


# hooked 2 More Heart-Healthy Recipes from Real Floridians cookbook







**I**n the spring of 2011, the Florida Environmental Public Health Tracking (EPHT) Program at the Florida Department of Health issued a call for recipes using heart-healthy seafood from the best choices and lowest mercury categories on our “Fish for Your Health” wallet card. The recipes were used to create the *Hooked: Heart-Healthy Recipes from Real Floridians Cookbook*. It’s been so popular that, in 2017, we decided to issue another call for recipes, which resulted in *Hooked 2: More Heart-Healthy Recipes from Real Floridians Cookbook!* We hope you enjoy this cookbook as much as we’ve enjoyed making it!

**Nutritional calculations** were provided by Florida State University’s Dietetics Program. We would like to send a special thank you to Dr. Maria Spicer and her graduate students for partnering with us.

**Some recipes are noted as being from Fresh From Florida, part of the Florida Department of Agriculture and Consumer Services.** These recipes, created by Chef Justin Timineri, feature Florida-grown agriculture. Learn more about Fresh From Florida at [FollowFreshFromFlorida.com](http://FollowFreshFromFlorida.com).

**The EPHT Program collects information from a variety of sources, combining environmental and health-related data.** Florida EPHT works in partnership with the U.S. Centers for Disease Control and Prevention (CDC) to track diseases that may be related to environmental exposures. The purpose of this cookbook is to encourage eating fish that are low in mercury content. Mercury can cause harmful health effects for women who are pregnant or nursing, women who may become pregnant and very young children. Avoiding fish with high mercury content and learning about fish and wildlife advisories in your area are some ways to avoid mercury exposure. For additional information, talk to your health care provider. Learn more at [FloridaTracking.com/healthtracking/Mercury.htm](http://FloridaTracking.com/healthtracking/Mercury.htm).

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SUBSTITUTE  
*Florida  
mahi mahi*  
FOR COD

# cod Florida-style

## Cod—Vizcaine Style

**FIVE SERVINGS** This is a new recipe submitted by Miriam De La Lastra of the Florida Department of Health in Martin County. The ingredients give a Spanish twist to a fish associated with the cooler waters of New England. Serve with brown rice.

- 1 lb. frozen codfish (unsalted), cut in large pieces**
- 1 17-oz. jar sweet red peppers**
- 6 garlic cloves**
- 1 large onion, chopped**
- 1½ cups fresh parsley, chopped**
- ½ cup olive oil**
- salt to taste**

- 1.** In a large fryer pan at medium high, add the olive oil.
- 2.** Add the garlic cloves to the pan and saute, do not burn. When ready, remove the garlic.
- 3.** Add the chopped onion. When onion looks like crystal, add the chopped parsley.
- 4.** When onion and parsley are soft, add the codfish and continue cooking at medium high.
- 5.** In the meantime, use a blender or food processor to blend the red pepper and juice from the jar until thick.
- 6.** Add the red pepper mixture to the pan and stir everything together.
- 7.** Add salt to taste.
- 8.** Cover the pan and continue cooking until the codfish is completely cooked (about 15 minutes).

**NUTRITION INFORMATION PER SERVING—GRAMS OR MILLIGRAMS** Calories, 253; Total Fat, 14.9 g; Cholesterol, 42.6 mg; Sodium 1,234 mg; Total Carbohydrates, 12.5 g; Fiber, 0.68 g; Sugars, 10.9 g; Protein, 14.6 g.

## Cod Fillets with Red Pepper Sauce

**FOUR SERVINGS** When Brenda Treadwell of the Florida Department of Health in Gadsden County submitted this recipe for *Hooked: Heart-Healthy Recipes from Real Floridians Cookbook*, she probably wasn't expecting an encore, but here it is!

- 4 4-oz. codfish fillets**
- ½ tsp. dried dill**
- ½ tsp. Mrs. Dash® original seasoning**
- ¼ tsp. salt**
- 2 tbsp. olive oil**
- 1 lime, cut into wedges**
- 2 medium red bell peppers, chopped**
- ½ cup green onion, chopped**
- 1 clove garlic, minced**
- 1 tsp. coriander**
- ¼ tsp. crushed red pepper flakes**

- 1.** Preheat the oven to 400° F.
- 2.** In a large skillet, saute the onion and garlic in oil on medium heat for about 5 minutes or until tender.
- 3.** Add red peppers, coriander, and red pepper flakes. Saute for 1 minute.
- 4.** Cook covered over low heat for 7–9 minutes until the peppers soften.
- 5.** Add salt to the mixture.
- 6.** Sprinkle the fish with Mrs. Dash® and dill.
- 7.** Cook the fish in the preheated oven until opaque, 8–10 minutes.
- 8.** Serve the fish topped with the pepper sauce and lime wedges.

**NUTRITION INFORMATION PER SERVING—GRAMS OR MILLIGRAMS** Calories, 211; Total Fat, 8 g; Cholesterol, 50 mg; Sodium 210 mg; Total Carbohydrates, 6 g; Fiber, 2 g; Sugars, 3 g; Protein, 21 g.



## Veggie Topped-Tilapia

**FOUR SERVINGS** This one-dish recipe puts fish, vegetables and Parmesan cheese together. Submitted in 2011 by Ileana Alvarez of the Florida Department of Health in Seminole County, this recipe is an “easy” favorite.

- 4 5-oz. tilapia fillets**
- 1/3 cup white wine**
- 1/2 tsp. seafood seasoning**
- 1 medium-sized onion, minced**
- 1 medium green pepper, minced**
- 1 small tomato, chopped**
- 3 tbsp. fresh lemon juice**
- 1 tsp. olive oil**
- 1/4 tsp. garlic powder**
- 1/4 cup shredded Parmesan cheese**

- 1.** Place fillets in a 13- by 9-inch baking dish coated with cooking spray.
- 2.** Drizzle fillets with wine; sprinkle with seafood seasoning.
- 3.** Combine lemon juice, oil and garlic. Spoon over fillets.
- 4.** Cover and bake at 425° F for 15 minutes.
- 5.** Uncover and sprinkle filets with Parmesan cheese.
- 6.** Bake 5–10 minutes longer or until vegetables are tender, and fish flakes easily with a fork.

**NUTRITION INFORMATION PER SERVING—GRAMS OR MILLIGRAMS** Calories, 200; Total Fat, 5 g; Cholesterol, 75 mg; Sodium 370 mg; Total Carbohydrates, 6 g; Fiber, 1 g; Sugars, 3 g; Protein, 31 g.

## Grilled Tilapia with Roasted Red Pepper Coulis and Corn Salsa

**TWO SERVINGS—SERVE EACH FILET WITH HALF OF THE COULIS AND SALSA** This recipe is a favorite of Carla Shulman of the Florida Department of Health in Volusia County. The coulis and salsa toppings can be tasty additions to other dishes that need an extra kick. Shulman suggests serving this dish with orzo.

### RED PEPPER COULIS:

- 1 large red pepper**
- 3 tbsp. reduced fat sour cream**
- salt and pepper to taste**

### CORN SALSA:

- 3 medium tomatillos**
- 2 medium ears of corn**
- 2 green onions, 1/4-inch diced**
- 1/4 cup cilantro**

- 2 tilapia filets**
- salted butter for basting**

### MAKE THE RED PEPPER COULIS:

- 1.** On an open grill, roast the red pepper on all sides.
- 2.** Cool and remove the skin and seeds. Puree the pepper with sour cream.

### MAKE THE CORN SALSA:

- 1.** Roast the tomatillos and ears of corn on the grill.
- 2.** Cool and dice the tomatillos kernel size, and remove the corn from the cobb.
- 3.** Mix the tomatillos and corn with 1/4 cup cilantro and the 2 diced green onions.

### COOK THE FISH:

- 1.** Cook filets on foil or in a pan on an open grill until white and flakey, basting with butter as needed.

### PLATE THE FISH:

- 1.** Place 2 tbsp. of red pepper coulis on each plate.
- 2.** Lay one filet on top of coulis and spoon 1/4–1/2 cup salsa on the filet.

**NUTRITION INFORMATION PER SERVING—GRAMS OR MILLIGRAMS** Calories, 190; Total Fat, 6 g; Cholesterol, 65 mg; Sodium 130 mg; Total Carbohydrates, 15 g; Fiber, 2 g; Sugars, 6 g; Protein, 26 g.

spicy





## Black Bean Salsa-Topped Tilapia

**FOUR SERVINGS** Black Bean Salsa-Topped Tilapia is a favorite recipe from the *Hooked: Heart-Healthy Recipes from Real Floridians Cookbook*. It was submitted by Heather Shore of the Florida Department of Health in Collier County.

- 4 6-oz. tilapia fillets**
- 2 tbsp. olive oil**
- ½ 15-oz. can black beans, drained**
- ½ 10-oz. can diced tomatoes with Italian seasoning**
- ½ cup fresh corn**
- 2 medium-size scallions, chopped**
- salt and pepper to taste**
- blackening seasoning to taste**

- 1.** Saute fillets on each side in an oil-coated pan, salting and peppering to taste.
- 2.** Make the salsa in a bowl by combining the beans, tomatoes, scallions and spices.
- 3.** Serve each fillet on a bed of fresh spinach with a generous scoop of salsa.

**NUTRITION INFORMATION PER SERVING—GRAMS OR MILLIGRAMS** Calories, 300; Total Fat, 10 g; Cholesterol, 85 mg; Sodium 170 mg; Total Carbohydrates, 14 g; Fiber, 5 g; Sugars, 3 g; Protein, 38 g.

## Breaded Tilapia

**FOUR SERVINGS** With a four-ingredient list and a prepare and cook time that is roughly less than 30 minutes, this 2011 recipe, submitted by Kimberly Munoz of the Florida Department of Health in Hillsborough County, has been brought back by popular demand.

- 4 4-oz. tilapia fillets**
- ½ cup panko bread crumbs**
- olive oil spray**
- Old Bay® seasoning to taste**

- 1.** Preheat oven to 375° F.
- 2.** Coat non-stick baking tray with olive oil spray.
- 3.** Spray all sides of each fillet with olive oil spray.
- 4.** Season each filet with Old Bay® seasoning.
- 5.** Coat all sides of each fillet with bread crumbs.
- 6.** Place fillets on baking tray and cook 10 minutes on each side.

**NUTRITION INFORMATION PER SERVING—GRAMS OR MILLIGRAMS**  
Calories, 140; Total Fat, 2 g; Cholesterol, 55 mg;  
Sodium 75 mg; Total Carbohydrates, 8 g;  
Fiber, 0 g; Sugars, 0 g; Protein, 24 g.



**SUBSTITUTE**  
*Florida*  
*Sheepshead*  
**FOR TILAPIA**

## Jamaican Steamed Snapper with Crackers

**FOUR SERVINGS** Steamed fish with crackers is a traditional Jamaican dish that relies on herbs, seasonings and a savory sauce to create a spicy, delicious and satisfying meal. Jamaicans pair the dish with “tough crackers”—crisp and hard crackers that won’t get soggy in the sauce. For this recipe we suggest a tough cracker that is whole wheat. Brittani Coore of the Florida Department of Health in Palm Beach County Health Department submitted this recipe.



- 2 cups fish stock**
- 1 cup Irish potato, ½-inch diced**
- 1 cup pumpkin, ½-inch diced**
- 4 medium-sized okras, sliced**
- 1 lb. whole snapper**
- ¾ cup tomato, ½-inch diced**
- 1 tsp. Grace Caribbean® Traditions ground black pepper**
- ½ tsp. Scotch bonnet pepper, chopped**
- 1 medium-sized onion, chopped**
- 2 cloves garlic, chopped**
- 2 scallions, chopped**
- 1 sprig thyme**
- 1 whole Scotch bonnet pepper**
- 10 whole wheat crackers (a crisp and hard variety works best)**

*Note: You can substitute the vegetables with yams, string beans and carrots, or your favorites!*

### PREPARE THE FISH STOCK:

- 1.** Simmer in water meaty bones from meat, poultry or seafood, with aromatic vegetables like onion, celery, ginger, garlic and thyme until flavor, aroma, color, body and nutritive value is extracted.
- 2.** Strain the liquid and it's ready to use for cooking and saucing the fish.

### COOK THE FISH:

- 1.** Pour fish stock in a large skillet and bring to a boil.
- 2.** Add Irish potato, pumpkin and okra. Cover and simmer for 10 minutes.
- 3.** Slit fish on both sides, then stuff the cavity with half of the vegetables and seasonings (tomato, onion, garlic, scallions, black pepper and the Scotch bonnet pepper). Sprinkle the fish with the remaining black pepper.
- 4.** Place fish into the boiling fish stock and add the remaining garlic, tomato, onion, scallion, Scotch bonnet pepper, thyme and the whole Scotch bonnet pepper.
- 5.** Spoon stock over the fish, cover and steam over medium flame for 10 minutes.

### SERVE THE FISH:

- 1.** Place the fish on a platter, add the crackers, then pour the fish stock over the fish and crackers.

**NUTRITION INFORMATION PER SERVING—GRAMS OR MILLIGRAMS** Calories, 220; Total Fat, 5 g; Cholesterol, 0 mg; Sodium 250 mg; Total Carbohydrates, 0 g; Fiber, 2 g; Sugars, 26 g; Protein, 27 g.

Traditional recipe



## Grilled Mullet with Hot Mango-Honey Sauce

**FOUR SERVINGS** In Florida, mullet is usually fried, but this recipe calls for the grill and sweet mango! From the kitchens of the Florida Department of Agriculture and Consumer Services, this recipe is a healthy departure from the usual burger on the grill.

- ¾ cup honey**
- ¾ cup rice wine vinegar**
- 2 tbsp. Worcestershire sauce**
- 1 tbsp. Dijon mustard**
- ¾ tsp. hot pepper sauce**
- 1 tsp. jalapeño, ¼-inch diced**
- ½ cup pureed mango**
- 4 6-oz. mullet fillets**
- parsley sprigs for garnish**

- 1.** Preheat grill to medium hot.
- 2.** For approximately 1 cup of sauce, combine all ingredients except fish fillets in a small bowl.
- 3.** Reserve ½ cup to serve with cooked fillets.
- 4.** Brush both sides of fillets with sauce. Place fillets in a single layer in well-greased hinged, wire grill basket.
- 5.** Cook on medium-hot grill for 5–8 minutes.
- 6.** Baste fillets with sauce and turn. Cook 5–8 minutes more or until fish flakes easily.
- 7.** Serve with reserved sauce and parsley garnish.

**NUTRITION INFORMATION PER SERVING—GRAMS OR MILLIGRAMS** Calories, 230; Total Fat, 4.5 g; Cholesterol, 430 mg; Sodium, 250 mg; Total Carbohydrates, 22 g; Fiber, 0 g; Sugars, 21 g; Protein, 23 g.



## Tuna Sandwiches

**FOUR SERVINGS** Sophia Tomadakis submitted this recipe on behalf of the the Florida Department of Health in Brevard County. Tomadakis suggest to, “Serve as soon as you prepare it, otherwise the cucumber and the tomato will make it [the sandwich] soggy. If you have the ingredients on hand, this is a very tasty, healthy and easy lunch or dinner recipe.” For a more flavorful sandwich, she suggests using organic vegetables and ingredients.

- 1 10-oz. canned tuna in water, drained
- 1 cucumber, cut in slices
- 1 celery stalk, diced
- 1 medium carrot, 1/4-inch diced
- 1 medium tomato, sliced
- 2 tbsp. parsley
- 2 tbsp. extra virgin olive oil (or 1–2 tbsp. of organic mayonnaise)
- 4 lettuce leaves (or arugula)
- 8 slices of whole wheat bread
- 4 slices of extra sharp cheddar cheese
- 1 can of corn (or frozen corn, thawed)

1. In a bowl, mix all the ingredients except for the cucumber, tomato, lettuce, the slices of bread and the slices of the cheddar cheese. Put aside.
2. Put the 4 slices of cheddar cheese on the 4 slices of bread and microwave for 30–40 seconds until melted.
3. On the warmed slices of bread, add a portion of the salad, a piece of lettuce, a slice or two of cucumber and a piece of tomato.
4. Cover each sandwich with another slice of bread and serve while warm.

**NUTRITION INFORMATION PER SERVING—GRAMS OR MILLIGRAMS** Calories, 160 g; Total Fat, 5 g; Cholesterol, 215 mg; Sodium 960 mg; Total Carbohydrates, 5 g; Fiber, 0 g; Sugars, <1 g; Protein, 23 g.

## Seared Yellowfin Tuna with Avocado and Mango Salsa

**FOUR SERVINGS** A Florida recipe from the kitchens of the Florida Department of Agriculture and Consumer Services.

- 1 lb. sushi-grade yellowfin tuna loin
- 1 tbsp. blackened seasoning blend
- 1 avocado, 1/2-inch diced
- 1 mango, 1/2-inch diced
- 3/4 cup sweet red peppers, 1/4-inch diced
- 3/4 cup yellow peppers, 1/4-inch diced
- 1 tbsp. fresh jalapeño, minced
- 2 tbsp. fresh cilantro, chopped
- 1 lime, juiced
- sea salt and fresh ground pepper to taste

1. Heat 1 tbsp. olive oil in a large skillet over medium-high heat.
2. Season all sides of the tuna loin with the blackened seasoning.
3. Sear tuna in the hot oil until browned but still pink in the center, about 15–20 seconds on each side.
4. Remove seared tuna from the pan and set on a paper towel to rest.
5. In a medium-sized mixing bowl, combine avocado, mango, diced peppers, jalapeno, cilantro and lime juice.
6. Stir to combine; taste and adjust seasoning with salt and pepper.
7. To serve tuna, place an even amount of salsa on each serving plate.
8. Using a very sharp knife, slice seared tuna thinly across the grain.
9. Arrange the sliced tuna around the salsa.

**NUTRITION INFORMATION PER SERVING—GRAMS OR MILLIGRAMS** Calories, 360; Total Fat, 23 g; Cholesterol, 430 mg; Sodium, 110 mg; Total Carbohydrates, 17 g; Fiber, 6 g; Sugars, 9 g; Protein, 24 g.



## Rosemary Seared Yellowfin Tuna with Grape Tomato-Eggplant Relish

**SERVES FOUR** A Florida recipe from the kitchens of the Florida Department of Agriculture and Consumer Services.

- 1** eggplant
- 1** cup sweet onion,  $\frac{1}{4}$ -diced
- 1** cup grape or cherry tomatoes
- 6** leaves fresh basil, chopped
- 10** sprigs fresh rosemary leaves, chopped fine
- 2** tsp. fresh garlic, chopped
- $\frac{3}{4}$  cup extra-virgin olive oil, divided
- $\frac{3}{4}$  cup balsamic vinegar
- 4** 6-oz. fillets of fresh yellowfin tuna  
salt and pepper to taste

- 1.** Peel eggplant and slice in half lengthwise; continue slicing into 1-inch cubes.
- 2.** Heat a medium-sized sauté pan over medium heat; coat pan with 1 tsp. olive oil and sauté eggplant and onion until they begin to brown.
- 3.** Add the balsamic vinegar, garlic, salt, pepper and fresh basil.
- 4.** Stir in tomatoes and cook for 2 minutes until tomatoes are heated through.
- 5.** Remove from heat and keep warm.
- 6.** In a sauté pan, add remaining olive oil and turn heat up to high.
- 7.** Season the tuna on both sides with salt, pepper and chopped rosemary.
- 8.** Sear the tuna for 2 minutes on each side for medium-rare.
- 9.** Serve fillets on a bed of the tomato-eggplant relish.

**NUTRITION INFORMATION PER SERVING—GRAMS OR MILLIGRAMS** Calories, 380; Total Fat, 15 g; Cholesterol, 430 mg; Sodium, 130 mg; Total Carbohydrates, 16 g; Fiber, 4 g; Sugars, 10 g; Protein, 44 g.

Florida yellowfin



## Cajun Salmon

**TWO SERVINGS** Salmon is one of the best sources of omega-3 fatty acids—shown to reduce inflammation, lower blood pressure and decrease risk factors for disease—and it also can be incredibly easy to prepare. Tania D Arias from Children’s Medical Services at central office in Tallahassee submitted this recipe and suggests serving it with sides of brown rice, broccoli or green beans.

- 1 4-6 oz. salmon fillet**
- ½ tsp. Cajun seasoning**
- 1 tbsp. olive oil**
- large sheet of non-stick aluminum foil for wrapping**

- 1.** Splash a few teaspoons of olive oil on both sides of the salmon, then sprinkle with Cajun seasoning.
- 2.** Wrap the salmon fillet with foil and grill for about 20 minutes.
- 3.** When the fish flakes easily with a fork, it’s done.

**NUTRITION INFORMATION PER SERVING—GRAMS OR MILLIGRAMS** Calories, 240; Total Fat, 18 g; Cholesterol, 45 mg; Sodium 105 mg; Total Carbohydrates, 0 g; Fiber, 0 g; Sugars, 0 g; Protein, 17 g.

## Sangria Salmon with Salsa

**FOUR SERVINGS** Low in fat and high in protein, this 2011 recipe submitted by Stevie Bryant of the Florida Department of Health in Marion County makes a comeback.

- 4 1-inch thick salmon fillets**
- Sangria**
- 3 medium green bell peppers**
- ½ medium red onion**
- 4 oz. jalapeños**
- 3 large tomatoes**
- lime juice**
- large sheet of non-stick aluminum foil for lining**

- 1.** Place salmon in the center of the foil and bring up the sides to make a bowl around the fillets.
- 2.** Pour a small amount of sangria over the salmon.
- 3.** To make the salsa, chop all vegetables, place in a bowl and drizzle with lime juice.
- 4.** Spoon a generous amount of salsa over the salmon. Close the foil.
- 5.** Place in oven at 350° F for 15–20 minutes, or until the fish is flaky.

**NUTRITION INFORMATION PER SERVING—GRAMS OR MILLIGRAMS** Calories, 240; Total Fat, 6 g; Cholesterol, 60 mg; Sodium 100 mg; Total Carbohydrates, 18 g; Fiber, 4 g; Sugars, 8 g; Protein, 28 g.



## Blue Crab Cake Benedict

**FOUR SERVINGS** A Florida recipe from the kitchens of the Florida Department of Agriculture and Consumer Services.

- ¼ cup red onion, minced**
- 2 tbsp. fresh parsley, chopped**
- 3 tbsp. light mayonnaise**
- 2 tbsp. Dijon mustard**
- ¾ tsp. seafood seasoning**
- ½ tsp. Worcestershire sauce**
- 2 egg whites, lightly beaten**
- 1 pound crabmeat, drained, shell pieces removed**
- 1½ cups panko, divided**
- 2 tbsp. olive oil**
- 4 eggs, pan fried**
- 1 large tomato, sliced**

### Hollandaise Sauce:

- 3 eggs, yolks separated**
- ¼ tsp. Dijon style mustard**
- ½ lemon, juiced**
- hot pepper sauce to taste**
- ½ cup unsalted butter, melted**
- sea salt to taste**

### PREPARE THE CRAB:

- 1.** Combine first seven ingredients in a medium bowl.
- 2.** Gently fold in crabmeat and ¾ cup panko crumbs.
- 3.** Cover and chill 30 minutes.
- 4.** Shape the crab mixture into 8 patties about ¾-inch thick.
- 5.** In a shallow dish, roll patties in remaining ¾ cup panko crumbs, coating evenly.
- 6.** In a nonstick skillet over medium heat, heat oil and cook 4 crab cakes at a time for 7 minutes until golden brown on each side.

### MAKE THE HOLLANDAISE SAUCE:

- 1.** In a blender or food processor, add mustard, lemon juice, egg yolks and a few dashes of hot pepper sauce.
- 2.** Blend ingredients and slowly add the melted butter until the ingredients thicken.
- 3.** Taste hollandaise and adjust seasoning with salt and hot pepper sauce.
- 4.** Serve sauce immediately.



### ASSEMBLE THE BLUE CRAB CAKE BENEDICT:

- 1.** Place one or two slices of tomato on each plate.
- 2.** Season the tomato lightly with salt and pepper.
- 3.** Place a pan fried egg over each tomato slice.
- 4.** Add a crab cake to the top of each pan fried egg.
- 5.** Evenly distribute the hollandaise sauce over the top of each crab cake and serve immediately.

**NUTRITION INFORMATION PER SERVING—GRAMS OR MILLIGRAMS** Calories, 608; Total Fat, 42 g; Cholesterol, 0 mg; Sodium, 889 mg; Total Carbohydrates, 24 g; Fiber, 1.5 g; Sugars, 3.5 g; Protein, 34 g.



## Garlic Shrimp

**TWO SERVINGS (20-30 SHRIMP)** Submitted by Fredeswinda Torres Culpepper of the Florida Department of Health in Palm Beach County, garlic shrimp can be added to simple recipes for a fast gourmet upgrade. Torres Culpepper suggests adding garlic shrimp to salads or to cooked bow-tie pasta and Alfredo sauce for shrimp scampi.

### 40-60 pre-cooked shrimp

- 1 tsp. garlic, very thinly sliced**
- 1 tbsp. margarine**
- pepper to taste**

1. Steam the shrimp in low heat.
2. Take out the tail cast and drain remaining water; then add margarine, black pepper and garlic.
3. Steam it again until liquid is barely gone.

**NUTRITION INFORMATION PER SERVING—GRAMS OR MILLIGRAMS** Calories, 280 g; Total Fat, 8 g; Cholesterol, 430 mg; Sodium 250 mg; Total Carbohydrates, <1 g; Fiber, 0 g; Sugars, <1 g; Protein, 54 g.



## Broiled Marinated Shrimp Dish

**MAKES 4 SERVINGS (6-8 JUMBO SHRIMP)** Libby Dugas from the Florida Department of Health in Escambia County submitted this recipe and says, "Comes out perfect every time!" Serve with rice pilaf or dirty rice.

- 1.5 lbs. peeled and deveined jumbo shrimp**
- 1 tble. olive oil**
- 1 tble. balsamic vinegar**
- 1 tble. Worcestershire sauce**
- 1-2 cloves garlic, crushed**

1. Wisk together oil, vinegar, Worcestershire sauce and garlic.
2. Add shrimp and marinate together for 30 minutes.
3. Pour everything—including marinade—into an iron skillet making sure shrimp is spread out into one layer (no overlap).
4. Broil for 8-10 minutes, no need to stir.
5. Shrimp are done when brown and crispy on top.

**NUTRITION INFORMATION PER SERVING—GRAMS OR MILLIGRAMS** Calories, 460; Total Fat, 20 g; Cholesterol, 30 mg; Sodium 630 mg; Total Carbohydrates, 0 g; Fiber, 7 g; Sugars, 8 g; Protein, 33 g.



## Baked Shrimp Scampi

**FOUR SERVINGS** A Florida recipe from the kitchens of the Florida Department of Agriculture and Consumer Services.

- ½ cup butter**
- 1 clove garlic, minced**
- 1 tbsp. shallots, chopped**
- 1 tsp. capers**
- 1 tbsp. lemon rind, grated**
- ½ tsp. parsley, chopped**
- dash hot pepper sauce**
- dash Worcestershire sauce**
- ¼ tsp. salt**
- ¼ tsp. white pepper**
- 1 lb. medium shrimp, peeled and deveined**
- ½ cup panko bread crumbs**
- lemon wedges**

1. Preheat oven to 400° F.
2. In a large skillet, melt butter over medium heat until foaming.
3. Add the next 9 ingredients and sauté over medium heat 1-2 minutes.
4. Set aside and keep warm.
5. Place shrimp in a single layer in a greased baking dish; spoon butter mixture over all and top with a light layer of bread crumbs.
6. Bake for 8-10 minutes or until shrimp are opaque and cooked through.
7. Serve with lemon wedges.

**NUTRITION INFORMATION PER SERVING—GRAMS OR MILLIGRAMS** Calories, 345; Total Fat, 25 g; Cholesterol, 204 mg; Sodium, 1104 mg; Total Carbohydrates, 13 g; Fiber, 0 g; Sugars, 1.5 g; Protein, 18 g.





## Sweet Corn and Chorizo Sausage Stuffed Florida Clams

**FOUR SERVINGS** A Florida recipe from the kitchens of the Florida Department of Agriculture and Consumer Services.



**24–30 medium-sized live clams, rinsed**

- 1 cup yellow cornmeal**
- ¾ cup jack cheese, shredded**
- 1 link chorizo sausage, ¼-inch diced**
- 1 red bell pepper, ¾-inch diced**
- 1 cup corn kernels**
- 1 small onion, ¾-inch diced**
- ¾ cup fresh cilantro, chopped**
- 1 egg**
- 1 tsp. chili powder**
- oil for cooking**
- sea salt to taste**
- fresh ground pepper to taste**

### COOK THE CLAMS:

- 1.** Fill a medium-sized stockpot halfway with water.
- 2.** Place stockpot on the stove over medium-high heat and bring to a boil.
- 3.** Lightly salt the water in the stockpot.
- 4.** When a boil is reached, add the live clams to the pot.
- 5.** Cook the clams until they just start to open.
- 6.** Drain the clams in a colander. Run cold water over them until they are cooled off.
- 7.** Discard any unopened clams.
- 8.** Let clams drain well and place them in the refrigerator until later.



### MAKE THE STUFFING:

- 1.** Preheat a medium sauté pan over medium heat.
- 2.** Add 1 tsp. of oil to the preheated pan.
- 3.** Add the diced onions and chorizo sausage to the preheated pan. Cook until the onions are translucent and the chorizo is golden brown.
- 4.** Add the bell pepper, corn and chili powder to the pan.
- 5.** Continue to cook for 2–3 minutes.
- 6.** Season the ingredients in the pan lightly with salt and pepper.
- 7.** Remove ingredients from heat and add them to a medium-sized mixing bowl.
- 8.** To the mixing bowl, add cornmeal, cheese, cilantro, egg and ¾ cup of water.
- 9.** Mix ingredients thoroughly; add a little more water if necessary so the stuffing is moist.

### STUFF THE CLAMS:

- 1.** Preheat the oven to 375° F.
- 2.** Remove cooked clams from the refrigerator.
- 3.** Open up each shell the rest of the way so they can be stuffed.
- 4.** Place an even amount of stuffing in each shell.
- 5.** Place stuffed shells in a baking dish.
- 6.** Place the baking dish of stuffed clams on the center rack of the oven.
- 7.** Bake clams for 7–12 minutes or until heated throughout.
- 8.** Remove clams from oven and serve immediately.

**NUTRITION INFORMATION PER SERVING—GRAMS OR MILLIGRAMS** Calories, 480; Total Fat, 23 g; Cholesterol, 430 mg; Sodium, 1190 mg; Total Carbohydrates, 38 g; Fiber, 4 g; Sugars, 4 g; Protein, 33 g.

## Mile Marker 53 Oyster Stew

**FOUR SERVINGS** In the Florida Keys, mile markers keep you going in the right direction as will this recipe if you're looking for a meal packed with zinc and those healthy Omega 3 fats. Ladle this old-time stew into bowls and serve with whole wheat oyster crackers. Submitted by Georgia Murphy who works in the Florida Department of Health's central office in Tallahassee.

- 1 pint oysters, including liquor**
- 2 cups half and half or milk**
- 2 stalks celery, ¼-inch diced**
- 1 small onion, ¼-inch diced**
- 1 tbsp. butter**
- 1-2 tbsp. flour**
- Worcestershire sauce, paprika and salt to taste**

- 1.** In a saucepan, cook oysters in their own liquor until edges curl.
- 2.** Strain oysters and put to side.
- 3.** Combine the milk with the liquor and heat to scald but do not boil.
- 4.** In a larger saucepan or Dutch oven, sauté celery and onions in butter until fragrant and softened.
- 5.** Sprinkle flour over vegetables and stir in; add milk and liquor mixture, and continue to simmer, but do not boil.
- 6.** Stir in seasonings and oysters. Warm oysters and serve.

**NUTRITION INFORMATION PER SERVING—GRAMS OR MILLIGRAMS** Calories, 261; Total Fat, 18 g; Cholesterol, 94 mg; Sodium, 807 mg; Total Carbohydrates, 15 g; Fiber, 1 g; Sugars, 7 g; Protein, 11 g.

