



SIMILAR INGREDIENTS, MULTIPLE MEALS

Shop once, eat twice: Successful tips for busy families.



FEATURED RECIPES
CAN BE PAIRED WITH
SIDE DISHES NOTED ON
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Ingredients:

4 tilapia fillets

1 Tbsp. olive oil

**½ Tbsp. southwest seasoning
blend**

Pineapple Salsa

½ cup pineapple finely diced

1 red pepper, diced

1 small white onion, diced

3 green onions diced

1 Tbsp. lime juice

Southwest Fish with Pineapple Salsa

Directions:

1. Add olive oil to skillet. Heat skillet on medium until hot. Add tilapia and cover. Cook 2 – 2 ½ minutes per side until temperature is 140°F.
2. While fish is cooking, prepare the salsa by combining the first 4 ingredients together in a medium bowl. Add lime juice and lightly toss.
3. When fish is done, remove and serve with pineapple salsa on top.

Southwest Seasoning Blend

- 1 Tbsp. garlic powder, 1 Tbsp. chili powder, & 1 Tbsp. onion powder
1 Tbsp. smoked paprika
2 tsp. cumin
1 tsp. sea salt and 1 tsp. pepper
½ tsp. chipotle powder

Combine all ingredients together and mix. Store in an air-tight container and mix again before using.

Eat what's in season... *Pineapple*

Pineapple is naturally fat-free, cholesterol-free and very low in sodium. Plus, it is low in calories and a good source of vitamin C and manganese. Pineapple makes a delicious side dish or a wonderful addition to salads or salsas. It can be used to enhance fish and meat dishes.



Selection and Storage: Look for fruit that is firm and heavy for its size, but gives slightly when pressed. The fruit should have delicate fragrance and the leaves should be green and fresh-looking. Do not purchase pineapples with bruises, soft spots, or fermented smell. Whole pineapples can be kept in the refrigerator for three to five days. Store them in a plastic bag to help conserve the moisture content. Cut pineapple that is kept in an airtight container will stay fresh for about a week in the refrigerator.

Preparation hints: Cut soon after purchasing. Cut off the crown. A pineapple corer slicer makes it easy to remove the delicious fruit and separate it from the core. If you don't have this tool, cut off the bottom. Then, slice off the skin. Cut the pineapple into quarters to remove the core.



Ingredients:

4 tilapia fillets

1 Tbsp. olive oil

½ Tbsp. southwest seasoning blend - see p. 1

Fish Taco Sauce

½ cup sour cream

¼ cup mayonnaise

3 – 4 Tbsp. lime juice

1 tsp. pepper sauce

Easy Fish Tacos

Directions:

1. Add olive oil to skillet. Heat skillet on medium until hot. Add tilapia and cover. Cook 2 – 2 ½ minutes per side until temperature is 140°F.
2. While fish is cooking, in a small bowl, stir together the fish taco sauce ingredients,
3. When fish is done, break apart into bite size pieces. Serve with the toppings listed below and the fish taco sauce.

Topping Ideas for Fish Tacos

½ small purple cabbage, shredded

2 roma tomatoes, diced

½ red onion, diced

Cilantro,

Avocado, slices

4 oz. Cotija cheese, grated

Tortillas, corn or flour, warmed

Side Dish Spotlight

Below are a few side dish ideas to pair with our featured fish recipes or to try on their own!

Fruit Salsa

- 1 cup strawberries, finely chopped
 - 1 medium orange, peeled and finely chopped (1/3 cup)
 - 3 kiwi, peeled and finely chopped (2/3 cup)
 - 1/2 cup pineapple, finely chopped
 - 1/4 cup green onions, thinly sliced
 - 1/4 cup green pepper, chopped
 - 1 Tbsp. lime juice
- Cinnamon Tortilla Crisps



Directions

1. In a bowl, combine strawberries, orange, kiwi, pineapple, green onions, green pepper, and lime juice. Cover and chill for 6 – 24 hours.
2. Serve with Cinnamon Tortilla Crisps

Baked Cinnamon Sugar Tortilla Chips

1. Preheat oven to 350°F.
2. Spray tortillas with cooking spray or brush with butter. In a small bowl, combine Splenda and cinnamon and sprinkle over tortillas. Cut each into eight wedges and place on ungreased baking sheets.
3. Bake for 8-10 minutes or until the chips are lightly browned and crisp.

Pineapple Coleslaw

- 2 cups coleslaw mix
- 1 cup purple cabbage, shredded
- 1 cup pineapple, finely diced
- 1/2 cup carrot, shredded
- 1/2 cup mayonnaise



Directions

1. In a large bowl, combine the first 4 ingredients.
2. Add mayonnaise and toss to coat. Cover and refrigerate until serving.

Southwest Dip

- 1/2 cup light mayo substitute
- 1/2 cup sour cream
- 2 tsp. southwest seasoning blend
- 1 tsp. lemon juice



Combine together in small bowl.

White Chocolate Orange Fluff

- 3 cups cold milk
- 2 pkg. white chocolate instant pudding
- 8 oz. light whipped topping
- 1 1/2 tsp. zested orange peel



Directions:

1. Pour milk into a large bowl and add pudding mix.
2. Beat with the wire whisk for 1 minute.
3. Gently stir in whipped topping and orange peel.
4. Topping with additional orange zest.

Selection, Handling, & Storage

Fish fillets can be purchased fresh or frozen. Fresh fillets should be refrigerated or displayed on a thick bed of fresh ice. Fish should smell fresh and mild, not fishy, sour or ammonia-like.

The fillets should display on discoloration, darkening or drying around the edges. Frozen fish should show no signs of frost. Plus, avoid packages where "frozen" fish is not hard.



Preparation: Thaw frozen fish in the refrigerator overnight. If you need to thaw quicker, you can immerse frozen fish in a sealed plastic bag in cold water. Fish can be grilled, baked, broiled, sautéed, pan-fried or steamed. Fish needs to be cooked until it reaches an internal temperature of 145°F. The flesh will turn white and will separate easily with a fork.

Storage: Fresh fish can be stored in the refrigerator 1 - 2 days. Cooked fish can be stored in the refrigerator for 3 - 4 days. Note: If you do not plan to cook fresh fish within 2 days after purchase, you should freeze it. For best quality, freeze cooked fish for up to 3 months. Frozen raw fish is best used within 3 - 8 months.

Nutrient Profile: Manganese

Manganese is a trace element that is needed in small amounts but important for many enzyme actions and metabolism processes. It also works in forming bone, reproduction, immune responses, and blood clotting. Most of manganese is stored in bone but is also found in the liver, pancreas, kidneys, and the brain.



Food Sources: Whole grains, legumes, nuts, instant coffee, tea, fruits & vegetables are moderately good sources

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