



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!

Fish and seafood go well with fruits and vegetables. This mealtime trio may protect the heart and reduce cancer risks. It makes feeding your family well an easy task when their eye-catching colors and delicious flavors also benefit your health! Whether you're including frozen foods or cooking from fresh ingredients, you can easily adapt recipes like this to fit your comfort level and schedule.



**Don't forget...
Frozen foods have benefits!**

- They help to reduce food waste at home.
- They're already prepped, saving you valuable time.
- They're often as nutritious (or more) than fresh.

Tex-Mex Mango and Black Bean Salad with Smart & Crunchy Breaded Fish Fillets

Ingredients:

- 8 Gorton's Smart & Crunchy Breaded Fish Fillets
- 3 Tbsps. olive oil
- 2 Tbsps. lime juice
- 1/2 tsp. chili powder
- 1/2 tsp. salt
- 1/4 tsp. ground cumin
- 1/2 red pepper, chopped
- 1 cup black beans, drained and rinsed
- 1/2 cup chopped mango
- 1/2 cup chopped tomato
- 1/2 cup chopped cucumber
- 1/4 cup finely chopped red onion
- 1/4 cup finely chopped fresh cilantro
- 1 jalapeno, finely chopped (optional for spiciness)

Directions:

1. Prepare Gorton's Smart & Crunchy Breaded Fish Fillets according to package directions.
2. Meanwhile, make lime dressing by whisking olive oil with lime juice, chili powder, salt and cumin.
3. In a separate bowl, mix together red pepper, black beans, mango, tomato, cucumber, red onion, cilantro, and jalapeno (optional for spiciness) until combined. Toss with lime dressing. Let stand for 10 minutes.
4. Divide salad among 4 plates. Top with fish fillets.



Recipe (adapted) and image from Gortons.com.