Stay Slim with Seafood
Everybody's diet conscious these days. Here are several great recipes to make that low-calorie diet varied and delicious. Look to the sea! Seafood offers maximum value for your food dollar, cooks quickly and is easy to prepare; and seafoods are 85 to 95% digestible.

The delicate flavor of fish and shellfish plus their low-calorie, high nutrient content make dieting with seafood a natural. A four-ounce serving provides nearly half the protein needed each day to help build and repair body tissue. In addition, seafoods are rich in energy-giving vitamins and minerals, contain polyunsaturated fats and offer a variety in recipe preparation.

With a dab of imagination and a dash of color, seafoods are good any day of the week for any meal of the day. Low calorie sauces, perky garnishes and colorful “go with” foods add eye appeal and gourmet interest to well-balanced meals.
Seafood Slimmers

OSTRAS CRUDAS
(Raw Oysters)
30 raw oysters
1/4 cup fresh lemon juice
1 teaspoon seasoned salt
Fresh parsley sprigs

Arrange oysters on serving platter or in individual shells. Sprinkle with fresh lemon juice and salt. Garnish with parsley and serve. Oysters may be accompanied by a red sauce. Makes 6 servings of 5 oysters each. Approximately 60 calories per serving.

OLD FASHIONED FISH DINNER IN-A-POT
(pictured)
1 pound redfish fillets or other thick fillets
6 chicken bouillon cubes
1 cup thinly sliced peeled carrots
2 medium onions, cut into eighths
2 tablespoons cornstarch
2 cups broccoli pieces
1/2 teaspoon basil
1/2 teaspoon oregano
1/8 teaspoon pepper
1 can (4-1/2 oz.) sliced mushrooms, undrained
1 peeled tomato, cut into 8 wedges
2 tablespoons sliced Spanish olives

Cut fish into 2-inch chunks. Combine 6 cups hot water, bouillon cubes, carrots and onion in large stew pot or Dutch oven. Bring to a boil. Cover and cook just until carrots are tender. Combine cornstarch and 1/4 cup cold water. Add to hot liquid, stirring constantly until cornstarch is cooked. Add broccoli, basil, oregano and pepper and cook uncovered 5 minutes. Add fish chunks, mushrooms, tomato and olives. Stir carefully to mix. Cover and cook until fish flakes, 5 to 8 minutes. Makes about 10 cups. Approximately 121 calories per 1 cup serving.

SUNSHINE FILLETS
(pictured)
2 pounds drum fillets or other fish fillets
2 tablespoons concentrated orange juice, undiluted
1 tablespoon cooking oil
2 tablespoons grated orange rind
1 teaspoon salt
Dash pepper
Dash nutmeg

Cut fillets into serving-size portions. Place fish in a single layer in a well-greased baking dish. Combine remaining ingredients and pour over fish. Bake at 350 degrees for 20 minutes or in the microwave oven for 6 minutes, turning the dish once. Fish is done when it flakes easily when tested with fork. Makes 6 servings. Approximately 149 calories per serving.

PICKLED SHRIMP AND PEPPERS
(pictured)
2 pounds raw Gulf shrimp, peeled and cleaned
2 medium sliced onions
1/2 cup green bell pepper cubes
1/2 cup red bell pepper cubes
1-1/2 cup vegetable oil
1-1/2 cups white vinegar
1/2 cup sugar
1-1/2 teaspoons salt
1-1/2 teaspoons celery seed
4 whole cloves
2 tablespoons capers with juice

Place thawed shrimp in boiling salted water and simmer for 3 to 5 minutes or until pink and tender. Drain and rinse with cold water, then chill. Make alternate layers of shrimp and onion rings in a sealable container. Mix remaining ingredients and pour over shrimp and onions. Seal and place in refrigerator for 6 hours or more, shaking or inverting occasionally. Remove shrimp from marinade and serve. Approximately 32 calories per hors d’oeuvre serving; 80 calories per entree serving.
Dieters Guide to Good Seafood

KNOW A GOOD FISH — When selecting whole fresh fish, look for bright, clear, bulging eyes and firm, unfaded flesh.

BUY THE RIGHT AMOUNT — Allow 1/3 pound per person when buying steaks or fillets, 1 pound per person for dressed and whole fish.

DON'T OVERCOOK — Fish are naturally tender. Cook only long enough to soften the small amount of connective tissue present. Fish are done when they flake easily when tested with a fork.

Take advantage of the sea's bounty. Stay slim, look and feel better, and enjoy dieting!

DRAWN — whole eviscerated fish, usually with the scales removed.

DRESSED — whole eviscerated and scaled fish. Usually the head, tail and fins are removed; ready to use or "pan-dressed."

STEAKS — cross-section slices from large, dressed fish; ready to use.

FILLETS — sides of the fish, cut length-wise away from the backbone; ready to use.
Seafood Slimmers

CANTONESE SHRIMP AND BEANS

1-1/2 pounds raw Gulf shrimp, peeled and cleaned
1/2 cup chicken broth or 1 chicken bouillon cube in 1/2 cup cold water
1 tablespoon salad oil
1/2 cup chopped green onions and tops
1 clove crushed garlic
1 teaspoon salt
Dash pepper
1/2 teaspoon ginger
1 package (9 oz.) frozen cut green beans, thawed
1 tablespoon cornstarch

In wok or electric skillet, sauté shrimp, onion and garlic in oil for approximately 3 minutes. If necessary, add a little chicken broth to prevent sticking. Stir in salt, pepper, ginger, green beans and chicken broth. Cover and simmer 5 to 7 minutes, or until beans are lightly cooked. Combine cornstarch with 1 tablespoon cold water and add to shrimp mixture. Cook until thick and clear, stirring constantly. Makes 6 servings. Approximately 128 calories per serving.

CRAB MEAT SALAD

1 pound blue crab meat, lump or flake
1 cup chopped celery
2 tablespoons chopped dill pickle
2 tablespoons chopped onion
2 chopped hard-cooked eggs
1/2 cup mayonnaise
1 tablespoon lemon juice
1/2 teaspoon salt
Dash pepper
Lettuce leaves

Remove any remaining shell or cartilage from crab meat. Combine all ingredients and toss lightly. Chill at least 1 hour. Serve on lettuce leaves. Makes 6 servings. Approximately 237 calories per serving.

BROILED FILLETS MEXICALI

2 pounds sheephead fillets, or other fish fillets
2 tablespoons cooking oil
2 tablespoons soy sauce
2 tablespoons Worcestershire sauce
1 teaspoon paprika
1/2 teaspoon chili powder
1/2 teaspoon garlic powder
Dash liquid hot pepper sauce

Cut fillets into serving size portions and place in a single layer in a well-greased baking dish. Combine remaining ingredients and pour sauce over fillets. Broil approximately 4 inches from source of heat for 10 minutes or until fish flakes easily when tested with a fork. Baste once with natural juices during broiling. To microwave, cook on high for 6 minutes, turning the dish once. Serve with lemon wedges. Makes 6 servings. Approximately 155 calories per serving.

REX SHRIMP SPREAD

1/2 pound cooked, peeled and deveined Gulf shrimp
1/2 cup margarine
2 tablespoons dry sherry
1 tablespoon lemon juice
1 tablespoon grated onion
1/4 teaspoon ground mace
1/4 teaspoon dry mustard
1/4 teaspoon cayenne pepper

Grind or chop shrimp as fine as possible. Cream margarine. Blend in sherry, lemon juice, onion, mace, mustard and cayenne pepper. Add shrimp and blend well. Place shrimp mixture in an oiled two-cup mold and refrigerate until firm. To unmold, dip bottom of mold in warm water and invert on serving platter. Makes 1-3/4 cups spread. Approximately 157 calories per 1/4 cup serving.

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