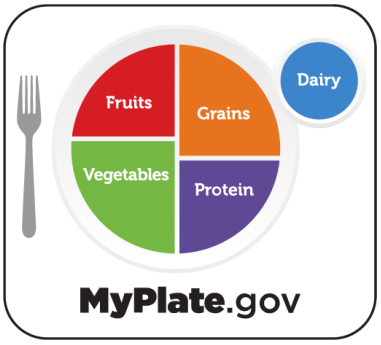

Atlantic Fish, Fillet, Frozen

Haddock, Ocean Perch, Pollock

MyPlate Food Group: **Protein**

USDA Foods

Nutrition Information

- 1 ounce of cooked fish counts as 1 ounce in the ChooseMyPlate.gov Protein group.
- Eat a variety of protein foods to improve nutrient intake and health benefits. Try to eat at least 8 ounces of cooked seafood per week.
- Fish supplies many nutrients such as protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.
- EPA and DHA are omega-3 fatty acids and can be found in seafood. Eating 8 ounces of seafood per week may help reduce the risk for heart disease.

Uses and Tips

- Thaw frozen Atlantic fish in the refrigerator. Do not thaw on the countertop at room temperature.
- Refer to the product's packaging for more information on how to properly thaw this product.
- Atlantic fish is a raw product and requires cooking prior to consumption.
- Try pan searing, baking, steaming or grilling any of the Atlantic fish after seasoning with your favorite blend of herbs, spices and citrus.
- Adding cooked, flaked fish to soups and stews is a great way to use up leftover fillets.

Storing Foods at Home

- Keep Atlantic fish frozen at 0 degrees F until ready to use.
- After cooking, store any leftover fish in a tightly covered container in the refrigerator.

MyPlate Facts

- Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).
- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins.
- The nutrients in protein foods can vary depending on the protein food source. Varying your protein food choices can provide your body with a range of nutrients that will help to keep your body working well.
- B vitamins help build tissue and aid in forming red blood cells. Iron can prevent anemia. Magnesium helps build bones and supports muscle function. Zinc can support your immune systems.

USDA Foods

Fish Tacos
Makes 4 servings

Ingredients
1 red onion, chopped
½ cup cilantro, chopped (optional)
2 cups cabbage, shredded
Cooking spray or oil
4 4-ounce fish fillets
Salt and pepper, to taste
1 lemon, cut in half
8 flour tortillas, defrosted
1 tomato, chopped (optional)

Directions: *Wash hands with soap and water.*

1. Preheat the oven to broil.
2. Mix the onion, cilantro and cabbage in a bowl. Set aside.
3. Coat a baking sheet with cooking spray or rub with oil.
4. Pat the fish fillets dry and place on the baking sheet. Season with salt and pepper.
5. Bake for about 3-4 minutes, placing the baking sheet about 6 inches from the broiler. The fish is done when it pulls apart easily when separated with a fork.
6. Squeeze lemon juice over the fish and allow to rest for a few minutes.
7. Fill each tortilla with pieces of fish and the cabbage mixture. Top with chopped tomatoes, if desired. Enjoy!

Recipe adapted from MyPlate Kitchen

Spanish Baked Fish
Makes 4 servings

Ingredients
1 pound perch fillets, defrosted (or other white fish)
1 cup tomato sauce
1 small onion, sliced
½ teaspoon garlic powder
2 teaspoons chili powder
1 teaspoon oregano
⅛ teaspoon ground cumin

Directions: *Wash hands with soap and water.*

1. Preheat the oven to 350 degrees Fahrenheit.
2. Lightly grease a baking dish with buttery spread or oil.
3. Separate the fish into 4 fillets or pieces, and place in the baking dish.
4. Stir the onion, tomato sauce, and spices together in a small bowl.
5. Pour the onion mixture evenly over the fish pieces.
6. Bake, uncovered, for 10-20 minutes until the fish flakes easily with a fork. Enjoy over rice or whole grain pasta.

Recipe adapted from MyPlate Kitchen

These recipes have not been tested or standardized.