

### Menu Idea

Broiled Fish  
Broccoli, Baked Potato  
Slice Garlic Toast, Orange Slices  
Low Fat Milk

### Skippy Shake Mix

### Menu Ideas

Basic Salmon Loaf  
Green Beans  
Oven Fried Potatoes, Peaches  
Low Fat Milk

### Menu Idea

Fried Fish  
French Fries, Peas  
Cottage Cheese and Peach Half  
Low Fat Milk

### Broiled Fish

Fish at least 1 inch thick  
Melted fat or oil OR basting sauce

1. Arrange fish in a single layer on a well-greased broiler rack.
2. Follow the range manufacturer's directions for the operation or the broiler and preheating.
3. Distance from heat will vary with type of individual range – usually 3 to 4 inches.
4. Baste fish well with melted fat, oil or basting sauce before and during broiling.
5. Cooking time will usually be from 10 to 15 minutes to reach the “fish flake easily” stage.
6. Turn thicker servings, such as steaks and whole fish, halfway through cooking time and baste.

4 cups dry bread, cereal or cracker crumbs

1/2 cup vegetable oil  
1 Tablespoon paprika  
1 Tablespoon celery salt  
1 teaspoon salt  
1 1/2 teaspoons ground basil  
1 1/2 teaspoons garlic powder  
1 teaspoon black pepper

1. Mix all ingredients together until well mixed. This will be enough for more than one meal.
2. Dip fish in beaten egg or water to help the coating stick. Use 1/2 cup crumb mix to coat the fish.
3. Bake in 400 degree oven for 30-35 minutes or until fish flakes easily with a fork.
4. Throw away any mix that was in contact with the fish.
5. Store any unused mix in a tightly closed jar for 3-4 weeks.

### Basic Salmon Loaf

(4 to 6 servings)

*Per serving: 180 calories, 7 grams fat, 9 grams carbohydrates, 100 milligrams cholesterol*

1 can (15-1/2 oz.) salmon  
2 cups soft bread crumbs  
1/3 cup finely minced onion  
1/4 cup milk  
2 eggs  
2 Tablespoons minced parsley  
1 Tablespoon lemon juice  
1/4 teaspoon of salt and dill weed  
Dash of pepper

Drain salmon, reserving 2 Tablespoons liquid; flake salmon apart. Combine salmon reserved liquid and other ingredients.

1. Place in well greased 8-1/2 x 4-1/2x2-1/2 inch loaf pan or shape into loaf on greased baking sheet.
2. Bake at 350 degree for 45 minutes.

### Salmon Patties

Prepare salmon mixture as above. Shape into 8 1-inch thick patties. Pan-fry on both sides in 2 Tablespoons oil or butter until golden brown.

### Fried Fish

Seasoned milk or beaten egg  
Crumbs or cornmeal  
Fat for deep fryer  
Small pieces of fish or fillets

1. Dip fish into seasoned milk or beaten egg and then into crumbs or cornmeal.
2. Place a single layer of fish in a wire frying basket.
3. In a deep kettle, heat enough fat to 350 degrees to float the fish. Do not fill the kettle more than half full.
4. Lower basket containing fish gently into kettle to prevent excess bubbling. Fry fish until they are lightly browned and flake easily with a fork, usually 3 to 5 minutes.
5. Drain fish on absorbent paper.
6. Before frying additional fish, be sure fat returns to 350-degrees.
7. **For Pan Frying:** Heat oil to 350 degrees in frying pan. Dip fish into seasoned milk or beaten egg & into crumbs or cornmeal. Place a single layer of fish into the hot oil. Fry until lightly browned & flakes easily with fork. Drain on absorbent paper.



**Menu Idea**  
 Fish Stew  
 Saltine Crackers  
 Chocolate Pudding  
 Low Fat Milk

**Fish Stew**  
 (6 servings)

*Per serving: 180 calories, 7 grams fat, 9 grams carbohydrate, 100 milligrams cholesterol*

- 1 lb. Fish fillets, frozen or fresh
- 1 cup chopped onion
- 1/3 cup melted fat or oil
- 1 can (1 lb. 12 ounces) tomatoes
- 2 cups cut-up potatoes
- 1 cup water
- 1/4 cup catsup
- 1/2 teaspoon salt
- Dash pepper
- 1 can (1 pound) mixed vegetables

1. Thaw frozen fillets in refrigerator.
2. Skin fillets and cut into small pieces.
3. Cook onion in fat until tender.
4. Add tomatoes, potatoes, water, catsup and seasonings.
5. Cover and cook over low heat for 30 minutes.
6. Add fish, mixed vegetables and their liquid. Cover and cook 15 minutes longer or until potatoes are tender.

**Menu Idea**  
 Bunstead Sandwich  
 Celery & Carrot Sticks  
 Apple  
 Low Fat Milk

**Bunsteads**  
 (6 servings)

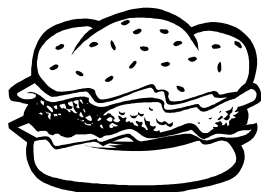
*Per serving: calories 318, cal. from fat 110, total fat 12.2 grams, cholesterol 49 milligrams, sodium 746 milligrams*

- 1/2 cup grated cheese (about 2 oz.)
- 2 cans water packed tuna OR 1 can water packed tuna and 3 chopped hard cooked eggs
- 1/3 cup reduced calorie mayonnaise
- 3 Tablespoons pickle relish (optional)
- 6 hamburger buns or 6 English muffins

1. Combine first 4 ingredients and fill buns. Wrap in foil and refrigerate to bake later in 350 degree oven for 15 minutes.

OR

1. Combine first 4 ingredients and spread open-faced on buns. Slip under broiler until filling is warm and bubbly. (English muffins work good for broiled Bunsteads.)



**Menu Idea**  
 Baked Spicy Fish  
 Baked Potato  
 Cole Slaw, Plums  
 Low Fat Milk

**Baked Spicy Fish**  
 (4 servings)

*Per serving: calories 140, fat 5 grams, saturated fat 1 gram, cholesterol 51 milligrams, sodium 123 milligrams*

- 1 pound cod fillets, fresh or frozen
- 1/4 teaspoon paprika
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/8 teaspoon pepper
- 1/8 teaspoon ground oregano
- 1/8 teaspoon ground thyme
- 1 Tablespoon lemon juice
- 1-1/2 Tablespoons margarine, melted

1. Thaw frozen fish according to package directions.
2. Preheat oven to 350 degrees.
3. Separate fish into four fillets or pieces. Place fish in ungreased 13 x 9 x 2 inch baking pan.
4. Combine paprika, garlic and onion powder, pepper, oregano, and thyme in small bowl. Sprinkle seasoning mixture and lemon juice evenly over fish. Drizzle margarine evenly over fish.
5. Bake until fish flakes easily with a fork, about 20 to 25 minutes.

**Menu Idea**  
 Oven Fried Fish  
 Bread  
 Peas and Orange Slices  
 Low Fat Milk

**Oven Fried Fish**  
 (4 servings)

*Per serving: calories 251, fat 10 grams, 14 grams carbohydrates, 107 milligrams cholesterol*

- 1 egg, slightly beaten
- 1/2 teaspoon salt
- Dash of pepper
- 1 Tablespoon lemon juice
- 1/2 to 3/4 cup bread crumbs or crushed cornflakes
- 2 Tablespoons margarine
- 1 pound fish filets

1. Preheat oven to 350 degrees.
2. In a small bowl, combine egg, salt, pepper, and lemon juice.
3. Dip fish in egg mixture, then coat with crumbs.
4. Melt margarine in shallow baking pan.
5. Arrange fish pieces in pan, turning to coat with melted margarine.
6. Bake uncovered at 350 degrees for 20 to 25 minutes.

