Healthy Fish Recipes eCookbook
25+ Diet-Friendly Ways to Cook Your Favorite Fish!
Letter from the Editor

Dear Recipe4Living Member,

Welcome to your best source for healthy fish recipes on the internet. Within this eCookbook, you will find more than 25 of our best diet-friendly recipes for cooking salmon, tuna, cod, and more!

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If you think we're missing a recipe or you want to share your own, please visit the site and submit your recipes now!

Please enjoy your Healthy Fish eCookbook!

Happy Cooking,

Maxine

Maxine
Editor
www.Recipe4Living.com
Table of Contents

Any Fish ............................................................................................................................... 4-6
Citrus Baked Fish
Fish Steamed over Vegetables and Fresh Herbs
Baked Fish with Creole Sauce

Cod and Haddock ............................................................................................................ 7-8
Baked Cod
Oven Fish 'N Chips

Flounder, Sole and Other White Fish .............................................................................. 9-15
Oven-Fried Fish
Pan-Roasted Flounder Fillets with Fresh Lemon
Sole Almandine
Steamed Sole and Vegetables
Baked Herb Fish
Baked Whitefish Filets

Mackerel ............................................................................................................................... 16
Tomato Mackerel Salad

Orange Roughy ................................................................................................................ 17
Broiled Lemon Fish Filets

Red Snapper ..................................................................................................................... 18
Dill Red Snapper

Salmon ................................................................................................................................. 19-26
Baked Dijon Salmon
Mediterranean Salmon
Dilled Salmon Dinner
Baked Dill Salmon
Barbecue Salmon Filets
Baked Salmon with Black Olives
Barley Salmon Alfredo
Citrus Salmon

Tuna .................................................................................................................................. 27-32
Lemon Pepper Tuna Sandwich
Tuscan Tuna and Grilled Vegetables
Low-Fat Grilled Tuna
Tuna-Ranch Macaroni Salad
Pacific Albacore with Linguine and Vegetables
Garden Tuna Salad

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**Any Fish**

**Citrus Baked Fish**
Orange juice and lemon juice make this a citrus-flavored dish.

**Ingredients**

2 lb. fish steaks  
1/2 C. onion, minced  
2 cloves garlic, minced  
2 Tbs. olive oil  
2 Tbs. fresh, minced cilantro  
1 tsp. salt  
1/8 tsp. pepper  
1/2 C. orange juice  
1 Tbs. lemon juice

**Directions**

Arrange the fish in a shallow baking dish. In a small skillet sauté the onion and the garlic until the onion is tender but not brown. Into the pan, stir in the cilantro, salt and pepper. Spread the mixture over the fish. Combine the orange juice and lemon juice and pour evenly over the fish. Bake, uncovered, in a 400 degree oven for about 20-25 minutes, or until the fish flakes easily with a fork.

**My Recipe Notes:**
Fish Steamed over Vegetables and Fresh Herbs
Fantastically healthy with lots of yummy veggies, this dish is filling and nutritious.

Ingredients

3 Tbs. olive oil
1 Tbs. minced garlic
1 large onion, chopped
1 red bell pepper, cored and slices
2 medium zucchini, in 1-inch chunks
2 small eggplants, in 1-inch chunks
Salt and pepper
2 medium tomatoes, cored and roughly chopped, with liquid
1 tsp. fresh thyme or marjoram
1/2 C. good black olives, optional
1 1/2 lb. skinned fillets of red snapper, striped bass or other firm-fleshed fish
1/2 C. roughly chopped basil leaves

Directions

Put 2 Tbs. olive oil in a large skillet that can later be covered and turn heat to medium-high. Add garlic and, when it sizzles, onions and red bell pepper. Cook, stirring occasionally, about 5 minutes. Add zucchini, eggplant, salt and pepper and cook, stirring occasionally, until eggplant is fairly soft, 10-15 minutes. Add tomatoes, thyme or marjoram, and olives if you are using them and cook, stirring occasionally, until tomatoes begin to break up, 5 minutes. Taste and adjust seasoning. Sprinkle fish with salt and pepper and lay it on top of vegetables. Adjust heat so mixture simmers and cover. Cook 8-12 minutes, or until a thin-bladed knife inserted into fish at its thickest point meets little resistance. Remove fish to a plate, then stir basil into vegetables and spoon them around fish; drizzle with remaining oil (use a little more if you like) and serve.

Yield: 4 servings

My Recipe Notes:
Baked Fish with Creole Sauce
This simply baked fish still gets lots of flavor from a homemade spicy Creole sauce.

Ingredients

3/4 lb. fresh or frozen fillets or 1 1/2 lb. whole fish
1/2 small onion, chopped
1/3 small green pepper, thinly sliced
8 oz. can tomato sauce
1 tsp. chili powder
1/4 tsp. salt
1/8 tsp. pepper

Directions

Thaw fish if frozen. Rinse fish in cool water. Drain well. Preheat oven to 350 degrees. Place fish in 9x9x2-inch baking pan. Mix together onion, green pepper, tomato sauce, chili powder, and salt and pepper. Pour over fish. Cover pan and bake until fish flakes easily with fork (20-30 minutes for fillets, 30-40 minutes for whole fish.)

Yield: 4 servings

My Recipe Notes:
Cod and Haddock

Baked Cod
Very simple and good for you. Baked fish with just a hint of lemon and parsley.

Ingredients

4 cod fillets
Seasoned salt
Olive oil
2 lemons
Fresh mince parsley

Directions

Place the fish in a baking dish. Squeeze lemon juice over each piece of fish using one lemon. Drizzle a small amount of olive oil over the fish. Sprinkle with the seasoned salt. Bake in a 350 degree oven covered with foil for about 30 minutes until the fish flakes easily. Sprinkle with fresh minced parsley and serve with extra lemon.

Note: You can use a salt substitute seasoning with this as well.

My Recipe Notes:
Oven Fish 'N Chips
This British classic is baked instead of fried, so you can indulge in this breaded treat every once in a blue moon.

Ingredients

2 Tbs. olive or vegetable oil
1/4 tsp. pepper
4 medium baking potatoes (1 lb.), peeled
1/3 C. all-purpose flour
1/4 tsp. pepper
Egg substitute equivalent to 1 egg
2 Tbs. water
2/3 C. crushed cornflakes
1 Tbs. grated Parmesan cheese
1/8 tsp. cayenne pepper
1 lb. frozen haddock fillets, thawed
Tartar sauce (optional)

Directions

In a medium bowl, combine oil and pepper. Cut potatoes lengthwise into 1/2-inch strips. Add to oil mixture; toss to coat. Place on a 15x10x1-inch baking pan that has been coated with nonstick cooking spray. Bake, uncovered, at 425 degrees for 25-30 minutes or until golden brown and crisp.

Meanwhile, combine flour and pepper in a shallow dish. In a second dish, beat egg substitute and water. In a third dish, combine cornflakes, cheese and cayenne. Dredge fish in flour, then dip in egg mixture and coat with crumb mixture. Place on a baking sheet that has been coated with nonstick cooking spray. Bake at 425 degrees for 10-15 minutes or until fish flakes easily with a fork. Serve with chips and tartar sauce if desired.

Yield: 4 servings

My Recipe Notes:
Flounder, Sole and Other White Fish

Baked Lemon Sole
This is a very healthy dish because the fish is baked, not fried, and the sauce is quite light as well.

Ingredients

4 3 1/4 oz. sole fillets
2 tsp. fresh parsley, chopped
2 tsp. margarine, melted
1/8 tsp. pepper
2 tsp. lemon juice
1/8 tsp. paprika
2 Tbs. all-purpose flour

Directions

Rinse fillets thoroughly in cold water; pat dry with paper towels, and set aside. Combine melted margarine and lemon juice in a small bowl. Combine flour, chopped parsley and pepper in a shallow container. Dip fillets in margarine mixture and dredge in flour mixture. Transfer fillets to a nonstick baking sheet, and drizzle any remaining margarine mixture over fish. Sprinkle fillets with paprika. Bake at 375 degrees for 15-20 minutes or until fish is golden brown and flakes easily when tested with a fork. If a crisper texture is desired, broil baked fillets 4 inches from heat for 1 minute. Garnish each fillet with a lemon wedge and fresh parsley sprigs, if desired.

My Recipe Notes:
Oven-Fried Fish
This is a very healthy way to prepare fish because it is baked, not fried.

Ingredients

2 tsp. vegetable oil
1/4 C. all-purpose flour
1/2 tsp. salt
1/4 tsp. ground cayenne red pepper
2 large egg whites
1 C. plain dried bread crumbs
1 lb. flounder or sole fillets, cut on diagonal into 1-inch-wide strips

Directions

Preheat oven to 450 degrees. Grease cookie sheet with oil. On waxed paper, combine flour, salt, and ground red pepper. In shallow bowl, beat egg whites just until foamy. On separate sheet of waxed paper, place bread crumbs. Coat flounder strips with seasoned flour, shaking off excess. Dip into egg white, then coat in bread crumbs, patting crumbs to cover. Arrange fish strips on prepared cookie sheet. Place cookie sheet on lowest oven rack and bake fish 6 minutes. With wide spatula, turn fish. Bake until just opaque throughout and golden, about 6 minutes longer.

Yield: 4 servings

Nutritional Information Per Serving (1/4 of recipe): Calories: About 267, Protein: 27 g, Carbohydrate: 26 g, Fat: 5 g, Cholesterol: 54 mg, Sodium: 642 mg Diabetic Exchanges: 3 Lean Meat, 2-1/2 Bread/Starch

My Recipe Notes:
Pan-Roasted Flounder Fillets with Fresh Lemon
This is a low-fat dish with lots of zesty flavor.

Ingredients

4-6 oz. flounder fillets
1 tsp. kosher salt
1/4 tsp. freshly ground black pepper
Juice of 1 lemon
1 1/2 Tbs. olive oil

Directions

Season the flounder fillets with salt, pepper and lemon juice, then drizzle with olive oil. Place a sauté pan large enough to accommodate all the fillets over medium-high heat. Add the flounder and lower the heat to medium. Cook until well-browned on one side, about 3 minutes. Turn the fillets over and cook 1 more minute.

Yield: 4 servings

My Recipe Notes:
**Sole Almandine**  
An elegant way to serve this mild white fish with almonds, white wine, and lemon juice.

**Ingredients**

- 4 sole fillets (about 1 lb.)
- 5 Tbs. butter
- 1 Tbs. olive oil
- Flour
- 2 eggs, beaten
- 1/4 C. slivered almonds
- 1/4 C. dry white wine
- 2 Tbs. fresh lemon juice

**Directions**

Melt half of the butter with the olive oil in a large skillet over medium-high heat. Dip the fillets in flour, then in the beaten eggs. Lay the fillets in the hot skillet and cook until browned and just cooked through, about 2-3 minutes per side. Transfer cooked fillets to a serving platter and keep warm. Melt the rest of the butter in the same skillet, scraping up remaining browned bits of flour mixture. Add the almonds and toast them lightly, stirring, for about 1 minute. Add the white wine and lemon juice and let bubble for a minute to thicken slightly, stirring constantly. Pour over the sole fillets and serve immediately.

**My Recipe Notes:**
Steamed Sole and Vegetables
This healthy fish and vegetable dish is low-fat and low-carb, but has plenty of flavor.

Ingredients

4 Tbs. Kikkoman Soy Sauce, divided
3 Tbs. dry white wine
1 tsp. onion powder
1/2 tsp. sugar
1-1/2 tsp. minced fresh ginger root
4 fresh sole fillets, each about 4 oz.
1 large carrot, julienned
1 medium zucchini, julienned
3 Tbs. minced green onions and tops, divided

Directions

Blend 3 Tbsp. soy sauce, wine, onion powder, sugar and ginger in shallow pan; add fillets, turning to coat both sides well. Let stand 10 minutes; turn over once. Meanwhile, toss carrot and zucchini with remaining soy sauce; pour off excess sauce. Turn vegetables out onto 8-in. round heatproof plate. Remove fillets from marinade; spread out flat and sprinkle with 2 Tbs. green onions. Starting at thinner end, roll up fillet, jellyroll fashion; arrange, seam side down, on vegetables. Place plate on large steamer rack set in large pot or wok of boiling water. (Do not allow water level to reach plate.) Steam, covered, 12 minutes, or until fish flakes easily with fork. Sprinkle remaining 1 Tbs. green onions evenly over fish.

Yield: 4 servings

My Recipe Notes:
Baked Herb Fish
Marjoram, thyme, garlic powder and bay leaves all go into this well-seasoned fish dish.

Ingredients

2 lb. white fish fillets
2 Tbs. olive oil
1/2 tsp. salt
1/2 tsp. marjoram leaves
1/3 tsp. thyme leaves
1/4 tsp. garlic powder
1/8 tsp. pepper
Two bay leaves
1/2 C. chopped onion
1/2 C. of white wine or water with a little herb vinegar paprika to season lemon wedges to garnish

Directions

Preheat oven to 350 degrees. Wash fish, pat dry and place in a baking dish. Combine oil with salt and herbs. Drizzle over fish. Top with bay leaves and onions. Sprinkle with paprika. Pour wine or water over all. Bake uncovered for 20-30 minutes or until fish flakes easily with a fork. Serve with lemon wedges.

Yield: 4 servings

My Recipe Notes:
Baked Whitefish Filets
This easy, healthy meal has tasty seasoning from the oregano and tomato juice.

Ingredients

1 1/2 lb. whitefish fillets
1 C. spicy tomato juice
1 tsp. dried oregano
1/4 tsp. seasoned salt
1/4 tsp. ground pepper, or to taste

Directions

Preheat oven to 400 degrees. Place the fillets in a baking dish. Combine the tomato juice and seasonings in a small or measuring cup and pour over the fish. Cover and bake 12-18 minutes, until the fish flakes easily.

My Recipe Notes:
Mackerel

Tomato Mackerel Salad
Delish mackerel salad in a yummy fresh tomato and basil sauce.

Ingredients

1/2 (15 oz.) can mackerel fillets, drained
1 clove garlic, crushed
2 Tbs. tomato paste
1 1/2 Tbs. olive oil
1 Tbs. chopped fresh basil
1 tsp. salt
1 tsp. freshly ground black pepper
1/2 lb. roma (plum) tomatoes, chopped
1/2 cucumber, peeled and diced
1 small onion, chopped
1 head soft lettuce (Boston, Bibb or mixed baby greens)

Directions

Place mackerel in a mixing bowl, and break into small chunks. Mix in garlic, tomato paste, and oil. Season with basil and salt and pepper. Stir in tomatoes, cucumber, and onion. Serve mixture on a bed of lettuce leaves.

My Recipe Notes:
Orange Roughy

Broiled Lemon Fish Fillets
This is a light fish dish with a hint of seasoning that is not overpowering, but enough to give it delicious flavor.

Ingredients

1 lb. orange roughy, tilapia or mild fish fillets
4 Tbs. butter or margarine, softened
1 tsp. dried basil
Juice of 1/2 fresh lemon
Salt and pepper to season

Directions

Combine the butter and basil in a small bowl. Place fillets on a lightly greased broiler pan. Spread the fillets with half of the butter mixture. Broil 5-8 inches from the heat for 5 minutes. Turn and spread with remaining butter. Squeeze the lemon juice over fillets and broil another 4-5 minutes or until fish flakes easily with a fork.

My Recipe Notes:
Red Snapper

Dill Red Snapper
This is a very healthy dish because the fish is baked, not fried, and the sauce is very light, but still very tasty.

Ingredients

2 lb. red snapper filets
3/4 tsp. salt
1/2 tsp. ground pepper
1/4 C. olive oil
1 1/2 Tbs. minced parsley
1 Tbs. minced shallots
1 Tbs. fresh minced dill or 1 tsp. dried dill weed
1/4 C. freshly squeezed lemon juice

Directions

Arrange the fish in a single layer in a sprayed shallow baking dish. Sprinkle with oil, parsley, shallots, dill, and oregano. Bake in a preheated oven at 350 degrees until fish flakes easily, about 15-20 minutes. Baste twice with pan juices while baking. Remove the fish to a serving dish. Blend lemon juice into pan drippings, then pour over fish to serve.

My Recipe Notes:
Salmon

Baked Dijon Salmon
This is a wonderful way to prepare fresh salmon fillets in the oven. Baking the fish keeps the dish low in fat and healthy.

Ingredients

1/4 C. butter, melted
3 Tbs. Dijon mustard
1 1/2 Tbs. honey
1/4 C. dry bread crumbs
1/4 C. finely chopped pecans
4 tsp. chopped fresh parsley
4 4 oz. fillets salmon
Salt and pepper to taste
1 lemon, for garnish

Directions

Preheat oven to 400 degrees. In a small bowl, stir together butter, mustard, and honey. Set aside. In another bowl, mix together bread crumbs, pecans, and parsley. Brush each salmon fillet lightly with honey mustard mixture, and sprinkle the tops of the fillets with the bread crumb mixture. Bake salmon 12-15 minutes in the preheated oven, or until it flakes easily with a fork. Season with salt and pepper, and garnish with a wedge of lemon.

Yield: 4 servings

Nutrition Info: Amount Per Serving: Calories: 429, Total Fat: 30.5g, Cholesterol: 97mg, Sodium: 527mg, Total Carbs: 16.7g, Dietary Fiber: 2.3g, Protein: 25.1g

My Recipe Notes:
Mediterranean Salmon
Cilantro and basil, garlic and balsamic vinegar make this an easy fish dish with lots of flavor.

Ingredients

1/2 C. olive oil
1/4 C. balsamic vinegar
4 cloves garlic, pressed
4 3 oz. fillets salmon
1 Tbs. chopped fresh cilantro
1 Tbs. chopped fresh basil
1 1/2 tsp. garlic salt

Directions

Mix together the olive oil and balsamic vinegar in a small bowl. Arrange the salmon fillets in a shallow baking dish. Rub garlic onto the fillets, then pour the vinegar and oil over them, turning once to coat. Season with cilantro, basil, and garlic salt. Set aside to marinate for 10 minutes. Preheat your oven's broiler. Place the salmon about 6 inches from the heat source, and broil for 15 minutes, turning once, or until browned on both sides and easily flaked with a fork. Brush occasionally with the sauce from the pan.

Yield: 4 servings

My Recipe Notes:
Dilled Salmon Dinner
Salmon is higher in fat than other fish, but it’s good fat, or omega 3 fatty acids which help fight cardiovascular disease.

Ingredients

1 ¼ C. fat free chicken broth
8 oz. small red potatoes (about 4), scrubbed and thinly sliced (1 ½ C.)
½ C. coarsely chopped carrot
4 oz. green beans, ends trimmed and cut in bite size pieces (1 ¼ C.)
¼ tsp. each salt and pepper
1 lb. skinless salmon fillet, about ½ inch thick, cut in 4 portions
2 Tbs. snipped dill

Directions

Bring broth, potatoes, and carrots to a boil in a large nonstick skillet. Reduce heat, cover and simmer 3 to 4 minutes, until vegetables are crisp tender. Add green beans, salt and pepper. Place salmon fillets on vegetables. Sprinkle with dill. Cover and cook over medium low heat 8 to 10 minutes, basting fish once or twice with pan juices, until opaque at center when tested with the tip of a knife. To serve: Gently lift salmon and vegetables onto soup plates. Pour in broth. Serves 4.

NOTE: If you cannot find canned fat free chicken broth, refrigerate an unopened can of broth overnight, or put it in the freezer for 30 minutes. Skim off the congealed fat that rises to the top. Blot with paper towel to remove remaining bits.

My Recipe Notes:
Baked Dill Salmon
Simple, delicious and healthy. Paired with some broccoli or spinach it's a full, nutrient-packed meal.

Ingredients

1 1/2 lbs salmon steaks or skinless fillets
2 tsp. fresh minced dill or dried dill weed
1/2 tsp. salt-free herb seasoning or seafood blend
1 lemon, sliced

Directions

Preheat oven to 425 degrees. Place salmon in a baking dish sprayed with cooking spray. Sprinkle with dill and the seasoning. Top with lemon slices. Cover and bake for 15-20 minutes, until flesh turns opaque. Serve with extra lemon.

My Recipe Notes:
Barbecue Salmon Filets
Pineapple juice, lemon juice, brown sugar and chili powder season this baked salmon dish.

Ingredients

1/4 C. pineapple juice  
2 Tbs. fresh lemon juice  
4 6 oz. salmon fillets  
2 Tbs. brown sugar  
4 tsp. chili powder  
2 tsp. grated lemon rind  
3/4 tsp. cumin  
1/2 tsp. salt  
1/4 tsp. cinnamon  
Cooking spray  
Lemon wedges (optional)

Directions

Combine first 3 ingredients in a Ziploc plastic bag, seal and marinate in refrigerator 1 hour, turning occasionally. Preheat oven to 400 degrees. Remove fish from bag; discard marinade. Combine sugar and next 5 ingredients in a bowl. Rub over fish. Place in an 11x7 inch baking dish coated with cooking spray. Bake at 400 degrees for 12 minutes or until fish flakes easily when tested with a fork. Serve with lemon, if desired.

Yield: 4 servings

From: Cooking Light 2001

My Recipe Notes:
Baked Salmon with Black Olives
This delicious, easy to prepare entree is a great way to add salmon to your healthful eating plan.

Ingredients

1 1 1/2 lb. salmon fillet
1/4 C. sliced pitted black olives
1/4 C. chopped green pepper
1/4 C. chopped red onion
5 cherry tomatoes, quartered
1/4 C. Kraft Special Collection Sun-Dried Tomato Vinaigrette Dressing

Directions

Preheat oven to 400 degrees. Place salmon, skin side down, on foil-lined baking sheet. Combine remaining ingredients; spoon over salmon. Bake 18-20 minutes or until salmon flakes easily with fork.

Tips: Prepare as directed, using 6 4 oz. salmon fillets.

Yield: 6 servings

Nutritional Info: Per Serving: Calories: 190, Total Fat: 9 grams, Sat Fat: 2 grams, Cholesterol: 55 mg, Sodium: 210 mg, Carbohydrate: 3 grams, Dietary Fiber: 1 gram, Sugars: 2 grams, Protein: 22 grams Dietary Exchange: 3 Meat (L)

My Recipe Notes:
Barley Salmon Alfredo
Barley is a fabulous whole grain that is definitely underappreciated in the cooking world. It gives a healthy crunch to this salmon dish by adding hearty fiber and flavor.

Ingredients

3 C. cooked pearl barley, cooking directions below
1 C. sun-dried tomatoes in oil, drained well and chopped
3 shallots, chopped
2 Tbs. chopped fresh basil leaves
2 Tbs. chopped fresh Italian parsley
2 cloves garlic, finely chopped
1 C. light Alfredo sauce
1/2 C. fat-free sour cream
12 oz. cooked salmon fillet, flaked into 1-inch pieces (if using canned salmon, remove and discard bones and skin)
Grated Parmesan cheese (optional)

Directions

In large skillet sprayed with non-stick cooking spray, sauté tomatoes, shallots, basil, parsley and garlic for 4 minutes, stirring occasionally. Add cooked barley, Alfredo sauce and sour cream. Cook until heated through. Gently stir in salmon. Serve and pass with Parmesan cheese, if desired.

To cook pearl barley, in medium saucepan with lid, bring 3 C. water to a boil. Add 1 C. pearl barley; return to boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed.

Yield: about 3-3 1/2 cups

Tip: Place extra cooked barley in an airtight container and refrigerate or freeze for up to one week. Add cooked barley to soups, casseroles and salads for extra fiber and flavor.

My Recipe Notes:
Citrus Salmon
I absolutely love this recipe for citrus salmon. Adding the juice and zest of a orange, lemon and lime with white wine on top of spinach is amazing. It tastes like something you would spend an ungodly amount of money on at a Seafood restaurant.

Ingredients

2-1/2 lb. fresh salmon
1/2 C. fresh orange juice
1/2 C. fresh lemon juice
1/2 C. fresh lime juice
1/2 C. white wine
Zest of 1 orange, lemon, and lime
Salt and pepper to taste
Fresh spinach leaves
2 Tbs. olive oil

Directions

Cut salmon into 2-inch strips and season with salt and pepper. In a bowl, combine juices, zests, and white wine and set aside. In a pan (preferably a grill pan), heat olive oil. Place salmon into pan and braise on both sides until light pink. Remove salmon from pan.

Add juice mixture to pan and deglaze pan. Cook for about 3 minutes on medium heat until starts to thicken. Add salmon back to pan and cover. Continue to cook salmon until falls apart (about 10-15 minutes more).

Serve on a bed of the fresh spinach leaves, pouring the sauce over the salmon.

Serves 4-6

My Recipe Notes:
Tuna

Lemon Pepper Tuna Sandwich
Try this zesty, low-fat sandwich for your work lunchbox!

Ingredients

6 oz. water-packed tuna fish, drained
2 Tbs. reduced-calorie mayonnaise
1 tsp. lemon zest
1 Tbs. fresh lemon juice
1/2 tsp. black pepper
1/2 small carrot(s), grated
2 Tbs. parsley, fresh, chopped
1 medium shallot(s), minced
4 slice reduced-calorie wheat bread, toasted
1/4 C. arugula, about 6 leaves

Directions

Combine tuna, mayonnaise, lemon zest and juice, pepper, carrot, parsley and shallot in a small bowl; mix well. Layer 2 slices of bread with 3 arugula leaves each and top each with about 1/2 C. of tuna salad; top with remaining bread slices and serve. Yield: 2 servings.

My Recipe Notes:
Tuscan Tuna and Grilled Vegetables
These gourmet wraps are full of flavor, and healthy too! The high protein tuna and low carb tortillas make this a perfect meal on or off the diet.

Ingredients

4 small zucchini, halved lengthwise
2 medium sweet red peppers, quartered
2 medium yellow peppers, quartered
2 medium Vidalia onions, cut into 1/2-inch-thick slices
2 serving olive oil cooking spray (5 one-second sprays per serving)
1/2 tsp. table salt
1/2 tsp. black pepper
3 Tbs. chives, fresh, snipped
1 C. canned cannellini beans, drained and rinsed
6 oz. canned chunk white tuna in water, drained and flaked
1/4 C. parsley, fresh, chopped
8 items olives, black, preferably Kalamata, pitted and sliced
2 tsp. red wine vinegar
1/4 tsp. table salt
1/4 tsp. black pepper
4 large burrito-size wheat flour tortillas
2 C. arugula, torn into bite-size pieces

Directions

Preheat grill to medium-high heat. Spray with cooking spray. Place veggies in foil packet. Grill first 4 ingredients until tender, about 15-20 minutes, turning once. Combine 2 C. chopped vegetables with the beans, tuna, parsley, olives, vinegar, salt and pepper in a medium bowl; mix well. Lay tortillas on a flat surface and top with arugula. Place 1 C. of vegetable-tuna mixture in a horizontal strip down the center of each tortilla. Fold in bottom ends of tortillas, roll up sides and serve.

Yield: 4 servings

My Recipe Notes:
Low-Fat Grilled Tuna
This simple recipe is very healthy because there is very little seasoning besides lime juice and some salt and pepper.

Ingredients
four 6-oz. albacore tuna steaks, 1 inch thick
3 Tbs. extra virgin olive oil
Salt and ground black pepper to taste
1 lime, juiced
1/2 C. hickory wood chips, soaked

Directions
Place tuna steaks and olive oil in a large resealable plastic bag. Seal, and refrigerate for 1 hour.
Preheat the grill for medium heat. When coals are very hot, scatter a handful of hickory or mesquite wood chips over them for flavor. Lightly oil grill grate. Season tuna with salt and pepper, and cook on the preheated grill approximately 6 minutes, turning once. Transfer to a serving platter, and drizzle with freshly squeezed lime juice. Serve immediately.

Tip: Tuna is available most of the year, so fresh steaks should be easy to come by, but be choosy: a reddish color is acceptable, but flesh with dark spots or streaks should be avoided. As with all great ocean fish, the flesh tends to be dry. Marinate with oil, and avoid overcooking. The timing is critical, as tuna should be served medium rare. Use a kitchen timer.

Yield: 4 servings

My Recipe Notes:
Tuna-Ranch Macaroni Salad
This low-fat salad still has lots of flavor and you'll get your Omega 3 Fatty Acids from the tuna.

Ingredients

1 lb. pkg. of elbow macaroni
2 cans tuna in water, drained
3 stalks of celery chopped
1 small onion, chopped
1 8 oz. pkg. shredded cheddar cheese (low fat is okay)
1 16 oz. bottle of light ranch dressing

Ingredients

Cook macaroni according to directions, rinse and cool. Mix in the tuna, celery, onion, and cheese. Add the dressing and stir gently to mix.

My Recipe Notes:
Pacific Albacore with Linguine and Vegetables
This is a healthy dish with broccoli and sweet peppers with a light white wine sauce.

Ingredients

2 cans Albacore Tuna
1/2 C. dry white wine
1 tsp. dried thyme, crushed
1/2 tsp. salt
1/8-1/4 tsp. crushed red pepper
1 Tbs. cooking oil
2 cloves garlic, minced
2 C. broccoli flowerets
1 large red or green sweet pepper, cut into strips
8 oz. linguine, cooked and drained
3/4 C. finely shredded Romano or Parmesan cheese

Directions

In small bowl, stir together wine, thyme, salt, and crushed red pepper. Set aside. Pour cooking oil into a wok or large skillet (add more oil as necessary during cooking). Preheat over medium-high heat. Stir-fry garlic in hot oil for 15 seconds. Add broccoli; stir-fry for 2 minutes. Add sweet pepper; stir-fry for 1-2 minutes more or until vegetables are tender. Flake in 2 cans of Albacore. Stir sauce and add to wok. Add cooked linguine. Gently toss all ingredients together to coat with sauce. Cook and stir 1-2 minutes more or until heated through. Remove from heat and serve immediately. Sprinkle each serving with Romano or Parmesan cheese.

Yield: 4 servings

My Recipe Notes:
Garden Tuna Salad
This healthy tuna salad is a complete meal with reduced fat cheese and dressing.

Ingredients

1 can (6 ounces) tuna packed in water, drained
1 medium carrot, chopped
1 rib celery, chopped
1/2 C. reduced-fat Monterey Jack cheese cubes (1/4 inch)
1/4 C. frozen green peas, thawed and drained
1/4 tsp. dried parsley flakes
1/3 C. reduced-fat Italian salad dressing
Lettuce, Tomato slices
2 rounds pita bread, cut into halves

Directions

Place tuna in large bowl; break into chunks. Add carrot, celery, cheese, peas and parsley; toss to blend. Pour dressing over tuna mixture; toss lightly to coat. Place one piece lettuce and one tomato slice into each pita half. Divide tuna salad evenly among pita halves.

My Recipe Notes: