

Health Tip of the Month

Is Fish on Your Menu?

Fish is a great source of protein and, unlike red meat, it's not high in artery clogging saturated fats. In fact, fish is rich in unsaturated fats called omega-3 fatty acids. These fatty acids can help you maintain a healthy heart. The USDA Dietary Guidelines recommend eating fish at least two times per week.

Want to eat more fish? Start out slow. Substitute fish for red meat at one or two meals a week. Frozen fish is often less expensive, and just as nutritious as fresh fish. If you're in the mood for fresh fish, visit NYC's farmers' markets for delicious fresh seafood from local waters.

Do you think fish tastes too fishy?



Try white fish such as flounder, codfish, monkfish, and sea bass.

They're mild in flavor and can be prepared quickly.

Not-So-Fishy-Fish Tacos

2 fillets of codfish

Chili powder and Cumin

Juice from 1 lime

2 cloves of garlic, minced

2 ears of fresh corn, kernels cut off

1 Tablespoon vegetable or olive oil

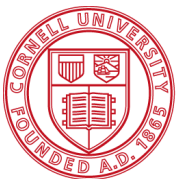
Tortillas - Avocado, sliced - Salsa

Coat the sides of the fish with a liberal amount of seasonings. Sprinkle on lime juice and set aside.

Sauté the garlic and corn in a pan with olive oil on medium heat for 2-3 minutes. Take the corn out and add the codfish. Cook over medium heat. When the bottom side is completely cooked, turn the fish and cook until the second side is done.

Place tortillas on a plate and spoon on a small heap of corn, then the fish, avocado, and salsa.

adapted from: <http://houserulesblog.wordpress.com/2011/09/02/not-so-fishy-fish-tacos/>



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