



# MEALS & RECIPES

## SEAFOOD RECIPES

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# Protein Packed Tuna Wraps

## Ingredients

- 1 low-carb whole wheat wrap
- 1 can solid white albacore tuna
- 1 sliced medium tomato
- 3 leaves spinach
- 1 chopped cucumber
- 1 tablespoon bbq sauce or other non fat dressing

## Directions

1. Open and drain tuna
2. Mix together ingredients in wrap
3. Fold wrap and enjoy



**1** Servings



## Nutritional Analysis (Per Serving)

Protein: 28 g  
Fat: 3 g  
Carbohydrates: 20 g

**Calories: 230**



# Seared Tuna Steak and Bean Salad

## Ingredients

- 2- 8 ounce tuna steaks
- 2 tablespoons Italian seasoning
- 2 tablespoons olive oil
- 1 small red onion, diced
- 1 tomato, diced
- 1 cup cooked white beans
- 1 carrot, shredded
- 1 cup shredded cabbage
- 2 tablespoons red wine vinegar
- ½ cup chopped fresh mixed herbs such as parsley, basil, and thyme

## Directions

1. Season the tuna steaks with salt and pepper, along with the Italian seasoning. Heat a large skillet over medium high heat. Add 1 tablespoons olive oil and tuna steaks and sear until they lift easily and are browned on both sides. Remove from pan and allow to cool on a cutting board.
2. In a large bowl, add the rest of the ingredients and stir until well combined.
3. When the tuna steaks are cooled, cut them into bite size pieces. Add the tuna to the rest of the ingredients. Season with salt and pepper to taste.
4. Serve either at room temperature or chilled.



**4** Servings



## Nutritional Analysis (Per Serving)

**Protein:** 57 g  
**Fat:** 10 g  
**Carbohydrates:** 24 g

**Calories: 458**





# Steamed Tilapia

## Ingredients

- 8 ounces tilapia fillet
- ½ cup minced fresh peeled ginger
- 2 cloves garlic, peeled and minced
- 1 tablespoon cup olive oil
- ¼ cup soy sauce
- 2 teaspoons chili powder
- Pepper to taste
- 1 cup cooked brown rice

## Directions

1. Add 2 cups of water to a stockpot. Place a steamer basket over the water.
2. Lid the pan and heat the water to a boil. In the meantime, rinse the tilapia thoroughly.
3. Make a paste of the olive oil and chili powder and rub into the skin of the fish all over.
4. Add fish, ginger, and garlic to the steamer basket and cover. Steam for 12 minutes or until flesh flakes easily.
5. Remove from steamer basket and drizzle with soy sauce. Add pepper to taste and serve with rice.



**1** Servings



## Nutritional Analysis (Per Serving)

**Protein:** 45 g  
**Fat:** 17 g  
**Carbohydrates:** 45 g

**Calories: 506**



# Tuna Mushroom Patties

## Ingredients

- 1 tablespoon olive oil, divided
- 2 medium Portobello mushrooms, diced
- ½ green bell pepper, cored, seeded and diced
- 1 cup cooked white beans
- 6 ounces water-packed tuna, drained (light canned tuna)
- 1 egg

## Directions

1. Heat half the oil in a large skillet over medium heat. Cook mushrooms, onion and bell pepper, stirring occasionally, until pepper begins to soften, 4 to 5 minutes.
2. Add beans and cook, smashing beans with the back of a spoon, 1 to 2 minutes more.
3. Transfer mixture to a bowl and mix in tuna and egg. Form into 4 patties.
4. Wipe out skillet; heat remaining oil over medium heat and cook burgers until brown and firm, 6 to 7 minutes per side.



**2** Servings



## Nutritional Analysis (Per Serving)

Protein: 32 g  
Fat: 11 g  
Carbohydrates: 24 g

**Calories: 324**



## TROUT WITH ALMONDS





# Trout with Almonds

## Ingredients

- ¼ cup toasted sliced almonds
- 1 tablespoon olive oil
- 4 trout fillets with skin, about 4 ounces each
- Salt and freshly ground pepper to taste
- 2 tablespoons lemon juice
- ½ cup chopped parsley
- 2 cup cooked whole wheat couscous

## Directions

1. In a cast iron pan, toast the almonds over medium heat. Set aside.
2. Warm the oil in the pan, keeping the heat at medium. Add the trout skin-side up. Season with salt and pepper to taste. Cook 4-5 minutes on each side. Remove trout.
3. Add the lemon juice to the pan and whisk together with the pan juices. Pour the mixture over fillets and garnish with parsley and almonds. Serve immediately with couscous.



**4** Servings



## Nutritional Analysis (Per Serving)

**Protein:** 31 g  
**Fat:** 14 g  
**Carbohydrates:** 20 g

**Calories: 326**





# Tilapia with Tomatoes and Chickpeas

## Ingredients

- 4 - 6 ounce tilapia filets
- 2 tablespoons olive oil
- 1 tablespoons Italian seasoning
- 2 cups canned, diced tomatoes with juices
- 2 cups cooked chickpeas
- Juice of one lemon

## Directions

1. Heat a large skillet over medium high heat. Add 1 tablespoon olive oil and the fish filets. Cook until the fish easily lifts from the pan, about 4 minutes. Flip, and cook until fish flakes easily with a fork. Remove from pan, drizzle with lemon juice and set aside.
2. Add the remaining olive oil, and the chickpeas. Cook until starting to brown and add the tomatoes and their juices. Add the Italian seasoning and simmer for about 5 minutes.
3. To serve, plate the tilapia filets; top each with a quarter of the tomato mixture.



**4** Servings



## Nutritional Analysis (Per Serving)

**Protein:** 38 g  
**Fat:** 13 g  
**Carbohydrates:** 27 g

**Calories: 371**



# Salmon and Cucumber Sauce

## Ingredients

- 4 salmon fillets (4 ounces each)
- ¼ cup raw lemon juice
- 1 large carrot
- 1 teaspoon crumbled bay leaf
- ½ medium raw peeled cucumber
- 8 ounces non fat sour cream
- ½ small onion
- 1 medium onion
- 2 cloves garlic
- 1 teaspoon black pepper

## Directions

1. Arrange the salmon steaks in a large skillet.
2. Pour the lemon juice over the salmon.
3. Fill the skillet with 1 inch of water. Add sliced carrot, thinly sliced onion, cloves, bay leaf and pepper corn. Bring to a boil.
4. Then reduce heat and cover. Simmer gently for 20 minutes, of until fish flakes easily with fork.
5. Remove fish to warm platter and serve with carrots as garnish.
6. Mix peeled, chopped cucumber, chopped onion and sour cream together as a sauce.



**4** Servings



## Nutritional Analysis (Per Serving)

**Protein:** 25 g  
**Fat:** 2 g  
**Carbohydrates:** 3 g

**Calories: 133**



# Garlic and Tomato Mussels

## Ingredients

- 1 teaspoon extra-virgin olive oil
- 1 small diced yellow onion
- 2 cloves minced garlic
- 2 lbs mussels
- ½ cup water
- 1 cup dry white wine
- 1 large chopped tomato
- 2 tablespoons chopped fresh parsley

## Directions

1. In a large pot, heat the olive oil over medium heat. Add the onion and garlic, then sauté until they are lightly browned.
2. Add the mussels, water and white wine. Reduce the heat to low, and cover the mix with a lid.
3. After 3 to 4 minutes, the mussels will start to open up. Remove the lid, add the tomato and parsley, and cover again for 1 minute.
4. Transfer the mussels to two bowls. Spoon on some of the sauce from the pot, and serve.



**2** Servings



## Nutritional Analysis (Per Serving)

**Protein:** 35 g  
**Fat:** 7 g  
**Carbohydrates:** 7 g

**Calories: 235**



## SEARED LEMON PEPPER SALMON







# Seared Lemon Pepper Salmon

## Ingredients

- 2- 6 ounce salmon filets
- 2 tablespoons lemon pepper seasoning
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 4 cups baby spinach
- 1 cup cooked quinoa

## Directions

1. Season your salmon filets with the lemon pepper seasoning.
2. Heat a large cast iron or stainless steel skillet over medium high heat. Add the oil, and the salmon filets. Cook until the filets lift easily from the pan, about 5-6 minutes. Flip. Cook until both sides are browned and crispy, and the fish flakes easily with a fork. Remove from pan.
3. While the fish is resting, add the garlic to the pan, cook for about 30 seconds and add the spinach. Cook until the spinach is slightly wilted, about 2 minutes, and combine it with the quinoa. Season with salt and pepper to taste.
4. Serve the salmon on top of the spinach quinoa.



**2** Servings



## Nutritional Analysis (Per Serving)

**Protein:** 45 g  
**Fat:** 15 g  
**Carbohydrates:** 25 g

**Calories: 410**



# Grilled Salmon

## Ingredients

- 6 ounces wild-caught salmon filet
- 1/2 tablespoon Olive Oil
- Pinch oregano
- Pinch salt + pepper
- 1 cup Lentils

## Directions

1. Coat salmon on both sides with EVOO and spices
2. Grill until thoroughly cooked
3. Serve with 1 cup green salad and lentils



**1** Servings



## Nutritional Analysis (Per Serving)

Protein: 61 g  
Fat: 21 g  
Carbohydrates: 38 g

**Calories: 592**



# Grilled Halibut Fish

## Ingredients

- 2- 8 ounce Halibut filets
- 1 teaspoon ground cumin
- ¼ teaspoon cayenne pepper
- ½ teaspoon salt
- 1 tablespoon olive oil
- 1 tomato, diced
- ¼ cup corn kernels
- 2 cups shredded cabbage
- ¼ cup sour cream
- 4 - Tortillas

## Directions

1. Preheat a gas or charcoal grill to medium high. Combine the olive oil with the cumin, salt and cayenne, and brush over the fish filets. Grill them until firm and charred on both sides, about 6-8 minutes per side.
2. Wrap the corn tortillas in foil, and add them to the grill for about 5 minutes.
3. When the fish is cooked, transfer to a cutting board and cut into 1 inch strips.
4. To prepare the tacos, top each tortilla with fish, diced tomato, a tablespoon of corn, cabbage and sour cream. Serve immediately.



**2** Servings



## Nutritional Analysis (Per Serving)

**Protein:** 66 g  
**Fat:** 21 g  
**Carbohydrates:** 32 g

**Calories: 583**



# Quick Fish Sandwich

## Ingredients

- 1 loose leaf of lettuce
- 2 slices multi grain wheat or oat bread
- 3 ounces orange roughy
- 1 half inch thick slice raw ripe red tomato

## Directions

1. Place them together as a sandwich...DONE
2. Fill free to add other veggies or try different kinds of fish.



**1** Servings



## Nutritional Analysis (Per Serving)

Protein: 25 g  
Fat: 4 g  
Carbohydrates: 32 g

**Calories: 298**





# White Bean and Tuna Salad

## Ingredients

- 2 tablespoons red wine vinegar
- 1 small onion, minced
- ¼ cup chopped black olives
- ¼ cup minced fresh parsley
- Salt and pepper to taste
- 1 tablespoons olive oil
- 1 clove garlic, minced
- 6 ounces water-packed tuna, drained (light canned tuna)
- ¾ cup white beans

## Directions

1. Prepare the vinaigrette: Stir the vinegar, garlic, salt, and pepper in a mixing bowl. Add the oil and continue to stir until the mixture grows thick.
2. Combine the onion, olives, parsley, and beans in a second bowl. Flake the tuna into the mixture and pour the vinaigrette in, stirring to combine. Serve immediately.



**1** Servings



## Nutritional Analysis (Per Serving)

**Protein:** 49 g  
**Fat:** 20 g  
**Carbohydrates:** 35 g

**Calories: 521**