GO FISH

BY KATE SHERWOOD

If you’re a seafood fan, give the planet a break by sticking with species that are sustainably caught or raised. Look for the blue Marine Stewardship Council label when you shop (or check www.msc.org). Or consult the Monterey Bay Aquarium database (www.seafoodwatch.org).

Got a question or suggestion? Write to Kate at healthycook@cspinet.org.

Tuna with Avocado-Parsley-Lemon Salsa

Serves: 4 | Total Time: 15 minutes

2 Tbs. lemon juice  
1 Tbs. capers  
1 clove garlic, optional  
½ cup flat-leaf parsley leaves  
2 Tbs. extra-virgin olive oil  
¼ tsp. kosher salt  
1 avocado, diced  
1 lb. tuna steak, ¾-inch thick  
1 tsp. coarsely ground black pepper

Tuna is meaty but lean, so we paired it with a bold, rich sauce. No grill? You can sauté the fish instead.

Make the salsa: Blend 1 Tbs. of water with the lemon juice, capers, garlic, parsley, oil, and salt in a small food processor or blender until a sauce forms. In a bowl, toss the sauce with the avocado. • Season the tuna with the pepper and grill on a clean, oiled grate over medium-high heat until marked, about 2 minutes. Lift and pivot the tuna 90 degrees and grill for another 2 minutes on the same side. Turn the fish over and cook to desired temperature, another 3-5 minutes for medium. Serve with the salsa.

Per serving: calories 270 | sodium 240 mg | total fat 15 g  
sat fat 2.5 g | carbs 6 g | protein 29 g | fiber 4 g

Salmon Cakes

Serves: 4 | Total Time: 20 minutes

1 lb. skinless salmon filet  
(or 1 14.75 oz. can no-salt-added salmon, drained)  
½ cup diced red onion  
2 Tbs. lemon juice  
10 oz. frozen chopped spinach, thawed  
¼ cup low-fat sour cream  
2 Tbs. dijon mustard  
½ cup whole wheat bread crumbs  
2 Tbs. canola oil

The recipe for the dill-yogurt sauce in the picture is on this month’s back cover.

Cut the salmon into 1-inch pieces. Pulse in a food processor until minced. • In a large bowl, mix the onion, lemon juice, spinach, sour cream, mustard, and bread crumbs. Add the salmon and mix to combine. Form into 3-inch cakes that are ½-inch thick. • In a large non-stick sauté pan, heat 1 Tbs. of the oil over medium heat. Sauté half the cakes until lightly browned, 1-2 minutes per side. Heat the remaining 1 Tbs. of oil and sauté the remaining cakes.

Per serving: calories 330 | sodium 370 mg | total fat 15 g  
sat fat 2.5 g | carbs 6 g | protein 29 g | fiber 4 g

Sweet & Sour Sesame Tilapia

Serves: 4 | Total Time: 15 minutes

cup apple juice  
2 Tbs. reduced-sodium soy sauce  
2 Tbs. balsamic vinegar  
½ tsp. cornstarch  
1 tsp. toasted sesame oil  
4 Tbs. sesame seeds  
small tilapia filets  
2 Tbs. canola oil

Almost any white fish will work. But remember: overcooked fish will be dry no matter what type you’re using.

Make the sauce: In a small pot, boil the apple juice until reduced by half. In a small bowl, mix the soy sauce, vinegar, and cornstarch, then stir into the apple juice. Simmer until thickened, about 1 minute. Whisk in the sesame oil. • Gently press 1 Tbs. of sesame seeds onto one side of each filet. Heat the oil in a large non-stick sauté pan over medium heat. When the oil is hot enough so the tilapia sizzles when it goes into the pan, sauté the fish, seed-side down, until the seeds are golden, about 2 minutes. Turn and sauté until the tilapia flakes easily, 1-3 minutes. • Pour the sauce over the fish.

Per serving: calories 310 | sodium 350 mg | total fat 16 g  
sat fat 2.5 g | carbs 10 g | protein 31 g | fiber 1 g