

QUICK & EASY RECIPES

ALASKA Surimi Seafood
ASK FOR ALASKA[®]



ALASKA SURIMI SEAFOOD ANTIPASTO

Makes 24 Appetizer Servings Prep Time: 15 minutes Cook Time: 10 minutes



1 **each** red and green bell pepper,
seeded and finely chopped
1/4 cup olive oil, divided
1 pound cauliflower, cut in small florets
8 oz. small fresh white button mushrooms, halved
2 cans (6 oz.) small pitted black olives, halved
1 jar (10 oz.) pimento-stuffed green olives, halved
1 lb. frozen pearl onions, thawed
1 can (14.5 oz.) cut whole green beans
1 jar (10 oz.) cornichons or tiny dill pickles, drained

2 cups catsup
1/4 cup white vinegar
2 teaspoons anchovy paste
12 oz. Alaska Surimi Seafood
(Imitation Crab)
Salt and pepper, to taste
1 French bread baguette, sliced
and toasted

In large nonstick pan, sauté bell peppers in 1 tablespoon olive oil until tender. Microwave cauliflower on medium-high heat (80% power) or steam until crisp-tender, about 2 minutes; add to peppers.

Stir in mushrooms, olives, onions, beans, and cornichons. Blend together catsup, vinegar, remaining olive oil, and anchovy paste. Pour over vegetables in pan. Simmer 5 minutes. Add Alaska Surimi Seafood chunks; season to taste with salt and pepper.

Cool to room temperature, then refrigerate one hour or until chilled. Serve with bread slices. Makes 8 cups.

Nutrients per serving: 110 calories, 5g total fat, .6g saturated fat, 36% calories from fat, 3mg cholesterol, 3g protein, 15g carbohydrate, 2g fiber, 938mg sodium, 35mg calcium and .1g omega-3 fatty acids.

ALASKA SURIMI SEAFOOD COBB SALAD

Makes 4 Servings Prep Time: 30 minutes

Green Goddess Dressing:

- 1 cup low-fat mayonnaise, or for a lighter version use non-fat mayonnaise
- 1 Tablespoon white wine
- 2 Tablespoons green onions, roughly chopped
- 2 Tablespoons fresh parsley, roughly chopped
- 2 Tablespoons fresh basil, roughly chopped
- 2 Tablespoons fresh dill, roughly chopped
- 1/2 teaspoon kosher salt
- Freshly ground black pepper, to taste

Salad:

- 4 cups mixed baby greens
- 1 lb. Alaska Surimi Seafood (Imitation Crab)
- 1/2 cup avocado, peeled and chopped
- 1/2 cup cooked bacon, crumbled
- 16 cherry tomatoes, halved
- 2 hard-cooked eggs, peeled and chopped

Dressing: Combine all ingredients in food processor. Pulse processor 5 to 6 times to chop the herbs. Run processor for an additional 60 seconds, or until the herbs are puréed and dressing is green. Pour dressing into a jar with a lid and refrigerate.

Salad: Toss greens in a large bowl with 1/2 to 3/4 cup of the dressing. Arrange dressed greens on four plates. Lay a row of Alaska Surimi Seafood across the center of each salad. Arrange remaining ingredients on both sides of surimi. Drizzle dressing over each salad to serve.



Nutrients per serving (using non-fat mayonnaise): 291 calories, 11g total fat, 3g saturated fat, 34% calories from fat, 144mg cholesterol, 24g protein, 25g carbohydrate, 4g fiber, 1926mg sodium, 74mg calcium and .8g omega-3 fatty acids.

SAVORY ALASKA SURIMI MELT SANDWICHES

Makes 3 to 6 Servings Prep Time: 10 minutes Cook Time: 2 minutes



- 12 oz. Alaska Surimi Seafood (Imitation Crab)
- 1/2 cup chopped celery
- 1 Tablespoon chopped chives or green onions
- 1/3 cup low-fat mayonnaise
- 2 teaspoons Dijon-style mustard
- 1 teaspoon lemon pepper seasoning
- 3 English muffins, split
- 6 slices (about 1 oz. each) or 1-1/2 cups shredded Cheddar, pepper-jack, or Swiss cheese

Blend together Alaska Surimi Seafood, celery, chives, mayonnaise, mustard, and lemon pepper seasoning; set aside.

Toast or broil muffin halves. Portion about 1/3 cup seafood on cut side of each muffin. Top each sandwich with cheese slice or 1/4 cup shredded cheese. Broil or microwave until cheese melts.

Nutrients per serving (six servings): 287 calories, 15g total fat, 7g saturated fat, 48% calories from fat, 46mg cholesterol, 16g protein, 21g carbohydrate, 1g fiber, 1016mg sodium, 266mg calcium and .5g omega-3 fatty acids.

ALASKA SURIMI SEAFOOD DIPPING SAUCE TRIO

Makes 4 to 6 Servings Prep Time: 20 minutes

12 to 16 oz. Alaska Surimi Seafood (Imitation Crab)

Arrange Alaska Surimi Seafood on serving platter; serve with the following sauces:

Asian

1/3 cup soy sauce

2 Tablespoons water

1 Tablespoon **each** sugar, rice vinegar, and sesame oil

1/2 teaspoon minced garlic

2 green onions, sliced

Blend all ingredients; cover until serving.

Americana

1/2 cup catsup

1 Tablespoon creamy horseradish

1 teaspoon **each** packed brown sugar
and minced onion

1/2 teaspoon fresh lemon juice

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 **each** cayenne pepper, cumin,
dried dill weed, and oregano

Blend all ingredients; cover and refrigerate until serving.

ALASKA SURIMI SEAFOOD BREAKFAST BAKE

Makes 4 to 6 Servings Prep Time: 10 minutes Cook Time: 20 minutes



- 1 large bell pepper, cut into strips
- 2 cups sliced mushrooms
- 1 can (4 oz.) sliced olives, drained
- 1/3 cup green onions, sliced
- 12 oz. Alaska Surimi Seafood (Imitation Crab)
- 1-1/2 to 2 teaspoons Cajun, Creole, or Mexican seasoning
- 1 cup (4 oz.) shredded Colby Jack or Mexican cheese blend, divided
- 8 eggs
- 3/4 cup water

Preheat oven to 400°F.

Spray coat a 9- to 10-inch baking dish. Place peppers, mushrooms, olives, and green onions in baking dish. Sprinkle seasoning over Alaska Surimi Seafood; stir to coat. Add surimi and 3/4 cup cheese to baking dish. Blend eggs and water; pour over surimi. Top with remaining 1/4 cup cheese.

Bake 18 to 20 minutes, until puffed and center is firm.

Nutrients per serving: 324 calories, 19g total fat, 8g saturated fat, 52% calories from fat, 374mg cholesterol, 24.5g protein, 14g carbohydrate, 2g fiber, 1171mg sodium, 240mg calcium and .5g omega-3 fatty acids.



ALASKA SURIMI SEAFOOD LETTUCE CUPS

Makes 4 Servings (8 lettuce cups) Prep Time: 30 minutes

- 12 oz. Alaska Surimi Seafood (Imitation Crab)
- 1-1/2 cups cooked rice (preferably short grain Japanese rice)
- 1/2 cup cucumber, peeled, seeded and chopped
- 1/2 cup avocado, peeled and chopped
- 1 cup Asian-style salad dressing, bottled (preferably with ginger and wasabi), or for a lighter version use a low- or non-fat dressing
- 1/4 cup pickled ginger, chopped, optional garnish
- 1/2 cup toasted nori (seaweed), optional garnish
- 3 Tablespoons toasted sesame seeds, garnish
- 1 head iceberg lettuce

Lettuce cups: Cut off the bottom third of the lettuce head. Soak lettuce top in ice water for 10 minutes – this will help separate the leaves. Carefully separate the outer lettuce leaves, one at a time, to make the cups. Using scissors, trim each lettuce cup to form circles. A head of iceberg should yield 8 to 10 lettuce cups. Save the lettuce core for a chopped lettuce salad.

Salad: Combine Alaska Surimi Seafood, cooked rice, cucumber and avocado in a large bowl. Add salad dressing; toss to coat all ingredients. Place lettuce cups on a large plate and fill each with about 1/2 cup of the surimi-rice filling. Garnish with pickled ginger (optional), nori (optional) and sesame seeds to serve.

Nutrients per serving (using non-fat salad dressing): 295 calories, 7g total fat, .7g saturated fat, 23% calories from fat, 17mg cholesterol, 13.5g protein, 42g carbohydrate, 2g fiber, 1219mg sodium, 19mg calcium and .6g omega-3 fatty acids.

SOUTHWESTERN SURIMI WRAP

Makes 4 Serings Prep Time: 12 minutes

- 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
- 1 pound Alaska Surimi Seafood (Imitation Crab)
- 2 teaspoons mesquite or Mexican seasoning
- 4 flour tortillas (10- to 12-inch), 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 of 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 and .9g omega-3 fatty acids.

ALASKA SURIMI SEAFOOD PORTOFINO SOUP

Makes 6 Servings Prep Time: 15 minutes Cook Time: 20 minutes



2 Tablespoons olive oil
1 large onion, diced
1 cup thinly-sliced celery
1 cup thinly-sliced fresh fennel
OR 2 teaspoons dried fennel
1 package (5 to 6 oz.) baby leaf spinach
2 Tablespoons chopped fresh basil
1-1/2 teaspoons minced garlic
1 teaspoon dried oregano
1/4 teaspoon red pepper flakes

1/8 teaspoon saffron
OR 1/2 teaspoon turmeric
1/2 cup dry white wine
12 oz. clam juice
2 cups fat-free chicken
OR vegetable broth
12 oz. marinara sauce
Kosher salt, to taste
1 pound Alaska Surimi Seafood
(Imitation Crab)

Heat oil in large pot. Stir in onion, celery, and fennel. Sauté until tender, about 8 to 10 minutes.

Stir in spinach, basil, garlic, oregano, red pepper, and saffron; cook until spinach is wilted. Stir in wine; bring to boil and simmer 1 minute. Blend in clam juice, broth, and marinara sauce. Simmer an additional 5 to 10 minutes, stirring occasionally. Add salt to taste.

To serve, divide Alaska Surimi Seafood among six soup bowls. Fill bowls with 1-1/2 cups soup.

Nutrients per serving: 209 calories, 8g total fat, 1g saturated fat, 31% calories from fat, 17mg cholesterol, 12g protein, 22g carbohydrate, 2.5g fiber, 1397mg sodium, 97mg calcium and .6g omega-3 fatty acids.

ALASKA SURIMI SEAFOOD THAI SALAD

Makes 4 Servings Prep Time: 15 minutes

- 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 oz. 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 slices of fruit on a serving plate and top with about 1-1/2 cups of 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 and .6g omega-3 fatty acids.

ALASKA SURIMI SEAFOOD COMPOSED SALAD

Makes 4 Servings Prep Time: 15 minutes

- 1 jar (12 oz.) marinated artichokes, quartered
- 12 oz. Alaska Surimi Seafood (Imitation Crab)
- 2 packages (5 to 6 oz. each) prepared romaine lettuce or mixed salad greens
- 4 large hard-cooked eggs, quartered or sliced
- 4 Roma tomatoes, cut in wedges
- 2 avocados, peeled and diced
- 1 can (4 oz.) sliced ripe olives, drained
- 1 cup crumbled cooked bacon
- 1-1/3 cup favorite creamy bottled dressing*

Drain artichokes, reserving marinade. Pour reserved marinade over Alaska Surimi Seafood in bowl; set aside.

On each of four large serving plates or salad bowls, divide and place salad greens. Portion one-quarter of eggs, tomatoes, avocados, olives, artichokes, and bacon over salad greens. Top with drained surimi and 1/3 cup salad dressing.

*A signature dressing made by blending 2/3 cup low-fat mayonnaise, 1/3 cup chili sauce, 1 Tablespoon minced green onions, 2 teaspoons lemon juice, 1 teaspoon prepared horseradish, and 1/8 teaspoon cayenne may be substituted for bottled dressing.

Low-Fat Variation: Substitute 1 cup non-fat salad dressing, artichokes packed in water and turkey bacon; reduce the number of eggs to two.



Nutrients per serving (low-fat variation): 559 calories, 28g total fat, 5g saturated fat, 44% calories from fat, 136mg cholesterol, 24g protein, 57g carbohydrate, 13g fiber, 2547mg sodium, 119mg calcium and .8g omega-3 fatty acids.

IMITATION IS THE SINCEREST FORM OF FLATTERY

Alaska Surimi Seafood is an easy and economical way to give your family the flavor of real Alaska shellfish. Alaska Surimi Seafood is made with genuine Alaska Pollock and real seafood flavoring.

Naturally low in fat, cholesterol and calories, Alaska Surimi Seafood is an excellent source of high-quality protein, and a good source of omega-3 fatty acids. Mild-tasting, snow-white Alaska Pollock is a member of the Cod family. This wild fish is harvested in the icy, clear waters of the Bering Sea and Gulf of Alaska giving Alaska Surimi Seafood its superior flavor.

Accept no substitutes! Be sure the label says Alaska Pollock or ask your local retailer for Surimi Seafood made from genuine Alaska Pollock.

For more information and recipes visit the Alaska Seafood Marketing Institute at **www.wildalaskaflavor.com**



Wild, Natural & Sustainable™

311 N. Franklin, Suite 200 Juneau, AK 99801-1147 (800) 478-2903 (907) 465-5560