



SEAFOOD
RECIPES



ITLS WEIGHT
MANAGEMENT
SOLUTION

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Teriyaki Salmon

FB, RR, SS, CC, PI, P2

Serves 1

- ¼ tsp lemon juice
- ¼ TBSP teriyaki sauce
- ¼ tsp soy sauce
- ¼ garlic cloves
- 1 salmon fillet

Mix all ingredients in a bowl and marinate salmon fillet for 45 minutes. Place fish in a shallow bowl created out of double thick aluminum foil and pour marinade over fish. Bake 20–25 minutes at 350 degrees.

Caribbean Shrimp

Detox, FB, RR, SS, CC, PI, P2

Serves 4

- 450 grams shrimp
- ¼ cup freshly squeezed grapefruit juice
- 2 TBSP lime zest
- 1½ tsp lime juice
- 1 garlic clove
- ¼ tsp salt

Mix all ingredients together. Cover and refrigerate for at least 2 hours. Cook shrimp as desired — broil, bake or sauté.

Chinese Steamed Bass with Cabbage

Detox, FB, RR, SS, CC, PI, P2

Serves 2

- 2 striped bass fillets
- 1 hot chili pepper, chopped
- 1 tsp grated fresh ginger
- ½ head cabbage
- 2 garlic cloves, minced
- 2 TBSP soy sauce low sodium
- 2 tsp sunflower oil

Sprinkle fish with chili pepper, ginger and salt. Steam cabbage for 5 minutes. Lay fish on top of the cabbage and steam for 5 more minutes, until cooked thoroughly. While steaming, heat the oils in a small saucepan, and add the garlic, cooking until slightly browned. Plate the cabbage and fish. Sprinkle soy sauce, and the, pour over the garlic and oil.

Grilled Salmon with Spinach and Tomato Stack

Detox, FB, RR, SS, CC, PI, P2

Serves 1

- 1 TBSP balsamic vinegar
- 2 TBSP basil, divided
- 1 tsp extra virgin olive oil
- 1 salmon fillet
- 1 cup spinach
- 1 tomato, sliced

Brush a frying pan with oil and heat until sizzling hot. Add salmon, skin side down. Add tomato and sprinkle with half of the basil. Cook 3-4 minutes. Turn over salmon and tomato and cook for 2-3 minutes until the salmon is cooked through, but still tender. Put spinach leaves on a serving plate, top with the tomato slices and then the salmon. Drizzle a few drops of olive oil and some balsamic vinegar; sprinkle with remaining basil.

Grilled Tuna with Salsa

Detox, FB, RR, SS, CC, PI, P2

Serves 1

- 30 grams raw tuna
- 1 cup snow peas
- 2 TBSP fresh salsa
- 1 tsp olive oil

Lightly brush a grill pan, grill rack or broiler pan with oil. Grill tuna on the pan over medium heat coals (can also be broiled), turning after 4-6 minutes. Tuna should maintain a little pink in the centre, but will flake easily around edges. Top with fresh salsa and serve with 1 cup of snow peas.

Open-Faced Tuna Sandwich

SS, CC

Serves 1

- 1 slice multi-9 grain bread
- ½ cup alfalfa sprout
- 1 tomato, sliced
- ½ TBSP Plain Greek Yogurt
- ½ TBSP light mayonnaise
- ½ lemon
- 1 can tuna fish in water, drained

Mix lemon juice, mayonnaise, yogurt and tuna together. Place on top of bread. Top with tomato and sprouts.



Pasta with Tuna, Watercress, Cherry Tomatoes and Feta

SS, CC

Serves 4

2 TBSP fat-free feta cheese
230 grams whole wheat pasta
1 can tuna fish, drained
3 cups watercress, chopped
4 cups cherry tomatoes
¼ tsp pepper

Cook pasta according to directions. Place cheese in a large bowl; top with watercress. Before draining pasta, take ¼ cup of the water and pour it over the watercress. Place tomatoes in a colander. Drain pasta over the tomatoes for a quick blanch. Toss with watercress and cheese. Sprinkle tuna with pepper and serve together.

Roasted Stuffed Striped Bass

SS, CC

Serves 1

¼ TBSP pepper
1 TBSP unsalted butter
2 TBSP parsley
1 cup celery, chopped
1 striped bass fillet
⅓ cup slices water chestnuts
Salt, to taste
2 TBSP bread crumbs

Place everything but fish in a food processor and pulse until well crumbled. Set oven to 350 and place fish on baking sheet. Spread stuffing on fish. Bake 12-15 minutes or until stuffing is well browned.

Salmon and Herb Spaghetti

Detox, FB, RR, SS, CC, P1, P2

Serves 2

3 zucchinis
⅓ cup olive oil
7 grape tomatoes
3 garlic cloves, minced
⅓ cup white wine
2 salmon fillets
1 TBSP basil
2 TBSP olive oil
1½ TBSP oregano

Spiralise zucchini and cook in 2 TBSP olive oil. Set aside. Cook garlic and tomatoes for 1 minute. Raise heat to high and add salmon, basil and oregano and cook until salmon is opaque (4-5 minutes). Toss tomatoes with zucchini pasta.

Shrimp and Macaroni Salad

SS, CC

Serves 5

½ TBSP celery seed
Salt and pepper to taste
1 cup elbow macaroni, whole wheat
¼ cup cooked shrimp
⅓ cup light mayonnaise
1 cup celery, chopped
¼ cup scallion, chopped

Rinse and drain shrimp; reserving the water used to rinse the shrimp. Dry shrimp with a paper towel. Cook macaroni as directed. Place shrimp, celery and scallions in a bowl with a cover. Shake to mix together. Dressing: mix mayonnaise, 1 tsp shrimp water and celery seed. When macaroni is cool, mix together and serve chilled.

Tuna Salad

RR, SS, CC

Serves 1

¾ cup tuna fish in water
1 inner lettuce leaf
½ cup red capsicum, chopped
1 TBSP fat-free mayonnaise
Salt and lemon pepper to taste

Combine all ingredients and serve on a lettuce leaf.

Wasabi-Ginger Tuna Steak

RR, SS, CC

Serves 4

2 cups wasabi paste
½ tsp ground ginger
1 cup marmalade, ginger flavour
2 TBSP soy sauce
4 tuna fillets

Spoon 1 TBSP of soy sauce over tuna fillets and let them sit for 5 minutes (or longer). Combine remaining TBSP of soy sauce, ginger marmalade, ground ginger and wasabi paste in a bowl and whisk. Heat a grill pan and spray with cooking spray. Add fish and cook for 2 minutes on each side. Spoon marmalade over fish. Cook 1 minute more for medium rare, or until desired level.



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