



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Keep working on making habits effortless!

Habit #3 – Pick 2 days a week to enjoy a serving of fish or seafood!

It's easy to save time and money with frozen foods!

Nothing goes to waste. Frozen foods are nutritious and affordable! Keep your freezer stocked with fish and seafood so you can make "fast food" that's better than take-out.

Frozen seafood is as good as (or better than) fresh from the fish counter.

Technology advances allow for flash freezing of seafood shortly after it is caught, locking in nutrients.

This makes frozen fish and seafood a great option for high-quality, lean protein.



DINNERTIME DILEMMA – it's *STILL* in the freezer!

How do you quickly thaw and maintain quality for frozen fish and seafood?

- **COOK** (from frozen) – Rinse under cold water to remove ice glaze, pat dry, then increase cook time (~50%)
- **THAW** - Submerge in cold tap water in leak-proof packaging
- **DEFROST** – Microwave on defrost in short intervals until it is pliable but still icy

Shrimp Fried Quinoa Bowl

Ingredients:

- 3 cups cooked Full Circle organic quinoa
- 1 cup frozen peas & carrots
- 1 cup frozen, cooked salad shrimp (thawed)
- 1 Tbsp. less-sodium soy sauce
- 1/2 tsp. garlic powder
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 4 eggs



Directions:

- Cook 1 cup frozen peas and carrots in microwave oven as label directs.
- Heat large skillet over medium-high heat; spray with cooking spray. Add 1 cup thawed cooked salad shrimp and cooked quinoa; cook 3 minutes or until heated through, stirring occasionally.
- Add soy sauce, garlic powder, salt and pepper to skillet; cook 1 minute. Fold peas and carrots into skillet; cook 1 minute or until heated through, stirring occasionally.
- Heat large nonstick skillet over medium-high heat; spray with cooking spray. Add 4 large eggs to skillet; cook 3 minutes or to desired doneness.
- Divide quinoa mixture into 4 bowls; top with eggs and garnish with thinly sliced green onions and/or sesame seeds, if desired.