

# Fish



Eating fish is an easy way to add protein and heart-healthy omega-3 fatty acids to your diet. The American Heart Association recommends eating fish twice a week as part of a balanced diet. Keep reading to learn 3 simple ways to cook fish.

## Getting Started

Choose from many different types of fish. White varieties of fish have a more delicate flavor, and meaty types of fish have a stronger flavor. Add more flavor to fish with herbs, spices, citrus juices, or a marinade.

Fish fillets and steaks are easy to bake, sauté, broil, grill, poach, and steam. Use the chart to learn the types of fish that work best with each cooking method.

| Type of Fish | Varieties  | Recommended Cooking Methods          |
|--------------|--|--------------------------------------|
| Delicate     | Flounder, sole   | Bake, sauté, or steam                |
| Flaky        | Cod, haddock, halibut, lingcod, snapper, tilapia, tilefish | Bake, sauté, or steam                |
| Meaty        | Salmon, trout, mahi mahi, sea bass, grouper, tuna          | Grill, broil, sauté, poach, or steam |

## Equipment

- Mixing bowl (for baking or sautéing fish)
- Baking sheet (for baking or steaming fish)
- Knife (for sautéing fish)
- Sauté pan (for sautéing fish)
- Parchment paper (for steaming fish)
- Two pairs of tongs
- Meat thermometer

Lower your risk of foodborne illness by handling fish safely:

- Keep fish in the refrigerator until you are ready to cook it and then cook it thoroughly. To know if fish is done, insert a meat thermometer into the thickest part. It should read at least 145°F.
- Wash your hands with soap and water before and after you handle raw fish.
- Thoroughly clean all cooking tools, dishes, and surfaces that come into contact with raw fish or its juices before allowing them to touch prepared foods.
- Throw away remaining marinades that were used to flavor raw fish.

### How to Bake Fish

1. Place the fish in a medium bowl and coat with your favorite marinade. Cover the bowl and allow the fish to marinate for at least 30 minutes in the refrigerator.
2. Preheat the oven to 450°F.
3. Lightly coat a baking sheet with nonstick cooking spray. Place the marinated fish on the baking sheet. Throw away any leftover marinade.
4. Bake the fish for 15–20 minutes or until it reaches an internal temperature of at least 145°F.

### How to Sauté Fish

1. Slice thicker fillets (like tuna or salmon) into thin pieces.
2. Sprinkle both sides of the fish with fresh lemon juice, salt, and pepper.
3. Heat sauté pan over medium-high heat.
4. Add 1 tablespoon canola oil to the pan.
5. Lower the heat to medium. Add fish to the pan and cook until browned, about 3–4 minutes.
6. Turn the fish using tongs. Cook an additional 3–4 minutes, or until fish reaches an internal temperature of 145°F.



## How to Steam Fish

1. Preheat oven to 450° F.
2. Cut 15-inch circles of parchment paper. Fold the paper in half.
3. Place 1 fillet of fish on half of the parchment paper and season with salt, pepper, herbs, and spices as desired.
4. Fold the other half of parchment over the fish. Make small folds around the edge of the paper, crimping the edges shut tightly.
5. Bake for 10–15 minutes, until the fish is fully cooked. Carefully cut open the paper with scissors and serve.

## Recipe Ideas

- **Herbed Fish:** In a medium bowl, combine 2 tablespoons each of chopped fresh dill and tarragon, the juice of 1 lemon, and 1 minced garlic clove. Add 8 ounces tilapia, snapper, or halibut to the marinade. Cover and refrigerate for 30 minutes. Bake, steam, or sauté until fully cooked.
- **Soy-Garlic Salmon:** In a medium bowl, combine 1 tablespoon Dijon mustard, 3 tablespoons reduced-sodium soy sauce,  $\frac{1}{3}$  cup olive oil, and 2 minced garlic cloves. Add 1 pound salmon to the marinade. Cover and refrigerate for 30 minutes. Bake, steam, or sauté until fully cooked.

