

May 21, 2020

Release Date: May 27, 2020 PRINTED 6-3-20

Deborah Rhoades, MA, RD, FAND
Extension Educator, Family & Consumer Sciences

TIME TO SAVOR MARYLAND SEAFOOD

Summer is just around the corner....my favorite time of year! I love the longer days, sound of crickets, and excitement of seeing that first fire fly light up the sky. Life dances to a slower beat, a waltz instead of Zumba. Meals are simple to create, just fire up the grill and grab some produce from your local farm.

Now is time to savor seafood and diversify your menu offerings. Local fish and seafood, straight from the Chesapeake Bay, are available at *Lighthouse Seafood and Deli* located at 12051 Old National Pike in New Market, Maryland. They are open Wed-Sat from 10am-6pm and Sunday 10am-5pm. Call 301-865-8925 to place your order for carryout. For selections <https://www.lighthousetseafoodanddeli.com/> or check them out on Instagram, and Facebook.

Research shows multiple health benefits of eating seafood which provides protein, healthy omega-3 fats (called DHA and EPA), vitamin B12, vitamin D, iron, and minerals like selenium, zinc, and iodine. The 2015-2020 Dietary Guidelines for Americans recommend at least 8 ounces of seafood (less for young children) per week based on a 2,000 calorie diet. A variety of seafood is recommended and Marylanders have access to some of the tastiest seafood on the East Coast.

Seafood is a large category of marine animals. They live in the sea and also in lakes and rivers. Seafood includes fish, such as salmon, tuna, trout, and tilapia, and shellfish, such as shrimp, crab, and oysters. Eating a variety, as opposed to just a few choices, is likely to reduce the amount of methyl mercury consumed from any one seafood type.

Women who are pregnant or breastfeeding should consume between 8 and 12 ounces of a variety of seafood per week, from choices that are lower in mercury. Women who are pregnant or breastfeeding should NOT eat these six types of fish - king mackerel, marlin, orange roughy, shark, swordfish, tilefish, and tuna (bigeye) because they are especially high in methyl mercury. Additionally they should limit intake of white and yellow fin tuna to 6 ounces per week for the same reason.

Some fish caught by family and friends, such as largemouth carp, catfish, trout and perch, are more likely to have fish advisories due to mercury or other contaminants. State advisories will tell you how often you can safely eat those fish. Maryland provides an interactive map to guide you at <https://mdwin64.mde.state.md.us/WSA/FCA/index.html>

The Food and Drug Administration published this chart to guide consumers. Make a copy to post inside your kitchen cabinet for reference or take a photo to access on your phone.

Best Choices EAT 2 TO 3 SERVINGS A WEEK			OR	Good Choices EAT 1 SERVING A WEEK		
Anchovy	Herring	Scallop	Bluefish	Monkfish	Tuna, albacore/ white tuna, canned and fresh/frozen	
Atlantic croaker	Lobster, American and spiny	Shad	Buffalofish	Rockfish	Tuna, yellowfin	
Atlantic mackerel	Mullet	Shrimp	Carp	Sablefish	Weakfish/ seatrout	
Black sea bass	Oyster	Skate	Chilean sea bass/ Patagonian toothfish	Sheepshead	White croaker/ Pacific croaker	
Butterfish	Pacific chub mackerel	Smelt	Grouper	Snapper		
Catfish	Perch, freshwater and ocean	Sole	Halibut	Spanish mackerel		
Clam	Pickering	Squid	Mahi mahi/ dolphinfish	Striped bass (ocean)		
Cod	Plaice	Tilapia		Tilefish (Atlantic Ocean)		
Crab	Pollock	Trout, freshwater				
Crawfish	Salmon	Tuna, canned light (includes skipjack)				
Flounder	Sardine	White fish				
Haddock		Whiting				
Hake						
Choices to Avoid HIGHEST MERCURY LEVELS						
	King mackerel	Shark		Tilefish (Gulf of Mexico)		
	Marlin	Swordfish		Tuna, bigeye		
	Orange roughy					
<p>* Some fish caught by family and friends, such as larger carp, catfish, trout and perch, are more likely to have fish advisories due to mercury or other contaminants. State advisories will tell you how often you can safely eat those fish.</p> <p> www.FDA.gov/fishadvice www.EPA.gov/fishadvice EPA United States Environmental Protection Agency FDA U.S. FOOD & DRUG ADMINISTRATION </p>						

Here are some seafood recipes to try. For dessert try my lemon pie!

CRAB QUESADILLAS

- 1 pound crab meat, cartilage and shell removed
- Vegetable cooking spray
- 1 cup onion, chopped
- 1/3 cup red bell pepper, chopped
- 1/3 cup green bell pepper, chopped
- 1/4 cup lite cream cheese
- 3 tablespoons jalapeno chilies, diced
- 2 tablespoons lite mayonnaise
- 2 teaspoons lemon juice
- 1 tablespoon parsley, minced
- 1/4 teaspoon black pepper
- 10 flour tortillas
- 1 cup tomatoes, diced
- 5 ounces low-fat Monterey Jack, cheese, shredded

Coat a nonstick skillet with vegetable cooking spray. Sauté onion and bell peppers 1-2 minutes. Add cream cheese and jalapeno chilies. Remove from heat and stir the cheese to soften. Mix mayonnaise, lemon juice, parsley, and pepper. Stir into onion mixture. Gently stir in the crab meat. Spread crab mixture on half of each tortilla. Sprinkle with tomato and cheese. Fold tortillas in half and press firmly. Place on greased cookie sheet. Bake at 350° for 6-8 minutes. Cut into wedges and serve with salsa. Serves 10. Note—could heat on the grill too.

ORZO PASTA SALAD WITH CRABMEAT

Vinaigrette: 2 1/2 cups prepared red wine vinaigrette
2 cloves garlic, finely chopped
4 tablespoons finely chopped fresh thyme (or 2 Tbsps. dried)
4 tablespoons finely chopped fresh basil (or 2 Tbsps. dried)

Salad: 16 ounces orzo pasta, cooked al dente, rinsed and drained
1 to 1 1/2 pounds crabmeat, shell and cartilage removed
2 yellow bell peppers, seeded and finely diced
1 red bell pepper, seeded and finely diced
2 medium tomatoes, coarsely chopped
2 bunches fresh basil, cut into thin strips
1/2 cup reduced-fat feta cheese, crumbled

To prepare vinaigrette: whisk together all ingredients in a medium bowl. Set aside. *To prepare salad:* In a large bowl, place cooked orzo pasta. Add crab, yellow and red peppers, tomatoes, basil, and feta. Toss salad with 2/3 of the vinaigrette, reserving the rest. Chill the dressed salad for at least 2 hours to let the flavors develop. At serving time, check salad for flavor and add more dressing if necessary. Serves 8-10.

GINGERED-GLAZED SHRIMP KABOBS

1 1/4 pounds fresh or frozen large shrimp in shells
1 cup bottled barbecue sauce
2/3 cup unsweetened pineapple juice
2 tablespoons cooking oil
4 teaspoons grated gingerroot or 1 1/2 teaspoons ground ginger
1/4 of a fresh pineapple, cut into wedges

Thaw shrimp, if frozen. For sauce, stir together barbecue sauce, pineapple juice, oil, and gingerroot in a medium bowl. Set aside.

Peel and devein shrimp, leaving tails intact. Thread shrimp onto 6 long skewers; brush with sauce. Grill shrimp on rack of an uncovered grill directly over medium-hot coals for 10 to 12 minutes or till opaque, turning once halfway through grilling time and brushing with sauce the last 2 minutes of grilling.

Thread pineapple wedges onto 3 long skewers. Add pineapple skewers to grill for the last 5 minutes of cooking; turning once and brushing with sauce halfway through grilling time.

Heat remaining sauce to boiling; serve with shrimp & pineapple for dipping. Store remaining sauce, covered, in refrigerator for up to 1 week. Makes 6 servings.

DEBBIE'S LEMON PIE

1 graham cracker piecrust
1/2 cup freshly squeezed lemon juice
1 can Eagle Brand condensed milk
8 ounce container frozen whipped topping

Take whipped topping out of the freezer to thaw for 45 minutes. Squeeze fresh lemons. Mix together lemon juice and condensed milk. Fold in whipped topping. Pour into graham cracker piecrust and freeze until ready to serve. Store uneaten pie in refrigerator.

Welcome in the summer and stay safe!!

For more information about the University of Maryland Extension Frederick County Office check out our website <http://extension.umd.edu/frederick-county> University of Maryland Extension programs are open to all persons and will not discriminate against anyone because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry, or national origin, marital status, genetic information, or political affiliation, or gender identity and expression.

Deborah Rhoades, MA, RD, FAND, is a licensed Registered Dietitian, Fellow of the Academy of Nutrition Dietetics, and Extension Educator in Family and Consumer Sciences.

DR:ls