



Fish *and* Seafood



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Left: Pollock with Roasted Tomatoes, p. 161

DAIRY-FREE
MEAL IN ONE
UNDER 30 MINUTES

Shrimp Scampi

Serves 4 ♦ Prep time: 10 minutes ♦ Cook time: 15 minutes

2 tablespoons extra-virgin olive oil
1 shallot, minced
1 pound medium shrimp, peeled, deveined, and tails removed
6 garlic cloves, minced
Juice of 1 lemon
Zest of 1 lemon
½ cup dry white wine
½ teaspoon sea salt
¼ teaspoon freshly ground black pepper
Pinch red pepper flakes
¼ cup chopped fresh Italian parsley leaves
6 ounces whole-wheat pasta, cooked according to package directions

Scampi is an irresistible combination of shrimp, garlic, and olive oil. Serve it over whole-wheat pasta, as suggested in this recipe, or enjoy it by itself alongside a salad and steamed veggies for a lighter, gluten-free option.

- 1 In a large skillet over medium-high heat, heat the olive oil until it shimmers.
- 2 Add the shallot. Cook for about 5 minutes, stirring occasionally, until soft.
- 3 Toss in the shrimp. Cook for 3 to 4 minutes, stirring occasionally, until the shrimp is pink.
- 4 Add the garlic and cook for 30 seconds, stirring constantly.
- 5 Stir in the lemon juice and zest, wine, sea salt, pepper, and red pepper flakes. Bring to a simmer and reduce the heat to medium-low. Cook for about 2 minutes until the liquid reduces by half. Remove from the heat and stir in the parsley.
- 6 Toss with the hot pasta and serve.

VARIATION TIP: *This recipe also pairs nicely with spiralized zucchini or summer squash pasta, which is great if you're following a gluten-free diet. Use about ¼ medium zucchini.*

Per Serving Calories: 394; Protein: 32g; Total Carbohydrates: 38g; Sugars: 2g; Fiber: 4g; Total Fat: 10g; Saturated Fat: 2g; Cholesterol: 239mg; Sodium: 524mg

Shrimp Mojo de Ajo

Serves 4 ♦ Prep time: 10 minutes ♦ Cook time: 40 minutes

Intrigued? This recipe has a lot of garlic, but it cooks slowly and is sweet and mellow instead of sharp and strong. If you have a garlic press, it's a great way to process a lot of garlic very quickly. If not, pulse the garlic in a food processor to mince it quickly.

- 1 In a small saucepan over the lowest heat setting, bring the olive oil, garlic, and cayenne to a low simmer so bubbles just barely break the surface of the oil. Simmer for 30 minutes, stirring occasionally. Strain the garlic from the oil and set it aside.
- 2 Add the olive oil to a large skillet over medium-high heat and heat it until it shimmers.
- 3 Add the mushrooms. Cook for about 5 minutes, stirring once or twice, until browned.
- 4 Add the shrimp, lime juice, and sea salt. Cook for about 4 minutes, stirring occasionally, until the shrimp are pink.
- 5 Remove from the heat and stir in the cilantro and reserved garlic. Serve over the hot brown rice.

COOKING TIP: *To get the oil to simmer very lightly so you don't burn the garlic, use the smallest, least powerful burner and set it to its lowest setting. If the oil is still vigorously simmering or boiling, create a ring out of aluminum foil to lift the pan above the burner.*

Per Serving Calories: 354; Protein: 30g; Total Carbohydrates: 24g; Sugars: 1g; Fiber: 2g; Total Fat: 15g; Saturated Fat: 3g; Cholesterol: 239mg; Sodium: 518mg

DAIRY-FREE
GLUTEN-FREE
MEAL IN ONE

¼ cup extra-virgin olive oil
10 garlic cloves, minced
⅛ teaspoon cayenne pepper, plus more as needed
8 ounces mushrooms, quartered
1 pound medium shrimp, peeled, deveined, and tails removed
Juice of 1 lime
½ teaspoon sea salt
¼ cup chopped fresh cilantro leaves
2 cups cooked brown rice

DAIRY-FREE
GLUTEN-FREE
MEAL IN ONE
UNDER 30 MINUTES

Pan-Seared Scallops with Sautéed Spinach

Serves 4 ♦ Prep time: 10 minutes ♦ Cook time: 15 minutes

1 pound sea scallops
(see tip)
1 teaspoon sea salt,
divided
½ teaspoon freshly
ground black
pepper, divided
2 tablespoons extra-
virgin olive oil
6 cups fresh baby
spinach
Juice of 1 orange
Pinch red pepper
flakes

This decadent recipe calls for the larger sea scallops (not the pebble-size bay scallops). You'll serve these crispy-outside, tender-inside scallops on a bed of spinach, lightly scented with citrus.

- 1 Season the scallops on both sides with ½ teaspoon of sea salt and ¼ teaspoon of pepper.
- 2 In a large skillet over medium-high heat, heat the olive oil until it shimmers.
- 3 Add the scallops. Cook for 3 to 4 minutes per side without moving until browned. Remove the scallops from the skillet and set aside, tented with aluminum foil to keep warm.
- 4 Return the skillet to the heat and add the spinach, orange juice, red pepper flakes, remaining ½ teaspoon of salt, and remaining ¼ teaspoon of pepper. Cook for 4 to 5 minutes, stirring, until the spinach wilts.
- 5 Divide the spinach among 4 plates and top with the scallops. Serve immediately.

COOKING TIP: *Scallops have a tough tendon that runs along the outside. Rub alongside the scallop to feel for the tendon and remove it with a sharp knife before cooking.*

Per Serving Calories: 186; Protein: 21g; Total Carbohydrates: 8g; Sugars: 3g; Fiber: 2g; Total Fat: 8g; Saturated Fat: <1g; Cholesterol: 37mg; Sodium: 686mg

Pan-Roasted Salmon with Gremolata

Serves 6 ♦ Prep time: 10 minutes ♦ Cook time: 10 minutes

While the salmon cooks on the stove top and in the oven, you can prepare the gremolata, which is a quick and easy chopped herb condiment. Serve with a steamed veggie and starch of your choice, such as Sweet Potato Mash (page 127), for a full meal.

- 1 Preheat the oven to 350°F.
- 2 Season the salmon with ½ teaspoon of salt and the pepper.
- 3 In a large, ovenproof skillet over medium-high heat, heat the olive oil until it shimmers.
- 4 Add the salmon to the skillet, skin-side down. Cook for about 5 minutes, gently pressing on the salmon with a spatula, until the skin crisps. Transfer the pan to the oven and cook the salmon for 3 to 4 minutes more until it is opaque.
- 5 In a small bowl, stir together the parsley, garlic, lemon zest, and remaining ½ teaspoon of sea salt. Sprinkle the mixture over the salmon and serve.

COOKING TIP: *The best way to zest a lemon (or other citrus) is to use a hand held rasp-style grater (it looks like a nail file with holes). Carefully and lightly skim the lemon over the grater, removing only the yellow part and leaving the white pith, which can be quite bitter.*

Per Serving Calories: 214; Protein: 22g; Total Carbohydrates: <1g; Sugars: <1g; Fiber: <1g; Total Fat: 14g; Saturated Fat: 2g; Cholesterol: 50mg; Sodium: 522mg

DAIRY-FREE

GLUTEN-FREE

UNDER 30 MINUTES

- 1½ pounds skin-on salmon fillet, cut into 4 pieces
- 1 teaspoon sea salt, divided
- ¼ teaspoon freshly ground black pepper
- 3 tablespoons extra-virgin olive oil
- 1 bunch fresh Italian parsley leaves, finely chopped
- 1 garlic clove, minced
- Zest of 1 lemon, finely grated (see tip)

UNDER 30 MINUTES

16 ounces canned salmon, drained
6 scallions, white and green parts, finely chopped
¼ cup whole-wheat bread crumbs
2 eggs, beaten
2 tablespoons chopped fresh Italian parsley leaves
1 tablespoon dried Italian seasoning
Zest of 1 lemon
2 tablespoons extra-virgin olive oil
¼ cup unsweetened nonfat plain Greek yogurt
1 tablespoon chopped fresh dill
1 tablespoon capers, rinsed and chopped
¼ teaspoon sea salt
6 whole-wheat hamburger buns

Salmon Burgers

Serves 6 ♦ Prep time: 10 minutes ♦ Cook time: 10 minutes

Make burger night more interesting—and healthy—with these tasty salmon burgers. I've included an easy homemade sauce for them that adds a boatload of flavor. Finish with your favorite burger fixings, such as lettuce, sliced onions, or sliced tomatoes.

- 1 In a medium bowl, mix together the salmon, scallions, bread crumbs, eggs, parsley, Italian seasoning, and lemon zest. Form the mixture into 6 patties about ½-inch thick.
- 2 In a large nonstick skillet over medium-high heat, heat the olive oil until it shimmers.
- 3 Add the salmon patties. Cook for about 4 minutes per side until browned.
- 4 While the salmon cooks, in a small bowl, whisk the yogurt, dill, capers, and sea salt. Spread the sauce on the buns. Top with the patties and serve.

MAKE IT A MEAL: *To really treat yourself, serve these burgers with a salad and a side of sweet potato fries. To make the fries, cut 2 sweet potatoes into ½-inch-thick sticks. Toss with 2 tablespoons extra-virgin olive oil and ½ teaspoon sea salt. Spread in a single layer on a rimmed baking sheet. Bake at 450°F for about 20 minutes, turning occasionally, until the fries are crisp on the outside and tender on the inside.*

Per Serving Calories: 319; Protein: 28g; Total Carbohydrates: 24g; Sugars: 6g; Fiber: 3g; Total Fat: 13g; Saturated Fat: 2g; Cholesterol: 95mg; Sodium: 344mg

Crab Cakes with Shaved Fennel Salad

Serves 6 ♦ Prep time: 20 minutes ♦ Cook time: 10 minutes

These crab cakes are simple and flavorful. Instead of using bread crumbs as a binder, they use shrimp mousse, which adds flavor and holds the lump crabmeat together easily. Enjoy this treat from the sea over a salad, on a whole-wheat hamburger bun, or by itself!

- 1 In a blender or food processor, blend the shrimp, heavy cream, $\frac{1}{2}$ teaspoon of sea salt, and $\frac{1}{8}$ teaspoon of pepper until smooth.
- 2 In a large bowl, stir together the crabmeat and scallions.
- 3 Fold in the shrimp mousse until well mixed. Form the mixture into 8 patties. Refrigerate for 10 minutes.
- 4 In a large, nonstick skillet over medium-high heat, heat 2 tablespoons of olive oil until it shimmers.
- 5 Add the crab cakes. Cook for about 4 minutes per side until browned on both sides.
- 6 In a large bowl, combine the fennel and fennel fronds.
- 7 In a small bowl, whisk the remaining 2 tablespoons of olive oil with the lemon juice, mustard, garlic, and remaining $\frac{1}{2}$ teaspoon of sea salt, and $\frac{1}{8}$ teaspoon of pepper. Toss the dressing with the fennel and serve with the crab cakes.

COOKING TIP: *If you have a mandoline, save some time by setting it to $\frac{1}{8}$ inch and shaving the fennel. You can also use the shaving part of a box grater, or use a slicer in a food processor.*

INGREDIENT TIP: *If you're really watching your fat intake and want to cut the saturated fat from this dish, replace the heavy (whipping) cream with an equal amount of skim milk. Be aware that the crab cakes may not hold together as well as when made with the cream.*

Per Serving Calories: 379; Protein: 35g; Total Carbohydrates: 10g; Sugars: <1g; Fiber: 3g; Total Fat: 20g; Saturated Fat: 4g; Cholesterol: 250mg; Sodium: 1,434mg

GLUTEN-FREE
MEAL IN ONE
UNDER 30 MINUTES

- $\frac{3}{4}$ cup cooked baby shrimp
- 3 tablespoons heavy (whipping) cream
- 1 teaspoon sea salt, divided
- $\frac{1}{4}$ teaspoon freshly ground black pepper, divided
- 1 $\frac{1}{2}$ pounds lump crabmeat
- 6 scallions, white and green parts, thinly sliced
- $\frac{1}{4}$ cup extra-virgin olive oil, divided
- 3 fennel bulbs, cored and very thinly sliced
- 2 tablespoons chopped fennel fronds
- $\frac{1}{4}$ cup freshly squeezed lemon juice
- $\frac{1}{2}$ teaspoon Dijon mustard
- 1 garlic clove, minced



DAIRY-FREE
GLUTEN-FREE
UNDER 30 MINUTES

Swordfish Kebabs

Serves 6 ♦ Prep time: 20 minutes ♦ Cook time: 10 minutes

3 tablespoons extra-virgin olive oil, plus more for the grill

Juice of 2 oranges

1 tablespoon Dijon mustard

2 teaspoons dried tarragon

½ teaspoon sea salt

¼ teaspoon freshly ground black pepper

2 pounds swordfish, cut into 1½-inch pieces

2 red bell peppers, cut into pieces

Swordfish is a hearty, flavorful, filling fish. Here, it combines with an herb marinade and veggies for a tasty main course. Fish marinates quickly—you'll need only about 10 minutes for it to soak up the flavors of the marinade.

- 1 In a medium bowl, whisk the olive oil, orange juice, mustard, tarragon, sea salt, and pepper.
- 2 Add the swordfish and toss to coat. Let sit for 10 minutes.
- 3 Heat a grill or grill pan to medium-high heat and brush it with oil.
- 4 Thread the swordfish and red bell peppers onto 6 wooden skewers (see tip). Cook for 6 to 8 minutes, turning, until the fish is opaque.

MAKE IT A MEAL: *Serve these kebabs with Rice and Spinach (page 125) to make a full meal.*

PREPARATION TIP: *Soak your wooden skewers in water before threading the food on them to prevent burning on the grill.*

Per Serving Calories: 326; Protein: 33g; Total Carbohydrates: 11g; Sugars: 8g; Fiber: 2g; Total Fat: 18g; Saturated Fat: 1g; Cholesterol: 0mg; Sodium: 187mg

Cioppino

Serves 8 ♦ Prep time: 10 minutes ♦ Cook time: 15 minutes

Cioppino is a hearty and oh-so-versatile seafood stew. Customize this dish using the types of seafood you enjoy—I love shellfish. Just swap out the cod and salmon for an equal proportion of clams, mussels, sea scallops, and/or lobster. Serve with crusty whole-wheat bread and a side salad for an unforgettable meal.

- 1 In a large pot over medium-high heat, heat the olive oil until it shimmers.
- 2 Add the onion and fennel. Cook for about 5 minutes, stirring occasionally, until the vegetables are soft.
- 3 Add the garlic and cook for 30 seconds, stirring constantly.
- 4 Stir in the wine and cook for 1 minute, stirring constantly.
- 5 Add the tomato sauce, broth, shrimp, cod, salmon, Italian seasoning, sea salt, red pepper flakes, and pepper. Bring to a simmer and reduce the heat to medium-low. Cook for about 5 minutes more, stirring occasionally, until the fish and shrimp are opaque.
- 6 Remove from heat and stir in the basil before serving.

INGREDIENT TIP: *The salmon and cod may have small pin bones. Using needlenose pliers, carefully remove any bones you see and discard them.*

Per Serving Calories: 326; Protein: 40g; Total Carbohydrates: 18g; Sugars: 11g; Fiber: 4g; Total Fat: 10g; Saturated Fat: 1g; Cholesterol: 178mg; Sodium: 1,529mg

DAIRY-FREE
GLUTEN-FREE
MEAL IN ONE
UNDER 30 MINUTES

2 tablespoons extra-virgin olive oil
1 onion, chopped
1 fennel bulb, chopped
6 garlic cloves, minced
½ cup dry white wine
2 (32-ounce) cans tomato sauce
2 cups unsalted chicken broth
1 pound shrimp, peeled, deveined, and tails removed
1 pound cod, cut into bite-size pieces
1 pound salmon, skin removed, cut into bite-size pieces
2 tablespoons Italian seasoning
½ teaspoon sea salt
⅛ teaspoon red pepper flakes
⅛ teaspoon freshly ground black pepper
¼ cup chopped fresh basil leaves