

HEART HEALTHY
ALASKA SEAFOOD
Alaska Dietitians' Recipes







Dietitians know what healthy eating is all about.

So, it simply made good sense for the Alaska Seafood Marketing Institute (ASMI) to pair up with Alaska dietitians to compile a collection of their favorite Alaska seafood recipes. Alaska Dietetic Association (AKDA) members were asked to submit recipes that they themselves make and serve to their families and friends.

Here's what Alaskans do in the summer: catch fish. They freeze it, smoke it, can it, dry it. And now, because it is processed super-fast, often right at sea, and then transported immediately, high quality Alaska Seafood is readily available in supermarkets everywhere. It's easy to share the good fortune all year round. Look for popular Alaska Seafood products fresh, frozen, canned or in shelf-stable pouches at your local market.

Alaskans love eating Alaska Seafood, and it just happens to be some of the healthiest fare around. The American Heart Association recommends eating two or more servings per week of fatty fish, especially cold water fish, for heart health.

The recipes selected meet the "heart healthy" criteria that are important to nutritionists: good source of healthy fats, low in saturated and trans fats, low to moderate in sodium. Alaska dietitians obviously recognize a good thing: many of the recipes submitted were for salmon, particularly rich in those super-healthy omega-3 fatty acids. Seeing just the sampling of recipes here, it's clear that there are as many tasty ways to prepare Alaska Salmon as there are creative cooks.

The recipes are delicious. Ask for Alaska Seafood at your supermarket, and try some yourself.

Sincerely,

Linda Wild; MS, RD, LD

Many thanks to the Alaska dietitians who contributed recipes.

Linda Wild, MS, RD, LD of Juneau coordinated the project for ASMI and served as editor.

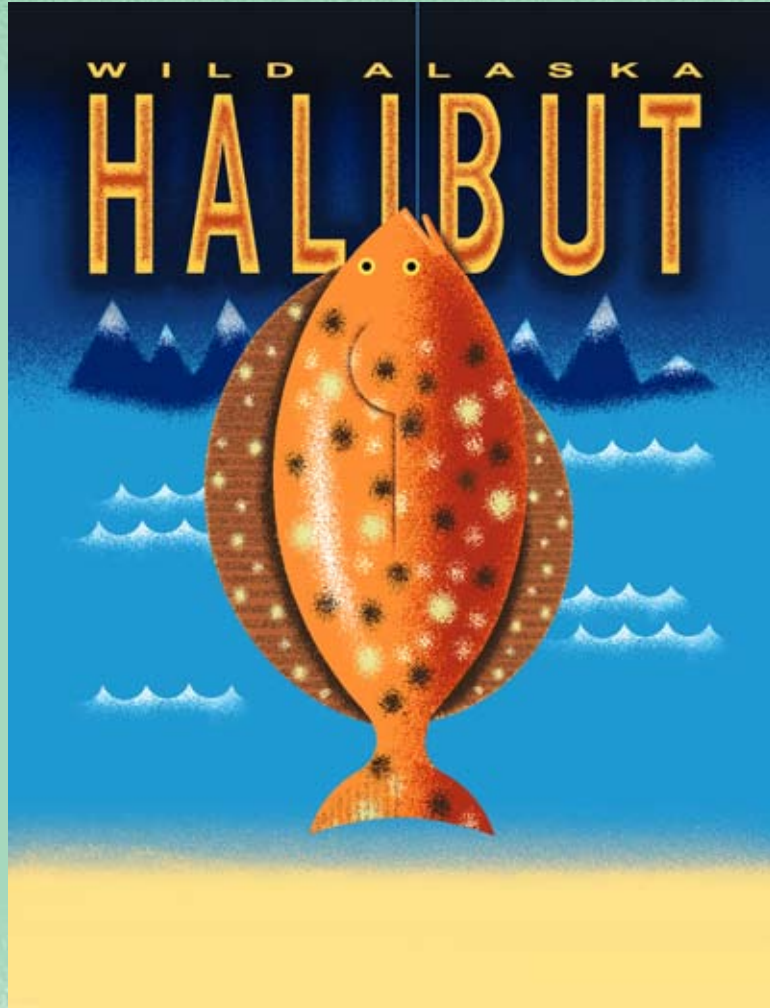


Alaska Seafood Marketing Institute

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Favorite Baked Alaska Halibut

Submitted by Carol Treat



Ingredients:

Topping (for more flavor, mix the night before and refrigerate):

¾ cup fat-free mayonnaise

¾ cup fat-free sour cream

1 - 2 tablespoons prepared horseradish

½ cup freshly grated Parmesan cheese

Paprika to taste

Alaska Halibut to fill one layer of a 9x9-inch baking dish, about 2 pounds. Halibut should be about 1½ to 2 inches thick

2 medium yellow or white onions, thinly sliced horizontally

Preparation:

1. Preheat oven to 400°F. Lightly spray baking dish with cooking spray.
2. Arrange sliced onions evenly on bottom of baking dish. Place halibut on top of onions, then spread topping over all. Sprinkle with a little paprika.
3. Bake for 30 minutes, until fish flakes easily with a fork. May need more baking time for thicker fillets.

Yield: 6 servings

Nutrients per serving: calories 264; protein 36 gm; total fat 6 gm; sat fat 2 gm; omega-3 fatty acids 0.7 gm; cholesterol 62 mg; carbohydrate 13 gm; fiber 1 gm; sodium 469 mg.

Editor's note: I'm so glad Carol submitted this! I suspect that every seafood cook in the entire state of Alaska makes some variation of this whitefish classic. It is flavorful and moist, and a great way to use frozen halibut. Excellent over pasta or rice, or served with a crusty whole grain bread. Colorful vegetables round out the meal. Carol suggests making enough to have leftovers for a truly outstanding sandwich the next day.

Carol Treat, RD, CDE, has two passions. She spends the summer months fishing to stock her freezer. When she takes off her rubber boots, she works with the Alaska Area Diabetes Program at the Alaska Native Medical Center in Anchorage.

Thai Coconut Alaska Salmon Chowder

Submitted by Janelle Gomez

Ingredients:

- 1½ pounds Alaska Salmon fillets
- Thai seasoning mix (available in Asian food section of most supermarkets)
- 1 tablespoon plus 2 teaspoons olive oil
- 3 - 4 cloves fresh garlic, finely chopped
- 1 cup yellow onion, chopped
- 4 cups fish stock *or* reduced sodium vegetable or chicken broth
- 3 cups Yukon Gold potatoes, chopped into bite-sized pieces
- 2 cups carrots, Alaska-grown if available, chopped into bite-sized pieces
- 1 14-ounce can light coconut milk
- 2 cups chopped fresh spinach, or 1 cup frozen spinach (thawed)



Preparation:

1. Preheat broiler, low setting. Season the salmon with 2 tablespoons of packaged Thai seasoning mix. Drizzle with 2 teaspoons olive oil and place under broiler on low. Check for doneness after 15-20 minutes (flakes easily with a fork). If no low setting is available, adjust broiler rack to lowest position; if only 1 position available, begin testing for doneness after 7 minutes.
2. While salmon is broiling: In a large soup stock pot, over medium heat, sauté the garlic and onion in 1 tablespoon olive oil until soft.
3. Add the broth or stock, potatoes and carrots. Cook over medium heat until the potatoes and carrots are soft when pierced with a fork, about 15 minutes.
4. Add the coconut milk and broiled, flaked salmon. Use 2 forks to flake salmon. Skin should easily separate when fish is cooked to doneness. If fresh salmon is not available, use frozen or canned sockeye salmon.
5. Season to taste with additional Thai seasoning, if desired. Heat to just below a simmer.
6. Just before serving, stir in the chopped spinach, heating just until the spinach wilts (or is hot, if using frozen spinach).

Yield: Makes 10-12 cups of hearty soup, to serve 8

Nutrients per serving: calories 234; protein 15.5 gm; total fat 9.7 gm;
sat fat 3.6 gm; omega-3 fatty acids 0.7 gm; cholesterol 28 mg; carbohydrate 19 gm; fiber 2 gm; sodium 370 mg.

Note from Janelle: This is my favorite soup, great on a cold Alaskan day! I serve it with warm bread and a green salad.

Pad Thai dry seasoning mix is available in local chain supermarkets. Works great! If Thai seasoning mix is not available, Janelle uses a mixture of coarse salt, black pepper and a hint of cayenne pepper.

Janelle Gomez works in Anchorage as a WIC (Women, Infants, Children) and Community Nutritionist.





Parmesan Alaska Salmon Delight

Submitted by Linda Wild

Ingredients:

- 6 Alaska Salmon steaks or fillets, thawed if frozen; about 6 ounces each
- ½ cup prepared low fat or fat-free Italian salad dressing*
- 1 teaspoon dried minced garlic
- ¼ cup freshly grated Parmesan cheese

Preparation:

1. Marinate salmon in Italian dressing 1-2 hours, refrigerated.
2. Preheat oven to 400°F.
3. Transfer salmon to a 9 x 13-inch baking pan lightly coated with cooking spray.
4. Lightly sprinkle each fillet or steak with minced garlic and Parmesan cheese, spreading evenly over fish.
5. Bake until done, about 10 minutes, or until fish flakes easily with a fork.

Yield: 6 (6 oz.) servings

Nutrients per serving: calories 304; protein 38 gm; total fat 15 gm; sat fat 3 gm; omega-3 fatty acids 2.1 gm; cholesterol 79 mg; carbohydrate 0 mg; fiber 0 gm; sodium 303 mg.

** Read the label: bottled Italian salad dressings vary widely in sodium content, depending on the brand.*

This recipe is one of the Alaska seafood mainstays served at Bartlett Regional Hospital in Juneau. The preparation is so quick and easy that it's also a weeknight staple at my house! My 2-year-old granddaughter likes it with curly egg noodles and broccoli. It works equally well with halibut, fresh or frozen.

Linda Wild, married to a lifelong Alaskan and shellfish farmer, consumes her fair share of seafood. She works as the clinical nutrition manager at Bartlett Regional Hospital in Juneau.



Alaska Canned Salmon Spinach Balls

Submitted by Linda Wild

Ingredients:

- 1 package (10 ounces) frozen chopped spinach
- 1 15-ounce can Alaska Red (Sockeye) Salmon, drained
- 1 ½ cups whole grain breadcrumbs or panko (Japanese style breading)
- ½ cup finely chopped yellow onion
- 3 large eggs, beaten slightly
- 2 tablespoons salted butter, melted
- ¼ cup freshly grated Parmesan cheese
- 1 teaspoon reduced sodium soy sauce
- 1 teaspoon ground coriander
- ½ teaspoon garlic powder *or* 1 teaspoon garlic flakes
- ¼ teaspoon dried thyme
- ⅛ teaspoon ground black pepper



Preparation:

1. Preheat oven to 325°F. Lightly grease a baking sheet.
2. Cook spinach according to package directions and drain well, pressing to remove excess moisture.
3. In a large mixing bowl, combine spinach with remaining ingredients and mix thoroughly (I find it easiest to mix with my hands). Shape mixture into 1-inch balls, rolling between hands.
4. Place balls 1 inch apart on baking sheet, and bake for 20-25 minutes.

Balls may be formed in advance and frozen unbaked, wrapped well first in plastic wrap, then foil. When ready to use, thaw for 10-15 minutes and bake as directed.

Yield: Approximately 56 one-inch balls, enough to serve 8 as a hearty appetizer.

Nutrients per serving: calories 242; protein 17 gm; total fat 12 gm; sat fat 4 gm; omega-3 fatty acids 0.1 gm; cholesterol 123 mg; carbohydrate 16 gm; fiber 1 gm; sodium 503 mg.

Notes from Linda: I like to serve these with a variety of dipping sauces, but here are two of my favorites:

Sesame Ginger Sauce

Whisk together the following:

- ¼ cup soy sauce
- 1 tablespoon brown rice vinegar
- 1 tablespoon grated fresh ginger root
- 1 clove garlic, very finely chopped

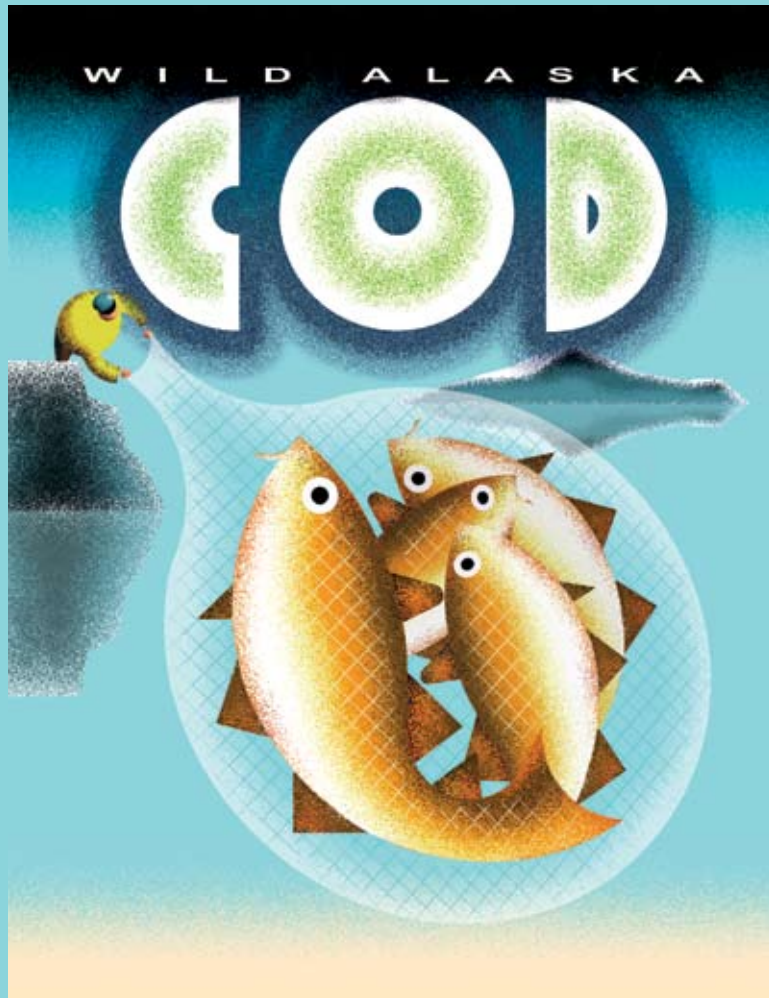
- 1 teaspoon toasted sesame oil
- 1 teaspoon maple syrup or honey
- 1 teaspoon Chinese five-spice powder
- ¼ - ½ teaspoon hot pepper oil

Peanut Sauce

- ½ cup peanut butter
- ¼ cup coconut milk
- 2 teaspoons soy sauce
- ¼ cup frozen orange juice concentrate
- 2 teaspoons fresh lime juice
- 2 teaspoons honey
- 4 scallions, thinly sliced (white parts only)
- 1 teaspoon freshly grated ginger root
- ⅛ teaspoon cayenne pepper

In a medium saucepan, whisk peanut butter and coconut milk until smooth. Add remaining ingredients; mix well. Heat gently to a simmer; remove from heat and serve.





Baked Alaska Fish Sticks

Submitted by Linda Wild

Ingredients:

- 1 lb. boneless, skinless Alaska Cod or Alaska Rockfish fillets
- 1 large egg white
- ¼ cup nonfat milk
- 1 cup dry bread crumbs
- 1 teaspoon black pepper, or to taste
- 1 teaspoon dried parsley
- ¼ teaspoon paprika
- ½ teaspoon minced garlic flakes
- ½ fresh lemon, cut into wedges
- Optional: ¼ cup freshly grated Parmesan cheese



Preparation:

1. Preheat oven to 450°F.
2. Cut the fish into stick-shaped pieces, approximately ¾-inch wide by 3-4 inches long, depending on size of fillet. Make them as equal in size as possible.
3. Combine the egg white and milk in a small, shallow bowl and whisk with a wire whisk until foamy.
4. Mix breadcrumbs, pepper, parsley, paprika and garlic on a dinner plate.
5. Dip each fish stick first into the egg mixture, then into the crumb mixture to coat, and then place fish on a cookie sheet lightly coated with cooking spray. A pizza stone works great!
6. When all the fish is ready, evenly sprinkle the Parmesan cheese over fish, if using. Squeeze lemon juice evenly over fish.
7. Place prepared fish on center rack of oven and bake for 20 minutes, or until fish flakes easily with a fork.

Yield: Serves 4

Nutrients per serving: (without optional Parmesan cheese) calories 214; protein 26 gm; total fat 2 gm; sat fat < 1/2 gm; omega-3 fatty acids 0.3 gm; cholesterol 42 mg; carbohydrate 21.5 mg; fiber 2 gm; sodium 301 mg.

Note from Linda: I've been making this recipe since my children were toddlers, and now the youngest is in college. Kids just like fish sticks! These days, my son mixes up homemade tartar sauce as an accompaniment.



Pan-seared Alaska Salmon with Orange Vinaigrette

Submitted by Kari Hamrick

This is a wonderful recipe that I had at Sportsman's Cove Lodge on Prince of Wales Island in Southeast Alaska.* I loved it so much I asked the chef for the recipe. It's great for kids because it's a little sweet with the orange juice.

Ingredients:

- 8 Alaska Salmon fillets or steaks (6-8 ounces each), thawed if frozen
- 2 cups orange juice
- 3 tablespoons red onion, finely chopped
- 3 tablespoons lime juice, fresh if possible
- 2 teaspoons honey-Dijon mustard
- 2 teaspoons chili powder
- 1 cup fat-free Italian salad dressing
- 1 tablespoon olive oil
- 8 teaspoons chopped fresh cilantro or parsley
- Salt and freshly ground black pepper to taste



Preparation:

To make sauce

1. Cook orange juice in a small saucepan over medium-high heat until it is reduced to the consistency of syrup (makes about 1/4 cup). Let cool slightly.
2. Place onion, lime juice, mustard and chili powder in a blender; add cooled orange juice syrup. Blend 30 seconds; then, with blender running, slowly drizzle in the Italian salad dressing so that the mixture emulsifies.

To pan-sear the salmon

3. Preheat oven to 400°F. Lightly season the salmon with salt and pepper.
4. Heat an oven-proof sauté pan 2 minutes over medium-high heat, then add 1 tablespoon of olive oil. Sear the salmon on one side for 2-3 minutes.
5. Turn salmon over and place the entire pan into the oven. Bake 4-8 minutes, or until fish flakes easily when tested with a fork.

To serve

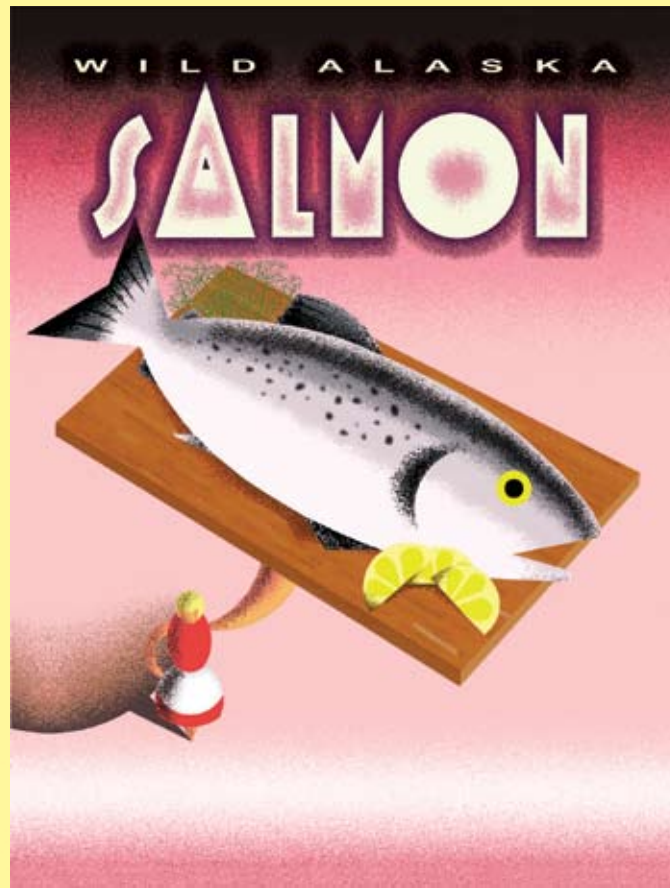
6. Dividing the sauce evenly among the plates, make a pool of the orange vinaigrette sauce in the center of each serving plate. Top with a salmon fillet/steak and garnish with cilantro or parsley.

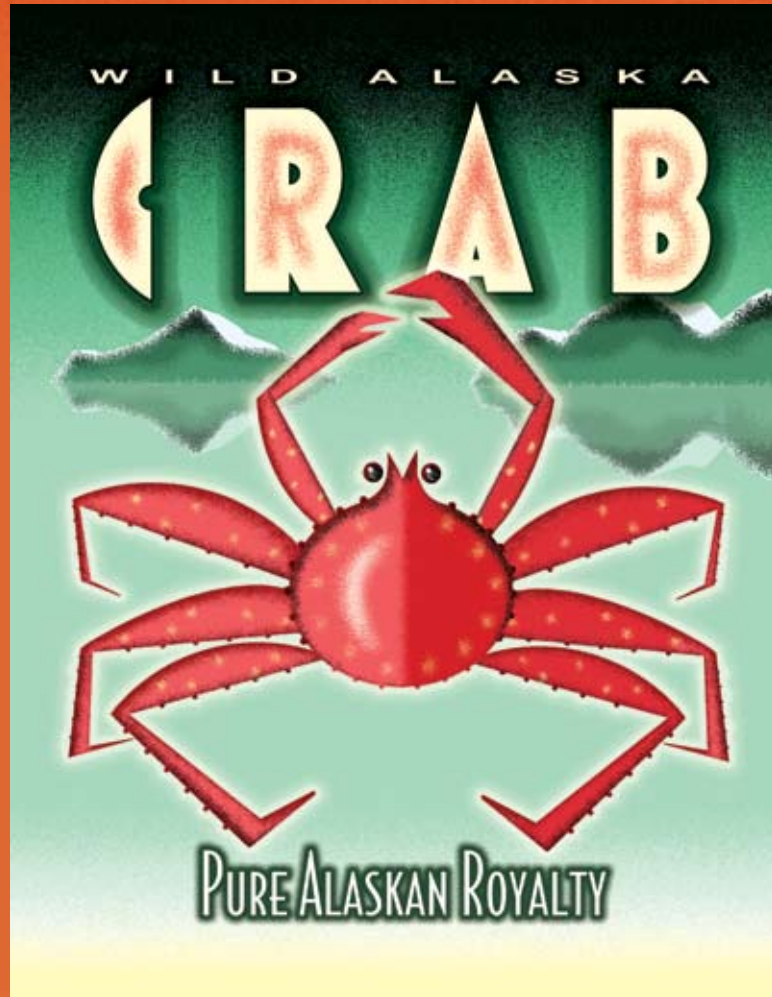
Yield: 8 servings

Nutrients per serving: calories 315; protein 37 gm; total fat 10 gm; sat fat 2 gm; omega-3 fatty acids 2.2 gm; cholesterol 77 gm; carbohydrate 15 gm; fiber 0 gm; sodium 465 mg.

Kari Hamrick recently moved to Gig Harbor, Washington, and has her own private nutrition consulting practice. She worked for the University of Alaska Anchorage Circumpolar Health Studies Program as a senior research associate for 6 years studying health and nutrition of circumpolar peoples.

*Recipe used with the permission of Chef Matt at Sportsman's Cove Lodge, Prince of Wales Island, who writes that he likes to make his recipes widely available for the enjoyment of others.





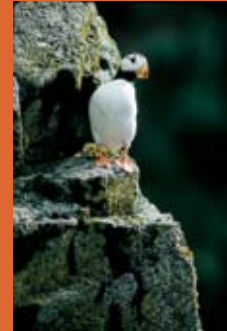
Blue Cheese Alaska Crab Melt – or Dip

Submitted by Linda Wild

Many people like to eat Alaska Shellfish the way Alaskans often do: cook and serve, simple and unadorned. Here's a recipe to use for a special get together.

Ingredients:

- 3 ounces blue cheese, crumbled; about $\frac{3}{4}$ cup
- $\frac{1}{2}$ cup red onion, finely chopped
- 3 garlic cloves, finely chopped
- $\frac{1}{2}$ cup fresh parsley, finely chopped
- 2 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 1 tablespoon fresh lime juice
- $\frac{1}{2}$ cup fat-free or low fat mayonnaise
- $\frac{1}{2}$ cup part-skim ricotta cheese
- 1 cup shelled cooked Alaska Crab meat (King, Dungeness or Snow)
- Freshly ground black pepper
- 12 slices bread, preferably whole grain
- 12 slices sharp cheddar cheese, optional



Preparation:

1. Combine all ingredients except the bread slices and optional sliced cheese in a medium bowl and mix thoroughly.
2. Divide mixture among the 12 slices of bread, topping with cheese slices, if using.
3. Toast bread in oven or toaster oven until mixture is hot and bubbly and bread is lightly toasted on the bottom.

Yield: 3 cups spread, to make 12 open-faced sandwiches with $\frac{1}{4}$ cup spread on each

Nutrients per serving: calories 151; protein 12 gm; total fat 9.6 gm; sat fat 4 gm; cholesterol 40 mg; sodium 457 mg.

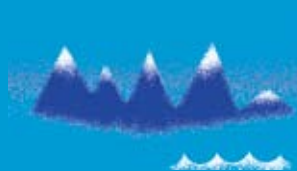
Note from Linda: My family has for years made a favorite dip using most of the above ingredients. When we recently had some leftover dip from a wedding and lots of crab after a successful outing to check the pots, I hit upon the idea of combining the dip with the crab. A little tinkering, and...yum! This spread also makes a great dip, served with tortilla chips.

Mango Nectarine Alaska Salmon

Recipe created by Carol Evans; submitted by Shelley Wallace

Ingredients:

- 1 whole Alaska Salmon, filleted (yield about 3 pounds fish)
- ½ cup sweet green pepper, diced
- ¼ cup yellow onion, diced
- 1 medium tomato, diced, seeds and membrane removed
- 3 tablespoons plus 1¾ cups water
- ¼ cup honey
- 3 tablespoons tomato paste
- 2 teaspoons corn starch
- 1 teaspoon salt
- 1 tablespoon white wine, optional
- Pinch of red pepper flakes, to taste
- 1 mango, diced
- 2 nectarines, diced
- 2 avocados, diced



Preparation:

1. Preheat oven to 350°F.
2. “Healthy” sauté onion, green pepper and tomato in 3 tablespoons water over medium heat in a large skillet until vegetables are softened, about 5 minutes. Stir frequently while cooking.
3. Mix remaining water, honey, tomato paste, cornstarch, salt, wine and red pepper flakes in a medium bowl until cornstarch has dissolved. Add mixture to sautéed vegetables, and cook over medium heat, stirring, until sauce is slightly thickened.
4. Remove mixture from heat and gently stir in the diced mango, nectarines and avocado.
5. Place salmon fillets side by side, skin side down, in a 9 x 13-inch baking dish lightly coated with cooking spray. Pour sauce over salmon and bake for about 30 minutes, depending on size of fish, until fish flakes easily with a fork.

Yield: Serves 8; approximately 6 ounces salmon per serving.

Nutrients per serving: calories 411; protein 39 gm; total fat 18 gm; sat fat 3 gm; omega-3 fatty acids 2.2 gm; cholesterol 77 mg; carbohydrate 25 gm; fiber 5 gm; sodium 380 mg.

This was the winning recipe in a 5-A-Day Cook-Off contest. It was developed by Carol Evans of Dillingham, Alaska and is used with her permission. A creative cook, Carol tinkered with a recipe originally passed on from her sister. It's fantastic with a salad and hunks of crusty bread.

Carol Evans was born and raised in the Bristol Bay region of Alaska and has fished commercially for forty years.

Shelley Wallace is a registered dietitian and is the Director of Health Education at Bristol Bay Area Health Corporation.





Alaska Halibut Chowder

Submitted by Jackie Chase

Ingredients:

- 3 medium potatoes, cubed (about $\frac{3}{4}$ pound)
- Water to cover, about 4 cups
- 2 slices bacon, finely diced OR 1 tablespoon olive oil (to reduce sodium and saturated fat)
- 1 small yellow onion, chopped
- 2 stalks celery, chopped
- 2 tablespoons unsalted butter
- 2 tablespoons all-purpose flour
- $\frac{1}{4}$ teaspoon white pepper
- $\frac{1}{2}$ teaspoon Worcestershire sauce
- 4 teaspoons reduced sodium chicken base
- 1 pound Alaska Halibut fillet, cut into 1-inch chunks
- 4 ounces evaporated 2% milk
- Italian seasoning, flaked



Preparation:

1. Cook potatoes in water over medium-high heat, covered, until tender. Drain, reserving cooking water.
2. Sauté bacon, onion, and celery over medium heat in a large kettle for 5 minutes or until lightly browned.
3. Add butter to onion mixture and stir until melted. Add flour, seasonings, and chicken base. Stir until blended. Cook 5 minutes, stirring occasionally.
4. Gradually add reserved water from cooking potatoes (and if necessary additional water, to total 1 quart liquid) to mixture while stirring, and cook until thickened.
5. Add halibut chunks and potatoes. Heat to 180°F. Just before serving, add the milk.
6. Garnish with a healthy pinch of flaked Italian seasoning.

Yield: 6 generous servings

Nutrients per serving: calories 299; protein 31.5 gm; total fat 9.5 gm, sat fat 3.4 gm; cholesterol 51 mg; carbohydrate 20 gm; fiber 1.5 gm; sodium 632 mg.

Note from Jackie: The original recipe serves a crowd of 50, as it is often served at community gatherings in the Bristol Bay region. This soup is delicious any time of year, since it can be made with fresh or frozen fish.

Jackie Chase is the Nutrition Care Director of Kakanak Hospital in Dillingham, where she lives and works enjoying some of the most beautiful scenery in the world -- and eating the best seafood!

The following methods of cooking Alaska Salmon are so simple they hardly qualify as recipes. Alaska seafood is so good on its own that many Alaskans (and their visitors) have found that using just a few ingredients is all it takes for an absolutely superb meal. Some coleslaw, some blueberry pie, could we ask for more?

Cindy Salmon (yes, that's her real name), a dietitian and fitness trainer in Fairbanks, submitted what is arguably the simplest salmon recipe around, and her family's all-time favorite. Cindy's business is called Jammin' Salmon, so that's now the name of the recipe.

Jammin' Alaska Salmon

Ingredients:

1 Alaska Salmon fillet
Olive oil
Several cloves of garlic, crushed
1 barbeque grill

Preparation:

Brush salmon fillet with olive oil. Press on lots of garlic.
Grill over medium coals, skin side down, covered, until fish flakes easily with a fork, about 7-10 minutes for each inch of thickness. Do not turn fish over while cooking.

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Thanks to Susan Hennon for remembering this delicious Alaska classic! She suggested a recipe (with several local variations) used in salmon bakes around Southeast Alaska. Many years ago the Juneau Empire published the 'secret sauce' recipe of Bill Leighty and Nancy Waterman (former owners of the Gold Creek Salmon Bake in Juneau) so we've included it here, with Nancy's permission.



Not-so-Secret Grilled Alaska Salmon or Halibut

Ingredients:

Melt one part butter or margarine. Stir in four parts brown sugar. Blend together well. Add as much – or as little – fresh lemon juice as you like. Variations: add a dash of Worcestershire or soy sauce, substitute lime juice for the lemon juice, add a sodium-free herb blend or some crushed garlic...you get the idea.

Preparation:

Grill Alaska Salmon or Alaska Halibut fillets (thawed if frozen) over medium coals. Start cooking the fish with the skin side up; when halfway through the cooking process, after about 7 to 10 minutes, depending on the size of the fish, turn fish over. After turning fish over, brush on the sauce with a pastry brush. The sauce will form a beautiful glaze. Fillets about 1½ inches thick need a total cooking time of 15-20 minutes.

Susan Hennon has lived in Juneau for over 20 years. She is currently the Coordinator of the SouthEast Alaska Regional Health Consortium (SEARHC) Women, Infants, Children Program. An accomplished cook, she still goes back to this basic recipe time and time again.



Baked Alaska Salmon with Mustard Sauce

Submitted by Linda Wild

Ingredients:

For mustard sauce:

6 tablespoons cider vinegar

3 tablespoons honey

3 tablespoons Dijon-style mustard

2 teaspoons corn starch

3 tablespoons orange juice

1 green onion, sliced diagonally into ¼-inch pieces

6 Alaska Salmon steaks, 5-6 ounces each

¼ cup olive oil

¾ cup dry bread crumbs

1 teaspoon paprika

1 teaspoon salt



Preparation:

1. Preheat oven to 450°F. Lightly grease a baking sheet.
2. To prepare mustard sauce: combine vinegar, honey and mustard in small saucepan. Blend in corn starch. Cook, stirring, over medium heat until mixture just boils and thickens. Remove from heat. Blend in orange juice and green onions. Keep warm until use.
3. Brush salmon steaks on both sides with olive oil, using a pastry brush. Combine bread crumbs, paprika and salt on a plate, and coat salmon steaks evenly with mixture.
4. Place salmon steaks on baking sheet, and bake until fish flakes easily when tested with a fork, about 10 minutes. Serve hot with 2½ tablespoons of mustard sauce spooned over each steak.

Yield: 6 servings

Nutrients per serving: calories 383; protein 33 gm; total fat 18 gm; sat fat 3 gm; omega-3 fatty acids 1.9 gm; cholesterol 64 mg; carbohydrate 20 gm; fiber 1 gm; sodium 555 mg.

This recipe is a popular feature on the menu at Bartlett Regional Hospital in Juneau. It's a colorful meal when served with a green vegetable and perhaps brown rice.





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