SAVOR MARYLAND SEAFOOD

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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 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. 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 and for the first time ever it was specifically addressed in the Dietary Guidelines for Americans. Adults should have 8 ounces or more weekly, children less based on age and calorie needs. A variety of seafood is recommended and Marylanders have access to some of the best 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. Omega-3 fatty acids and mercury content of seafood can be accessed at the DGA publication http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/Appendices.pdf

Women who are pregnant or breastfeeding should not eat four types of fish - tilefish, shark, swordfish, and king mackerel because they are especially high in methyl mercury. Additionally they should limit intake of white tuna to 6 ounces per week for the same reason.

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
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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