



For More Information Contact:

Name: Melissa Jaeger, RD, LD

PH: 952-228-2554

Email: mjaeger@hy-vee.com

Sea to Plate in 30 Minutes or Less!

Easy, versatile and weeknight-friendly! Try our timesaving techniques for preparing shrimp, cod, salmon and tuna that will have you out of the kitchen in a snap. Hy-Vee registered dietitian Melissa Jaeger, RD, LD will discuss the benefits of including seafood in your regular meal planning and teach viewers how to make a splash on the grill with a Maple Bacon Grilled Salmon recipe.

Melissa Jaeger, RD, LD represents Hy-Vee as a nutrition expert promoting healthy eating throughout the community. Melissa Jaeger, RD, LD is a member of the Academy of Nutrition & Dietetics.

Maple Bacon Grilled Salmon

Serves 4

All you need:

- 2 (12-in.) bamboo or wooden skewers, soaked in water for 30 minutes
- 2 cups Hy-Vee fresh sugar snap peas
- 3 slices Hy-Vee sweet smoked bacon
- 2 tbsp Hy-Vee Select 100% pure maple syrup
- 2 tsp packed Hy-Vee light brown sugar
- 2 tsp Hy-Vee Dijon mustard
- 1 tsp chopped fresh chives, plus whole chives for garnish
- ½ tsp ground coriander
- 1 tbsp Hy-Vee canola oil
- 4 (4-oz.) skinless salmon fillets, ¾-inch thick
- 4 mini yellow bell peppers
- 1 small red onion, cut into thin wedges
- Hy-Vee salt and black pepper

All you do:

1. Preheat a charcoal or gas grill with a greased rack for direct cooking over medium-high heat. Use soaked skewers to skewer sugar snap peas; set aside.
2. Chop bacon; cook in skillet over medium heat until crisp. Set bacon aside; transfer drippings to a bowl. Stir in maple syrup, brown sugar, Dijon mustard, 1 teaspoon chives and coriander. Set glaze aside.
3. Drizzle canola oil over salmon, skewered peas, bell peppers and onion. Lightly sprinkle with salt and black pepper.
4. Grill salmon and vegetables for 5 minutes; turn. Spoon glaze on salmon. Grill salmon and vegetables 5 minutes more or until salmon flakes easily with a fork (145°F) and vegetables are crisp-tender. Transfer to a serving platter; top with bacon and, if desired, garnish with whole chives.



For More Information Contact:

Name: Melissa Jaeger, RD, LD

PH: 952-228-2554

Email: mjaeger@hy-vee.com

Nutrition Facts per serving: Per serving: 360 calories, 21g fat, 4.5g saturated fat, 0g trans fat, 70mg cholesterol, 210mg sodium, 15g carbohydrates, 2g fiber, 11g sugar (2g added sugar), 26g protein.

Recipe source: August 2020 Seasons magazine

Dietitian Talking Points:

- **Just Keep Swimming...**
 - Fish should have firm, shiny flesh and should not have a strong fishy odor. Shrimp can be purchased fresh or frozen. When selecting shrimp, look for a firm shell with plenty of meat.

- **How to Safely Handle Seafood**
 - **TO STORE:** Fresh seafood tastes best when cooked the same day you buy it. If that's not possible, wrap it loosely in plastic wrap and store in the coldest part of the fridge; use within 2 days. Or wrap in freezer-safe packaging and freeze up to 3 months.
 - **TO THAW:** For best flavor and food safety, refrigerate and thaw seafood in its original packaging. A 1-pound package will thaw in 1 to 2 days. For faster thawing, transfer seafood to a leak-proof plastic bag, then immerse the bag in cold water.
 - **TO PREP:** After handling raw seafood, wash cutting board, knife and countertop with hot, soapy water.

- **How to Safely Cook Seafood**
 - Fish with fins should be cooked to 145 degrees F. Fish should be opaque and separate easily with a fork. Shrimp, lobster, crab and scallops should be cooked until flesh is pearly or white and opaque. Clams, oysters and mussels should be cooked until shells open during cooking.

- **Of-FISH-ally Healthy**
 - **Cod:** This low-fat fish is a good source of protein, phosphorus, niacin and vitamin B12.
 - **Salmon:** Wild salmon is rich in omega-3 fatty acids, which help prevent inflammation, regulate blood pressure and support heart health.
 - **Shrimp:** The antioxidant astaxanthin in shrimp helps prevent wrinkles and lessen sun damage.
 - **Tilapia:** Low-fat tilapia contains 23 grams of protein in a 4-ounce serving. Tilapia is also a good source of selenium, which helps with metabolism and thyroid function.
 - **Tuna:** Tuna is a significant source of omega-3 fatty acids, high-quality protein, selenium and vitamin D.



For More Information Contact:

Name: Melissa Jaeger, RD, LD

PH: 952-228-2554

Email: mjaeger@hy-vee.com

- **Make the Responsible Choice**
 - Hy-Vee is the largest supplier of seafood in the Midwest. The Responsible Choice label identifies seafood that is fished or farmed in ways that minimize environmental impact.
 - Seafood products bearing the “Responsible Choice” symbol meet Hy-Vee’s Seafood Procurement Policy and are caught or farmed in a responsible manner. Specifically, these options are rated as either Green ‘Best Choices’ or Yellow ‘Good Alternatives’ by the Monterey Bay Aquarium’s Seafood Watch program, or are certified to an equivalent environmental standard.