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

## SAVOR MARYLAND SEAFOOD

Summer...my favorite time of year! I love the longer days, sound of crickets, and excitement of seeing that first fire fly light up the night. 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. Local fish and seafood, straight from the Chesapeake Bay, are also available at *Lighthouse Seafood and Deli* in New Market, Maryland.

Research is mounting on the health benefits of eating seafood, which includes fish and shellfish. Seafood provides protein; healthy omega-3 fats (called DHA and EPA); more vitamin B12 and vitamin D than any other type of food; iron and other minerals like selenium, zinc, and iodine. It is specifically addressed as part of the healthy eating patterns in the 2015-2020 Dietary Guidelines for Americans. Two key findings – One, eating seafood offers heart health benefits. Two, eating seafood when pregnant or breastfeeding is related to better health outcomes for the mother's baby.

In 2017 the Food and Drug Administration (FDA) and Environmental Protection Agency (EPA) issued advice regarding eating fish. This can guide women who are pregnant or may become pregnant - as well as breastfeeding mothers and parents of infants and young children – on fish that are nutritious and safe to eat. You can download the chart at <https://www.fda.gov/media/102331/download>, and post it on your refrigerator as a reminder.

Adults should have 8 ounces or more weekly, children less based on age and calorie needs. Seafood is a large category of marine animals that live in the sea and also in lakes and rivers. 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. The chart categorizes seafood in best choices, good choices, and choices to avoid.

Here are some of our favorite seafood recipes. For dessert try my lemon pie. Enjoy the meal and the summer!

### GRILLED MARYLAND BLUEFISH

2 pounds bluefish fillets without skin  
2 cups Italian dressing  
2 lemons, cut in wedges

### **GRILLED MARYLAND BLUEFISH** (continued)

Place bluefish fillets in a baking dish. Pour dressing over fillets, cover and refrigerate for 2 hours. Place fillets on a hot, oiled grill. Baste fillets frequently with dressing and cook for about 10 minutes. Turn and baste again. Fillets are done when they just begin to flake when tested with a fork. Serve with lemon wedges. For convenient cooking on charcoal grill, cover grill with foil and poke holes in foil to circulate heat. Makes 6 servings.

### **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.

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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.

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