



# Make it a Seafood Summer

## Salmon Veggie Packets

Serves: 4. Prep time: 30 minutes; 15 minutes active.

- 1 tablespoon olive oil
- 1 small red bell pepper, chopped
- 1 small red onion, slivered
- 8 large green olives, pitted and chopped
- 1 teaspoon dried thyme
- ¼ teaspoon salt
- 4 6-ounce salmon fillets

1. Heat oven to 375°F. Get a baking sheet with a rim to hold the packets. Cut 4 square sheets of parchment, about 14 inches long, then fold each corner to corner to form a triangle, and crease the paper. Open each sheet and place on the work surface.
2. In a medium bowl, combine the olive oil, red pepper, onion, olives, thyme and salt.
3. Place a salmon fillet along the fold of each parchment square, leaving at least an inch and a half around the edge closest to you uncovered to seal the packets. Place a quarter of the

veggie mixture on top of each fillet. Fold over the parchment to enclose the food. Starting at one corner of the packet, fold short sections of the edges of the parchment to crimp the edges of the packet closed.

4. Place the packets on the sheet pan and bake for 20 to 25 minutes, until the packets are puffed and the salmon is cooked through. Place each packet on a plate and serve so that diners can open the paper packet and release the fragrant steam at the table.

Variations: Change up this dish to suit your family's taste and incorporate seasonal veggies. Combine cauliflower florets, chopped tomato, capers, basil and olive tapenade, or try snap peas, carrot, tamari and toasted sesame oil. The key is to chop or slice the vegetables small enough so they will steam quickly inside the packets.



### Citrus-marinated Shrimp Skewers

Serves: 4. Prep time: 45 minutes; 15 minutes active.

- 2 pounds extra-large shrimp, peeled and deveined, patted dry
- ¼ cup extra virgin olive oil
- 2 teaspoons orange zest
- 1 teaspoon lemon zest
- 2 tablespoons orange juice
- 2 tablespoons lemon juice
- 1 clove garlic, pressed
- 1 teaspoon minced ginger
- 2 tablespoons fresh parsley
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper

1. Skewer the shrimp, four shrimp per skewer, and place in a baking pan or similar container.
2. In a cup, whisk the olive oil, orange zest, lemon zest, orange juice, lemon juice, garlic, ginger, parsley, salt and pepper. Pour the marinade over the shrimp and turn to coat.
3. Refrigerate the shrimp for 30 minutes to 1 hour.
4. Preheat the grill. Pour a tablespoon of vegetable oil into a cup, then use a wadded paper towel, held with tongs, to oil the grate. As you take each skewer out of the marinade, let it drip for a few seconds, then place on the oiled grate. Discard the marinade. Cook for about 2 minutes per side, until the shrimp is browned and cooked through. Transfer to a plate and serve.



### Chipotle-lime Grilled Arctic Char

Serves: 4. Prep time: 1 hour, 30 minutes; 25 minutes active.

- 4 6-ounce arctic char fillets
  - 4 cloves garlic, peeled
  - 1 cup cilantro or parsley leaves
  - 2 tablespoons fresh lime juice
  - 3 tablespoons extra virgin olive oil, divided
  - 1 teaspoon salt
  - ½ teaspoon chipotle powder
  - Lime wedges (for accompaniment)
1. Pat dry the char and let it come to room temperature.
  2. In a food processor, combine the garlic and cilantro or parsley. Process to mince finely. Add the lime juice, 1 tablespoon olive oil, salt and chipotle powder and process until smooth. Reserve.
  3. Preheat the grill to medium heat on one side (leave one side with no coals underneath if using a charcoal grill). Just before grilling, pour a couple of tablespoons of olive oil in a cup and use tongs and a wadded paper towel to swab the cool side of the grate with oil. Place the fish on the heated grate, skin side down, and close the lid; cook for 4 minutes. Carefully turn the fish and place on the cool side of the grill for about 2 to 3 minutes, or until the fish is cooked through but still a little pink in the middle. Turn again, flesh side up, and drizzle with the prepared sauce.
  4. Transfer to a platter and serve.



## Coconut Curry Cod and Veggies

Serves 4. Prep time: 35 minutes; 15 minutes active.

- 1 cup coconut milk
- 2 cups cauliflower, small florets
- 1 large carrot, thinly sliced
- 1 pound cod, halibut, salmon, or other fish, about 1-inch thick, cut in portions
- 1 tablespoon curry powder
- cayenne, optional
- ½ teaspoon salt

1. Heat the oven to 375°F, and set up a steamer for the vegetables. In a cup, mix the coconut milk, curry powder, cayenne to taste (if using), and salt.
2. Steam the cauliflower and carrots for 2 minutes, then let cool.
3. Place the fish in a 2-quart baking dish and cover with cauliflower and carrots, then pour over the sauce. Bake at 375°F for 20 minutes. When the fish is cooked through and flakes easily when pierced with a paring knife, serve.

*Coconut milk mixed with a flavorful curry powder creates a creamy sauce with enough complexity to turn a simple piece of fish into an exciting meal.*



## Roasted Salmon and Vegetables in Pesto Broth

Serves: 4. Prep time: 35 minutes; 20 minutes active.

- 2 pounds salmon fillets, cut in 4 even portions
- 1 teaspoon extra virgin olive oil
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 2 cups vegetable or chicken stock
- ½ cup dry white wine
- 2 medium Yukon gold potatoes, unpeeled, cut in 1½-inch chunks
- 8 ounces green beans, trimmed and cut in 1-inch pieces
- ¼ cup jarred pesto
- 4 sprigs basil (optional)

1. Preheat the oven to 375°F. Line a baking sheet with parchment and place the salmon portions on it. Drizzle with olive oil and sprinkle with salt and pepper.
2. Pour the stock and white wine in a medium pot and bring to a boil over medium-high heat. Add the potatoes and return to a boil, then cover and reduce heat to hold at a simmer for 10 minutes. Add the green beans and cook, covered, for about 5 to 7 minutes, until the potatoes are tender when pierced with a knife. Uncover and keep warm.
3. Roast the salmon for 10 to 15 minutes if wild caught, 15 to 20 minutes if farmed. When cooked through, remove from oven and, if desired, use a metal spatula to lift the flesh of the fillets off the skin.
4. Stir the pesto into the warm potato and bean mixture, and divide the broth evenly into 4 bowls and serve, topped with a fillet of salmon. Garnish with basil, if desired.



Catch of the day:  
An almond crust gives  
homemade fish sticks  
a healthier touch.

## Baked Fish Sticks with Tartar Sauce

Serves: 4. Prep time: 30 minutes.

### Tartar Sauce

- ¼ cup fat-free plain Greek yogurt
- ¼ tablespoon mayonnaise
- 1 tablespoon capers, drained
- 1 tablespoon sweet pickle relish
- 1 teaspoon fresh lemon juice
- ¼ teaspoon kosher salt
- Freshly ground black pepper

### Fish Sticks

- Vegetable oil for pan
- 1 cup whole almonds
- ½ teaspoon paprika
- ¼ teaspoon salt
- 2 large eggs, lightly beaten
- 1 tablespoon Dijon mustard
- 1 pound skinless Alaskan cod fillet, about 1-inch thick (thawed if frozen)
- 4 buns or lettuce leaves

1. Combine yogurt, mayonnaise, capers, pickle relish, lemon juice, salt and pepper in a small bowl; set aside. Heat the oven to 425°F. Lightly oil a sheet pan and reserve.
2. In a food processor, pulse the almonds until they are ground to the size of coarse breadcrumbs. Transfer to a medium bowl and stir in the paprika and salt. In another medium bowl, whisk the eggs and Dijon mustard. Divide the fish fillets into pieces about 1 inch wide and 4 to 6 inches long. Dip the fish into the egg mixture, then the almond mixture and place on the oiled pan. If there is any almond mixture left over, pat it on top of the fish to fill in any gaps.
3. Bake for 10 minutes, then check to see if a piece of fish will flake when pierced with the tip of a paring knife. When the fish is cooked through, cool on a rack. Serve the fish on a bun or in a lettuce leaf, with the tartar sauce.