

BLUE FOODS AS MEDICINE

20 Healthy, Delicious Recipes Featuring
Sea Vegetables and Bivalves





**Blue Foods as Medicine Cookbook:
20 Healthy, Delicious Recipes Featuring
Sea Vegetables, Clams, Mussels, Oysters,
and Scallops**

Produced by the team at Food + Planet in 2023.

Authors and Editors:

Sherene Chou, MS, RDN
Sharon Palmer, MSFS, RDN

Photographer:

Vanessa Stump

Reviewers:

Kristy Del Coro, MS, RDN, LDN
Kate Geagan, MS, RDN, LDN
Chris Vogliano, PhD, RDN
Lori Zanteson

Designers:

Chhavi Jatwani
Vishwa Patel
Andrea Occhetta



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Food + Planet is a collective, visionary 501c3 founded by four registered dietitians with varied experience in the food system. Our aim is to empower healthcare professionals to be leaders in sustainable food systems. We envision a science and practice of nutrition that honors nature as the foundation of health through the four dimensions of sustainability.

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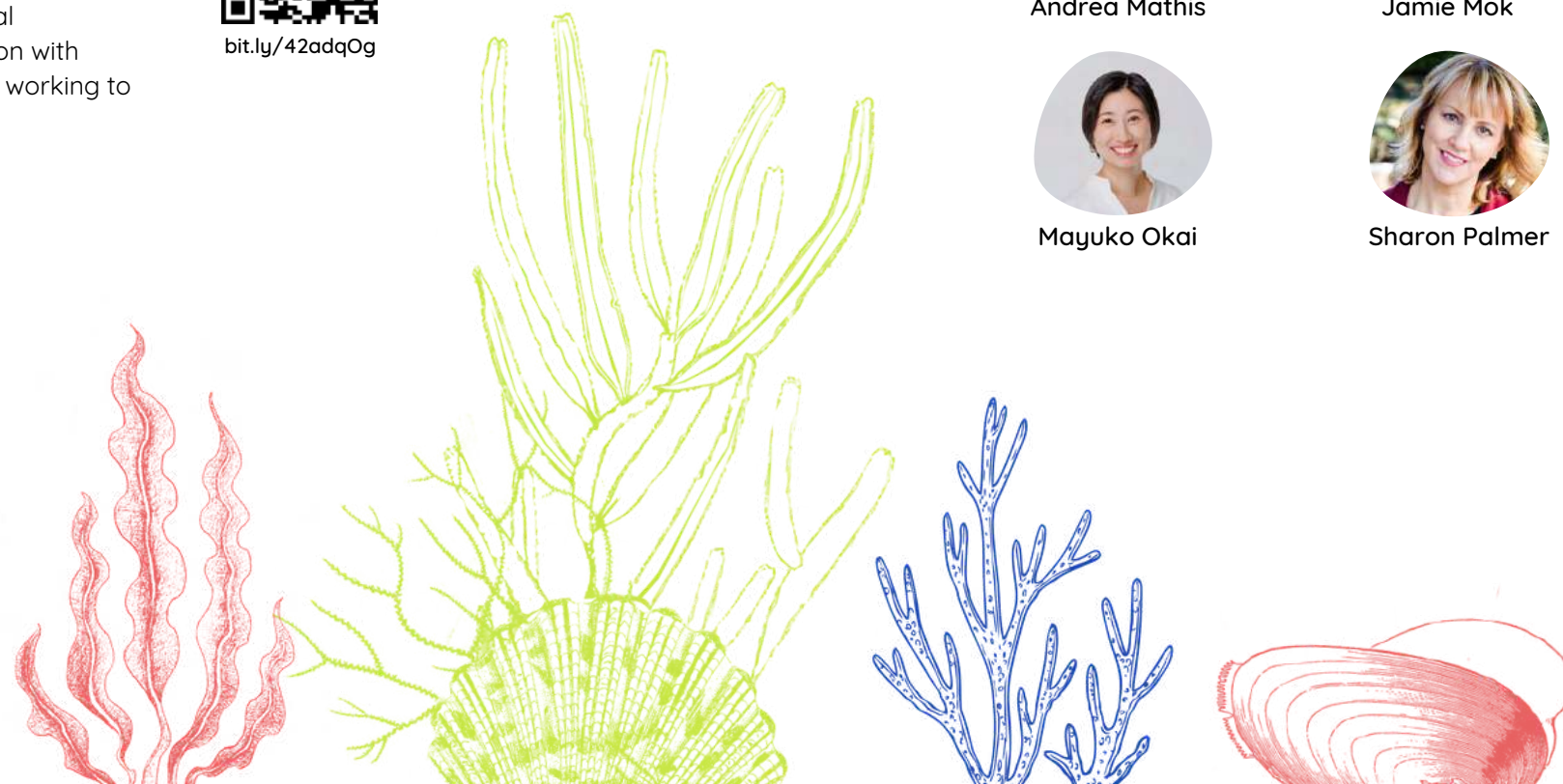
**The Blue Foods as Medicine Cookbook:
20 Healthy, Delicious Recipes Featuring Sea
Vegetables, Clams, Mussels, Oysters, and
Scallops by Food + Planet, 2023.**

In addition, photography should include an attribution to Vanessa Stump; and recipes an attribution to the individual recipe creator found on each recipe.

Find more information and resources on blue foods at eataquaticfoods.org.



bit.ly/42adqOg



Blue Foods as Medicine Cookbook Recipe Creators

The recipes in this cookbook were created by an inspiring team of registered dietitian nutritionists, including:



Patricia Bannan



Ashley Carter



Alex Caspero



Cindy Chou



Sherene Chou



Lily Correa



Rhyan Geiger



Adante Hart



Michelle Jaelin



Breana Lai Killeen



Sylvia Klinger



Sarah Koszyk



Andrea Mathis



Jamie Mok



Maggie Moon



Clara Nosek



Mayuko Okai



Sharon Palmer



Rosanne Rust



Christy Wilson

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Why This Cookbook is For You



Embracing blue foods, including sea vegetables and bivalves, holds tremendous power in promoting good health for both people and the planet. See what our colleagues are saying about the Blue Foods as Medicine Cookbook.

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Blue foods are the foods of the future—providing nutrition and deliciousness to eaters, while also supporting the livelihoods of fishers, growers, and collectors. This book is a tasty way to understand that blue foods can keep us healthy and nourished while also protecting the planet.

Danielle Nierenberg,
President Food Tank

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This is a wonderful cookbook on bivalves and sea vegetables, which will inspire many to include these delicious superfoods in their diets. I am delighted to see the many diverse recipes, building on the culture and traditions of so many communities. Bivalves and sea vegetables can play a vital role in nourishing people, as well as sustaining our planet. Do join me in congratulating Food + Planet, and do share your experience with including these recipes in your cooking.

Shakuntala Thilsted,
PhD, Director Nutrition, Health,
and Food Security, CGIAR and
World Food Prize Laureate 2021

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At a time when there is great urgency to make changes in the way we eat, in order to protect the health of the planet and its people, comes a new approach from the visionary group, Food + Planet. Their approach introduces the concept of blue foods—sea vegetables and bivalves—that are both sustainable and healthy. In Food + Planet’s new cookbook, you will learn all about why blue foods are good for people (nutritious) and good for the planet (sustainable). Now, with help from this committed group, it is time for all of us to heed the advice of John F. Kennedy: ‘One person can make a difference, and everyone should try.’ Each of us has a responsibility as a global citizen to show respect for the planet, individual, and collective health, and to eat as if your life depends upon it. Because it does.

Sara Baer-Sinnott,
President Oldways

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If you want to participate in an abundant and resilient world but don’t know where to start, this book is for you! With these fun and approachable recipes, you’ll chart a delicious course toward meals that help restore our waters.

Barton Seaver,
Chef and Author

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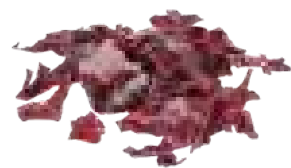
Welcome to the Delicious World of Blue Foods



Few topics today at the intersection of food, cuisine, health, and sustainability are more exciting than the vast potential of foods from the sea. **Blue foods** (also known as aquatic foods)—foods derived from aquatic animals, plants, or algae—have long been enjoyed traditionally by many cultures through the centuries. Yet, they have been highlighted in recent landmark reports for their ability to help build a healthy, diversified, equitable, and sustainable food future. In particular, flavorful foods from the rich world of sea vegetables or meaty bivalves can help meet nutrient needs and fight climate change, offering a win-win of being both highly nourishing and highly sustainable.

The *Blue Foods as Medicine Cookbook* connects this exciting opportunity for celebrating healthy, sustainable aquatic foods right to your kitchen. We invited 20 leading culinary dietitians to share their favorite cultural and innovative recipes featuring blue foods in simple, delicious ways.

Common Types of Blue Foods Featured in this Cookbook



Dulse



Kelp



Nori



Wakame



Clams



Mussels



Oysters



Scallops

REFERENCES
 1 - Blue Foods Assessment. 2021.
 2 - Harvard. 2019.
 3 - Seaweed Revolution. 2020.

Sustainable Aquatic Foods

Blue foods can be powerful agents of renewal and offer an easy way to add more diverse, delicious, and sustainable foods to your diets. Aquatic foods, including bivalves and sea vegetables, are nutrient powerhouses that can help lower one's environmental footprint in multiple ways:

Sea Vegetables and Bivalves...

- are usually grown without fossil fuel-based agricultural inputs, like pesticides or fertilizers.
- typically require no land to produce high quality foods, important because half of the planet's livable land is used for agriculture.¹

Sea Vegetables...

- have the potential to sequester carbon.²
- provide marine ecosystem support, as they contribute to increased fish habitat, marine biodiversity, and ocean restoration.³



Diving into Sea Vegetables

Sea vegetables are among the world's most nutrient-dense foods, with archaeological evidence showing they have been used in both food and medicine for millennia. Today, they are enjoyed as popular, everyday foods in Japan, Korea, China, Polynesia, as well as coastal communities in Scotland, Iceland, and France. Sea vegetables are associated with health and longevity as a staple ingredient in the world-famous "Blue Zone" Okinawan and Mediterranean diet patterns.

What are Sea Vegetables?

Also called seaweeds, sea greens, sea plants, or greens from the sea, sea vegetables are a vast, diverse group of edible marine algae and plants that grow in or near the ocean, as well as rivers and lakes.



Look for Different Forms In the Shopping Aisle

There's a place in your kitchen for a variety of fresh and dried sea vegetables, just as you stock fresh and dried herbs and spices, and fresh and dried fruits. In fact, sea vegetables may be found in nearly every section in many supermarkets.

Fresh

Prepared foods, seaweed salad, sushi

Refrigerated

Fresh and pickled sea vegetables

Condiments

Furikake, sea vegetable granules, dulse flakes, hot sauce

Frozen

Sea vegetable smoothie cubes, sea vegetable patties

Snacks

Crackers, chips, snack sheets

Pantry

Dried nori sheets, kombu, wakame, dulse, hijiki, pestos, and pastas

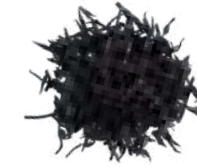
Common Types of Sea Vegetables ^{1 2}



Dulse
(*Palmaria palmata*)

First harvested in Scotland and Iceland thousands of years ago; today grown in Northern Atlantic and Northern Pacific

Red (can be crimson, purple, or red-brown) seaweed with smooth fronds and palm-like shape of palmaria family. Provides a rich salty and savory flavor.



Hijiki
(*Sargassum fusiforme*)

Harvested along rocky shorelines of China, Japan, and Korea

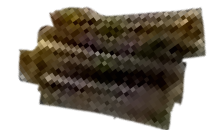
Leafy brown sea algae which is boiled and dried, giving an appearance of small black twigs. Delivers rich savory flavor with hints of earthy mushroom.



Kelp
(*Alaria, Saccharina*)

Cultivated in waters of Pacific Northwest and shorelines of New England

Brown marine algae of which there are nearly 30 edible varieties including sugar, bull, winged, skinny, and ribbon kelp. Delivers rich umami flavor.



Kombu
(*Laminaria*)

Traditionally, cultivated in Japan, also today in Northern Atlantic and along the coasts of Alaska and Washington

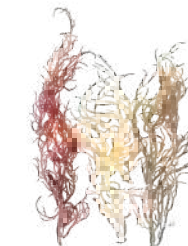
Mature brown algae that's a type of kelp. Typically available in dry, wide strips; rich in glutamic acids that give a deep umami flavor. Key flavor building ingredient in Japanese dashi (broth).



Nori, Laver
(*Porphyra*)

Cultivated historically in East Asia, and recently in North Atlantic Ocean.

Deep purplish-red algae, which turns dark green or brown after drying, toasting, and pressing into thin sheets; Sweet, mild nutty taste with savory notes.



Ogonori, Sea Moss
(*Gracilaria*)

Many varieties across Canada, Maine, British Isles, East Asia, Caribbean, and Hawaii; cultivated in Hawaii, California, and Florida

Although not technically a "moss," this fluffy sea algae clings to rocks, growing just a few inches high. Fresh has a slightly salty flavor, while dried is the key ingredient in agar, used widely in Asian desserts and plant-based gelatin alternatives.



Sea Lettuce
(*Ulva*)

Widely distributed across the world; commercially grown in California and Florida

Bright green, very fine marine algae which can grow with a ruffle-edge ("lettuce"), flat, or ribbon shape; has a soft, sorrel-like flavor.



Wakame
(*Undaria*)

Native to many coastal areas, including China, Korea, and Japan; cultivated for centuries in Japan

Dark green fronds when rehydrated with a subtly sweet flavor and silky texture.

REFERENCES
1 - Seaweed Hub, 2022.
2 - Phyconomy, 2021.

Sea Vegetables: Health and Nutrition Highlights

Star Nutrition in Sea Vegetables

Farmed sea vegetables are the ultimate form of sustainable nourishment. With a stunning array of nutrients, they offer a unique opportunity to enhance dietary diversity.

Nutrient-dense

containing an impressive variety of 23 essential nutrients, including vitamin A, folate, iron, and magnesium.¹

Low to moderate sodium levels

and a good source of glutamic acid for umami, which makes it an ideal salt substitute.

Iodine

one of the best natural sources of this essential mineral, which supports thyroid function and metabolism.

Bioactives

such as porphyran and fucoidan, with potential cancer-fighting, antioxidant and anti-viral properties.²

Astaxanthin

a pigment that is a carotenoid, may help protect against cancer and support skin and heart health.³

Gut-friendly prebiotics

which help to increase the population of friendly bacteria.⁴

How Much?

Many cultures enjoy sea vegetables safely as everyday foods. Try these amounts as a vegetable side dish, condiment, or ingredient to get started.

Suggested serving sizes

3-7 grams

Dried sea vegetable

Frequency

9-21 grams

Fresh or rehydrated sea vegetable

1-2 times per week

Nutrient Content of Common Sea Vegetables

○ Good source (10-19% DV)

● Excellent source (≥ 20% DV)

Serving Size 7 g dried	Dulse	Kelp (Brown)	Kombu	Nori	Wakame
Energy	18	6	15	21	11
Protein	1	0	1	3	1
Total Fat	0	0	0	0	0
Carbohydrate	4	1	4	3	3
Fiber	2	0	2	3	2
Omega-3 (DHA+EPA)	1	6	10	10	1
Calcium	1%	1%	5%	2%	5%
Iodine	663%	840%	9333%	98%	75%
Iron	15%	1%	2%	4%	1%
Magnesium	7%	3%	13%	7%	24%
Potassium	17%	0%	14%	6%	14%
Sodium	13%	1%	10%	2%	23%
Vitamin A RAE	4%	0%	1%	23%	7%
Riboflavin	6%	n.a.	2%	15%	5%
Folate	5%	3%	3%	33%	8%
Vitamin C	10%	0%	1%	20%	3%

Species and geographic diversity can impact the nutrient composition of sea vegetables. Source: USDA Food Central Database, 2019; MDPI, 2021; Maine Coast Sea Vegetables, N.D.

REFERENCES
1 - Critical Reviews in Food Science and Nutrition, 2020.

2 - Nature, 2020; Nutrition Reviews, 2017.
3 - Journal of Food Quality, 2021.
4 - MDPI Marine Drugs, 2019.

10 Quick, Easy Ways to Enjoy Sea Vegetables



The diversity of flavors, textures, and culinary applications for sea vegetables invites endless possibilities throughout the day as part of a meal, snack, and even dessert! Try these ideas to get started.

1

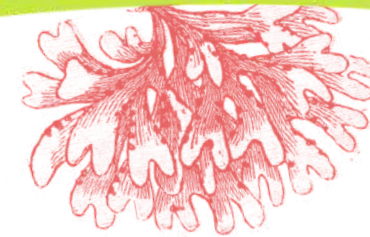
Stir a piece of kombu into broths or soups to build rich flavor, or add to beans during cooking to help break down complex sugars to reduce gas.

2

Rehydrate sea lettuce to top a power bowl, along with whole grains, edamame, cucumbers, and salmon.

3

Pan-fry dulse strips to create a savory, crispy “DLT” (dulse, lettuce and tomato) sandwich.



4

Use nori sheets to wrap up Japanese onigiri rice triangles.

5

Blend sea moss or agar (from red algae) with milk and sugar to make an Irish sea moss pudding.

6

Blend toasted nori sheets with mayo or dressing to create a flavorful sauce to accompany potatoes or vegetables.

7

Dust furikake (Japanese seaweed seasoning) over avocado toast or popcorn for a burst of umami flavor.

8

Create a flavorful taco filling with seaweed, roasted vegetables, and spices.

9

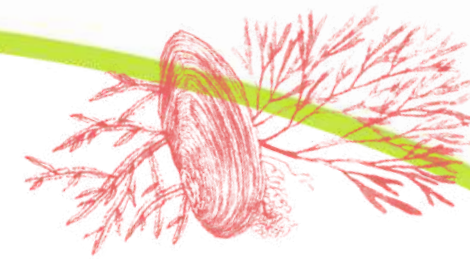
Sprinkle kelp or kelp cubes in green smoothies for a nutrient boost.

10

Make a traditional miso soup with wakame, tofu cubes, and miso.



Opening Up to Clams, Mussels, Oysters, and Scallops



There's a delicious world of bivalves to explore! While you'll likely find different regional names, on the right are some of the most common varieties to look for.

What are Bivalves?

Clams, mussels, oysters, and scallops are bivalve mollusks (*class bivalvia, phylum mollusca*), characterized by having a shell made up of two hinged valves connected by a ligament. Bivalves are a type of shellfish, but they are different from crustaceans (have exoskeletons, segmented bodies, and jointed appendages).



Look for Different Forms In the Shopping Aisle

At the grocery store, there are so many ways you can enjoy clams, mussels, oysters, and scallops.

Fresh

In-shell, fresh clams, mussels, and oysters are available at many grocery stores and seafood markets. Think beyond fine-dining, as these foods can fit into everyday meal choices, too.

Frozen

Bivalves, available in and out of the shell in frozen form, can be an affordable, convenient, accessible choice for many recipes.

Canned

Canned clams, mussels, oysters, and scallops can be an easy, convenient, affordable, shelf-stable option, especially if fresh or frozen is not available. Just open the can and serve! Look for smoked and seasoned varieties of tinned bivalves, too.

Common Types of Bivalves



Clam
(hard-shell, Quahog, littleneck)
(*Mercenaria*)

Grows in eastern shores of North and Central America, from Prince Edward Island to Yucatan Peninsula.

Triangle shape with a thick shell, light gray in color with violet edge, and mild, sweet, and briny taste.



Clam
(soft-shell, steamer, longneck)
(*Mya arenaria*)

Abundant across the coastline of New England.

Thinner shells, ranging in color from blue to gray to white, with a sweet flavor and hint of the sea.



Clam
(razor)
(*Ensis directus*)

Numerous species dot both coasts, from Alaska to California and Atlantic Seaboard

Long narrow shell yellowish brown in color with a fresh, mild, meaty flavor.



Mussel
(Blue)
(*Mytilus edulis*)

The most common variety in the U.S., grows abundantly in Prince Edward Island, Canada

Teardrop-shaped, bluish-black shells with tender plump meat that has a clean, slightly sweet flavor.



Mussel
(Mediterranean)
(*Mytilus galloprovincialis*)

Cultivated in the Pacific Northwest.

Glossy, purple-black shells with buttery meat that has a rich, mushroomy sea flavor.



Oyster
(Blue Point, American, Atlantic)
(*Crassostrea virginica*)

Found along the entire eastern seaboard (including estuary waters) from New England to the Gulf coast.

Layered, textured teardrop shell that ranges in color from white to purple to dark brown; meat has a clean, briny flavor.



Oyster
(Miyagi, Pacific)
(*Crassostrea gigas*)

Found in Pacific Northwest and California.

Dappled, fluted shell with meat that has a creamy, briny, buttery taste with a cucumber finish.



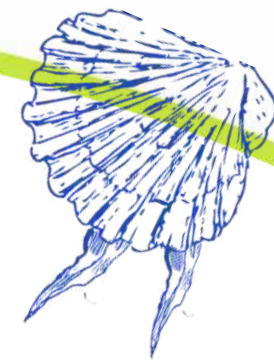
Scallop
(Atlantic sea scallop)
(*Placopecten magellanicus*)

Cultivated on the Atlantic coast from Newfoundland to North Carolina.

Saucer-shaped, fluted shell reddish-pink to brown in color with flesh that is mild, buttery and meaty.



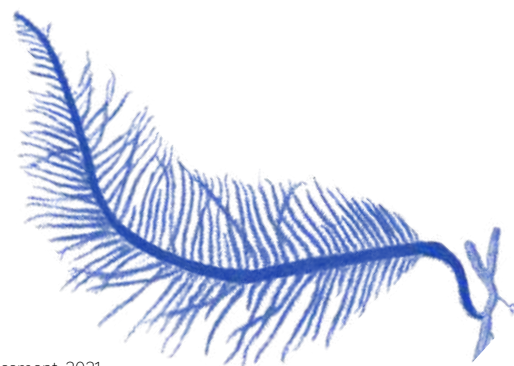
Clams, Mussels, Oysters, Scallops: Health and Nutrition Highlights



Bivalves, including clams, mussels, oysters, and scallops, are a veritable powerhouse of good nutrition. Bivalves are also one of the most sustainable animal proteins on the planet: they grow abundantly, are low on the food chain, and boast an overall climate impact comparable to that of plant-based proteins.

Nutrition at a Glance for Bivalves:

- Packed with protein**
cooked clams, mussels, and scallops contain 15-20 grams of protein per 3-ounce serving.
- Excellent source of omega-3 fats**
with mussels containing more than 700 mg of DHA + EPA per serving.
- Micronutrient boost**
of vitamin B12 and other essential minerals, including zinc, choline, and selenium. Mussels and oysters contain more iron than red meat.



REFERENCES
1 - Blue Foods Assessment. 2021.
2 - USDA Food Central Database. 2019.

Nutrient Content of Common Bivalves

- Good source (10-19% DV)
- Excellent source (≥ 20% DV)

	Serving Size 85 g cooked	Clams (baked)	Mussels Blue (steamed)	Oysters (baked)	Scallops (steamed)
Energy	Kcal	126	146	88	94
Protein	Grams	15	20	10	17
Total Fat	Grams	5	4	6	1
Carbohydrate	Grams	4	6	3	5
Omega-3 (DHA+EPA)	Mg	121	702	349	154
Choline	% Daily Value (2000 kcal diet)	14%	11%	14%	19%
Iodine	% Daily Value (2000 kcal diet)	37%	63%	62%	91%
Iron	% Daily Value (2000 kcal diet)	10%	32%	27%	3%
Magnesium	% Daily Value (2000 kcal diet)	6%	10%	6%	10%
Phosphorus	% Daily Value (2000 kcal diet)	17%	19%	8%	29%
Potassium	% Daily Value (2000 kcal diet)	2%	9%	6%	10%
Sodium	% Daily Value (2000 kcal diet)	12%	16%	14%	28%
Zinc	% Daily Value (2000 kcal diet)	7%	28%	519%	16%
Selenium	% Daily Value (2000 kcal diet)	59%	138%	38%	34%
Vitamin A RAE	% Daily Value (2000 kcal diet)	15%	11%	4%	0%
Thiamin	% Daily Value (2000 kcal diet)	1%	23%	1%	1%
Riboflavin	% Daily Value (2000 kcal diet)	4%	32%	8%	2%
Niacin EQ	% Daily Value (2000 kcal diet)	2%	17%	6%	6%
Folate	% Daily Value (2000 kcal diet)	1%	16%	1%	4%
Vitamin B12	% Daily Value (2000 kcal diet)	421%	850%	327%	76%
Vitamin C	% Daily Value (2000 kcal diet)	0%	15%	0%	0%

Species and geographic diversity can impact the nutrient composition of bivalves.² Source: USDA Food Central Database. 2019.

10 Quick, Easy Ways to Dish Up Clams, Mussels, Oysters, and Scallops



There are so many ways you can serve bivalves in easy, delicious recipes and meals. Try these ideas to dig in.

1 Mince the meat of mussels, oysters, or scallops, stir in seasoning (garlic, ginger, herbs, soy sauce, or curry paste) and breadcrumbs, return to shell, and roast.

2 Make Bouillabaisse, a classic Southern French soup with clams and mussels steamed in the shell in broth with tomato, orange, and fennel.

3 Create a memorable home experience with fresh or frozen steamed bivalves in their shells, served with boiled corn and potatoes.

4

Spoon canned or smoked clams, mussels, oysters, and scallops over toast for a protein powerhouse snack.

5

Add clams, mussels, oysters, or scallops to cooked beans and tomatoes for a hearty casserole.

6

Toss cooked pasta with garlic, olive oil, herbs, and steamed clams, mussels, oysters, or scallops.

7

Serve steamed bivalves over rice cooked with tomatoes, chiles, and cilantro.

8

Steam clams, mussels, oysters, or scallops in a Thai coconut curry sauce.

9

Cook clam chowder with clams, potatoes, and onions in a creamy base.

10

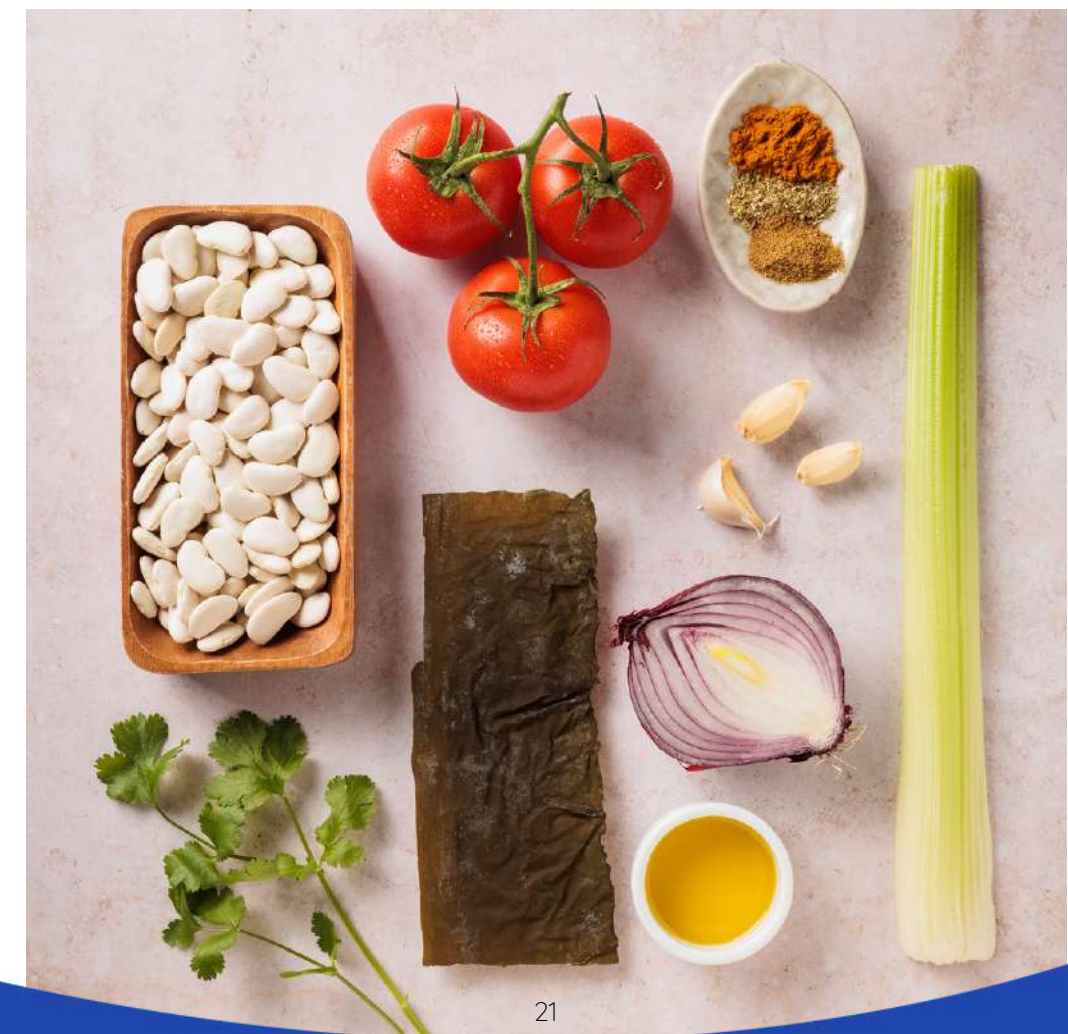
Bread and fry oysters and serve with garlic rice.





Blue Foods Recipes

Now that you've been inspired with a new appreciation for healthy, sustainable aquatic foods, it's time to dive in with this exciting collection of recipes developed by our team of culinary dietitians. You'll find an array of easy, delicious recipes in just about every category, from smoothies and appetizers to entrees, salads, and side dishes. Many of the blue foods recipes feature traditional preparation styles that are favorite dishes in many food cultures around the world. We've also included some modern, innovative recipes featuring aquatic foods that dish up the latest food trends.





Sea Vegetable Recipes

From green lacy fronds to deep ruby stalks, sea vegetables are available in a variety of colors and textures, just waiting to add powerful nutrition and a taste of umami to your cooking style. Get inspired to put sea vegetables to good use with these delicious recipes shared by renowned culinary dietitians.



Egg and Seaweed Omelet

Featuring Nori

Nori, a dried red seaweed most popularly enjoyed with sushi, is a versatile, nutrient-rich sea vegetable with a savory flavor thanks to its umami properties. Nori can elevate many common dishes, like omelets, adding dimension in taste and nutritional value.


Ingredients:

- 4 large eggs
- 1/2 tablespoon light soy sauce
- 1/2 teaspoon sesame oil
- 1/2 tablespoon avocado oil (or other neutral flavored cooking oil)
- 1/4 cup dried, sliced (1/4-inch) nori seaweed
- 2 stalks scallions (or green onions), thinly sliced, separate white and green parts
- 1 medium avocado, peeled, sliced (optional)

Instructions:

- 1 Crack eggs into a bowl and lightly beat.
- 2 Whisk soy sauce and sesame oil into egg mixture.
- 3 In a medium nonstick pan, heat avocado oil over medium heat.
- 4 Reduce heat to low and pour egg mixture into the pan.
- 5 As outer edges of eggs begin to set, use a spatula to lift the edges so yolk can run underneath.
- 6 Once eggs are almost fully set, evenly distribute nori and white parts of scallions over the omelet.
- 7 Gently fold the omelet into thirds (like a trifold brochure) and flip the omelet so the folds are face down. Use a spatula to divide the omelet in half to create two omelets. Allow omelets to cook for approximately 1-3 minutes, or to preferred degree of doneness.
- 8 May serve on its own (or with toast or cooked rice) topped with nori strips, green parts of scallions and avocado slices, if using.

 Makes 2 servings

 Prep Time: 5 min.
Cooking Time: 10 min.
Total Time: 15 min.



Jamie Mok, MS, RD, RYT is a Los Angeles-based dietitian nutritionist and yoga teacher who integrates science-based nutrition with a mind-body approach to inspire healthy change from within.



Notes:

- To further reduce sodium, swap light soy sauce for coconut aminos sauce.
- To make this recipe gluten-free, use tamari sauce instead of soy sauce.
- Enjoy this recipe for breakfast, lunch, or dinner as an individual main dish or family-style entree.

Nutritional information (per serving):

225 calories, 18 g total fat, 4 g saturated fat, 280 mg sodium, 3 g carbohydrate, 369 mg cholesterol, 2 g total sugar, 1 g fiber, 14 g protein



Mango Tofu Hand Rolls

Featuring Nori

Nori hand rolls are perfect for a quick meal. In this recipe, roasted nori seaweed is topped with cooked rice, fresh mango, avocado, baked tofu, and a spicy cashew sauce. For a less spicy sauce, substitute sweet chili sauce for the sriracha.

Ingredients:

- 1/2 cup short-grain brown rice, uncooked
- 1 1/4 cups water, divided
- 1 tablespoon + 1 teaspoon rice wine vinegar, divided
- 1 large mango, peeled, pitted, and thinly sliced
- 1 (8-ounce) package baked tofu, teriyaki or savory flavor, thinly sliced
- 1 large avocado, peeled, pitted, and thinly sliced
- 1/2 cup raw cashews, soaked in hot water for 15 minutes
- 1/4 cup water
- 2 teaspoons low-sodium soy sauce
- 1-2 tablespoons sriracha sauce, depending on preference
- 2 (.35-ounce) packages roasted nori seaweed snack packs
- Toasted sesame seeds and scallions (green onions), optional

Instructions:

- 1 Combine the rice and 1 cup water in a rice cooker or medium saucepan. Cook according to rice cooker directions, or bring the mixture to a boil, then reduce heat to low, and cover. Simmer for 20 minutes until water is absorbed and the rice is tender. Remove from heat, stir in 1 teaspoon of rice vinegar, and set aside.
- 2 While the rice is cooking, prepare the vegetables and tofu: slice the mango, tofu, and avocado into thin strips, roughly equal sizes for easier preparation.
- 3 Drain the cashews, then place in a small blender or food processor with remaining 1/2 cup water, soy sauce, remaining tablespoon of rice vinegar, and sriracha. Blend until creamy, stopping to scrape down the sides of the blender as needed.
- 4 When ready to assemble, layer two sheets of nori on top of one another (this makes for a sturdier base than a single sheet). Fill the sheet with 1-2 tablespoons of the rice, and 2-3 slices each of mango, tofu, and avocado, depending on thickness. Roll into a cone shape or cylindrical shape, as desired. Drizzle with creamy cashew-sriracha sauce, and garnish with sesame seeds and scallions, if using. Serve immediately.



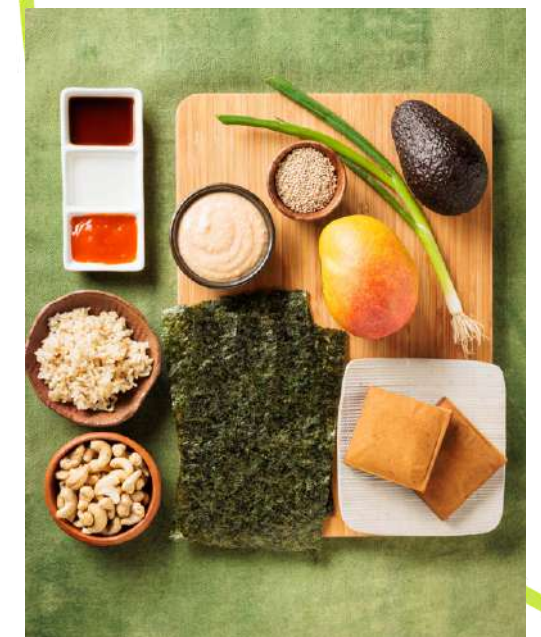
Watch the recipe video here: bit.ly/3DDbxyo

 Makes 4 servings, about 4 handrolls each

 Prep Time: 15 min.
Cooking Time: 25 min.
Total Time: 40 min.



Alex Caspero, MA, RD is a St. Louis-based registered dietitian at Delish Knowledge and New York Times bestselling chef. Alex is the co-founder of Plant-Based Juniors and the co-author of *The Plant-Based Baby and Toddler*.



Notes:

- Baked tofu can be found in the tofu section of most supermarkets. Regular tofu can be substituted, either raw or sliced into strips and pan-fried.
- Seeded and thinly sliced cucumber can also be added to these rolls.

Nutritional information (per serving):

344 calories, 15 g fat, 3 g saturated fat, 183 mg sodium, 43 g carbohydrates, 0 mg cholesterol, 11 g sugar, 5 g fiber, 10 g protein

Hijiki Onigiri (Seaweed Rice Ball)

Featuring Hijiki

Make these fun and flavorful Japanese seaweed rice balls, perfect for packed lunches and meal prepping. Onigiris are traditionally enjoyed by all ages in Japan, especially for picnics and bento boxes. You can serve onigiri warm or at room temperature.

Ingredients:

1 1/2 cups white or brown short-grain rice, uncooked
6 3/4 cups water, divided
2 tablespoons dried hijiki
3 dried shiitake mushrooms
2 inches burdock root, julienned (optional)
1 medium carrot, julienned
1/2 cup edamame, frozen and thawed
1 teaspoon toasted white sesame seeds

Rice Sauce:

2 tablespoons soy sauce
2 tablespoons rice vinegar
1 1/2 teaspoons sugar
1/2 teaspoon salt

Instructions:

- 1 Rinse and soak rice in a bowl with 2 cups of water for 30 minutes. Drain the rice and set aside.
- 2 Soak dried hijiki in a separate large bowl with 2 cups of water for 30 minutes. Drain and set aside.
- 3 Soak dried shiitake mushrooms in a separate bowl in 1 cup of water for 30 minutes. Drain and reserve 1 cup for cooking. Slice shiitake mushrooms and set aside.
- 4 Soak the julienned burdock in 1 cup of water, if using. Drain and set aside.
- 5 Mix together the rice sauce ingredients in a bowl and set aside.
- 6 Cook the rice by adding the rice, rice sauce, 1 cup of shiitake water, and 3/4 cup water into a rice cooker or medium pot and stir well. Place hijiki, shiitake, carrot, and burdock, if using, on the rice, but do not stir. Cook rice per rice cooker instructions. If using a pot, bring mixture to a boil, cover, and reduce to low to simmer until tender.
- 7 Add edamame and sesame seeds to the cooked rice mixture, mixing with rice paddle or spatula. Allow to cool.
- 8 To make onigiri: Scoop 1/2 cup portion of the rice mixture to begin molding. Use wet clean hands to prevent sticking, and mold the rice with cupped hands into a rice ball form, which may be round or triangular. Repeat until you have finished about 8 rice balls.

 Makes 8 servings

 Prep Time: 30 min.
Cooking Time: 40 min.
Total Time: 70 min.



Mayuko Okai, MS, RDN

is a Japanese-American Intuitive Eating coach currently based in Japan, focusing on tuning into the body for pleasurable and mindful eating experiences, and spreading awareness of Intuitive Eating in Japan.



Notes:

- To make this recipe gluten-free, use gluten-free soy sauce.
- You may freeze extra rice balls in an airtight container to enjoy later.

Nutritional information (per serving):

220 calories, 1 g fat, 0 g saturated fat, 300 mg sodium, 45 g carbohydrate, 0 mg cholesterol, 2 g total sugar, 3 g fiber, 6 g protein



Penne with Seaweed Pesto

Featuring Dulse

Seaweed is a key ingredient in this bright, aromatic sea vegetable pesto pasta dish. Dulse blends in beautifully with basil and arugula in a traditional plant-based pesto sauce, which includes classic ingredients, such as olive oil, pine nuts, and garlic. The pesto recipe makes a generous amount—enough to toss into one pound of pasta. You can also use this pesto recipe as a sauce, marinade, dip, or spread.

Ingredients:

Pasta:

Water
1 pound dried penne pasta

Seaweed Pesto:

1/3 cup dried dulse (or 1 1/2 tablespoons dulse granules)
1 cup packed fresh basil leaves and stems
2 cups packed arugula leaves and stems
1/3 cup toasted pine nuts
1 tablespoon nutritional yeast
2 garlic cloves
1 lemon, juiced
2 tablespoons extra virgin olive oil
Salt and pepper (to taste)

Topping:

1/4 cup grated Parmesan cheese (plant-based or dairy-based)

Instructions:

- 1 Fill a large pot two-thirds full of water, cover with a lid, and heat over medium-high heat until boiling.
- 2 Add penne pasta, stir, and reduce heat to medium. Cook according to package directions (about 10-12 minutes) until al dente. Drain pasta and set aside.
- 3 While pasta is cooking, prepare pesto. Place dulse, basil, arugula, pine nuts, nutritional yeast, garlic cloves, and lemon juice in the container of a food processor. Pulse on low until finely chopped, while gradually adding olive oil to the food processor through the spout. Process until smooth, stopping to scrape down sides as needed. Remove from the food processor and place in a large serving bowl. Season the pesto with salt and pepper according to preference, stirring well to combine. Add hot, drained pasta, and toss to distribute the pesto well.
- 4 Top with shredded Parmesan cheese (may use plant-based or dairy-based). Serve immediately.

 Makes 8 servings,
about 1 cup each

 Prep Time: 15 min.
Cooking Time: 12 min.
Total Time: 20 min.



Sharon Palmer, MSFS, RDN

is The Plant-Powered Dietitian and co-founder of Food + Planet. Sharon is an award-winning nutrition expert known for her work in plant-based, sustainable diets. Follow her at SharonPalmer.com.



Notes:

You can skip the penne and use the pesto in your favorite sandwiches as a spread, to marinade kebabs, or to serve as a dip with crackers and veggies.

Nutritional information (per serving):

265 calories, 5 g fat, 1 g saturated fat, 83 mg sodium, 44 g carbohydrate, 0 mg cholesterol, 2 g sugar, 2 g fiber, 9 g protein

 Watch the recipe
video here:
bit.ly/3YgGjXw



Pallares Peruanos (Peruvian Lima Beans)

Featuring Kombu

The ancestral lima bean is a favorite amongst Peruvians. It is served up in home kitchens and restaurants all over the country, accompanied with a side of rice and a red onion, cilantro, and lime salad. Although not used in the traditional preparation of Pallares, the sea vegetable kombu adds a subtle umami flavor and helps aid in tenderizing the beans.


Ingredients:

- 1/2 pound dried lima beans
- 2 tablespoons olive oil
- 1/2 medium red onion, finely diced
- 1 stalk celery, finely diced
- 3 garlic cloves, peeled, minced
- 1 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- 1/4 teaspoon ground turmeric
- 2 large tomatoes, finely diced (or a 14-ounce can diced tomatoes, drained)
- 1 teaspoon salt, divided
- 1 (1 x 4-inch) piece kombu
- 3 cups warm water
- 1/4 cup chopped cilantro

Instructions:

- 1 Place lima beans in a medium pot, cover with water, and soak overnight. Then rinse and drain beans.
- 2 In a medium pot, make the adereso (sautéed vegetable base). Add olive oil to the pot and sauté onions over medium heat for about 3 minutes until browned. Add celery and sauté for another 2 minutes until tender. Add minced garlic and sauté for another minute.
- 3 Add cumin, oregano, and turmeric to the pot and stir until well combined.
- 4 Add diced tomatoes and 1/2 teaspoon of the salt and sauté for another minute.
- 5 Add lima beans to the adereso and mix to combine. Add kombu and cover with 3 cups of warm water.
- 6 Bring mixture to a boil, cover the pot with a lid, and simmer on low for about 1 hour, until beans are tender. Taste and add additional 1/2 teaspoon of salt, as needed.
- 7 Garnish with cilantro and serve.

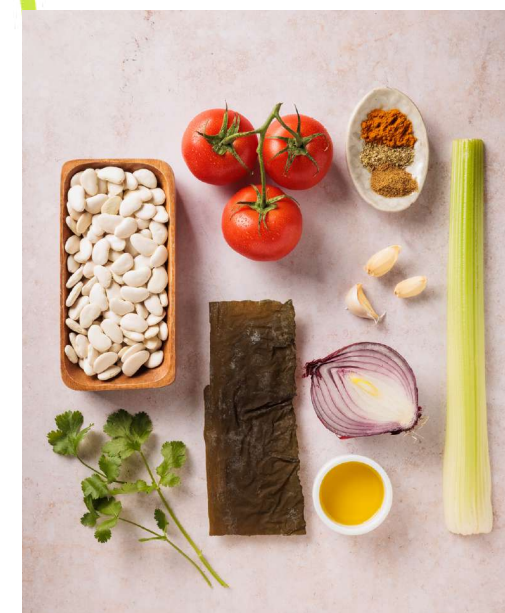
 Makes 5 servings

 Prep Time: 15 min.
Cooking Time: 65 min.
Total Time: 80 min. (not including soaking beans)



Lily Correa, MPH, RD, DipACLM

is the Director of Education and Training for the Office of Nutrition and Lifestyle Medicine at NYC Health + Hospitals and the registered dietitian for Bellevue Hospital's Plant-Based Lifestyle Medicine Program.



Notes:

- Serve this dish with cooked brown rice and a traditional Peruvian Salsa Criolla, which is made by thinly slicing the other half of the red onion, and mixing in 1/4 cup chopped cilantro, juice from 1/2 lime, and a dash of salt.
- Beans should be cooked until tender while still remaining firm.

Nutritional information (per serving):

224 calories, 6 g fat, 1 g saturated fat, 522 mg sodium, 34 g carbohydrates, 0 mg cholesterol, 6 g total sugar, 10 g fiber, 10 g protein

Miyeok-Guk (Korean Seaweed Soup)

Featuring Kelp, Wakame

Miyeok, known as sea mustard or wakame, is the star of this simple soup. Koreans enjoy this soup on their birthdays because it's one of the first foods given to new mothers. Enjoy it any day for its iodine, folate, trace minerals, and antioxidant content.

Ingredients:

- 9 cups water
- 14 large dried anchovies (about 3 inches each), heads and guts removed
- 2 pieces (about 3 x 4-inch) dried dasima (kelp)
- 1/2 cup loosely packed dried miyeok (wakame), coarsely chopped into 2-inch pieces
- 5 cloves garlic, peeled, minced
- 2 tablespoons gukganjang (Korean soy sauce), divided
- Toasted sesame oil to taste (optional)

Instructions:

- 1 Combine water, trimmed anchovies, and dasima in a 3-quart pot over high heat. Bring to a boil, then lower heat and simmer for 15 minutes. Remove anchovies from broth and use for compost or another use. Remove and strain dasima, allowing to cool before slicing into 1-inch pieces, then set aside.
- 2 Add miyeok and garlic to the broth.
- 3 Add up to 1 tablespoon gukganjang, one teaspoon at a time, to achieve desired taste.
- 4 Simmer for 10 minutes. Stir dasima back into the pot, and remove from heat.
- 5 To serve, divide soup evenly among 4 soup bowls. May add a few drops of sesame oil to each bowl to taste, if desired.

Notes:

- Dasima (Korean) is also sold as “kelp” (American) or “kombu” (Japanese). Miyeok (Korean) is also sold as “sea mustard” (American) or “wakame” (Japanese).
- This recipe is based on a dried miyeok that does not require soaking. If needed, soak in cold filtered water for 30 minutes, drain, squeeze, and rough chop into 2-inch pieces for the recipe.
- Gukganjang is a variety of Korean soy sauce used to season soups and stews. It is lighter in color, less sweet, but saltier than basic soy sauce. It is sometimes sold as “soy sauce for soup” by Korean brands. If unavailable, use salt to taste.

 Makes 4 servings

 Prep Time: 10 min.
Cooking Time: 30 min.
Total Time: 40 min.



Maggie Moon, MS, RD
is owner of KimchiCurious.com and is the best-selling author of The MIND Diet. Her focus is culturally humble food for optimal brain health.



- Depending on the region of Korea, miyeok-guk can also include mussels, fish, tofu, or beef brisket, but it is not necessary. The essential ingredient is seaweed.
- To make this recipe vegan, omit anchovies. Step 1 can be made ahead, frozen for later use, or used as a base broth for other soups and stews.

Nutritional information (per serving):

13 calories, 0 g fat, 0 g saturated fat, 496 mg sodium, 2 g carbohydrate, 0 mg cholesterol, 0 g total sugars, 1 g fiber, 3 g protein



Easy Wakame Salad

Featuring Wakame

You can make an easy, delicious, nutritious wakame salad at home, just like you might find in a sushi restaurant. Wakame is a type of kelp packed with iodine, manganese, magnesium, and calcium. Julienned carrots, cucumbers, and edamame not only add texture and color to this salad, but a boost of nutrition.

Ingredients:

Wakame Salad:

- 2 cups dried wakame
- 4 cups hot water
- 1 cup julienned carrot
- 1 cup julienned cucumber
- 1 cup shelled edamame, frozen and thawed

Wakame Dressing:

- 1/4 cup rice vinegar
- 2 tablespoons granulated sugar
- 2 teaspoons sesame oil
- 2 tablespoons low sodium soy sauce
- 2 tablespoons white sesame seeds

Instructions:

- 1 To make wakame salad: In a large bowl, soak dried wakame in hot water for 10 minutes until rehydrated. Once fully rehydrated, drain, rinse, and pat wakame dry with a paper towel or clean dish cloth. Chop wakame into small pieces. In a medium bowl, add wakame, carrots, cucumber, and edamame, and set aside.
- 2 To make wakame dressing: In a small bowl, whisk together vinegar, sugar, sesame oil, soy sauce, and sesame seeds.
- 3 Pour dressing over wakame salad and toss together. Cover and refrigerate for 1 hour before serving.

Notes:

- Serve with brown rice and your choice of protein, such as tofu or salmon poke, for a meal.

Nutritional information (per serving):

112 calories, 5 g fat, 1 g saturated fat, 633 mg sodium, 16 g carbohydrates, 0 mg cholesterol, 9 g total sugar, 12 g fiber, 3 g protein

Watch the recipe video here:
bit.ly/3YdfJyq

Makes 4 servings

Prep Time: 20 min.
Cooking Time: 0 min.
Total Time: 20 min.



Michelle Jaelin, RD

is a Canadian media registered dietitian and nutrition communications expert who specializes in producing content on healthy Asian food and recipes and decolonizing wellness on their blog and social media @michellejaelin.





Lǒ Chhài-Thâu Tāu-Hū Khòng-Buh (Taiwanese-Style Braised Radish, Tofu, and Kelp)

Featuring Kelp

This recipe is a flavorful dish with tofu, radish, and kelp (kombu) braised in a classic Taiwanese sauce. Both kelp and soy sauce add umami to this traditional recipe. It's especially good served with rice or noodles or as an appetizer.

Ingredients:

- 2 ounces (57 grams; about 6 sheets) dried kelp (kombu)
- 1 tablespoon canola oil
- 1/2-inch piece ginger, thinly sliced
- 1 star anise
- 1 cinnamon stick
- 1/4 cup low-sodium soy sauce
- 2 tablespoons sugar
- 3 cups water + more for soaking kelp
- 1 medium (about 1 pound) white daikon radish, peeled, and cut into 1 1/2 -inch thick half moon pieces
- 1 (8-ounce) package five spice tofu, cut in half (may substitute with extra -firm tofu, cut into 2 x 2 x 1-inch pieces)
- 5 sprigs (about 2 tablespoons) fresh cilantro, leaves and stems, coarsely chopped (optional)

Instructions:

- 1 In a large dish or bowl, fully submerge the dried kelp in cold water and soak for 10 minutes. Once pliable, remove sheets from water, and cut them crosswise into 3-inch long pieces. Fold each piece into 1-inch wide strips. Make three stacks of 4-5 strips and secure them together by skewering with a toothpick. Alternatively, you can tie kitchen twine around each stack of kelp. The soaking water for the kelp can be saved to use in soups or sauces later.
- 2 In a medium saucepan, heat canola oil with the sliced ginger, star anise, and cinnamon stick over medium-low heat until the ginger is fragrant, about 1 minute. Add the soy sauce, sugar, and water, then stir and add the prepared kelp, radish, and tofu. Bring to a simmer over medium-low heat, cover, and cook for 20 minutes. Stir periodically to ensure the ingredients are submerged in the braising liquid.
- 3 To serve, remove toothpicks or twine from the braised kelp and cut each strip into 1/2-inch ribbons. Cut the braised five spice tofu into 1/4-inch thick slices (or serve as is if using extra firm tofu). Transfer the tofu, radish, and kelp onto a platter and top with 1 tablespoon of braising liquid and cilantro, if using.

 Makes 4 servings

 Prep Time: 15 min.
Cooking Time: 25 min.
Total Time: 40 min.



Cindy Chou, RDN, 周昀 (she/her/她) is the Taiwanese-American chef, dietitian, and cooking video expert behind The Sound of Cooking®, where she shares Taiwanese recipes and other East Asian cuisine-inspired dishes with cooking videos that highlight familiar cooking sounds in the kitchen.



Notes:

- Five spice tofu (sometimes labeled as "marinated/spiced bean curd" or "dry tofu") can be found online or at your local Asian grocery store in the refrigerated section where other tofu products are located. Extra-firm or medium-firm tofu may be used as a substitute, though the flavor will be lighter.

Nutritional information (per serving):

179 calories, 7 g fat, 1 g saturated fat, 763 mg sodium, 16 g carbohydrate, 12 mg cholesterol, 4 g total sugar, 5 g fiber, 13 g protein



Chickpea Sea Salad

Featuring Furikake

Seaweed elevates the nutrition profile and adds a familiar umami flavor reminiscent of classic tuna salad. Use this plant-based salad to fill seaweed sheets, sandwiches, or lettuce cups, or serve on top of a bed of leafy greens.

Ingredients:

- 2 stalks canned hearts of palm, drained, chopped into 1/2 inch pieces
- 1 (14-ounce) can jackfruit, drained
- 1 cup canned chickpeas, drained
- 2 stalks celery, finely chopped
- 1 teaspoon fresh dill, chopped
- 1 tablespoon plant-based sour cream
- 1 teaspoon sriracha hot chili sauce
- 1 teaspoon lemon juice
- 1 teaspoon Dijon mustard
- 1 1/2 teaspoons low-sodium Old Bay seasoning
- 1 tablespoon furikake seasoning

Instructions:

- 1 Add chopped hearts of palm to a medium bowl. Mash them with a fork or pull them apart with your fingers until stringy.
- 2 Add the jackfruit and chickpeas to a food processor or blender and pulse 4-5 times until mixture is finely chopped.
- 3 Add the jackfruit, chickpeas, celery, dill, sour cream, sriracha, lemon juice, Dijon mustard, Old Bay seasoning, and furikake seasoning to the bowl with hearts of palm.
- 4 Gently mix everything together with a fork until combined.
- 5 Serve as desired over lettuce, crackers, nori sheets, or bread.

Notes:

- If using a food processor or blender, do not process the hearts of palm with the jackfruit and chickpeas. The hearts of palm are much more delicate and will turn to a pulp before the other ingredients are shredded.
- If not using a food processor or blender, pull apart the jackfruit with your fingers and mash the chickpeas with a fork or potato masher.

 Makes 4 servings

 Prep Time: 10 min.
Cook Time: 0 min.
Total Time: 10 min.




Rhyan Geiger, RDN

is a vegan dietitian and two-time cookbook author focused on teaching people how to easily incorporate more plant-based foods into their diets.



Nutritional information (per serving):

168 calories, 4 g saturated fat, 2 g fat, 294 mg sodium, 31 g carbohydrate, 0 mg cholesterol, 8 g total sugar, 5 g fiber, 5 g protein

 Watch the recipe video here:
bit.ly/3Oj3sE2



Blueberry Sea Moss Smoothie

Featuring Sea Moss

Sea moss, a type of sea vegetable, can be prepared as a salad or blended with water to form a gel to add to smoothies or desserts. Unlike other sea vegetables that are packed with umami, creating a savory taste, sea moss has a more mild and neutral flavor, making it ideal for a smoothie blend.

Ingredients:

Sea Moss Gel:

1/4 cup dried sea moss
1 1/2 cups water, divided

Smoothie:

3/4 cup blueberries, frozen
1/2 medium banana
1 tablespoon of sea moss gel
1/2 teaspoon lime juice
1 cup unsweetened vanilla almond milk

Instructions:

- 1 To make sea moss gel: Soak the dried sea moss in 1 cup water for 8 hours. Drain, rinse, and strain the sea moss. Add the sea moss and the remaining 1/2 cup water to a blender and blend until smooth. Store sea moss gel in an airtight container in the refrigerator to use as needed.
- 2 To make smoothie, add blueberries, banana, 1 tablespoon of the prepared sea moss gel, lime juice, and almond milk to the blender, and blend until smooth. Enjoy!

Notes:

- This recipe makes more sea moss gel than is needed for this smoothie. Store remaining sea moss gel in an airtight container in the refrigerator and use in sweet or savory foods, like oatmeal or creamy desserts.



Watch the recipe video here:
bit.ly/459hrD8

Makes 2 servings,
6 ounces each

Prep Time: 5 min.
Cooking Time: 0 min.
Total Time: 5 min.
(not including soaking time)



Sherene Chou, MS, RD

is a Co-Founder of Food + Planet and culinary dietitian focused on building a more equitable and sustainable food system through the intersection of plant-based nutrition, culture, and social justice.



Nutritional information (per serving):

101 calories, 2 g fat, 0 g saturated fat, 114 mg sodium, 22 g carbohydrate, 0 mg cholesterol, 13 g sugar, 3 g fiber, 1 g protein



Clams, Mussels, Oysters, Scallops Recipes

Rich, meaty bivalves, including clams, mussels, oysters, and scallops, have been part of culinary food traditions for millennia. You can fall in love with these flavorful, nutritious gems from the sea today, thanks to this collection of traditional recipes from around the world created by registered dietitian nutritionists.

Lo Mein with Clams and Mussels

Featuring Clams, Mussels

Seafood, such as mussels, clams, and shrimp, pair deliciously with vegetables and noodles in this classic Chinese-American dish. Fresh lo mein noodles can be found in well-stocked Asian markets, but spaghetti works well too. Dark soy sauce is a classic ingredient because it gives the noodles the traditional darker color, but light soy sauce can be used as a substitute if needed.

 Makes 4 servings,
2 cups each

 Prep Time: 20 min.
Cooking Time: 10 min.
Total Time: 30 min.



Breana Lai Killeen, MPH, RDN is a Vermont-based chef, dietitian, and farmer focused on sustainable agriculture, cultural inclusivity in recipe development, and always serving a delicious meal.

Ingredients:

- 1/2 pound fresh lo mein noodles or dried spaghetti
- 3 teaspoons toasted sesame oil, divided
- 1/2 pound fresh or frozen clams in shell
- 1/2 pound fresh or frozen mussels in shell
- 1 tablespoon reduced-sodium light soy sauce
- 1 1/2 teaspoons dark soy sauce
- 1 1/2 teaspoons oyster sauce
- 1 teaspoon fresh grated ginger
- 1/4 teaspoon sugar
- 1/8 teaspoon ground white pepper
- 2 tablespoons grapeseed (or avocado oil), divided
- 1/2 pound medium shrimp (26/30 size), peeled and deveined
- 1 large clove garlic, peeled, minced
- 2 cups fresh cremini mushrooms, sliced
- 1/2 medium red bell pepper, sliced into strips
- 2 cups shredded napa cabbage
- 1 cup trimmed snow peas
- 2 scallions (or green onions), sliced

Instructions:

- 1 Bring a large pot of water to boil over high heat. Cook the noodles according to package instructions, or about 2-3 minutes for fresh noodles and 8-10 minutes for dried. Drain the noodles in a colander and rinse with cold water. Toss with 2 teaspoons of the sesame oil to prevent sticking and set aside.
- 2 Place a steamer basket in the large pot (or use a double boiler) and fill with 1-inch of water. Add clams and mussels. Bring the water to a boil over high heat, then cover the pot and reduce the heat to medium. Steam the clams and mussels until the shells are open, about 5 minutes. Remove the pot from the heat.
- 3 Meanwhile, whisk the remaining 1 teaspoon of sesame oil, light soy sauce, dark soy sauce, oyster sauce, ginger, sugar, and white pepper in a small bowl to make the sauce. Set aside.
- 4 Heat 1 tablespoon grapeseed oil (or avocado oil) in a wok or large cast-iron skillet over high heat. Add shrimp and cook, stirring occasionally, until no longer pink, about 2 minutes. Transfer the shrimp to a bowl.
- 5 Add the remaining 1 tablespoon grapeseed oil (or avocado oil) and garlic to the pan. Cook, stirring, for 15 seconds. Add mushrooms and bell pepper. Cook, stirring occasionally, until the vegetables start to soften, about 2 minutes. Add cabbage and cook, stirring frequently, until the cabbage starts to soften, about 30 seconds. Add snow peas and the reserved noodles, shrimp, mussels, clams, and the sauce. Combine everything well and cook until hot, about 2 minutes. Top with the scallions (or green onions) and serve.

Nutritional information (per serving):

345 calories, 12 g fat, 1 g saturated fat, 627 mg sodium, 39 g carbohydrate, 97 mg cholesterol, 3 g total sugar, 3 g fiber, 20 g protein



Watch the recipe
video here:
bit.ly/44L1ymB



Pan-Seared Scallops and Herb Collard Sauce with Creamy Grits

Featuring Scallops

With a naturally sweet flavor, sea scallops are the star of this dish. Here, they're quickly seared on each side and paired with savory grits flavored with Parmesan cheese. A bright green herb collard sauce gives the dish additional zest. This riff on shrimp and grits pays homage to the foods of the American South.

 Makes 4 servings

 Prep Time: 20 min.
Cooking Time: 15 min.
Total Time: 35 min.



Adante Hart, MPH, RDN, LDN is a Durham, NC-based culinary dietitian, nutrition educator, speaker, and enthusiast of all things food, culture, and health. He strives to help people and communities exercise more agency over their wellbeing and quality of life.

Ingredients:

Creamy Grits:

- 1 1/2 cups water (for additional flavor, use low-sodium seafood, chicken, or vegetable stock)
- 1 cup low-fat milk
- 1/2 teaspoon salt
- 1/2 cup corn grits, uncooked
- 1 tablespoon unsalted butter
- 1/4 cup Parmesan cheese, grated or shredded

Pan-seared scallops:

- 12 ounces sea scallops, fresh (about 12 large or 15-18 medium)
- 1/2 teaspoon kosher salt
- 1 teaspoon black pepper
- 1 tablespoon vegetable oil

Collard Herb Sauce:

- 1/2 bunch collard greens, washed, stemmed, and blanched
- 1/2 bunch parsley, washed, stemmed (about 1 cup)
- 1/2 bunch cilantro, washed, stemmed (about 1 cup)
- 6 cloves garlic, peeled
- 2 tablespoon lemon juice
- 1 tablespoon fresh lemon zest
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon cayenne pepper
- 1/2 cup olive oil

Instructions:

- 1 To prepare the grits: In a medium saucepan, combine the water (or stock), milk, and salt, and bring to a boil over medium-high heat. Slowly add the grits, stirring with a whisk to prevent lumps. Reduce heat to low, cover, and simmer for about 10 minutes until tender, whisking to ensure grits remain smooth and do not burn. May add additional water, if too dry. Remove from heat, and stir in the butter and Parmesan cheese.
- 2 To prepare the scallops: Remove the muscle band from each scallop and discard, then pat dry with a towel, lightly season with salt and pepper, and set aside until ready to cook. In a skillet on medium-high heat, add oil. Once hot, place scallops in the skillet and cook for 1-2 minutes, until a crust has developed on the bottom. Flip each scallop and cook until a crust develops on the other side. Remove scallops from pan. (Do not overcook.)
- 3 To prepare the collard herb sauce: Add all ingredients, except the olive oil, into the container of a food processor and pulse until ingredients are finely chopped. Scrape down the sides of the container if necessary. Continue to pulse while slowly adding the olive oil, until smooth. Store in an airtight container. (This recipe makes about 3/4 cup sauce.)
- 4 To assemble: Per serving, ladle 1/2 cup grits, top with 3-5 scallops, and serve 2 teaspoons collard herb sauce over scallops.



Notes:

- May use frozen scallops; just thaw and follow directions in step 2.
- Cook grits according to package directions (grits come in different varieties, each with varying cook times for desired texture).
- This recipe makes more collard sauce than is needed for this dish. Use the leftovers in other meat, vegetables, or grain dishes, or freeze for later use.

Nutritional information (per serving):

290 calories, 12 g fat, 4 g saturated fat, 555 mg sodium, 24 g carbohydrate, 50 mg cholesterol, 3 g total sugar, 1 g fiber, 23 g protein



Angel Hair Pasta with Spinach and Clams

Featuring Clams

Spaghetti alle vongole (spaghetti with clams) is said to have originated in Naples, on the west coast of Italy. My maternal grandparents were born just north of Naples, near the seaside village of Gaeta. Some versions of this dish can include tomatoes, but I grew up with this version. This pasta recipe is economical and easy to prepare, making it a great last minute dinner recipe, since it comes together in less than 30 minutes using staple pantry items.

Ingredients:

- Water for cooking pasta, *as needed* (reserve 1/2 cup pasta water)
- 1 teaspoon salt
- 1/2 pound dried angel hair pasta (or thin spaghetti)
- 3 tablespoons extra virgin olive oil
- 3 cloves garlic, minced
- 2 (6.5-ounce) cans minced clams, with liquid
- 1/4 cup dry white wine (optional)
- 1/8 teaspoon red chili pepper flakes (optional)
- 1 teaspoon fresh lemon zest
- 2 cups raw spinach leaves, coarsely chopped
- 3 tablespoons grated Parmesan cheese
- Freshly ground black pepper, *to taste*
- 2 tablespoons chopped fresh parsley (or 1 tablespoon dried)
- Sliced tomatoes (optional)

Instructions:

- 1 Fill a 6-quart stock pot with water. Add salt to the water, cover with a lid, and bring to a boil. Add pasta to the boiling water, stirring to ensure it doesn't clump. Allow the pasta to cook, according to package directions, until it's just firm to the bite (*al dente*). Remove from heat. Reserve 1/2 cup pasta water, drain pasta, and set aside.
- 2 Meanwhile, heat olive oil in a 12-inch skillet over medium-low heat. Add the garlic and saute' until fragrant, about 2 minutes.
- 3 Reduce the heat to low and add the minced canned clams with liquid, wine (optional), red chili pepper flakes, and lemon zest. Stir to combine, and cook over low heat until the moisture evaporates (about 5 minutes).
- 4 Add the spinach to the pan and cook for about 2 minutes, until spinach is wilted. Reduce heat to simmer. Add drained pasta and up to 1/2 cup of pasta water (you may need less), a few tablespoons at a time, to thicken the sauce and ensure the pasta doesn't clump.

 Makes 4 servings

 Prep Time: 10 min.
Cooking Time: 14 min.
Total Time: 24 min.



Rosanne Rust, MS, RDN

is a registered dietitian, author, and content creator based in Venice, Florida. She enjoys sharing the science behind food, health, and agriculture, and simple recipes that curb food waste. You can find her on social media @chewthefacts or visit her website at www.rustnutrition.com.



- 5 Stir to combine and transfer to a serving dish or individual pasta bowls. Top with cheese, black pepper, parsley, and tomatoes.

Notes:

- Substitute any type of greens (collards, kale, arugula) for the spinach.

Nutritional information (per serving):

372 calories, 13 g total fat, 3 g saturated fat, 633 mg sodium, 46 g carbohydrate, 23 mg cholesterol, 3 g total sugars, 2 g fiber, 17 g protein



Pizza with Arugula and Mediterranean Mussels

Featuring Mussels

For a healthy taste of the Mediterranean, this delicious pizza is topped with a fresh and bright seafood salad. Mussels, chickpeas, Kalamata olives, lemon, and fresh parsley make a bright combination with cheese over a delicious whole wheat crust.

 Makes 4 servings,
2 slices each

 Prep Time: 15 min.
Cooking Time: 15 min.
Total Time: 30 min.



Patricia Bannan, MS, RDN is a nationally recognized registered dietitian nutritionist, healthy cook and cookbook author, and captivating communicator on a mission to help stressed out women find more joy and balance in their lives. In her latest book, *From Burnout to Balance*, Patricia distills into bite-size pieces everything women need to know (and eat) to heal from burnout and feel their best.

Ingredients:

- 1 pound refrigerated 100% whole wheat pizza dough (or 1 prebaked 12-inch pizza crust)
- 1/3 cup extra virgin olive oil, divided
- 10 ounces calamari rings, fresh or frozen and thawed, patted dry
- 10 ounces mussels, fresh in shell or frozen and thawed, cooked, removed from shell, and patted dry (alternatively, you may use 1/2 cup cooked mussels meat)
- 3/4 cup canned chickpeas, drained
- 1/3 cup Kalamata olives, pitted and sliced
- 1/3 cup flat-leaf parsley, chopped
- 1 tablespoon chopped jarred Calabrian chili peppers, (or 1/2 teaspoon crushed red pepper flakes)
- 1 large lemon, cut into wedges, divided
- Sea salt and freshly ground black pepper, to taste
- 1/2 cup shredded mozzarella cheese
- 1/4 teaspoon dried oregano
- 1 cup packed fresh baby arugula

Instructions:

- 1 Preheat the oven to 500°F. Place a baking sheet or pizza stone in the oven. (Alternatively, follow package directions if using prebaked crust for step 1 and 2.)
- 2 Stretch the pizza dough into a thin (about 12-inch) round or oval shape, and transfer to the preheated baking sheet or stone.
- 3 In a large saucepan on medium-high heat, add 2 tablespoons of the olive oil. Sauté calamari until firm, light brown, and opaque, about 3 to 4 minutes. (Do not overcook or it will become rubbery.)
- 4 In a large bowl, combine the cooked calamari, mussels, chickpeas, olives, parsley, peppers, and 2 tablespoons of the olive oil. Squirt with half of the lemon wedges, and season with salt and pepper to taste. Set aside.
- 5 Brush the pizza dough with the remaining olive oil. Top with shredded cheese. Sprinkle with oregano and season with salt and pepper as desired. Bake for 7-8 minutes, until the cheese has just melted and before the crust is brown.
- 6 Remove the pizza from the oven and top with the seafood mixture, then return to the oven and bake for 7-8 minutes, until the mussels and edges of the crust are golden brown and the bottom is crisp.
- 7 Transfer the pizza to a cutting board, sprinkle with the arugula, and squirt with the remaining lemon wedges. Slice into 8 wedges and enjoy.




Notes:

- If you are cooking in-shell mussels from fresh or frozen (thawed) form, bring a pot of water to a boil, add the mussels, and cook just until the shells open up.
- The pizza can be stored in an airtight container in the refrigerator for up to 3 days, or frozen for up to 1 month. To freeze, remove the arugula and tightly wrap the pizza in parchment paper, then cover with aluminum foil. Once reheated, top with fresh arugula and a squirt of lemon.

Nutritional information (per serving):

610 calories, 28 g fat, 5 g saturated fat, 730 mg sodium, 59 g carbohydrate, 340 mg cholesterol, 1 g total sugar, 5 g fiber, 35 g protein

 Watch the recipe video here:
bit.ly/3qgr1VZ



Clams al Mojo de Ajo (Clams with Garlic)

Featuring Clams

This clam dish with garlic and olive oil is simple and flavorful. Let this recipe for traditional clams with garlic transport you to the Caribbean, where this recipe originates. Serve it with cooked pasta or rice to make it a meal.

Ingredients:

- 3 tablespoons olive oil, divided
- 6 garlic cloves, peeled, chopped
- 1 cup white cooking wine (or vegetable broth)
- 2 pounds (about 50 small) clams in shell, fresh or frozen, thawed
- 1 lemon, juiced
- 1/2 cup fresh cilantro, chopped

Instructions:

- 1 In a large skillet, heat 1 tablespoon oil over low heat. Add garlic and cook for 1 minute.
- 2 Add cooking wine or broth and simmer for 2 minutes.
- 3 Add clams, cover pot, and cook over medium heat for 7 minutes, until clams start to open. Add remaining olive oil, lower heat, cover, and simmer for 3-5 minutes, until all clams are open (discard clams that do not open). Transfer to a large serving bowl and drizzle with lemon juice and sprinkle with cilantro.
- 4 May serve with pasta, rice, or a bed of roasted vegetables, if desired.

Notes:

- You may clean the clams by letting them soak in water for 20 minutes, then scrubbing them with a brush.

Nutritional information (per serving):

248 calories, 16 g total fat, 4 g saturated fat, 225 mg sodium, 7 g carbohydrate, 20 mg cholesterol, 1 g total sugar, 1 g fiber, 11 g protein

 Makes 4 servings,
about 12 clams each

 Prep Time: 10 min.
Cooking Time: 10 min.
Total Time: 20 min.



Sylvia Klinger, DBA, MS, RD, LDN, CPT

is a global nutrition communicator, award-winning author, nutrition and culinary consultant, and the founder of Hispanic Food Communications. Sylvia is an internationally recognized nutrition expert who is relentlessly passionate about helping people fall in love with creating and enjoying delicious and nutritious foods.





Spinach and Mushroom Oyster Casserole

Featuring Oysters

This simple oyster casserole is traditionally served in many Southern homes for special meals and holidays as a side dish for foods like turkey or chicken. It's made with a combination of flavorful ingredients, including spinach, mushrooms, oysters, and a sprinkling of a delicious crunchy topping.

Ingredients:

- 1 tablespoon olive oil
- 2 cups baby spinach leaves
- 4 ounces sliced mushrooms
- 1 clove garlic, minced
- 1/2 cup low-fat milk
- 2 teaspoons Worcestershire sauce
- 1 (16-ounce) tub fresh oysters, drained and chopped, reserve 1/3 cup liquid
- 1 1/2 cups low-sodium soda cracker crumbs (i.e., saltines)
- 2 tablespoons melted unsalted butter
- Salt and pepper to taste (optional)

Instructions:

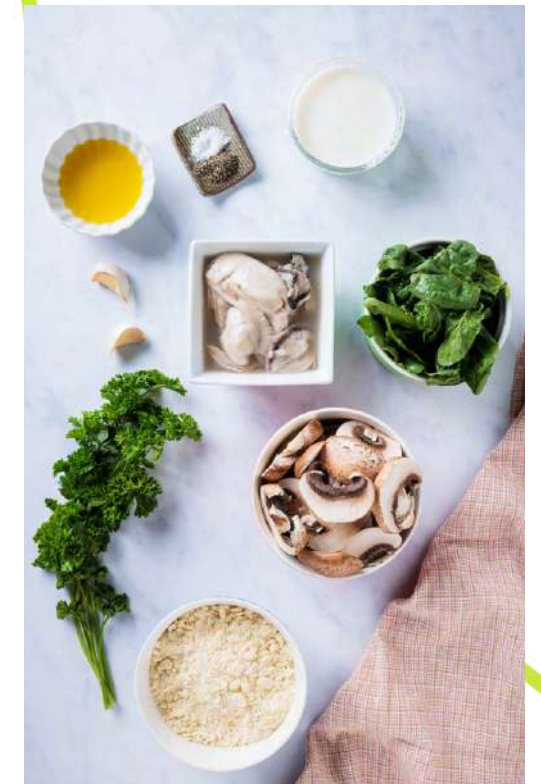
- 1 In a large skillet on medium heat, add olive oil and sauté the spinach, mushrooms, and garlic until tender (about 4 minutes).
- 2 Reduce heat to low and add milk, Worcestershire sauce, and reserved 1/3 cup oyster liquid. Let simmer for about 2 minutes, then season with salt and pepper to taste (optional). Remove from heat and set aside.
- 3 Preheat the oven to 375°F.
- 4 In an 8-inch casserole dish, arrange oysters in one layer and cover evenly with a layer of the spinach mixture.
- 5 In a medium bowl, combine the cracker crumbs and melted butter, and spread evenly on top of the spinach mixture.
- 6 Cover with foil and bake for 20 minutes. Remove foil and bake an additional 20-25 minutes, or until the top is golden and edges are bubbly.
- 7 Let it cool for 10 minutes before serving.

 Makes 4 servings

 Prep Time: 10 min.
Cooking Time: 40 min.
Total Time: 50 min.



Andrea Mathis, MA, RDN, LD is an Alabama-based dietitian focused on providing wholesome recipes and body-inclusive focused nutrition advice to help others rediscover the joy in eating while spreading a little self-love in the process.



Nutritional information (per serving):

286 calories, 18 g fat, 4 g saturated fat, 162 mg sodium, 17 g carbohydrate, 17 mg cholesterol, 2 g total sugar, 2 g fiber, 10 g protein



Watch the recipe video here:
bit.ly/3Dz2hvp



Cioppino Stew

Featuring Clams, Mussels

Cioppino is a classic fish stew originating from Italian fishermen in San Francisco, who would take the leftover catches of the day and mix them with wine, spices, herbs, and tomatoes for a hearty, comforting, warming meal. This version is based on clams, mussels, and salmon. Serve it with a crusty bread and salad to make it into a meal.

Ingredients:

- 1 tablespoon olive oil
- 2 garlic cloves, peeled, minced
- 1 onion, peeled, diced
- 1 medium fennel bulb, trimmed, chopped
- 1/2 cup dry white wine (may substitute with additional broth)
- 1 tablespoon dried oregano
- 1 tablespoon dried basil
- 3 cups clam juice or low-sodium chicken broth
- 1 (28-ounce) can diced tomatoes in juice
- 1 pound clams in shells, fresh or frozen and thawed
- 1 pound mussels in shells, fresh or frozen and thawed
- 8 ounces salmon, fresh or frozen and thawed, cut into 2-inch cubes
- Salt and pepper to taste

Toppings (Optional):

- Italian flat leaf parsley, chopped
- Parmesan cheese, shredded
- Red chili flakes

Instructions:

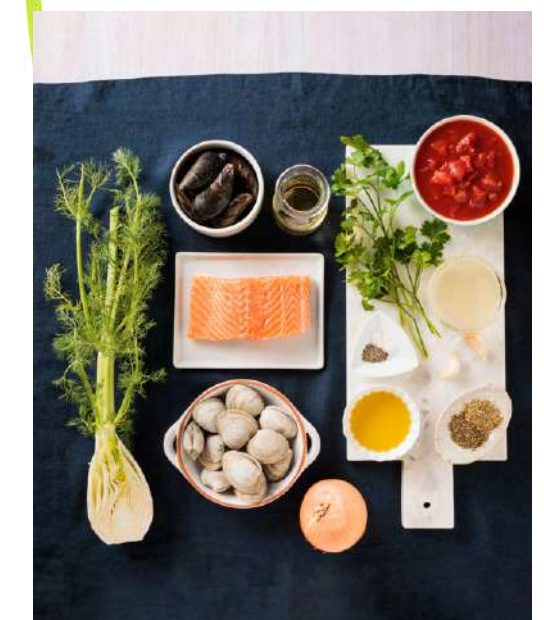
- 1 Heat the oil in a large pot over medium heat. Add garlic and cook for 1 minute while stirring gently.
- 2 Add the onion and fennel and cook for 4 minutes while stirring gently.
- 3 Add the wine (or broth), oregano, basil, clam juice or chicken broth, and canned tomatoes to the pot. Stir well. Bring to a boil, reduce heat, cover, and cook for 5 minutes.
- 4 Remove the lid. Add the clams and mussels to the pot. Bring to a boil. Cook for 8 minutes, until clams and mussels open. Stir gently.
- 5 Reduce heat to medium. Add the salmon and cook for 5 minutes. Stir gently. The salmon will become slightly opaque.
- 6 Discard any clams or mussels that did not open. Season with salt and pepper and serve. May top with parsley, parmesan cheese, or red chili flakes, if desired.

Makes 6 servings,
about 1 3/4 cups each

Prep Time: 15 min.
Cooking Time: 19 min.
Total Time: 34 min.



Sarah Koszyk, MA, RDN is a San Francisco Bay Area-based sports and skin health dietitian specializing in complete wellness from within by providing her clients with real food for real people.



Notes:

- Pair the stew with fresh sourdough or French bread, if desired.

Nutritional information (per serving):

221 calories, 8 g fat, 2 g saturated fat, 293 mg sodium, 13 g carbohydrate, 44 mg cholesterol, 5 g total sugar, 3 g fiber, 22 g protein



Tahong Soup (Filipino Mussels Soup)

Featuring Mussels

Tahong soup is a traditional Filipino dish that features mussels as the main ingredient. This hearty recipe is so easy to make with minimal ingredients and boasts unique flavors and aromas, thanks to the warm ginger broth.

Ingredients:

- 8 ounces rice vermicelli noodles, uncooked
- 2 tablespoons vegetable oil
- 6 cloves garlic, peeled, minced
- 1 medium onion, finely chopped
- 2-inch piece ginger, peeled, grated
- 1 (16-ounce) package mussels in the shell or half shell, frozen (thawed) or fresh
- 8 cups water
- 1 (5-ounce) bag baby spinach
- Salt and pepper to taste (optional)

Instructions:

- 1 In a large bowl, cover vermicelli noodles in cold water and soak for 10-15 minutes while preparing the rest of the soup.
- 2 Heat oil in a 6-quart pot over medium-high heat.
- 3 Add garlic, onion, and ginger and cook until aromatic, about 7 minutes.
- 4 Add mussels and cook for 3 minutes or until the shells open.
- 5 Pour 8 cups of water in the pot, bring to a boil, then lower heat to medium, cover with a lid, and simmer for 5 minutes.
- 6 Drain the vermicelli noodles and add to the soup, along with the spinach. Mix well and cover for 2-3 minutes, just until the spinach is wilted.
- 7 Season with salt and pepper (if using), to taste and serve immediately.



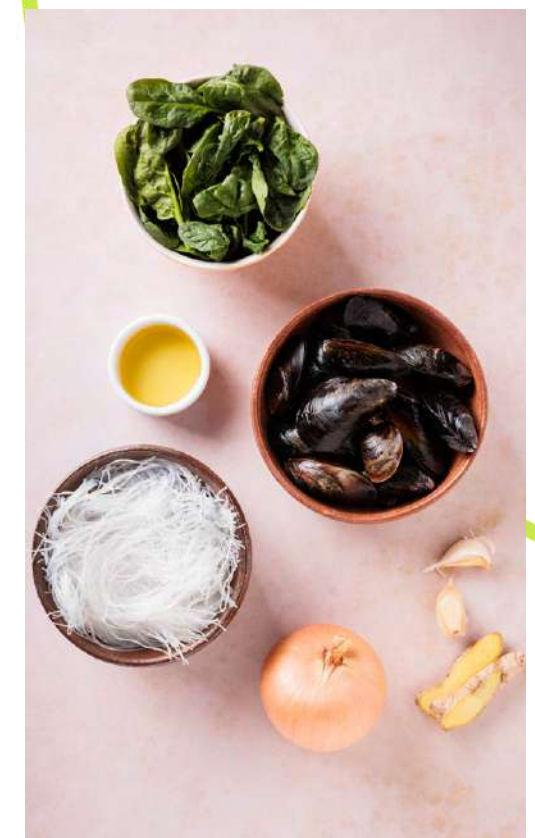
Watch the recipe
video here:
bit.ly/47fbPt9

 Makes 4 servings

 Prep Time: 5 min.
Cooking Time: 20 min.
Total Time: 25 min.



Clara Nosek, MS, RDN
is an outpatient dietitian, a big fan of non-diet nutrition practices, and the face behind @yourdietitianbff.



Nutritional information (per serving):

442 calories, 11 g total fat, 1 g fat, 423 mg sodium,
64 g carbohydrate, 44 mg cholesterol, 4 g total sugar,
14 g fiber, 23 g protein



Sweet Heat Clam Chowder

Featuring Clams

This simple and delicious chowder features a creamy, flavorful sweet potato base with clams. Sweet potatoes and yams are a staple in many countries in the African diaspora, as they grow in abundance and are very flavorful and filling. This hearty soup can rely on a number of seasonal vegetables available throughout the year.

Ingredients:

- 3 tablespoons avocado oil, divided
- 1 medium sweet potato, unpeeled, cubed
- 1/2 cup sliced red onion
- 1/2 cup sliced green bell pepper
- 1/2 cup sliced red bell pepper
- 1/2 cup sliced celery
- 1 teaspoon smoked paprika
- 1 teaspoon celery seeds
- 4 cloves garlic, peeled, sliced
- 1/4 cup red wine vinegar
- 2 (6.5-ounces each) cans clam meat, drained, reserving clam juice
- 4 sprigs fresh thyme
- 1 cup light coconut milk (may substitute vegetable broth)
- 1 teaspoon salt
- 1 scotch bonnet chili pepper (optional)
- 2 teaspoons ground black pepper
- 1 teaspoon lemon zest
- 1 tablespoon lemon juice
- 1/4 cup fresh chopped cilantro (optional)

Instructions:

- 1 Heat a medium size pot on the stove on medium-high heat for 2 minutes.
- 2 Add 2 tablespoons of the oil, then add the sweet potatoes and saute for 5 minutes, stirring to evenly cook.
- 3 Add the remaining 1 tablespoon oil with the onion, bell peppers, and celery. Saute for 3 minutes.
- 4 Add smoked paprika, celery seeds, and garlic. Cook for 1 minute. Add red wine vinegar and cook for another 2 minutes. Add reserved clam juice and coconut milk (or vegetable broth) and salt.
- 5 Add clam meat, thyme sprigs, and scotch bonnet chili pepper, if using. Let simmer on low for 5 minutes while covered, until vegetables are tender. Remove from heat. Add black pepper, lemon zest, and lemon juice. Remove scotch bonnet pepper.
- 6 Serve in bowls and garnish with fresh cilantro, if using.

 Makes 4 servings

 Prep Time: 15 min.
Cooking Time: 20 min.
Total Time: 35 min.



Ashley Carter, MS, RDN is a Miami-based registered dietitian and cofounder of EatWell Exchange, a nonprofit that provides nutrition education with a focus on culture.



Notes:

- Scotch bonnet chili peppers are a great way to add flavor and a little spice. When left intact, there is minimal heat added to the recipe. Just remove the pepper before serving. You should not cut or open the pepper, as that will increase the heat intensity.

Nutritional information (per serving):

300 calories, 16 g fat, 5 g saturated fat, 290 mg sodium, 17 g carbohydrate, 40 mg cholesterol, 4 g total sugar, 2 g fiber, 21 g protein



Scallop Ceviche

Featuring Scallops

A traditional ceviche cures raw seafood with citrus juice, but poaching scallops prior to marinating in lime and lemon juices helps maintain the tender texture and ensures safe food preparation. Try serving this dish with a side of baked tortilla chips or tostada shell.

Ingredients:

Scallops:


- 12 ounces medium-sized sea scallops, fresh or frozen and defrosted
- 2 tablespoons salt
- Ice bath with 1 tablespoon salt

Ceviche:

- 1/4 cup fresh lemon juice
- 1/3 cup fresh lime juice
- 1 cup diced ripe tomatoes
- 1 medium cucumber, peeled and diced
- 1/3 cup finely chopped red onion
- 1 medium jalapeño chile, halved, seeded if desired, and finely diced
- 1/4 cup chopped fresh cilantro
- 1/4 teaspoon salt
- 1/8 teaspoon ground pepper
- 1 medium avocado, diced

Instructions:

- 1 To prepare scallops: Locate the square-shaped, fibrous side muscle on each scallop and gently pinch or slice it off with a knife.
- 2 Add 12 cups of water and 2 tablespoons of salt to a large pot and bring to a simmer. Carefully place scallops into the pot, then increase the heat and poach for 2-3 minutes.
- 3 Turn off heat. Using a mesh skimmer or slotted spoon, remove scallops from hot water and place into an ice bath (fill a bowl with ice, add fresh water, and 1 tablespoon salt). Gently stir scallops in the icy water for about 2 minutes.
- 4 With the same skimmer or slotted spoon, remove scallops from the ice bath and place on a cloth- or paper towel-lined plate. Place scallops in the refrigerator until ready to add into the ceviche.
- 5 To prepare ceviche: Add lemon and lime juices, tomatoes, cucumber, onion, and jalapeno to a large bowl. Mix to combine ingredients.
- 6 Cut prepared refrigerated scallops into bite-sized pieces. Add the scallops, cilantro, salt, and pepper to the bowl of vegetables and mix gently. Cover and place in the refrigerator for 30 minutes to one hour to chill.
- 7 Top prepared ceviche with avocado and serve.

 Makes 4 servings,
1 cup each


 Prep Time: 30 min.
Cooking Time: 0 min.
Total Time: 30 min.



Christy Wilson, RDN is a Tucson, Arizona-based dietitian and owner of Christy Wilson Nutrition, LLC, which is a culinary-focused nutrition communications business. Christy also works as a nutrition counselor and cooking teacher at a primary care and HIV specialty community health clinic.



Notes:

-  Store in the refrigerator in an airtight container for up to 3 days.

Nutritional information (per serving):

180 calories, 5 g fat, 0 g saturated fat, 700 mg sodium, 3 g carbohydrate, 30 mg cholesterol, 3 g total sugar, 3 g fiber, 16 g protein



Watch the recipe video here:
bit.ly/45qs7xF

BLUE FOODS AS MEDICINE COOKBOOK

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