

The Beginner's Guide to Cooking Fish

Fish is a great source of protein and is typically low in saturated fat. Some fatty fish, such as tuna and salmon, contain omega-3s, which can improve heart health. The dietary recommendation is to consume fish or seafood two times a week, or a total of 8 oz. A drained can of tuna is 3-4 oz., a salmon steak is between 4-6 oz., and a small tilapia filet is about 3 oz.

Seasoning:

Try marinating fish in citrus juice and olive oil before cooking.

Season with various spices like lemon pepper, cumin or paprika before cooking.

Season with fresh herbs such as dill or parsley before cooking.

Broiling/Baking:

Adjust oven rack to 3-4" below broiler.

Preheat oven to 425 degrees. Cover a pan in foil and brush with olive oil to prevent sticking.

If there's skin, lay that side face down on pan.

Broil the fish for 10 minutes per inch of thickness. If one side is thinner than the other, fold the thin side under to create an even thickness.

Check the fish with a food thermometer. The fish is done when the internal temperature reaches 145 degrees; the filet should look opaque and flake easily with a fork.

Grilling:

Set grill to medium high heat and brush foil square with olive oil.

Place fish filet on the foil and create a dome with foil.

Place on grill and let cook for 12 minutes.

Fish is done when it's opaque and flakes easily, and the internal temperature has reached 145 degrees.

Additional Tips:

If the fish is more than an inch thick, flip filet over half way through.

If the fish is cooked in foil or in a sauce, add five minutes to the cooking time.

If the fish is not defrosted, double the regular cooking time.

Source: Eatright.org, Choosemyplate.gov

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