



Alaska Surimi Seafood Thai Salad

## Imitation Is the Sincerest Form of FLATTERY

FAMILY FEATURES EDITORIAL SYNDICATE

**W**hen savvy shoppers find designer style at a great price, that's a bargain. When good cooks find an imitation ingredient with all the flavor and texture of the original, that's dinner!

Surimi is an imitation crabmeat made from Alaska pollock, a member of the cod family harvested from the cold, clear waters of the Bering Sea and the Gulf of Alaska. This high-protein, low-fat seafood mimics the taste and texture of real, hard-shelled crab, but at a fraction of the cost.

So, go ahead. Be lavish! Make more, more, more of your favorite hot "crab" dip. Arrange a generous mound of surimi on a platter, surrounded by dipping sauces, for a sophisticated appetizer. Fold surimi into gourmet sandwich and wrap fillings. Add it to chilled seafood salads or warm, creamy pasta sauces. You'll find lots of ways to use delicious and nutritious surimi. Your secret is safe with us!

For more recipes and information, visit [www.alaskaseafood.org](http://www.alaskaseafood.org).

### Alaska Surimi Seafood Thai Salad

Prep Time: 15 minutes

Servings: 4

- 1/4 cup seasoned rice vinegar
- 2 teaspoons Asian fish sauce
- 1 teaspoon sugar
- 3 small bell peppers (red, green, orange and/or yellow), seeded and finely diced
- 1/2 jalapeño pepper, seeded and minced
- 1/2 seedless cucumber, chopped
- 1/4 cup chopped fresh cilantro
- 12 ounces Alaska Surimi Seafood (Imitation Crab)
- 12 slices (about 2 whole) papaya, honeydew or mango, skin removed

Blend vinegar, fish sauce and sugar in bowl. Add peppers, jalapeño, cucumber, cilantro and Alaska Surimi Seafood. Stir gently to distribute dressing.

To serve, place 3 fruit slices on serving plate and top with about 1-1/2 cups salad.

**Nutrients per serving:** 186 calories, 1.5g total fat, .3g saturated fat, 7% calories from fat, 17mg cholesterol, 12g protein, 33g carbohydrate, 4g fiber, 1252mg sodium, 61mg calcium, 6g omega-3 fatty acids

### Southwestern Surimi Wrap

Prep Time: 12 minutes

Servings: 4

- 2 medium avocados OR 2 cups prepared guacamole
- 1 tablespoon fresh lime juice
- 1 tablespoon minced onion
- 1 tablespoon chipotle chile puree\*
- 2 tablespoons low-fat mayonnaise



Southwestern Surimi Wrap

- 1 pound Alaska Surimi Seafood (Imitation Crab)
- 2 teaspoons mesquite or Mexican seasoning
- 4 (10- to 12-inch) flour tortillas, warmed
- 4 large iceberg or romaine lettuce leaves, torn or shredded

Mash avocados. Stir in lime juice, onion, chile puree and mayonnaise; set aside. Sprinkle seasoning over Alaska Surimi Seafood; stir to coat.

To serve, layer about 1/2 cup each avocado spread (almost to edge), surimi and lettuce on one side of each tortilla. Roll up envelope-style and cut in half.

\*Canned chipotle chiles in adobo sauce, pureed.

**Nutrients per serving:** 547 calories, 24g total fat, 4g saturated fat, 40% calories from fat, 25mg cholesterol, 22g protein, 62g carbohydrate, 8g fiber, 1665mg sodium, 58mg calcium, .9g omega-3 fatty acids



### Alaska Surimi Seafood With Dipping Sauce Trio

Prep Time: 20 minutes

Servings: 4 to 6

- 12 to 16 ounces Alaska Surimi Seafood (Imitation Crab)

Arrange Alaska Surimi Seafood on serving platter; serve with Asian, Southwest and Americana sauces (see recipes).

#### Asian

- 1/3 cup soy sauce
- 2 tablespoons water
- 1 tablespoon sugar
- 1 tablespoon rice vinegar
- 1 tablespoon sesame oil
- 1/2 teaspoon minced garlic
- 2 green onions, sliced

Blend all ingredients; cover until serving.

#### Southwest

- 1/2 cup low-fat mayonnaise
- 1/3 cup low-fat sour cream or plain yogurt
- 1 tablespoon capers
- 1 tablespoon fresh lime juice
- 1 jalapeño pepper, seeded and minced
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon cumin
- 1/2 teaspoon dried dill weed
- 1/2 teaspoon oregano

Blend all ingredients; cover and refrigerate until serving.

#### Americana

- 1/2 cup catsup
- 1 tablespoon creamy horseradish
- 1 teaspoon packed brown sugar
- 1 teaspoon minced onion
- 1/2 teaspoon fresh lemon juice

Blend all ingredients; cover until serving.

**Nutrients per serving (with Surimi Seafood):**

**Asian Sauce:** 128 calories, 4g total fat, 1g saturated fat, 27% calories from fat, 16mg cholesterol, 11g protein, 13g carbohydrate, .2g fiber, 1766mg sodium, 18mg calcium, .5g omega-3 fatty acids

**Southwest Sauce:** 187 calories, 11g total fat, .3g saturated fat, 53% calories from fat, 30mg cholesterol, 10g protein, 12g carbohydrate, .4g fiber, 918mg sodium, 35mg calcium, .5g omega-3 fatty acids

**Americana Sauce:** 116 calories, 2g total fat, .6g saturated fat, 13% calories from fat, 17mg cholesterol, 10g protein, 16g carbohydrate, .3g fiber, 854mg sodium, 19mg calcium, .5g omega-3 fatty acids

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