



TWICE A WEEK

seafood

The United States Department of Agriculture recommends that Americans consume seafood twice a week. Florida seafood is one of the leanest sources of protein and is packed with nutrients such as omega-3 fatty acids that are important for heart health.

DID YOU KNOW?



- Seafood includes fish, such as salmon, tuna and tilapia, and shellfish, such as shrimp, crab and oysters.
- Most seafood can be cooked in less than 15 minutes!
- Some shellfish, such as clams and oysters, are good sources of iron, zinc, magnesium, copper, iodine and other trace minerals.
- Using spices or herbs, such as dill, chili powder, paprika, cumin and lemon can add lots of flavor to seafood without adding salt.

WELLNESS TIP

Find a balance. Balancing your food intake with your activity level will help you better maintain and manage your weight.

SHOPPING, PREPARING AND STORING



- When purchasing fresh fish, look for firm, shiny flesh that bounces back when touched. The scales should be intact and there should be no "fishy" odor.
- Store seafood in their original wrapper. If you are not cooking it within two days, wrap the seafood tightly and store in the freezer.

COOKING TIPS



- Always cook fish thoroughly. When fish is done, the flesh will be opaque and flake easily with a fork.
- The flesh of shrimp and lobsters will become pearly and opaque when done.
- Clam, mussel and oyster shells will open after cooking. Discard any that do not open.

FLORIDA STEAMED CLAMS

serves 4

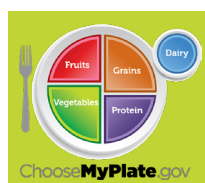
- 2 dozen littleneck clams in the shell
- 1 cup dry sherry
- 1/2 cup green onions, chopped
- 2 teaspoons garlic, chopped
- 2 teaspoons fresh ginger, chopped



1. Wash clams thoroughly under cold running water and set aside.
2. Place all ingredients except clams in a large saucepan.
3. Simmer on medium heat for 3 minutes; add clams and cover.
4. Simmer until clams open; remove clams to a large bowl.
5. Simmer remaining liquid until it is reduced to 3/4 cup.
6. Pour liquid over clams and serve.

Recipe provided by Chef Justin Timineri, C.E.C.,
Florida Department of Agriculture and Consumer Services

Calories: 140; Total Fat: 1 g; Saturated Fat: 0 g;
Total Carbohydrates: 6 g; Protein: 15 g; Sodium: 690 mg



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.



This institution is an equal opportunity provider.

LIVING HEALTHY
IN **FLORIDA.COM**

Florida Department of Agriculture and Consumer Services