



82
NuVal
Catfish

CATFISH

Mild	Moderate	Full	FLAVOR
Delicate	Medium	Firm	TEXTURE

Catfish with Lemon Pepper

Prep Time: 5 minutes | Cook Time: 5 minutes | Serves: 4

ingredients:

- 4 (6 oz.) catfish fillets
- 1 tbsp. Meijer Canola Oil
- 2 tbsp. lemon pepper

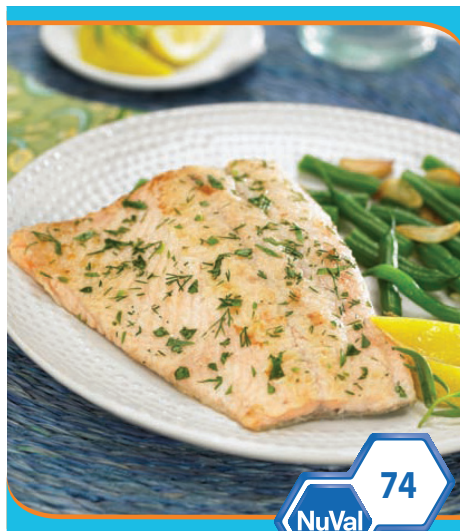
directions:

- Choose** Choose 4 (6 oz.) catfish fillets.
- Season** Rinse fillets and pat dry with paper towels. Place fillets on a broiler pan coated with nonstick cooking spray, tucking under any thin edges. Lightly brush fillets with oil. Sprinkle with lemon pepper.
- Cook** Preheat broiler to high. Broil 5 to 6 minutes or until fish flakes easily with a fork. Serve immediately.

Per Serving (approximately) 150 calories, 7g fat, 0g saturated fat, 60mg cholesterol, 320mg sodium, 5g carbohydrate, 0g fiber, 18g protein

Serve with sautéed spinach, corn muffins, and fresh peach slices.

Fast Fish Fact Catfish, also known as channel cats, are easily identified by the long whiskers, called barbels.



74
NuVal
Trout

TROUT

Mild	Moderate	Full	FLAVOR
Delicate	Medium	Firm	TEXTURE

Pan-Seared Trout with Herbs

Prep Time: 10 minutes | Cook Time: 5 minutes | Serves: 4

ingredients:

- 4 (4-5 oz.) trout fillets, skin on
- 4 tsp. red wine vinegar
- 1 tsp. Meijer Canola Oil
- 2 tbsp. flour
- 1 tsp. chopped fresh tarragon
- 1 tsp. chopped fresh dill
- 1 lemon, cut into wedges

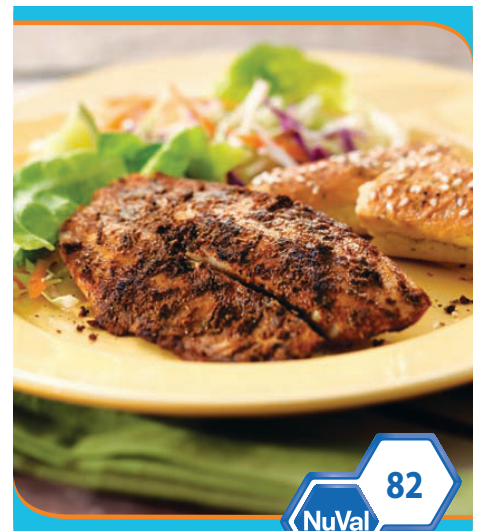
directions:

- Choose** Choose 4 (4-5 oz.) trout fillets with the skin on.
- Season** In a small bowl, whisk together vinegar and oil; brush on the flesh side of fillets. Place flour in a shallow dish. Place fillets in flour, pressing to coat both sides.
- Cook** Place a large nonstick skillet over medium-high heat. Add fillets, flesh side down. Cook 3 minutes. Remove skillet from heat. Coat skin side of fillets with nonstick cooking spray; turn fillets skin side down. Return skillet to heat. Cook 2 minutes or until fish flakes easily with a fork. Sprinkle with tarragon and dill, and serve with lemon wedges.

Per Serving (approximately) 170 calories, 7g fat, 2g saturated fat, 60mg cholesterol, 35mg sodium, 3g carbohydrate, 0g fiber, 21g protein

Serve with steamed green beans with sliced almonds, Meijer Crispy French Fries, and cantaloupe wedges.

Fast Fish Fact Trout, smaller members of the salmon family, live mainly in fresh water, and are farm-raised across the country year-round.



82
NuVal
Tilapia

TILAPIA

Mild	Moderate	Full	FLAVOR
Delicate	Medium	Firm	TEXTURE

Blackened Tilapia Fillets

Prep Time: 10 minutes | Cook Time: 8 minutes | Serves: 4

ingredients:

- 4 (6 oz.) tilapia fillets
- 1 tbsp. Meijer Organics Paprika
- 1 tsp. Meijer Garlic Powder
- 1 tsp. Meijer Organics Cayenne
- ¾ tsp. white pepper
- ¾ tsp. black pepper
- ½ tsp. Meijer Organics Thyme Leaf
- ½ cup Meijer Unsalted Butter, melted

directions:

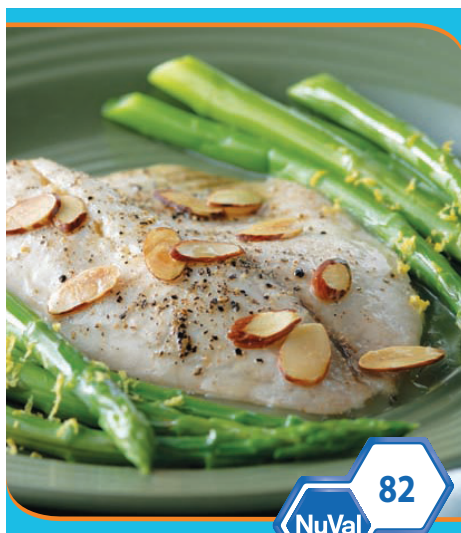
- Choose** Choose 4 (6 oz.) tilapia fillets.
- Season** In a shallow dish combine paprika, garlic powder, cayenne, white pepper, black pepper and thyme. Pour melted butter into another shallow dish. Dip fillets in butter, then in paprika mixture, turning to coat both sides.
- Cook** Heat a large heavy skillet over medium-high heat. Place fillets in skillet. Cook 4 minutes per side or until fish is blackened and fish flakes easily with a fork. Season with salt to taste, and serve.

Per Serving (approximately) 290 calories, 15g fat, 8g saturated fat, 120mg cholesterol, 100mg sodium, 2g carbohydrate, 1g fiber, 35g protein

Serve with Meijer Deli Cole Slaw, Meijer Bakery Whole-Grain Baguette, and seedless red grapes.

Fast Fish Fact Tilapia is farm-raised worldwide, and available year-round at moderate prices.

Visit meijermealbox.com for more tips and other easy Seafood 1-2-3 recipes.



82
NuVal
Tilapia

TILAPIA		
Mild	Moderate	Full
FLAVOR		
Delicate	Medium	Firm
TEXTURE		

Baked Tilapia with Brown Butter

Prep Time: 5 minutes | Cook Time: 8 minutes | Serves: 4

ingredients:

- 4 (5 oz.) tilapia fillets
- 1 tbsp. fresh lemon juice
- 1 tbsp. Meijer Unsalted Butter
- 1 tbsp. Meijer Sliced Almonds, toasted

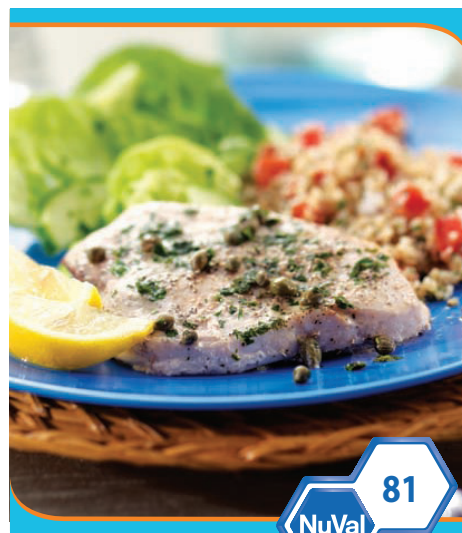
directions:

- Choose** Choose 4 (5 oz.) tilapia fillets.
- Season** Season tilapia with salt and pepper to taste. Drizzle with lemon juice. Place tilapia in baking dish coated with nonstick cooking spray.
- Cook** Preheat oven to 425°F. Bake 8 to 10 minutes or until fish flakes easily with a fork. Meanwhile, in a small skillet melt butter over low heat until foamy and begins to brown, about 3 to 4 minutes. Strain into a small bowl. Drizzle butter over tilapia, sprinkle with almonds, and serve.

Per Serving (approximately) 180 calories, 7g fat, 3g saturated fat, 80mg cholesterol, 80mg sodium, 1g carbohydrate, 0g fiber, 26g protein

Serve with steamed asparagus spears, baked potatoes, and almond cookies.

Fast Fish Fact Also known as St. Peter's fish, tilapia is the most common farm-raised fish in the world.



81
NuVal
Swordfish

SWORDFISH		
Mild	Moderate	Full
FLAVOR		
Delicate	Medium	Firm
TEXTURE		

Swordfish Piccata

Prep Time: 5 minutes | Cook Time: 8 minutes | Serves: 4

ingredients:

- 4 (4 oz.) swordfish steaks
- ½ tsp. Meijer Black Pepper
- 1 tbsp. finely chopped fresh parsley
- 2 tbsp. fresh lemon juice
- 2 tsp. capers
- Lemon slices (optional)

directions:

- Choose** Choose 4 (4 oz.) swordfish steaks.
- Season** Sprinkle pepper on steaks. Place steaks on a broiler pan coated with nonstick cooking spray.
- Cook** Preheat broiler to high. Broil 4 minutes per side or until fish flakes easily with a fork. Transfer steaks to a warmed serving platter. Sprinkle with parsley, lemon juice and capers. Top with lemon slices (if desired), and serve.

Per Serving (approximately) 140 calories, 5g fat, 1g saturated fat, 45mg cholesterol, 145mg sodium, 1g carbohydrate, 0g fiber, 23g protein

Serve with chopped romaine salad with light vinaigrette, couscous with chopped tomato, and fresh pear slices.

Fast Fish Fact The "sword" of the swordfish can be as long as one-third the length of the body of the fish.



87
NuVal
Salmon

SALMON		
Mild	Moderate	Full
FLAVOR		
Delicate	Medium	Firm
TEXTURE		

Brown Sugar and Ginger-Glazed Salmon

Prep Time: 5 minutes | Cook Time: 8 minutes | Serves: 4

ingredients:

- 4 (4 oz.) salmon fillets
- 1 tbsp. dark brown sugar
- 1 tsp. Meijer Dijon Mustard
- 1 tsp. soy sauce
- ¼ tsp. Meijer Organics Ground Ginger
- Sesame seeds, toasted (optional)

directions:

- Choose** Choose 4 (4 oz.) salmon fillets.
- Season** In a small bowl combine sugar, mustard, soy sauce and ginger; set aside. Season fillets with pepper to taste. Place skin side up on a broiler pan coated with nonstick cooking spray.
- Cook** Preheat broiler to high. Broil 5 minutes. Turn salmon; brush with glaze. Broil 3 to 5 minutes more or until sugar melts and fish flakes easily with a fork. Sprinkle with sesame seeds (if desired), and serve.

Per Serving (approximately) 195 calories, 5g fat, 1g saturated fat, 80mg cholesterol, 285mg sodium, 4g carbohydrate, 0g fiber, 31g protein

Serve with steamed snow peas, Meijer Instant Brown Rice, and Meijer Pineapple Chunks.

Fast Fish Fact Atlantic salmon thrive in temperate or cold waters, breeding in fresh water but spending much of their life in the sea.

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NuVal 87
Salmon

SALMON

Mild	Moderate	Full	FLAVOR
Delicate	Medium	Firm	TEXTURE

Lemon-Dill Salmon

Prep Time: 5 minutes | Cook Time: 8 minutes | Serves: 4

ingredients:

- 4 (4 oz.) salmon fillets
- ¼ tsp. garlic pepper
- 2 tbsp. chopped fresh dill
- 1 tsp. lemon zest
- 1 tbsp. fresh lemon juice
- 1 small garlic clove, minced (optional)
- Lemon wedges (optional)

directions:

- Choose** Choose 4 (4 oz.) salmon fillets.
- Season** Sprinkle fillets with garlic pepper. Place fillets, skin side down, on a broiler pan coated with nonstick cooking spray.
- Cook** Preheat broiler to high. Broil 5 minutes. Meanwhile, in a small bowl stir together dill, lemon zest, lemon juice and (if desired) garlic. Spread evenly on salmon. Broil 3 to 5 minutes more or until fish flakes easily with a fork. Serve with lemon wedges, if desired.

Per Serving (approximately) 155 calories, 9g fat, 2g saturated fat, 55mg cholesterol, 65mg sodium, 1g carbohydrate, 0g fiber, 17g protein

Serve with spinach salad, buttered orzo, and vanilla frozen yogurt with sliced strawberries.

Fast Fish Fact Salmon, found in temperate and cold waters of the Northern Hemisphere, gets its pink to red color from eating krill.



NuVal 87
Salmon

SALMON

Mild	Moderate	Full	FLAVOR
Delicate	Medium	Firm	TEXTURE

Garlicky Seared Salmon

Prep Time: 5 minutes | Cook Time: 8 minutes | Serves: 4

ingredients:

- 4 (5 oz.) salmon fillets
- 2 tbsp. Meijer Unsalted Butter, softened
- 4 to 6 garlic cloves, minced
- ¼ tsp. Meijer Organics Thyme Leaf
- 1 tbsp. Meijer Classic Olive Oil

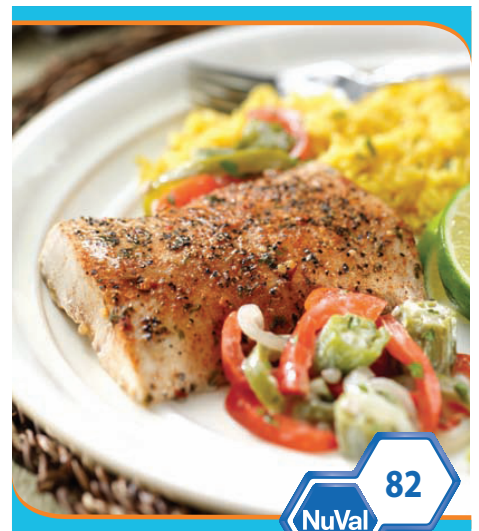
directions:

- Choose** Choose 4 (5 oz.) salmon fillets.
- Season** Pat fillets dry with paper towels. Season with salt and pepper to taste. In a small bowl combine butter, garlic and thyme. Spread evenly on the top of each fillet.
- Cook** Heat oil in a large nonstick skillet over medium-high heat. Place fillets, skin side down, in skillet. Cook 4 to 5 minutes per side or until crisp and golden.

Per Serving (approximately) 275 calories, 17g fat, 6g saturated fat, 85mg cholesterol, 60mg sodium, 1g carbohydrate, 0g fiber, 28g protein

Serve with broccoli florets, whole-wheat couscous with pine nuts, and fresh orange slices.

Fast Fish Fact Atlantic salmon has a mild flavor with moderately firm, moist flesh ranging in color from pink to deep red.



NuVal 82
Mahi Mahi

MAHI MAHI

Mild	Moderate	Full	FLAVOR
Delicate	Medium	Firm	TEXTURE

Broiled Jamaican Mahi

Prep Time: 8 minutes | Cook Time: 8 minutes | Serves: 4

ingredients:

- 4 (6 oz.) mahi mahi fillets
- 2 tbsp. Meijer Honey
- 1 tbsp. Meijer Classic Olive Oil
- 1¼ tsp. lime zest
- 2 to 3 tbsp. jerk seasoning
- Juice of 1 lime

directions:

- Choose** Choose 4 (6 oz.) mahi mahi fillets.
- Season** In a small bowl combine honey, oil and lime zest. Place fillets on a broiler pan coated with nonstick cooking spray. Brush honey mixture on each fillet; sprinkle with jerk seasoning.
- Cook** Preheat broiler to high. Broil fillets 8 minutes or until fish flakes easily with a fork. Drizzle with lime juice, and serve.

Per Serving (approximately) 210 calories, 5g fat, 1g saturated fat, 130mg cholesterol, 935mg sodium, 9g carbohydrate, 0g fiber, 33g protein

Serve with sautéed mixed vegetables, yellow rice, and fresh mango slices.

Fast Fish Fact Mahi mahi gets its name from the Hawaiian word mahimahi, meaning "strong-strong," because of this fish's great strength.

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NuVal 82
Cod

COD				
Mild	Moderate	Full		FLAVOR
Delicate	Medium	Firm		TEXTURE

Broiled Teriyaki Cod

Prep Time: 5 minutes* | Cook Time: 15 minutes | Serves: 4

ingredients:

- 4 (4 oz.) cod fillets
- ¼ cup Meijer Teriyaki Marinade, divided
- 2 tbsp. Meijer Vegetable Oil
- 2 cups cooked brown rice
- 2 tbsp. less-sodium soy sauce
- ½ tsp. Meijer Organics Ground Ginger
- 1 garlic clove, minced
- ½ cup frozen shelled edamame

directions:

- 1 Choose** Choose 4 (4 oz.) cod fillets.
- 2 Season** Drizzle one side of each fillet with half the teriyaki marinade. Refrigerate, covered, 1 hour.
- 3 Cook** Preheat broiler to high. Coat broiler pan with nonstick cooking spray; place fillets on pan. Broil 8 to 10 minutes or until fish flakes easily with a fork. Remove pan from broiler; brush the top of each fillet with remaining teriyaki sauce. Meanwhile, heat oil in a wok or large skillet over medium-high heat until hot. Add rice, soy sauce, ginger and garlic; stir-fry 3 minutes. Add edamame; stir-fry 2 to 3 minutes or until heated through. Serve cod with rice and edamame.

Per Serving (approximately) 310 calories, 9g fat, 1g saturated fat, 40mg cholesterol, 565mg sodium, 31g carbohydrate, 2g fiber, 24g protein

*Doesn't include 1 hour marinate time.

Serve with mixed greens salad with ginger dressing, and fresh mango slices.

Fast Fish Fact Cod, one of the most versatile fish, is available fresh, salted, smoked, pickled, or breaded and frozen.

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