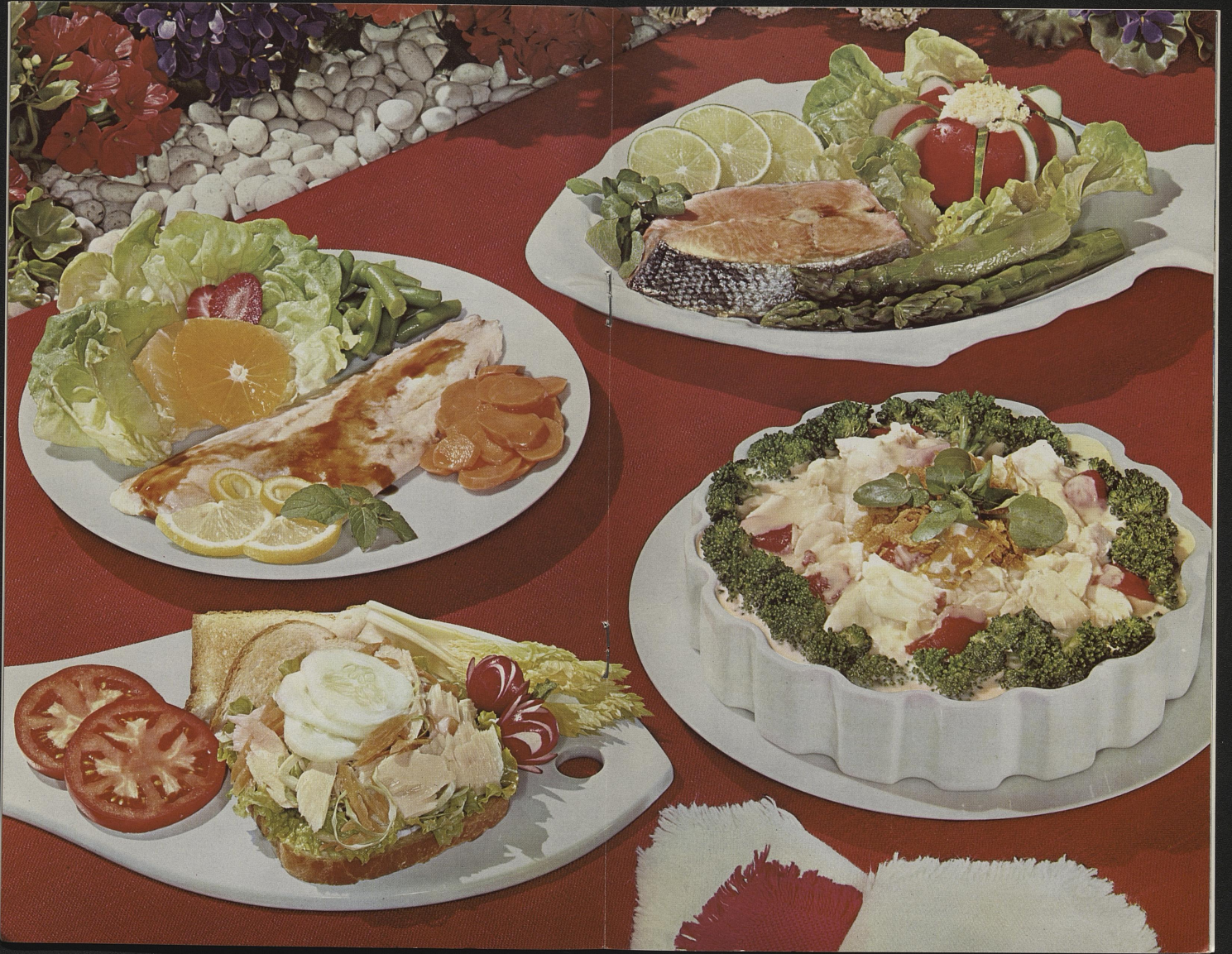
## TUNA DANISH (CENTER PHOTO)

- |   |  |
|---|--|
| <i>2 cans (6 1/2 or 7 ounces each) dietetic tuna</i>              | <i>1 tablespoon lemon juice</i>            |
| <i>1 cup coarsely grated cabbage</i>                              | <i>1/2 teaspoon salt</i>                   |
| <i>2/3 cup coarsely grated carrot</i>                             | <i>Dash pepper</i>                         |
| <i>3 tablespoons low calorie salad dressing (mayonnaise type)</i> | <i>6 lettuce leaves</i>                    |
| <i>1 tablespoon catsup</i>  | <i>6 slices low calorie bread, toasted</i> |
|   | <i>18 cucumber slices</i>                  |

Drain and flake tuna. Combine cabbage, carrot, and tuna. Combine salad dressing, catsup, lemon juice, salt, and pepper. Add to tuna mixture and blend thoroughly. Place lettuce on toast. Place approximately 1/3 cup tuna salad on each lettuce leaf. Arrange 3 cucumber slices diagonally across each sandwich. Serves 6.

Approximately 180 calories in each serving.





## HEARTY HALIBUT (OPPOSITE)

- |   |                                  |
|---|----------------------------------|
| 2 pounds halibut steaks or other fish steaks, fresh or frozen | 3 tablespoons chopped pimiento   |
| $\frac{2}{3}$ cup thinly sliced onion                         | $\frac{1}{2}$ cup dry white wine |
| $1\frac{1}{2}$ cups chopped fresh mushrooms                   | 2 tablespoons lemon juice        |
| $\frac{1}{3}$ cup chopped tomato                              | 1 teaspoon salt                  |
| $\frac{1}{4}$ cup chopped green pepper                        | $\frac{1}{4}$ teaspoon dill weed |
| $\frac{1}{4}$ cup chopped parsley                             | $\frac{1}{8}$ teaspoon pepper    |
|   | Lemon wedges                     |

Thaw frozen steaks. Cut into serving-size portions. Arrange onion in bottom of a greased baking dish, 12 x 8 x 2 inches. Place fish on top of onion. Combine remaining vegetables and spread over top of fish. Combine wine, lemon juice, and seasonings. Pour over vegetables. Bake in a moderate oven, 350° F., for 25 to 30 minutes or until fish flakes easily when tested with a fork. Serve with lemon wedges. Serves 6.

Approximately 230 calories in each serving.

## SALMON PAYSANNE (CENTER PHOTO)

- |  |   |
|--|---|
| 2 pounds salmon steaks or other fish steaks, fresh or frozen | $\frac{1}{2}$ cup sliced green onions     |
| $\frac{1}{2}$ teaspoon salt                                  | $\frac{1}{4}$ cup catsup                  |
| $\frac{1}{4}$ teaspoon white pepper                          | 2 tablespoons butter or margarine, melted |
| 1 can (4 ounces) sliced mushrooms, drained                   | $\frac{1}{2}$ teaspoon liquid smoke       |

12 Thaw frozen steaks. Cut into serving-size portions. Place in a greased baking dish, 12 x 8 x 2 inches. Sprinkle with salt and pepper. Combine remaining ingredients and spread over top of fish. Bake in a moderate oven, 350° F., for 25 to 30 minutes or until fish flakes easily when tested with a fork. Serves 6.

Approximately 275 calories in each serving.

## CRAB DIVAN (CENTER PHOTO)

- |  |  |
|--|--|
| 3 packages (6 ounces each) Dungeness crab meat or other crab meat, fresh, frozen, or pasteurized | 1 teaspoon salt                          |
| or   | $\frac{1}{4}$ teaspoon pepper            |
| 3 cans (6 $\frac{1}{2}$ or 7 $\frac{1}{2}$ ounces each) crab meat                                | 1 tablespoon butter or margarine, melted |
| 2 packages (10 ounces each) frozen broccoli spears   | $\frac{1}{2}$ cup skim milk              |
| 2 tablespoons flour  | $\frac{1}{4}$ cup grated American cheese |
|  | 1 can (1 pound) tomatoes, well-drained   |
|  | 2 tablespoons crushed cornflakes         |

Thaw frozen crab meat. Drain crab meat. Remove any remaining shell or cartilage. Cut crab meat into 1 inch pieces. Cook broccoli half as long as directed on package. Drain thoroughly and place in a greased baking dish, 8 x 8 x 2 inches. Spread crab meat over top of broccoli. Blend flour and seasonings into butter. Add milk gradually and cook until thick and smooth, stirring constantly. Add cheese and stir until melted. Stir in tomatoes. Pour sauce over crab meat. Sprinkle with crushed cornflakes. Bake in a hot oven, 400° F., for 20 to 25 minutes or until lightly browned. Serves 6.

Approximately 165 calories in each serving.



## SCALLOP-VEGETABLE SALAD

- |   |                                      |
|---|--------------------------------------|
| <i>1 1/2 pounds scallops, fresh or frozen</i>   | <i>1 cup sliced celery</i>           |
| <i>1 quart boiling water</i>                    | <i>1/4 cup chopped onion</i>         |
| <i>2 tablespoons salt</i>                       | <i>1/4 cup chopped green pepper</i>  |
| <i>1 can (1 pound) cut green beans, drained</i> | <i>1 tablespoon chopped pimiento</i> |
|   | <i>Marinade</i>                      |
|   | <i>6 lettuce cups</i>                |

Thaw frozen scallops. Rinse with cold water to remove any shell particles. Place in boiling salted water. Cover and return to the boiling point. Reduce heat and simmer for 3 to 4 minutes, depending on size. Drain and cool. Slice scallops. Combine all ingredients except lettuce. Cover and chill for at least 1 hour. Drain. Serve in lettuce cups. Serves 6.

Approximately 140 calories in each serving.

## MARINADE

- |                              |                          |
|------------------------------|--------------------------|
| <i>1/2 cup cider vinegar</i> | <i>Dash pepper</i>       |
| <i>1 tablespoon sugar</i>    | <i>1/4 cup salad oil</i> |
| <i>1/4 teaspoon salt</i>     |                          |

Combine vinegar, sugar, salt, and pepper. Add oil gradually, blending thoroughly. Makes approximately  $\frac{2}{3}$  cup marinade.

14



## FLOUNDER IN WINE SAUCE

- |   |  |
|---|--|
| <i>2 pounds flounder fillets or other fish fillets, fresh or frozen</i> | <i>2 tablespoons flour</i>                       |
| <i>1 1/2 teaspoons salt</i>   | <i>2 tablespoons butter or margarine, melted</i> |
| <i>Dash pepper</i>  | <i>1/2 cup skim milk</i>                         |
| <i>3 tomatoes, sliced</i>   | <i>1/3 cup dry white wine</i>                    |
| <i>1/2 teaspoon salt</i>  | <i>1/2 teaspoon crushed basil</i>                |
| <i>Dash pepper</i>  | <i>Chopped parsley</i>                           |

Thaw frozen fillets. Skin fillets. Sprinkle fillets on both sides with salt and pepper. Place fillets in a single layer in a greased baking dish, 12 x 8 x 2 inches. Arrange tomatoes over top of fillets. Sprinkle with salt and pepper. Blend flour into butter. Add milk gradually and cook until thick and smooth, stirring constantly. Remove from heat and stir in wine and basil. Pour sauce over top of tomatoes. Bake in a moderate oven, 350° F., for 25 to 30 minutes or until fish flakes easily when tested with a fork. Sprinkle with parsley. Serves 6.

Approximately 180 calories in each serving.



## SEA GARDEN ANTIPASTO

- |   |                      |
|---|----------------------|
| 3 cans (3 <sup>3</sup> / <sub>4</sub> or 4 ounces each)<br>Maine sardines | 24 cucumber slices   |
| 2 cans (4 ounces each) button<br>mushrooms                                | 18 celery sticks     |
| Marinade  | 12 radish roses      |
| 6 large lettuce leaves  | 12 tomato wedges     |
|   | 6 green pepper rings |

Drain sardines and mushrooms. Place in a shallow baking dish. Pour marinade over sardines and mushrooms and chill for 30 minutes. Prepare vegetables and chill. Remove sardines and mushrooms from marinade. Drain. Arrange all ingredients, except the marinade, attractively on lettuce leaves, dividing the ingredients evenly among the 6 servings. Serves 6. Approximately 130 calories in each serving.

### MARINADE

- |                                     |                         |
|-------------------------------------|-------------------------|
| 1/2 cup low calorie French dressing | 1 clove garlic, crushed |
| 1/4 cup soy sauce                   | Dash powdered ginger    |
| 2 tablespoons wine vinegar          | Dash pepper             |
| 2 tablespoons water                 |                         |

Combine all ingredients and mix thoroughly. Makes approximately 1 cup marinade.

Lobster, tuna, crab, pickled herring, or shrimp may also be used in this recipe.

## CHEF'S SALAD CHESAPEAKE (OPPOSITE)

- |  |  |
|--|--|
| 1 can (12 ounces) blue crab meat<br>or other crab meat, fresh,<br>frozen, or pasteurized<br>or | 1 package (10 ounces) frozen<br>asparagus spears |
| 2 cans (6 $\frac{1}{2}$ or 7 $\frac{1}{2}$ ounces each)<br>crab meat                           | 6 lettuce cups<br>Lemon-Caper Dressing           |
|  | 3 hard-cooked eggs, sliced<br>Paprika            |

Thaw frozen crab meat. Drain crab meat. Remove any remaining shell or cartilage. Flake the crab meat. Cook asparagus spears according to directions on package. Drain and chill. Place 3 asparagus spears in each lettuce cup. Place about  $\frac{1}{3}$  cup crab meat on asparagus. Cover with approximately 2 tablespoons Lemon-Caper Dressing. Top with 3 slices hard-cooked egg. Sprinkle with paprika. Serves 6.

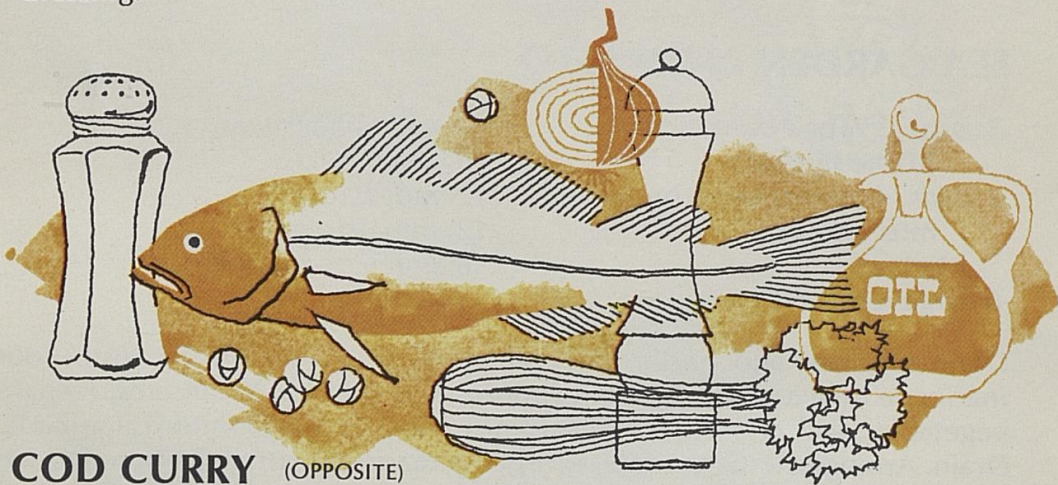
Approximately 130 calories in each serving.

## LEMON-CAPER DRESSING

- |   |   |
|---|---|
| $\frac{1}{2}$ cup low calorie salad dressing<br>(mayonnaise type) | $\frac{1}{2}$ teaspoon prepared mustard     |
| 1 tablespoon drained capers                                       | $\frac{1}{2}$ teaspoon Worcestershire sauce |
| 1 tablespoon lemon juice  | 2 drops liquid hot pepper sauce             |

Combine all ingredients. Chill. Makes approximately  $\frac{2}{3}$  cup salad dressing.

16

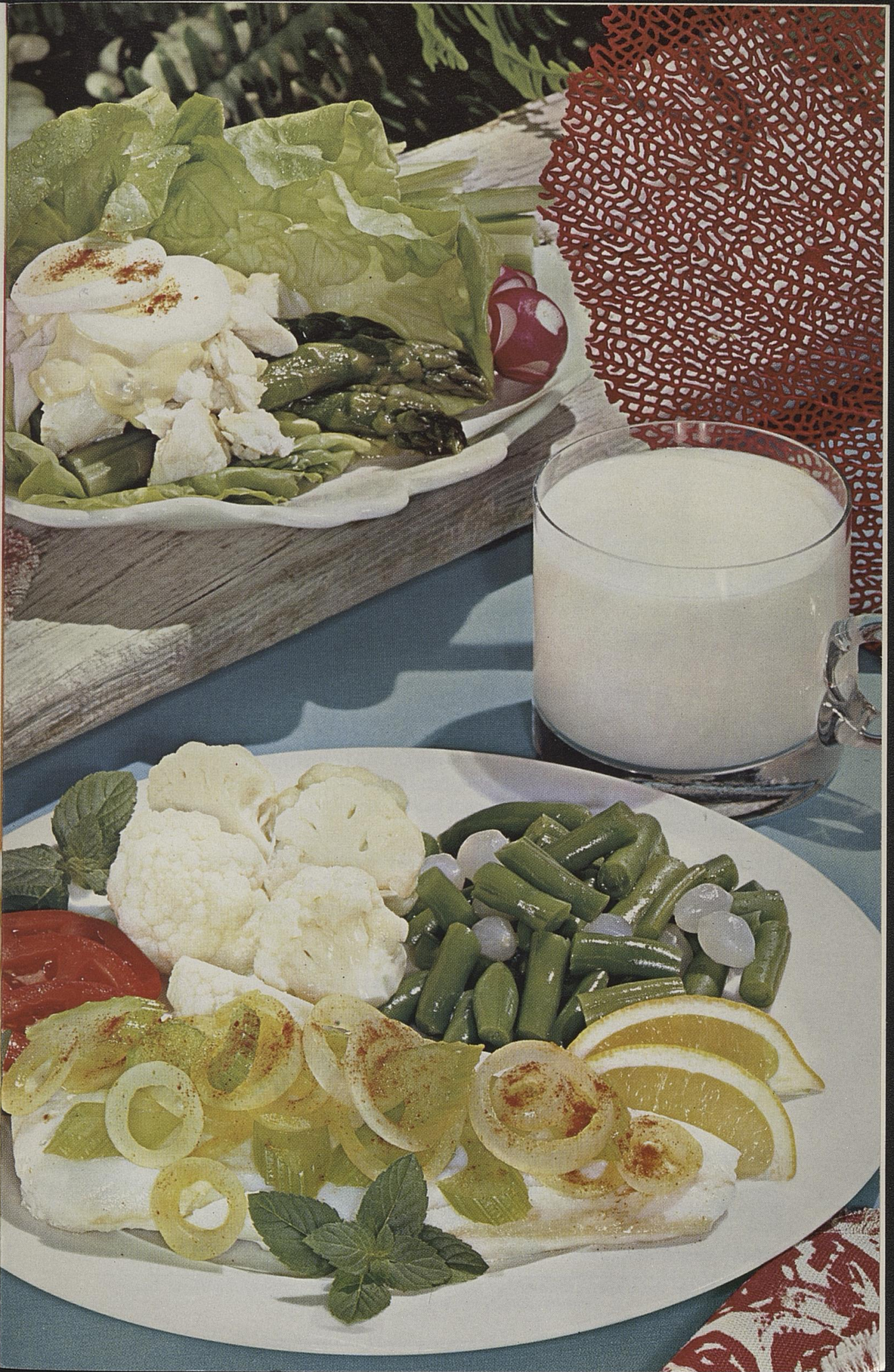


## COD CURRY (OPPOSITE)

- |  |                             |
|--|-----------------------------|
| 2 pounds cod fillets or other fish<br>fillets, fresh or frozen | 1 teaspoon curry powder     |
| 1 cup thinly sliced celery                                     | 1 teaspoon salt             |
| 1 cup thinly sliced onion                                      | Dash pepper                 |
| 1 tablespoon melted fat or oil                                 | $\frac{3}{4}$ cup skim milk |
|  | Paprika                     |

Thaw frozen fillets. Skin fillets and place in a single layer in a greased baking dish, 12 x 8 x 2 inches. Cook the celery and onion in fat for 5 minutes. Stir in seasonings and milk. Spread over fish. Bake in a moderate oven, 350° F., for 25 to 30 minutes or until fish flakes easily when tested with a fork. Sprinkle with paprika. Serves 6.

Approximately 140 calories in each serving.





18

## FISH CAPER

24 frozen fried fish sticks ( $\frac{3}{4}$  to  $1\frac{1}{4}$  ounces each)

Caper Sauce

Place frozen fried fish sticks in a single layer on a greased cookie sheet, 15 x 12 inches. Bake in a hot oven, 400° F., for 15 to 20 minutes or until heated through and crisp. Serve with Caper Sauce. Serves 6.

Approximately 240 calories in each serving.

## CAPER SAUCE

- 1 cup yogurt
- 2 tablespoons chopped capers
- 1 tablespoon lemon juice
- 1 tablespoon chopped parsley
- 2 teaspoons instant minced onion
- 1 teaspoon grated lemon rind



Combine all ingredients and mix thoroughly. Chill. Makes approximately  $1\frac{1}{4}$  cups of sauce.

FISHERY MARKET DEVELOPMENT SERIES No. 7

OCTOBER 1966

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## SEA SLAW

- |   |  |
|---|--|
| <i>1 1/2 pounds rockfish fillets or other fish fillets, fresh or frozen</i> | <i>2 tablespoons sweet pickle relish</i> |
| <i>1 quart boiling water</i>  | <i>1 tablespoon lemon juice</i>          |
| <i>1 tablespoon salt</i>  | <i>1 teaspoon salt</i>                   |
| <i>1/4 cup low calorie salad dressing (mayonnaise type)</i>                 | <i>1 cup shredded green cabbage</i>      |
| <i>2 tablespoons chopped onion</i>  | <i>1 cup shredded red cabbage</i>        |
|   | <i>6 lettuce cups</i>                    |
|   | <i>Lemon wedges</i>                      |

Thaw frozen fillets. Place fillets in boiling salted water. Cover and simmer about 10 minutes or until fish flakes easily when tested with a fork. Drain. Remove skin and bones; flake. Combine salad dressing, onion, relish, lemon juice, salt, and fish. Chill at least 1 hour to blend flavors. Add cabbage and toss lightly. Serve in lettuce cups. Serve with lemon wedges. Serves 6.

Approximately 120 calories in each serving.

## SWEET AND PUNGENT MAHIMAHU

- |   |   |
|---|---|
| <i>2 pounds mahimahi fillets or other fish fillets, fresh or frozen</i> | <i>1/4 cup thinly sliced green pepper</i> |
| <i>1/4 cup flour</i>  | <i>3/4 cup vinegar</i>                    |
| <i>2/3 cup thinly sliced onion</i>                                      | <i>3/4 cup water</i>                      |
| <i>3 tablespoons melted fat or oil</i>                                  | <i>1/2 cup sugar</i>                      |
|   | <i>1 1/2 teaspoons powdered ginger</i>    |
|   | <i>1 teaspoon salt</i>                    |

Thaw frozen fillets. Skin fillets and cut into serving-size portions. Roll fish in flour. Cook onion in fat in a 10 inch fry pan until lightly browned. Remove onion from fat. Fry fish in hot fat at moderate heat for 4 to 5 minutes or until brown. Turn carefully. Spread green pepper and onion over fish. Combine remaining ingredients and pour over fish. Simmer for 10 to 15 minutes or until fish flakes easily when tested with a fork. Serves 6.

Approximately 235 calories in each serving.

## KEY LIME MULLET

- |   |  |
|---|--|
| <i>2 pounds mullet fillets or other fish fillets, fresh or frozen</i> | <i>3 tablespoons butter or margarine, melted</i> |
| <i>1 teaspoon salt</i>  | <i>Paprika</i>                                   |
| <i>Dash pepper</i>  | <i>Lime wedges</i>                               |
| <i>1/4 cup lime juice</i>   |  |

Thaw frozen fillets. Skin fillets and cut into serving-size portions. Place fish in a single layer in a shallow baking dish. Sprinkle with salt and pepper. Pour lime juice over fish and let stand for 30 minutes, turning once. Remove fish, reserving juice. Place fish on a well-greased broiler pan. Combine butter and juice. Brush fish with butter mixture and sprinkle with paprika. Broil about 4 inches from source of heat for 8 to 10 minutes or until fish flakes easily when tested with a fork. Serve with lime wedges. Serves 6.

Approximately 130 calories in each serving.

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