

## 5 delicious ways to Prepare Fish Quickly and Healthfully

**The first key to preparing fish well is to buy fresh fish at the store. Fish should smell sweet. Strong, fishy odors mean that it is old. Fresh fish will be bright looking and firm to the touch. Reject fish that has brown spots, discoloration or a slimy surface. Fish is done when the color turns from translucent to opaque (white) or has reached an internal temperature of 140 to 145 degrees. Do not overcook.**

### 1. Grill it!

The best grilling fish are sturdy and fattier, such as grouper, salmon, tuna, swordfish and trout. Use a very clean, lightly oiled grill or a cedar plank (presoaked in water). For delicate fish, use a grill basket or two layers of foil. Remove fish from the basket or foil as quickly as possible so it doesn't stick. Most fish will cook in four to six minutes per side.

### 2. Bake it!

Heat oven to 450 degrees. Spray a baking sheet or shallow dish with nonstick cooking spray. Place fish in a single layer; season as desired. Bake 10 minutes per inch of thickness, uncovered or until fish is done. Fish also bakes well wrapped in parchment paper. Arrange fish on parchment with a few cherry tomatoes, fresh herbs, a little wine and green onions. Fold the parchment over and seal it. Bake for about 20 minutes.

### 3. Sauté it!

Follow three tips for perfect sautéed fish: (1) Use just a bit of olive oil; (2) make certain the pan is thoroughly preheated; and (3) do not overcrowd the fish. Sauté thin fillets over medium high heat for two to three minutes. Turn and cook one to two minutes more. Remove pan from heat and let the residual heat cook the fish. Sauté thicker fish four to six minutes per side.

### 4. Poach it!

Poaching is a cooking method that involves hot liquid. In this case, use milk. Put a firm fish fillet (haddock, cod or salmon) in a small baking dish. Cover with non-fat milk. Sprinkle the top with some seasoned bread crumbs and grated Parmesan cheese. Bake fish at 400 degrees for about 20 minutes, depending on the thickness of the fillet.

### 5. Microwave it!

Spray a microwave-safe dish with nonstick cooking spray. Cut fish in half and arrange in dish so thick center portions are to outside; place fish in a single layer and do not crowd. Microwave on high five to ten minutes, depending on amount and thickness. Make sure to rotate the fish halfway through the cooking time so the fish cooks evenly.



**A special note for pregnant women and young children:** Do not eat shark, swordfish, king mackerel or tilefish because they have high levels of mercury. Limit albacore (white) tuna to no more than 6 ounces per week. Canned chunk-light tuna is okay. Check advisories about fish caught by family and friends in local lakes, rivers and coastal areas.