

## Top 9 Tasty and Healthy Sea Food Recipes for a Better Heart

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Seafood is creating all the right noises in the health circuit. It has tonnes of health benefits and you need to include them in your diet! It is a toast of most health conscious people. Filled with tons of nutrients it is a tasty option for you to partake. If you include one portion of sea food in your weekly diet, you can [reduce your chances of suffering from heart ailments](#). Reason enough for you to start eating sea food if you haven't started already. Before you make a healthy seafood list, check the awesome benefits of seafood and try to include them in your diet at least thrice a week.



### Benefits of Seafood Recipes

Is eating fish every day healthy? Yes, I know, you must be worried about that! But, keep yourself abreast of all the health benefits of seafood and start including them in your diet.

- **Low in fat** – How can a food as delicious as sea fish or seafood have a low fat content? Yes, it's true! Prawns, squids, octopuses, you are big fans of anything that swims in the sea, but do you know they have a very low-fat percentage? Thus, heart- friendly as well!
- **Fish is low in cholesterol** – Another plus! Too much saturated fat ups your cholesterol levels. What it really contains is unsaturated fat, which is good for your heart.
- **High in protein** – Seafood is also high in proteins, which are the essential building blocks for the body. The protein content of seafood can be compared to that of chicken and meat.

- **Full of omega-3 fatty acids** – It is essentially mono-saturated fatty acids that helps the body utilize these fats for many important functions. This information on seafood can make you reach out for your scallops or shrimps the next time you order at a restaurant.
- **Full of vitamins and minerals** – Seafood is [full of important minerals](#) like iodine, potassium, phosphorous and zinc. It is also a good source of B- vitamins, and vitamins A and D.
- **Improve skin and hair** – The healthy fats in seafood help to [keep your skin luminous and shiny](#). The con of being on a low-fat diet is that hair and skin gets badly affected. Not if you add fish to your diet though.
- **Boosts brain development** -The EFA contained in Omega -3 fatty acids in the fish can accelerate brain development in children.
- **Fights depression** – It is said that omega-3's in fish can fight depression and even control post-partum depression in women after delivering children. It just answers the question why is seafood important in our diets?

There are many of us who aren't very acquainted with seafood, let alone know about different recipes to cook them. Baked, basted, barbecued or steamed, you can have your plateful of crab or shrimp the way you want them. Don the chef's cap and turn your kitchen into a gourmet haven. The following recipes will help you to incorporate seafood into your menu. Check out these healthy seafood recipes.

## Grilled Halibut

There's nothing like a melt-in-the-mouth grilled fish, [marinated with the right dose of herbs](#). It gives tasty a whole new meaning altogether.



### Salsa:

- 1 1/3 cups coarsely chopped peeled yellow peaches (about 1 pound)
- 1 cup chopped red bell pepper (about 1 medium)
- 1/3 cup thinly sliced green onions
- 1/3 cup chopped fresh arugula
- 1/4 cup fresh lemon juice (about 2 lemons)
- 4 teaspoons chopped fresh oregano
- 1/8 teaspoon salt

- 1/2 habanero pepper, seeded and minced
- 1 garlic clove, minced

## Fish:

- 4 teaspoons fresh lemon juice
- 4 teaspoons olive oil
- 1/2 teaspoon paprika
- 1 garlic clove, minced
- 4 (6-ounce) skinless halibut fillets
- 3/8 teaspoon salt
- 3/8 teaspoon freshly ground black pepper
- Cooking spray

### Preparation

1. For the preparation of salsa, combine the first nine ingredients; toss gently. Let stand 30 minutes before serving.
2. Prepare the grill to high heat.
3. To prepare the fish, combine 4 teaspoons juice, oil, paprika, and 1 garlic clove in a large, shallow glass baking dish, constantly stirring with a whisk. Add fish to juice mixture; turn to coat. Cover and let stand for about 15 minutes or so.
4. Remove the fish from marinade. Sprinkle fish evenly with 3/8 teaspoon salt and black pepper. Place fish on a grill rack coated with cooking spray; grill for 3 minutes on each side or until you find that it is done. Serve fish with salsa.

## Shrimp with Pasta

Pasta is an eternal favorite with most of us; add to that the delicious shrimp and this is a winner by any standard.



### Ingredients

- 8 ounces linguine
- 3 tablespoons extra-virgin olive oil, divided
- 1-pound large shrimp, peeled and deveined
- 6 tablespoons unsalted butter
- 6 garlic cloves, minced
- 1/4 teaspoon dried crushed red pepper

- 1/4 cup coarsely chopped fresh parsley
- 2 teaspoons lemon zest
- 1 tablespoon fresh lemon juice
- 3/4 teaspoon salt

#### Preparation

1. Cook pasta in boiling and salted water according to the instructions given on the packet.
2. Heat 1 tablespoon oil in a large nonstick skillet over reasonably high heat. Add half of the shrimp, and cook for 1 minute on each side or until opaque. Transfer shrimp to a plate, cover and keep warm. Repeat the same procedure with 1 tablespoon oil and remaining shrimp.
3. Melt butter over medium heat in the same skillet. Add remaining 1 tablespoon oil, garlic, and red pepper; sauté 3 minutes or until garlic turns brown. Add the cooked shrimp, parsley, lemon zest and juice, and salt; cook for about 1 minute. Add the pasta, and cook for another 1 minute or until hot, tossing constantly. Serve it hot.

### Honey Salmon

Salmon is considered one of the healthiest foods in the world. The bio-active protein molecules [help to stall inflammation](#) on its tracks, special support for joint cartilage and good response to insulin sensitivity. A benefit of eating salmon thus has to be emphasized upon.



#### Ingredients

- 4 tablespoons honey
- 1 tablespoon soy sauce
- 1 tablespoon Dijon mustard
- 1 teaspoon seasoned rice wine vinegar
- 1/4 teaspoon dried crushed red pepper
- 1-pound fresh medium asparagus
- 8 ounces' fresh green beans, trimmed
- 1 small orange, cut into 1/4- to 1/2-inch slices
- 1 tablespoon olive oil
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 4 (5- to 6-oz.) fresh salmon fillets
- Garnish: toasted sesame seeds

### Preparation

1. Preheat broiler with oven racks. Whisk together the honey and next 4 ingredients in a small bowl.
2. Cut off the hard ends of asparagus. Place the asparagus, green beans, and next 4 ingredients in a large bowl, and blend well to coat.
3. Place the salmon in the center of a heavy-duty aluminum foil-lined sheet pan. Brush salmon with about 2 Tbsp. of the honey mixture. Spread asparagus mixture around salmon.
4. Broil 4 minutes; remove from the oven, and brush salmon with about 2 Tbsp. honey mixture. Return to oven, and broil 4 minutes more. Remove it from oven, and brush salmon with remaining honey mixture. Return to oven, and start broiling for 2 minutes more. Serve hot!

### Fish Patties

Since salmon is such a popular fish with fitness enthusiasts and nutritionists, we will check out another recipe which is spicy and tasty.



### Ingredients

- 1/4 cup organic canola mayonnaise (such as Spectrum), divided
- 4 teaspoons fresh lemon juice, divided
- 2 1/2 teaspoons Dijon mustard, divided
- 1/4 cup finely chopped green onions
- 2 tablespoons minced red bell pepper
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/8 teaspoon ground red pepper
- 2 (6-ounce) packages skinless, boneless pink salmon
- 1 large egg, lightly beaten
- 1 cup panko (Japanese breadcrumbs)
- 1 tablespoon canola oil
- 1 tablespoon chopped fresh parsley
- 1 teaspoon finely chopped capers
- 1/2 teaspoon minced garlic
- 1/8 teaspoon salt

## Preparation

1. Combine 2 tablespoons of mayonnaise, 1 tablespoon of juice, 1 1/2 teaspoons mustard, and next 7 ingredients blending well. Add the panko; toss well. Shape the mixture into 8 patties.
2. Heat the oil in a large skillet over medium heat. Add patties; cook 5 minutes on each side until they are suitably brown.
3. Combine the remaining mayonnaise, juice, and mustard with parsley, capers, garlic, and salt, keep stirring well.

## Crab Cakes:

The succulent meat protected by the hard red shell is an enticing piece of seafood. There's ???



## Ingredients

- 1-pound jumbo lump crabmeat, shell pieces removed
- 2 tablespoons finely chopped green bell pepper
- 1 1/2 tablespoons canola mayonnaise
- 1/4 teaspoon black pepper
- 2 green onions, finely chopped
- 1 large egg, lightly beaten
- 1 cup panko, divided
- 2 tablespoons canola oil, divided

## Remoulade:

- 1/4 cup canola mayonnaise
- 2 teaspoons minced shallots
- 1 teaspoon chopped fresh tarragon
- 1 teaspoon chopped fresh parsley
- 1 1/2 teaspoons Dijon mustard
- 3/4 teaspoon capers, chopped
- 3/4 teaspoon white wine vinegar
- 1/4 teaspoon ground red pepper
- Mixed Greens Salad

## Preparation

1. To prepare the crab cakes, drain the crab meat with the help of several layers of paper towels. Combine the crab meat, bell pepper, and the next 4 ingredients, tossing gently. Stir in 1/4 cup panko. Place the remaining 3/4 cup panko in a shallow dish.
2. Divide the crab mixture into 8 equal portions. Make 4 portions into 3/4-inch-thick patties; dredge in the panko. Heat a large nonstick skillet over medium-high heat. Drizzle 1 tablespoon of oil. Add dredged patties; cook 3 minutes on each side or until it turns golden. Shift from the pan. Repeat the procedure with the remaining crab mixture, panko, and oil.
3. To prepare Remoulade, blend with 1/4 cup mayonnaise and remaining ingredients; serve hot with crab cakes.

## Sesame Tuna

Sesame seeds pack a lot of [calcium and antioxidants](#). Add to it Omega 3 fatty acid tuna and you have a dish full of vitamins, minerals, and essential fatty acids.



## Ingredients

- 1 tablespoon chopped green onions
- 2 tablespoons low-sodium soy sauce
- 2 tablespoons fresh orange juice
- 1 tablespoon rice vinegar
- 1 teaspoon brown sugar
- 1 teaspoon grated lemon rind
- 2 teaspoons fresh lemon juice
- 2 teaspoons honey
- 1 1/4 teaspoons prepared wasabi paste
- 1 teaspoon grated peeled fresh ginger
- 2 teaspoons vegetable oil
- 4 (6-ounce) tuna steaks (about 3/4 inch thick)
- 1/4 teaspoon salt
- 3 tablespoons sesame seeds
- 2 tablespoons black sesame seeds
- Sliced green onions (optional)

### Preparation

1. Blend in the first 10 ingredients, whisking it briskly.
2. Heat the oil in a large nonstick skillet over high heat. Sprinkle tuna with salt. Combine sesame seeds in a shallow dish. Coat tuna in sesame seeds. Add tuna to pan; cook 3 minutes on each side or until you get the desired degree of brownness. Garnish with green onions, if desired. Serve tuna with sauce.

### Fish Roast

Indian spices go very well with sea fish. The flavor of the spices gives it a wonderful taste and color! If you prefer your fish curry to be hot and spicy this is one recipe which you can surely try.



### Ingredients

- 8-9 medium sized fish fillet washed
- 1 1/2 tbsp. Ginger-garlic paste
- Juice of one lemon
- Pinch cumin powder
- Large pinch coriander powder
- Pinch turmeric powder
- 1 1/2 tsp red chili powder
- Salt to taste
- 1 1/4 tbsps. Oil
- Handful of curry leaves

### Preparation:

1. Blend the ginger garlic paste, lemon juice, salt, red chili powder, turmeric powder, cumin powder and coriander powder in a flat dish. Apply this marinade lightly to the fish pieces and keep aside for about 20-30 minutes.
2. Heat the oil in a non-stick pan, add few curry leaves till the oil starts spitting, place the marinated fish and fry for 14-15 minutes on low to medium flame.
3. Once it's nicely browned, flip it over carefully to the other side and roast fish for another 10-12 minutes till it gets suitably browned.
4. Serve hot with onion rings and lemon wedges.



## Prawn Stir Fry

Whenever we think of seafood, the image of prawns immediately comes to our mind. They are a good protein source and also rich in calcium, iron and zinc. So this is a melting pot of the delicious and the healthy.



### Ingredients:

- 500 grams de-veined prawns or shrimp
- 2 onions, finely sliced
- 2 slit green chillies
- 2 tsp ginger garlic paste
- 1 1/2 tsp. Red chili powder
- 1/4 tsp. Turmeric powder
- 1 1/4 tsp. Coriander powder
- 1/4 tsp. Cumin powder
- Garam masala powder (3 cloves, 1" cinnamon stick, 1 elaichi)
- 1 tbsp. lemon juice (optional)
- Salt to taste
- 15-20 curry leaves
- 1/2 tbsps. Oil

### Preparation:

1. Marinate the prawns in the ginger garlic paste, chili powder, turmeric powder, coriander powder, cumin powder, lemon juice and salt for 20-30 minutes.
2. Add a small cup of water to the marinated prawns and bring to a boil, reduce to medium flame cook for about 4-5 minutes. Turn off the heat and the excess water.
3. Heat oil in a pan, add the sliced onions, green chillis, and curry leaves and sauté' till the onions turn a light caramelized brown, approx. 8-10 minutes. Add the cooked prawns and garam masala powder and stir fry for 3-4 minutes. Adjust salt and turn off heat. Serve hot as a starter or as a stir fry with rice.

## Grilled Triggerfish

A healthy way to cook fish will be to grill it. With the amalgamation of herbs and spices, it can give stiff competition to the fried stuff.



### Ingredients

- 4 (6 oz.) triggerfish fillets
- Vegetable cooking spray
- Tablespoons extra virgin olive oil
- 1/2 teaspoon table salt
- 1/4 teaspoon freshly ground black pepper

### Preparation

1. Pat fillets dry with paper towels, and let stand at room temperature 10 minutes. Meanwhile, coat cold cooking grate of grill with cooking spray, and preheat grill to 400° heat.
2. Brush both sides of fish with olive oil; sprinkle with salt and pepper. Place fish on the grate, and grill, covered with the grill lid, for about 4 minutes or till the time there is grill marks on the fish.
3. Carefully turn fish over, using a metal spatula, and grill, without grill lid, for 2 minutes or just until fish separates into moist chunks when gently pressed.

### Ingredients

- 1 1/2 pounds large, peeled, and deveined raw shrimp
- 1 tablespoon olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 (12-oz.) jar roasted red peppers, drained
- Parchment paper
- 1/4 cup slivered almonds, toasted
- 2 garlic cloves
- 2 tablespoons extra virgin olive oil
- 1 1/2 tablespoons red wine vinegar
- 1 tablespoon fresh lemon juice
- Garnishing: chopped fresh flat-leaf parsley, sliced chives

### Preparation

1. Preheat oven to 425°. Blend the shrimp and next 3 ingredients in a large bowl. Place shrimp in a single layer on a parchment paper-lined pan.
2. Process roasted peppers and next 5 ingredients in a blender and blend it until smooth. Pour 1/2 cup sauce over the shrimp.
3. Roast the fish for about 4 minutes till the shrimp's turn a shade of pink. Serve hot with the little amount of sauce left.

Seafood can be a nice change from the regular menu. There has been some negative information on seafood, as sea fish might sometimes be contaminated by methylmercury. It is toxic to the nervous system, especially the brain. But consumers need to make smart choices, choosing locally sourced fishes, which will be low in mercury. Choose wise, and [you will get the dual benefits of health and taste.](#)

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