

KITCHEN KAN DO

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USU Dining Services, USU Student Health & Wellness, and Lee's Marketplace

Ingredients for this recipe are available at Lee's Marketplace

Why Fish? Fish is a good protein source, often rich in omega-3 fatty acids. Eating 1-2 servings of fish a week can help reduce your chances of getting heart disease by 40%.

Fish to Try: Choose fish high omega 3 fatty acids like salmon, lake trout, sardines, canned light tuna and herring often.

If you absolutely hate the "fishy" taste of some fish, here are some mild-flavored fish for your taste palate: Orange Roughy, Tilapia, Swordfish, Mahi Mahi, Halibut, Flounder.

Buying Tips: *Whole fresh fish:* look for clear eyes, tight skin, bright in color, clean gills, and a clean smell. Fish doesn't have to smell fishy!

Filets: look for a smooth, even, firm filet with a "moist" glisten

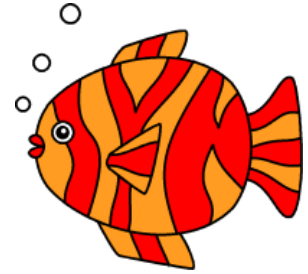
Frozen fish: Fish should not be thawed and frozen again so avoid fish with discolored spots on the surface, ice crystals or frost, and damaged wrapping.

Cooking fish: "Ten Minute Rule"

When baking, grilling, broiling, poaching, steaming or sautéing fish, allow :

- 10 minutes cooking time per inch of thickness of fresh fish
- 20 minutes per inch of thickness for frozen fish
- add 5 minutes to total cooking time for fish wrapped in foil or covered in sauce

Cook until fish is opaque and flakes easily with a fork. Season with herbs (parsley, dill, rosemary or chives), lemon juice, tartar, or soy sauce.



Potato Encrusted Salmon

With White Bean Spinach Sauté

Per serving: 6 oz piece of salmon
1-2 tsp of Dijon
½ oz potato flakes (instant spuds)
½ cup of cooked white beans.
2 oz of uncooked spinach
½ lemon

Directions: Place the portion of salmon skin side down in your hand. Using a pastry brush spread Dijon mustard on the salmon. Press the Dijon side into the instant potato flakes. In a sauté pan heat a few Tbsp of olive oil to a medium high heat. Place the salmon potato side down in the oil. Take care not to drop the salmon in the oil, hot oil burns skin. Flip the salmon with tongs, after one minute place the salmon on an oven proof baking dish, place the dish in an oven set to 350°. Quickly wipe out the pan and return to the heat, add olive oil let this get hot before adding garlic. When the garlic is golden add the cooked beans. Then add spinach. Turn with tongs until spinach is cooked. About 6-7 minutes. Season with salt and pepper. Arrange the mix in the center of the plate, then place the salmon on top. Cut a lemon in quarters, one or two per person and the plate is done.

