

Go Fish

Bodybuilders, grab your can openers — try these **10** scrumptious, high-protein seafood recipes you can prepare in minutes ■ By Devin Alexander

Toaster Oven/Oven Recipes

Creative Crabcakes

- 6-oz. can white crabmeat, drained
- 1 egg white
- 3 Tbsp. finely chopped yellow or white onion
- 2 Tbsp. finely chopped green bell pepper
- 1½ Tbsp. Hellmann's/Best Foods Just 2 Good reduced-fat mayonnaise
- ¼ tsp. Creole seasoning, plus extra for sprinkling
- ¼ cup whole-wheat bread crumbs (optional)
- Nonstick cooking spray

Preheat broiler. Spray a small baking pan with nonstick cooking spray. In a medium bowl, mix all ingredients and stir well. Divide crab mixture and shape into two cakes. Sprinkle tops with additional Creole seasoning. Broil until tops are lightly browned and crab mixture is warm throughout, about 3–5 minutes. Serve with a large salad and/or baked potato. *Per serving (crabcakes only, made with bread crumbs): 177 calories, 20 g protein, 14 g carbohydrate, 3 g fat, 1 g fiber.*



Photos by Robert Ruff. Styling by Janet Miller

Tuna, tuna and more tuna . . . if you're like many recreational bodybuilders, you've had enough of that tiresome mantra. Many of us rely on canned tuna because it's quick, it's easy, it's a great source of protein and it provides a significant amount of the essential omega-3 fatty acids. But how many cans can you choke down, day after day?

Sorry, Charlie — it's time to say goodbye to those same old tuna-straight-out-of-the-can meals and say hello to these tasty, simple recipes using some alternative sea dwellers like pink salmon, clams, crab and shrimp. Within 10 minutes of walking in the door and throwing down your gym bag, you'll be salivating over a satisfying meal packed with nutrients.



Tuna Melt

- 2 slices whole-grain bread
- 6-oz. can water-packed tuna, drained
- 2 Tbsp. finely chopped celery
- 1 Tbsp. Hellmann's/Best Foods Just 2 Good reduced-fat mayonnaise
- ¼ tsp. garlic powder, or to taste
- ¼ tsp. onion powder, or to taste
- 6 ¼-inch plum tomato slices, or any tomatoes in season
- 1 oz. low-fat (3 g fat per ounce or less) American or mozzarella cheese, finely shredded
- Nonstick cooking spray

Preheat broiler. Lightly toast bread slices. Meanwhile, in a small bowl, mix tuna, celery, mayonnaise and spices. Spray a small baking pan with nonstick cooking spray. Lay bread slices on pan, divide tuna mixture between bread slices and spread it evenly. Add three slices of tomato to each bread slice. Sprinkle cheese evenly over the top. Broil until cheese melts and tuna mixture is warm throughout, about 1–3 minutes. *Makes one serving. Per serving: 418 calories, 49 g protein, 31 g carbohydrate, 7 g fat, 5 g fiber.*



Spicy Salmon Cakes

- 7.1-oz. pouch pink salmon
- ½ cup whole-wheat bread crumbs
- ½ cup finely chopped red bell pepper
- ½ cup finely chopped green onion
- 1 egg white
- 2 Tbsp. Hellmann's/Best Foods Just 2 Good reduced-fat mayonnaise
- 2 tsp. horseradish
- 1 tsp. Old Bay seasoning (or any seafood seasoning), plus extra for sprinkling
- Nonstick cooking spray

Preheat broiler. Spray a small baking pan with nonstick cooking spray. In a medium bowl, mix all ingredients and stir well. Divide salmon mixture and shape into six cakes. Sprinkle tops with additional seasoning. Broil until tops are lightly browned and salmon mixture is warm throughout, about 3–6 minutes. Serve with a large salad or on a whole-grain hamburger bun with lettuce and fat-free tartar sauce. *Makes two servings. Per serving (3 cakes): 213 calories, 22 g protein, 12 g carbohydrate, 8 g fat, 2 g fiber.*



Microwave Recipes

Mediterranean Warm Brown Rice Salad

1 cup cooked short-grain brown rice (leftover rice works great)
6-oz. can medium shrimp, drained
½ cup chopped red bell pepper
½ cup chopped green onion
½ oz. reduced-fat feta cheese
5 kalamata olives, chopped
2 tsp. balsamic vinegar, or to taste
Salt & pepper to taste

Reheat rice in microwave until hot. Meanwhile, in a large serving bowl, combine shrimp, red bell pepper, onion, feta and olives. Add brown rice and mix. Season with balsamic vinegar, salt and pepper. Makes one serving. *Per serving:* 435 calories, 34 g protein, 54 g carbohydrate, 8 g fat, 6 g fiber.



Shrimp Soft Tacos

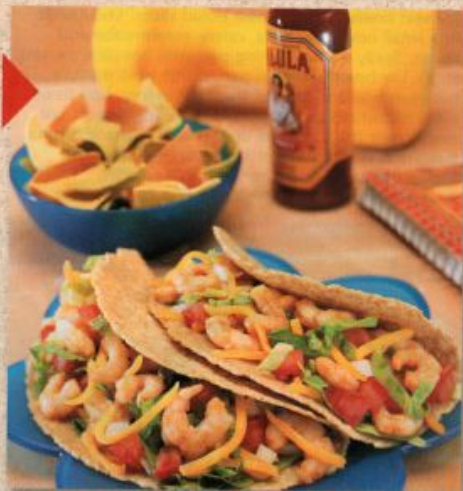
1 Tbsp. taco seasoning (such as Simply Organic brand Southwest flavor)
2 Tbsp. water
6-oz. can shrimp (tiny or medium, to preference), drained
2 small whole-wheat tortillas
1 oz. reduced-fat (3 g fat per ounce or less) cheddar, jack or mozzarella cheese, finely shredded
1 cup shredded lettuce
½ cup chopped plum tomatoes, or any tomatoes in season
¼ cup chopped onion (optional)
Taco sauce, to taste (optional)

In a small microwave-safe bowl, mix taco seasoning and water until lumps disappear. Add shrimp and stir until coated. Microwave on high in 20-second intervals, stirring between each, until liquid has evaporated and shrimp are hot. Warm tortillas in microwave on low heat, about 15 seconds each or until warm (or in an oven preheated to 400 degrees F for 2–4 minutes). Sprinkle cheese evenly over half of each tortilla. Spoon shrimp mixture evenly over cheese, then add lettuce, tomato, onion and taco sauce, if desired. Fold tortilla in half to form a taco. Makes one serving. *Per serving (2 tacos):* 386 calories, 39 g protein, 53 g carbohydrate, 6 g fat, 6 g fiber.

Clam Parmesan

2 6½-oz. cans chopped clams
½ cup fat-free or low-fat pasta sauce (such as Newman's Own Sockarooni)
1 Tbsp. grated fat-free parmesan cheese
½ oz. finely shredded parmesan cheese

In a small microwave-safe bowl, combine clams and pasta sauce. Mix in grated cheese and microwave until hot, about 1–2 minutes. Top with shredded cheese. Serve over linguini or with a large tossed green salad. Makes one serving. *Per serving without linguini:* 277 calories, 36 g protein, 16 g carbohydrate, 5 g fat, 2 g fiber. *Per serving with 1 cup cooked linguini:* 467 calories, 43 g protein, 55 g carbohydrate, 7 g fat, 4 g fiber.



NOTE: To bring the carbs down to 37 grams and add 12 grams of fiber to this recipe, use whole-wheat low-carb tortillas made by La Tortilla Factory.

Microwave Recipes continued

Crab, Broccoli & Cheddar Baked Potato

1 medium baking potato, well scrubbed
2 tsp. all-purpose flour
½ cup fat-free milk, divided
2 oz. fat-free cheddar cheese, finely shredded
½ tsp. salt, or to taste
¼ tsp. cayenne pepper, or to taste
6-oz. can lump crab meat, drained
½ cup cooked broccoli florets

Prick potato 6–7 times with a fork. Place in microwave and cook on high until soft throughout, about 3–5 minutes. Meanwhile, in a small microwave-safe bowl, combine flour with 2 tablespoons milk. Stir to form a paste, making sure all lumps disappear. Whisk in remaining milk. When potato is done, microwave flour mixture on high in 30-second intervals, stirring between each. When mixture starts to thicken, add cheese, salt and pepper, stirring well. Continue to microwave on high until cheese melts and mixture is bubbly and thick, about 2–3 minutes total. (If mixture gets too thick, add milk to achieve desired consistency.) Stir in crab and broccoli. Cut open baked potato and pour crab mixture over it. Makes one serving. *Per serving:* 475 calories, 47 g protein, 69 g carbohydrate, 2 g fat, 8 g fiber.

* If you prefer or don't mind a higher fat content, substitute reduced-fat cheddar cheese for the fat-free version.

Gail's Spicy Tuna Pasta

1½ cups cooked (2 oz. dry) whole-wheat spiral-shaped pasta (leftover pasta works great)
6-oz. can water-packed albacore tuna, drained
10-oz. can diced tomatoes with green chilies (such as RoTel)
2 Tbsp. finely shredded pecorino romano cheese (parmesan or a blend works well, too)

In a large microwave-safe bowl, combine pasta and tuna. Add drained tomatoes/chilies mixture, reserving liquid. Toss pasta mixture with leftover liquid, to taste. Top with cheese and microwave until warm. Makes one serving. *Per serving:* 469 calories, 59 g protein, 50 g carbohydrate, 9 g fat, 10 g fiber.



No Cooking Necessary

Lemony Tuna Pita

- 6-oz. can water-packed tuna, drained (albacore or chunk light)
- 1 Tbsp. Lemonnaisse with garlic & herbs (such as Ojai Cook brand; you can also use 1 Tbsp. low-fat mayo with lemon juice, garlic powder, salt, tarragon and basil, to taste)
- ½ large whole-wheat pita
- 2 large whole lettuce leaves
- ½ cup alfalfa sprouts (optional)

Mix tuna with Lemonnaisse or alternative. Spoon mixture into pita. Add lettuce leaves and sprouts. Makes one serving. *Per serving (with chunk light tuna): 359 calories, 43 g protein, 28 g carbohydrate, 5 g fat, 6 g fiber.*



Indian Salmon Cucumber Boats

- 7,1-oz. pouch pink salmon
- 3 Tbsp. fat-free plain yogurt
- 1 Tbsp. Patak's Spicy Ginger & Garlic Grill Sauce & Marinade (a mild tandoori sauce)
- ½ cucumber

In a small bowl, mix salmon, yogurt and tandoori sauce. Slice cucumber in half lengthwise. With a teaspoon, scrape seeds from inside of each cucumber half. Discard seeds and fill cucumber with salmon mixture. Makes one serving. *Per serving: 325 calories, 41 g protein, 8 g carbohydrate, 12 g fat, 2 g fiber.* **M&F**

Devin Alexander is a graduate of the Westlake Culinary Institute and the owner of Café Renée Catering in Los Angeles. She has maintained a 50-pound weight loss for more than 10 years. Devin can be reached at devin@devinalexander.com.



Buyer's Guide

LA TORTILLA FACTORY

low-carb/high-fiber whole-wheat tortillas
www.latortillafactory.com or
800-446-1516

NEWMAN'S OWN Sockarooni pasta sauce
www.newmansown.com

OJAI COOK Lemonnaisse Light
www.ojaicook.com or 888-657-1155

PATAK'S Tandoori Marinade
www.worldfood.com or 800-611-9782

SIMPLY ORGANIC Southwest taco seasoning
www.frontierbrands.com or
800-669-3275