



# Gone Fishin'

45 Easy Fish Recipes for Salmon, Tuna, Shellfish, & More!



A Free eCookbook from the Mr. Food Test Kitchen

"OOH IT'S SO GOOD!!"<sup>®</sup>



# **Gone Fishin': 45 Easy Fish Recipes for Salmon, Tuna, Shellfish, & More!**

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Dear Friend,

The next time you go to your local market, make sure you stop by the seafood department to pick up some of your favorite fish and shellfish ingredients. From salmon and tuna, to shrimp, crab, and clams, we've got recipes for some of your most-loved seafood dishes in our latest free eCookbook, *Gone Fishin': 45 Easy Recipes for Salmon, Tuna, Shellfish, & More!*

Salmon boasts a bunch of nutritional benefits, making it a great option at mealtime. We love using this healthy pink fish in everything from appetizers, like our [Smoked Salmon Bites](#) (page 7) to everyday dinner recipes, like our [No-Fuss Salmon Casserole](#) (page 3). And when we have guests over, we like serving them some of our restaurant-worthy [Crabmeat Stuffed Salmon](#) (page 2). You're gonna love the compliments!

And if you like tuna, then you're going to love the exotic flavors in our [Asian Sesame Tuna](#) (page 12) or the classic tastes in [Mom's Tuna Noodle Casserole](#) (page 18). You may even want to start your meal off with homemade, creamy, cheesy [Tuna Dumplings](#) (page 13).

Our [Southern Fish and Chips](#) (page 25) and [Beer Battered Fish Fry](#) (page 22) will have the whole gang rushing to the table! After all, there's nothing like a crispy, crunchy coating over a tender and flaky white fish. Just make sure you grab a few extra napkins!

If you like shrimp in every which way, then you're really gonna love how we've used it to create some of the best dishes you've ever tasted. We've added it to a boiling pot of water with other hearty and zesty ingredients to make our [Low Country Shrimp Boil](#) (page 31), and we've mixed it up with pasta to make [Garlic Shrimp and Spinach](#) (page 27). We've also fried, skewered, and added fun new flavors to this shellfish favorite!

Oh, and don't worry, we haven't forgotten about your other shellfish favorites. If you're a fan of classic crab cakes, then our [Maryland Crab Cakes](#) (page 40) are right up your alley. We've also got a great recipe for [Lobster Dip](#) (page 37) that'll impress all of your party guests. Some even say that our buttery [Creamy Scallops](#) (page 39) are a dream come true!

You don't need to grab a fishing pole to say you've "Gone Fishin'," but you'll definitely want to try these easy fish recipes 'cause they're sure to have you saying...

"OOH IT'S SO GOOD!!®"

Kelly Howard Patty



P.S. Enjoy this eCookbook filled with 45 fish and seafood recipes. Remember, our *Gone Fishin'* eCookbook is available FREE, with many others also available on [www.MrFood.com](http://www.MrFood.com). Go on, tell your friends to visit [MrFood.com](http://MrFood.com), so they too can get their very own FREE copies!



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# Potato-Crusted Salmon

We dip salmon in butter and then coat it with seasoned potato flakes to make our delicious Potato-Crusted Salmon. It's so easy to do, and the crunchy coating really makes this salmon taste special.

**Serves: 2**

**Cook Time: 20 min**

## What You'll Need:

- 1/3 cup instant mashed potato flakes
- 1/4 teaspoon onion powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 (6-ounce) frozen salmon fillets, thawed, skin removed
- 1/4 cup (stick) butter, melted



## What To Do:

1. Preheat oven to 350 degrees F. Coat a 7- x 11-inch baking dish with cooking spray.
2. In a shallow dish, combine potato flakes, onion powder, salt, and pepper; mix well. Dip fillets in melted butter then coat with potato mixture; place in prepared baking dish. Sprinkle any remaining potato mixture evenly over the top. Drizzle remaining butter over the fillets.
3. Bake 20 to 25 minutes, or until fish flakes easily with a fork and potato crust is golden. Serve immediately.

## Notes:

Potato-Crusted Salmon tastes great over a leafy [spinach salad](#)! Or, serve it alongside your favorite rice and veggies for a dinner that'll really impress your taste buds.

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# Crabmeat Stuffed Salmon

No need to head out to a restaurant and blow your food budget for the week, when this restaurant-worthy recipe for the best homemade Crabmeat Stuffed Salmon ever can be on your table for less. Try it once, and we know you'll be hooked.

**Serves:** 6

**Cook Time:** 15 min

## What You'll Need:

- 1/2 pound imitation crabmeat, flaked
- 1/2 cup Italian breadcrumbs
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1 teaspoon chopped fresh parsley
- 1/4 cup (1/2-stick) butter, melted
- 6 (6-ounce) salmon fillets



## What To Do:

1. Preheat oven to 350 degrees F. Coat a baking sheet with cooking spray.
2. In a medium bowl, combine all ingredients except salmon; mix well and set aside.
3. Cut a slit lengthwise 3/4 of way through each salmon fillet. Evenly divide stuffing into each slit and place on prepared baking sheet.
4. Bake 15 to 20 minutes, or until fish flakes easily.

## Notes:

Steamed asparagus is a healthy and tasty go-along with this salmon, but you can also dress it up a bit with [Hollandaise sauce](#).

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# No-Fuss Salmon Casserole

Hit the pantry instead of the high seas for the main ingredient in this easy No-Fuss Salmon Casserole, that's so rich and thick it almost tastes like a hearty soup.

**Serves: 6**

**Cook Time: 45 min**

## What You'll Need:

- 2 (15-ounce) cans red salmon, drained and flaked (skin and bones discarded)
- 2 (10 -ounce) cans condensed cream of celery soup
- 1 (14-ounce) can sliced carrots, drained
- 4 cups cooked elbow macaroni
- 1 small onion, finely chopped
- 1 cup (4 ounces) shredded sharp Cheddar cheese
- 1 cup milk
- 1/4 teaspoon black pepper
- 1/2 cup plain dry bread crumbs
- 2 tablespoons butter, melted



## What To Do:

1. Preheat oven to 375 degrees F. Coat a 9- x 13-inch baking dish with cooking spray, set aside.
2. In a large bowl, combine salmon, soup, carrots, macaroni, onion, cheese, milk, and pepper; mix well. Spoon mixture into prepared baking dish.
3. In a small bowl, combine bread crumbs and butter; mix well then sprinkle evenly over casserole.
4. Bake 45 to 50 minutes, or until heated through and topping is golden.

## Notes:

Our Test Kitchen likes to use a good-quality red salmon to make this a really flavorful casserole, but you can use any variety of canned salmon.

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# Salmon Patties

Our Salmon Patties are a lighter option to serve at all of your outdoor get-togethers. Top them with your favorite veggies and pair them with some fries for an unforgettably delicious meal!

**Serves:** 6

## What You'll Need:

**Cook Time:** 5 min

- 2 (15.5-ounce) cans red salmon, drained and flaked (skin and bones discarded)
- 2 eggs
- 1 cup all-purpose flour
- 1/2 teaspoon baking powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 cup vegetable oil



## What To Do:

1. In a large bowl, combine all ingredients except oil; mix well and form into 6 equal-sized patties.
2. In a large skillet, heat oil over medium-high heat until hot but not smoking. Cook patties in batches 1 to 2 minutes per side, or until golden. Drain on a paper towel-lined platter. Serve immediately.

## Notes:

Here's an easy dill sauce to serve with these patties: In a small bowl, combine 1 cup sour cream, 1/2 cup mayonnaise, 2 teaspoons lemon juice, and 1 teaspoon dried dill weed. Mix well and chill for at least 1 hour before serving.

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# Brown Sugar-Glazed Salmon

If you want a great meal with less mess and fewer ingredients, our Brown Sugar-Glazed Salmon is just the recipe! Put away the chicken and tell the gang you're grillin' fish tonight!

**Serves:** 4

**Cook Time:** 20 min

## What You'll Need:

- 1 cup soy sauce
- 2 tablespoons vegetable oil
- 2 tablespoons apple cider vinegar
- 1/4 teaspoon ground ginger
- 3 cloves garlic, minced
- 2 cups light brown sugar
- 4 (4-ounce) salmon fillets
- 1 (12-ounce) package broccoli slaw
- 3 scallions, chopped
- 1 tablespoon sesame seeds, toasted



## What To Do:

1. Preheat grill to medium-high heat. In a small saucepan over medium heat, combine soy sauce, oil, vinegar, ginger, and garlic; stir in sugar. Cook 10 minutes, or until sugar dissolves, stirring occasionally; remove from heat. (Mixture will thicken.) Reserve 1/2 cup soy sauce mixture; set aside.
2. Brush both sides of salmon evenly with remaining soy sauce mixture; cover and let stand 10 minutes.
3. Place salmon on grill. Cook 4 to 6 minutes on each side, or until fish flakes easily with a fork, brushing occasionally with marinade during cooking.

## Notes:

The dipping sauce will keep in the refrigerator, covered, for several weeks. Warm sauce over medium-low heat on cooktop before serving. You can use it as a marinade for steak or shrimp, too.

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# Salmon Croquettes

Salmon Croquettes is one of our Test Kitchen's favorite recipes that keeps getting updated with the times. It's a classic, but with a bit of a twist!

**Serves:** 4

**Cook Time:** 30 min

## What You'll Need:

- 2 (14-3/4-ounce) cans pink or red salmon, drained, boned, and flaked
- 4 eggs, beaten
- 2/3 cup instant mashed potato flakes
- 2 tablespoons finely chopped fresh parsley
- 1/2 small onion, finely chopped
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 cup plain bread crumbs



## What To Do:

1. In a large bowl, combine all ingredients except the bread crumbs and butter; mix well. Shape into twelve 1/2-inch-thick round patties.
2. Place bread crumbs in a shallow dish; coat each patty completely with bread crumbs.
3. In a large skillet over medium heat, melt 2 tablespoons butter; cook patties in batches 4 to 5 minutes per side, or until golden brown, adding more butter as needed. Serve immediately, or make ahead and rewarm in a low oven just before serving.

## Notes:

If you really want to take these over the top, serve them with a creamy [dill sauce](#)!

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# Smoked Salmon Bites

Forget the notion that finger sandwiches are too fancy and too hard to make! These colorful Smoked Salmon Bites are perfect for breakfast, brunch or a cocktail party!

**Makes:** 16

## What You'll Need:

**Preparation Time:** 10 min

- 4 ounces cream cheese, softened
- 1 tablespoon lemon juice
- 2 teaspoons chopped fresh thyme
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 8 slices marble rye bread
- 1 (4-ounce) package sliced, smoked salmon, each slice cut in half



## What To Do:

1. In a medium bowl, combine the cream cheese, lemon juice, thyme, salt, and pepper; mix well and set aside.
2. Cut crusts off bread and gently flatten each slice with the palm of your hand.
3. Gently spread half the cream cheese mixture over the bread slices. Layer smoked salmon over cream cheese, cutting salmon in half again, if necessary. Spread remaining cream cheese mixture over salmon.
4. Roll up jellyroll-style then cut in half. Cover until ready to serve.

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# Salmon Burgers

Salmon burgers make fun sandwiches. Get the kids to help and have them form different-shaped burgers, some round, some square or triangular, or even oval-shaped ones that'll fit in hot dog buns.

**Serves:** 6

**Cook Time:** 15 min

## What You'll Need:

- 1-3/4 cup plain bread crumbs, divided
  - 1 (15-1/2 ounce) can red salmon, drained and large bones discarded
  - 1 (10-3/4 ounce) can reduced-fat condensed cream of mushroom soup
  - 2 egg whites
  - 1 teaspoon onion powder
  - 1 teaspoon dried dill weed
  - 1/4 cup sweet pickle relish
  - 6 sandwich buns, split and toasted
- Cooking spray



## What To Do:

1. Preheat broiler. Coat a rimmed baking sheet with cooking spray.
2. Place 1/2 cup bread crumbs in a shallow dish; set aside.
3. In a medium-sized bowl, combine remaining ingredients except buns and cooking spray; mix well. Divide mixture into 6 equal amounts and make six 1/2-inch-thick patties.
4. Coat patties completely with reserved bread crumbs and place on prepared baking sheet. Spray patties lightly with cooking spray and broil 8 to 12 minutes, or until browned, turning halfway through cooking. Serve on buns.

## Notes:

- Add lettuce and tomato along with your favorite condiments to make really super sandwiches.
- You can also have these as great appetizers by making bite-sized patties and reducing the cooking time by a few minutes.

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# "Not Stuffed" Stuffed Salmon

Our Not-Stuffed Stuffed Salmon breaks from the tradition of stuffing a whole fish with a filling. Our flavorful topping adds a tasty excitement to a salmon fillet, and is sure a lot less work.

**Serves:** 6

**Cook Time:** 40 min

## What You'll Need:

- 1 (2-pound) salmon fillet
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 (8-ounce) package cornbread stuffing, prepared according to package directions
- 4 tablespoons (1/2-stick) butter, melted



## What To Do:

1. Preheat oven to 425 degrees F. Coat a 9- x 13-inch baking dish with cooking spray.
2. Season salmon with salt and pepper; place in prepared baking dish then cover with prepared stuffing and drizzle with butter.
3. Bake 35 to 40 minutes, or until fish flakes easily with a fork. Serve whole, or slice into individual portions to serve.

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# Watermelon-Glazed Salmon

If you're looking for a new way to add some fresh flavor to your fish, then you've got to try this recipe. The secret ingredient in our tasty glaze is fresh and juicy watermelon!

**Serves:** 4

## What You'll Need:

**Chill Time:** 1 hr | **Cook Time:** 35 min

- 1 cup pineapple juice
- 1/2 cup soy sauce
- 1 tablespoon grated fresh ginger
- 3 cloves fresh garlic, minced
- 4 (4-ounce) salmon fillets, skin removed
- 2 cups watermelon chunks, puréed (see Note)
- 1 cup orange marmalade
- 1/4 cup light brown sugar
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon salt



## What To Do:

1. In a large resealable plastic bag, combine pineapple juice, soy sauce, ginger, garlic, and salmon. Seal tightly and marinate in refrigerator at least 1 hour.
2. Meanwhile, in a saucepan over medium-high heat, combine watermelon purée, orange marmalade, brown sugar, cinnamon, and salt; bring to a boil. Reduce heat to low and simmer 20 minutes, or until sauce has thickened. Keep warm.
3. Coat a grill pan or large skillet with cooking spray and cook salmon over medium heat 3 to 4 minutes per side, or until fish flakes easily with a fork. Serve immediately with watermelon glaze.

## Notes:

To purée the watermelon, place chunks in blender or food processor and blend until purée forms.

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# Macaroni Tuna Skillet

Macaroni Tuna Skillet is a quick throw-together meal that can come right out of your pantry and taste anything but! Everyone's going to want more of this creamy skillet dinner!

**Serves:** 4

**Cook Time:** 20 min

## What You'll Need:

- 1 (7-1/4-ounce) package macaroni and cheese dinner mix
- 1/2 cup milk
- 2 tablespoons butter
- 3 (6-1/2-ounce) cans tuna, drained and broken into chunks
- 1 (4-ounce) can sliced mushrooms, undrained
- 2 teaspoons dried parsley flakes
- 1/2 teaspoon paprika
- 1/2 teaspoon prepared mustard
- 1 cup (1/2-pint) sour cream
- 2 tablespoons dry white wine



## What To Do:

1. Cook macaroni from dinner mix according to package directions; drain.
2. In a large skillet, combine cooked macaroni, the cheese from the dinner mix, the milk and butter over medium heat.
3. Stir in tuna, undrained mushrooms, parsley, paprika, and mustard. Simmer, uncovered, for 5 to 10 minutes, stirring occasionally.
4. Stir in sour cream and wine then heat through and serve.

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# Asian Sesame Tuna

Who wouldn't want to show off a bit and pull off a popular Asian-restaurant style dish easily? Well, we've got you covered with our delicious Asian Sesame Tuna. Try it and your gang will be hooked!

**Serves:** 4

## What You'll Need:

**Chill Time:** 1 hr | **Cook Time:** 12 min

- 4 tablespoons sesame oil, divided
- 1 tablespoon chopped garlic
- 1/2 teaspoon black pepper, divided
- 3 tablespoons soy sauce
- 1-1/4 pound sashimi grade tuna steaks
- 2 tablespoons sesame seeds
- 1/2 cup panko bread crumbs
- 1 teaspoon ground ginger



## What To Do:

1. In a large resealable plastic bag, mix 2 tablespoons sesame oil, chopped garlic, 1/4 teaspoon black pepper, and soy sauce. Add tuna steaks to bag, seal, and marinate in refrigerator for 60 minutes.
2. Meanwhile, in a small bowl, mix sesame seeds, bread crumbs, ground ginger, the remaining black pepper and remaining sesame oil.
3. Preheat oven to 400 degrees F. Coat a rimmed baking sheet with cooking spray. Remove tuna from marinade, discard marinade, and place tuna steaks on baking sheet. Top evenly with sesame seed mixture and bake 12 to 15 minutes

## Notes:

Asian Sesame Tuna is great served alongside [lo mein](#) and veggies!

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# Tuna Dumplings

Tuna Dumplings give us a great deal of delicious comfort. They're easy homemade dumplings filled with a tuna and cream cheese mixture.

**Serves:** 4

**Cook Time:** 20 min

## What You'll Need:

- 1 (3-ounce) package cream cheese, softened
- 3 teaspoons butter, melted and divided
- 1 (12-ounce) can tuna, drained and flaked
- 2 tablespoons milk
- 2 tablespoons chopped celery
- 1 (8-ounce) can refrigerated crescent rolls
- 3/4 cup seasoned croutons, crushed



## What To Do:

1. Preheat oven to 350 degrees F.
2. In a large bowl, combine cream cheese and 2 tablespoons butter. Stir in tuna, milk, and celery; set aside.
3. Unroll crescent dough, separating into 4 rectangles; press perforations together to seal. Spoon 1/4 tuna mixture into center of each rectangle; bring corners of each rectangle together over tuna mixture and twist gently to seal.
4. Place crushed croutons in a shallow dish. Brush dumplings with remaining butter, dredge in crushed croutons, and place on an ungreased baking sheet.

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# Tuna Melt Casserole

Want to be top tomato with your gang? Bake up this homestyle Tuna Melt Casserole that's packed with comforting corkscrew macaroni, bathed in melty Swiss cheese, and topped with fresh tomatoes!

**Serves:** 6

**Cook Time:** 55 min

## What You'll Need:

- 1 (16-ounce) package corkscrew macaroni
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 3 cups milk
- 2 cups shredded Swiss cheese, divided
- 3 (6-ounce) cans tuna, drained, flaked



## What To Do:

1. Preheat oven to 400 degrees F. Coat a 9- x 13-inch baking dish with cooking spray.
2. In a large saucepan of boiling salted water, cook pasta 7 minutes, or until al dente. Drain well and return to pot; set aside.
3. Meanwhile, in a medium saucepan over low heat, melt butter. Stir in flour, salt, and pepper and cook 1 minute, stirring constantly. Gradually stir in milk; increase heat to medium-high and cook until mixture thickens, stirring occasionally. Remove saucepan from heat and add 1-1/2 cups cheese, stirring until melted.
4. Add cheese sauce and tuna to pasta in pot; toss until evenly mixed. Transfer mixture to prepared baking dish. Arrange tomato slices on top, overlapping if necessary. Sprinkle with remaining cheese.
5. Cover baking dish with foil and bake 20 minutes. Remove foil and bake an additional 10 to 15 minutes, or until hot and bubbly.

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# Impossible Tuna Tomato Pie

Change up dinnertime by serving up slices of Impossible Tuna Tomato Pie. Your gang'll love the idea of getting to eat pie for dinner, and you'll love how easy it is to make!

**Serves:** 6

**Cook Time:** 30 min

## What You'll Need:

- 1 (6-ounce) can tuna in water, drained and flaked
- 1 tomato, chopped
- 1/3 cup shredded mozzarella cheese
- 1 teaspoon dried basil
- 1 cup milk
- 1 cup biscuit baking mix
- 2 eggs
- 1/4 teaspoon black pepper



## What To Do:

1. Preheat oven to 400 degrees F. Coat a 9-inch pie plate with cooking spray.
2. In a medium bowl, combine tuna, tomato, cheese, and basil. Distribute evenly in pie plate.
3. In a medium bowl, whisk together milk, biscuit baking mix, eggs, and pepper until mixture is smooth. Pour into pie plate.
4. Bake 30 to 35 minutes, or until a knife inserted in center comes out clean. Cool 10 minutes before serving.

## Notes:

Throw in some of your favorite veggies to add an extra serving of healthy and yummy!

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# Two Step Tuna Casserole

You're just two steps away from a homestyle Two Step Tuna Casserole that will have your gang running to the table for dinner! Creamy and hearty, this tuna casserole always gets tasty raves.

**Serves:** 6

## What You'll Need:

**Cook Time:** 10 min

- 1 pound rigatoni pasta
- 2 (10-3/4-ounce) cans condensed Cheddar cheese soup
- 2 (12-ounce) cans tuna, drained and flaked
- 1 cup milk
- 1/2 teaspoon black pepper
- 1 (6-ounce) bag potato chips, crushed



## What To Do:

1. In a soup pot, cook pasta according to package directions; drain and return to pot.
2. Add soup, tuna, milk, and pepper; mix well. Cook over medium-high heat 2 to 3 minutes, or until heated through. Sprinkle crushed potato chips over top, and serve as is or as a casserole (see Note).

## Notes:

To serve this as a casserole, just spoon the hot tuna mixture into a casserole dish then top with the crushed potato chips. Grab a trivet and it's table-ready...in minutes!

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# Best Ever Tuna Pasta Salad

In our kitchen, we often toss together a batch of our Best Ever Tuna Pasta Salad for lunch! It's hearty enough to satisfy all of our king-sized appetites!

## What You'll Need:

Serves: 6

- 1 pound medium-sized pasta shells
- 1 (8-ounce) bottle Italian dressing
- 2 tablespoons fresh lemon
- 1 tablespoon dried oregano
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 (12-ounce) can tuna, drained and flaked
- 1 (15-1/2-ounce) can garbanzo beans (chick peas), drained
- 1/2 cup sun-dried tomatoes in oil, drained and chopped
- 4 scallions, coarsely chopped



## What To Do:

1. Cook pasta according to package directions; drain, rinse, drain again and set aside to cool.
2. Meanwhile, in a medium-sized bowl, combine dressing, lemon juice, oregano, salt, and pepper; mix well.
3. In a large bowl, combine pasta, tuna, garbanzo beans, sun-dried tomatoes, and scallions.
4. Add dressing mixture and toss until thoroughly combined. Cover and chill at least 2 hours before serving

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# Mom's Tuna Noodle Casserole

Did you love your Mom's Tuna Noodle Casserole? Our version will take you right back to your childhood kitchen table. It's like getting a warm hug from your mom!

**Serves:** 4

**Cook Time:** 40 min

## What You'll Need:

- 1 (12-ounce) package medium egg noodles
- 2 (10-3/4-ounce) cans condensed cream of mushroom soup
- 1-1/2 cup milk
- 1 (12-ounce) can chunk tuna, drained and flaked
- 2 cups frozen peas
- 3 tablespoons butter, melted
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 cup coarsely crushed potato chips



## What To Do:

1. Preheat oven to 350 degrees F. Coat a casserole dish with cooking spray.
2. Prepare noodles according to package directions; drain.
3. In a large bowl, combine soup and milk; mix well. Add noodles, tuna, peas, butter, salt, and pepper. Pour mixture into prepared casserole dish then top evenly with potato chips.
4. Bake 30 to 35 minutes, or until bubbly and heated through. Serve immediately.

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# Tuna and White Bean Salad

This is no ordinary tuna salad! Our Tuna and White Bean Salad has all the flavor and crunch of a chopped salad and comes with the added healthy benefits of fiber-rich beans.

**Serves:** 6

**Cook Time:** 15 min

## What You'll Need:

- 1/2 cup olive oil
- 2 tablespoons fresh lemon juice
- 1 teaspoon Italian seasoning
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1 large cucumber, peeled, seeds removed, chopped
- 4 plum tomatoes, chopped
- 1/2 cup chopped red onion
- 2 tablespoons chopped fresh parsley
- 1 (15.5-ounce) can great Northern beans, rinsed and drained
- 1 (12-ounce) can solid white tuna, drained well



## What To Do:

1. In a large bowl, whisk together olive oil, lemon juice, Italian seasoning, salt, and black pepper.
2. Stir in cucumber, tomato, onion, parsley, and beans. Add tuna and toss gently until evenly coated. Serve immediately or refrigerate until ready to serve.

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# Stovetop Tuna Mac

A last-minute "pantry raid" can yield a hearty meal in minutes. Stovetop Tuna Mac is a shortcut version of a classic tuna casserole that will solve your "What's for dinner?" dilemma easily!

**Serves:** 4

**Cook Time:** 15 min

## What You'll Need:

- 1 (7.25-ounce) package macaroni and cheese dinner
- 1 cup frozen mixed vegetables
- 1 (6-ounce) can white tuna, drained and flaked
- 8 buttery crackers, coarsely crushed



## What To Do:

1. In a large saucepan, prepare macaroni and cheese dinner according to package directions, adding frozen mixed vegetables to boiling macaroni in water for last 2 minutes of cooking time. Drain and return macaroni and vegetables to saucepan.
2. Stir in remaining ingredients as directed on package; mix well. Stir in tuna, sprinkle crushed crackers over the top, and serve.

## Notes:

This is a great recipe to get kids eating their veggies! Use their favorites and watch as they gobble it all up!

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# Fried Catfish

Fish fries are as commonplace in the South as clambakes in New England. They're often the focal point of church fundraisers and other town social events.

**Serves:** 6

**Cook Time:** 15 min

## What You'll Need:

- 1 egg
- 2 tablespoons prepared yellow mustard
- 1 tablespoon hot pepper sauce
- 1 cup self-rising cornmeal
- 1/2 cup all-purpose flour
- 1 teaspoon salt
- 1 cup vegetable oil
- 6 U.S. Farm-Raised Catfish fillets (about 2 pounds total)



## What To Do:

1. In a shallow dish, combine the egg, mustard, and hot pepper sauce; mix well. In another shallow dish, combine the cornmeal, flour, and salt; mix well.
2. In a large deep skillet over medium-high heat, heat the oil until hot but not smoking.
3. Dip catfish fillets in egg mixture then in cornmeal mixture, coating completely.
4. Cook fillets a few at a time 2 to 3 minutes per side, or until golden and the fish flakes easily with a fork. Drain on a paper towel-lined platter. Serve immediately.

## Notes:

If you prefer baked catfish instead of fried, preheat the oven to 400 degrees F. Coat the fillets as above, then place on a rimmed baking sheet that has been coated with cooking spray. Coat the tops of the fillets with nonstick cooking spray and bake 12 to 15 minutes, or until the fish flakes easily with a fork. Serve immediately.

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# Beer Battered Fish Fry

Pancake mix isn't just for breakfast, and beer isn't just for drinking. Proof of that is with our tasty pub-style recipe for Beer Battered Fish Fry. You'll lure everyone to the table with this catch!

**Serves:** 4

**Cook Time:** 10 min

## What You'll Need:

- 1-1/2 cup pancake mix
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1/2 teaspoon cayenne pepper
- 3/4 cup beer
- 1 egg
- Peanut oil for frying
- 2-1/2 pounds white-fleshed fillets, cut into 2-inch pieces



## What To Do:

1. In a large bowl, combine pancake mix, sugar, salt, cayenne pepper, beer, and egg; mix well.
2. Heat 1 inch of oil in a large deep skillet over medium heat until hot but not smoking.
3. Dip fish pieces into batter, coating completely, then fry in oil 3 to 5 minutes per side, or until coating is golden and fish flakes easily with a fork.
4. Drain on a paper towel-lined platter. Serve immediately.

## Notes:

You can substitute club soda for the beer, if you prefer. If the batter begins to thicken, just add a bit more liquid.

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# Capered Cod

When you're in the mood for a light fish dish with a little pizzazz, try this Capered Cod. It goes together in minutes, and we know that you'll agree that the capers are a perfect partner for the cod.

**Serves:** 3

**Cook Time:** 10 min

## What You'll Need:

- 1/4 cup all-purpose flour
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1/4 cup (1/2-stick) butter
- 1 pound cod or other white-fleshed fish fillets
- 2 tablespoons capers
- 2 teaspoons chopped fresh parsley
- 1/2 fresh lemon



## What To Do:

1. In a shallow dish, combine flour, salt, and pepper; mix well. In a large skillet, melt butter over medium heat.
2. Coat fish with flour mixture, turning to coat completely. Place in skillet and cook 3 to 5 minutes per side, in batches if necessary.
3. Add capers and parsley, and squeeze lemon over fish. Cook an additional 1 to 2 minutes, or until fish is golden and flakes easily with a fork.

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# Seafood-Stuffed Fish Fillets

Don't forget to stop at the fish counter and pick up your favorite white-fleshed fish to make these awesome Seafood-Stuffed Fish Fillets. They taste restaurant-fancy, but they're a cinch to make!

**Serves:** 4

**Cook Time:** 25 min

## What You'll Need:

- 1/2 pound imitation crabmeat, flaked
- 1/2 cup Italian-flavored bread crumbs
- 1 celery stalk, finely chopped
- 3 tablespoons mayonnaise
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon onion powder
- 1/2 teaspoon black pepper
- 4 white fish fillets, such as flounder or cod (about 1-1/2 pounds)
- 2 tablespoons (1/4-stick) butter, melted
- 1/4 teaspoon paprika



## What To Do:

1. Preheat oven to 375 degrees F. Coat a 9- x 13-inch baking dish with cooking spray.
2. In a medium bowl, combine the crabmeat, bread crumbs, celery, mayonnaise, Worcestershire sauce, onion powder, and pepper; mix well.
3. Place fish fillets on a flat surface. Spread crabmeat mixture over each fillet, dividing evenly, and roll up jelly-roll style. Place seam side down in prepared baking dish. Drizzle with melted butter and sprinkle with paprika.
4. Bake 25 to 30 minutes, or until fish flakes easily with a fork. Serve immediately.

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# Southern Fish and Chips

Southern Fish and Chips is our take on a traditional British favorite. We bread our catfish fillets in some kickin' seasoning, and serve them with a side of sweet potato fries for a true Southern meal.

**Serves:** 4

**Cook Time:** 30 min

## What You'll Need:

- 4 large sweet potatoes (about 2 pounds), peeled and cut lengthwise into 1/2-inch-thick strips
- 1/4 cup vegetable oil
- 2 eggs
- 1/4 cup sour cream
- 1 teaspoon cayenne pepper, divided
- 1 teaspoon salt, divided
- 2 cups self-rising cornmeal
- 2 teaspoons parsley
- 1/2 cup vegetable oil
- 2 pounds catfish fillets



## What To Do:

1. Preheat oven to 450 degrees F.
2. In a large bowl, combine potatoes and oil; toss to coat completely. Spoon potatoes onto rimmed baking sheets in a single layer.
3. Bake 25 to 30 minutes, or until they begin to brown. Turn potatoes over and bake an additional 5 to 8 minutes, or until golden.
4. Meanwhile, in a shallow dish, whisk together the eggs, sour cream, 1/2 teaspoon cayenne pepper, and 1/4 teaspoon salt; beat well. In another shallow dish, combine the cornmeal, the remaining cayenne pepper, the parsley, and remaining salt; mix well.
5. In a large skillet over medium-high heat, heat oil until hot but not smoking. Dip catfish in egg mixture then in the cornmeal mixture, coating completely.
6. Cook catfish in batches 4 to 5 minutes per side, or until the coating is golden and the fish flakes easily with a fork. Drain on a paper towel-lined platter. Serve immediately with chips.

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# All-American Fish Cakes

These are no ordinary fish cakes! Made with our very own U.S. Farm –Raised Catfish and seasoned to perfection, they'll always bring raves...no matter how you serve 'em!

**Makes:** 5, large

**Cook Time:** 30 min

## What You'll Need:

- 1 pound U.S. Farm-Raised Catfish fillets
- 1 cup panko bread crumbs
- 1/4 cup mayonnaise
- 1 egg, beaten
- 1 tablespoon lemon juice
- 3 teaspoons Worcestershire sauce
- 2 teaspoons Dijon mustard
- 3 teaspoons seafood seasoning (Old Bay)
- 1 teaspoon chopped fresh parsley
- 1/4 teaspoon salt
- 2 tablespoons olive oil



## What To Do:

1. Preheat oven to 375 degrees F. Coat a baking sheet with cooking spray.
2. Place fish on prepared baking sheet and bake 15 to 18 minutes, or until fish flakes easily with a fork; let cool.
3. Meanwhile, in a large bowl, combine bread crumbs, mayonnaise, egg, lemon juice, Worcestershire sauce, mustard, seafood seasoning, parsley, and salt; mix well. Flake fish into breadcrumb mixture and mix gently until well combined. Form mixture into 5 large or 10 small equal-sized "cakes."
4. In a large skillet over medium heat, heat oil until hot. Add fish cakes in batches and cook 4 to 5 minutes per side, or until golden and heated through.

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# Garlic Shrimp and Spinach

Plump shrimp, flavorful and healthy garlic, and baby spinach are the key ingredients in our quick-to-fix Garlic Shrimp and Spinach skillet meal. Whether for company or a quick weeknight dinner, it will bring you tasty rewards.

**Serves:** 4

**Cook Time:** 20 min

## What You'll Need:

- 1 pound angel hair pasta
- 1 stick butter
- 1 pound medium shrimp, peeled, deveined and tails removed
- 1 tablespoon chopped fresh garlic
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 (6-ounce) bag fresh baby spinach
- 1/2 pint cherry tomatoes, halved
- 1/4 cup pine nuts
- 1 tablespoon fresh lemon juice (juice of 1/2 lemon)



## What To Do:

1. Cook pasta according to package directions; drain and keep warm in a serving bowl.
2. Meanwhile, in a large skillet over medium-high heat, melt butter; add shrimp, garlic, salt, and pepper, and sauté 2 to 3 minutes, stirring occasionally, or until shrimp turn pink. Remove shrimp mixture to a bowl.
3. Add spinach, cherry tomatoes, and pine nuts to skillet and cook 2 to 3 minutes, or until spinach is wilted. Return shrimp mixture to skillet with vegetables, and simmer 1 to 2 minutes. Serve over pasta and drizzle with lemon juice.

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# Perfect Fried Shrimp

Most every southern coastal town has loads of fresh shrimp available, and with frying being a favorite regional preparation, our Perfect Fried Shrimp recipe proves that the two go hand in hand!

**Serves:** 4

**Cook Time:** 15 min

## What You'll Need:

- 3/4 cup all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 teaspoon cayenne pepper
- 2 eggs
- 1/4 cup milk
- 1/2 cup vegetable oil
- 1 1/2 pound large shrimp, peeled and deveined, tails left on



## What To Do:

1. In a shallow dish, combine flour, baking powder, salt, and cayenne pepper; mix well. In another shallow dish, beat eggs and milk with a fork until well combined.
2. In a large skillet, heat oil over medium-high heat until hot but not smoking.
3. Dip shrimp in flour mixture then egg mixture and again in flour mixture, coating completely.
4. Cook shrimp about 1 minute per side, or until coating is golden. Drain on a paper towel-lined platter. Serve immediately.

## Notes:

[Cocktail sauce](#), tartar sauce, or any of your favorite dipping sauces can be served with these shrimp. You might even want to try some barbecue sauces.

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# Sizzling Shrimp Stir Fry

If you like ordering stir fry off the takeout menu, then you're going to love our easy homemade version of Sizzling Shrimp Stir Fry. It's such a cinch to throw together this terrific restaurant-style dish at home; you'll never want to order out again!

**Serves:** 2

**Cook Time:** 10 min

## What You'll Need:

- 2 tablespoons vegetable oil
- 1 clove garlic, minced
- 1/2 red bell pepper, cut into thin strips
- 1/4 pound snow peas, trimmed
- 1/4 pound sliced fresh mushrooms
- 1 pound large shrimp, peeled and deveined
- 1 tablespoon soy sauce
- 1/4 teaspoon black pepper
- 1 teaspoon sesame seeds



## What To Do:

1. In a large wok or skillet over high heat, heat oil. Add garlic and sauté until tender.
2. Add red pepper, snow peas, and mushrooms, and stir-fry 2 minutes.
3. Add remaining ingredients and stir-fry 2 to 3 minutes, or until shrimp are pink and vegetables are crisp-tender. Serve immediately.

## Notes:

Make it a complete meal by serving our Sizzling Shrimp Stir Fry over your favorite kind of warm-cooked [rice](#) or fresh spinach, if you prefer a low carb option!

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# Five Minute Shrimp

Yes, dinner can be on the table in five minutes with our easy recipe for Five Minute Shrimp. Just a few ingredients and a skillet are all it takes to turn out a restaurant-quality meal that tastes amazing.

**Serves:** 4

**Cook Time:** 5 min

## What You'll Need:

- 2 tablespoons olive oil
- 1 pound large shrimp, peeled and deveined, with tails on
- 1/2 teaspoon seafood seasoning (we like Old Bay)
- 1/4 teaspoon black pepper
- 2 teaspoons peeled fresh grated ginger (see Note)
- 1 tablespoon fresh lemon juice
- 3 tablespoons butter
- 1 tablespoon chopped fresh parsley



## What To Do:

1. In a large skillet, heat oil over medium heat. Add shrimp, Old Bay seasoning, pepper, and ginger. Cook 2 to 4 minutes, or until shrimp are just pink.
2. Stir in lemon juice, butter, and parsley; mix well. Serve immediately.

## Notes:

Serve over seasoned and flavorful [yellow rice](#) for a tasty meal with eye appeal.

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# Low Country Shrimp Boil

Boiling water is the only skill required to make our hearty and tasty Low Country Shrimp Boil. So you don't have to be a professional chef in order to get this delicious meal on the table!

**Serves:** 4

**Cook Time:** 30 min

## What You'll Need:

- 8 cups water
- 2 tablespoons seafood seasoning
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt
- 1 pound kielbasa sausage, cut into 2-inch pieces
- 6 red potatoes, cut in half
- 2 onions, peeled and cut in quarters
- 3 ears corn, cut into 3-inch pieces
- 1 pound large shrimp, unpeeled



## What To Do:

1. In a soup pot, combine the water, seafood seasoning, cayenne pepper, and salt. Bring to a boil over high heat, then add sausage, potatoes, onions, and corn. Cook 15 to 20 minutes, or until potatoes are fork-tender.
2. Add shrimp and cook 2 to 3 minutes, or until shrimp are pink and cooked through.
3. Strain the stew and serve immediately, along with bowls of the broth for dunking.

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# Shrimp Scampi

Without a doubt, Shrimp Scampi is shrimp at its best. Why? 'Cause it's bathed in butter, garlic, lemon, and parsley, that's why!

**Serves:** 4

**Cook Time:** 15 min

## What You'll Need:

- 1 pound linguine
- 1 cup (2 sticks) butter
- 3 tablespoons olive oil
- 10 garlic cloves, minced (see Notes)
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1-1/2 pound large shrimp, peeled and deveined, tails left on
- 2 tablespoons fresh lemon juice
- 2 tablespoons chopped fresh parsley



## What To Do:

1. Cook and drain linguine according to package directions; keep warm.
2. Meanwhile, in a large skillet, melt butter and heat oil over medium heat.
3. Add garlic, salt, and pepper, and sauté the garlic for 1 to 2 minutes; do not brown. Stir in shrimp and cook 3 to 4 minutes, just until pink. Stir in lemon juice and parsley; mix well. Serve immediately over warm linguine.

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# Coconut Shrimp

Our Coconut Shrimp recipe will take your taste buds to the tropics! It has a restaurant-worthy crispy, sweet coating sure to satisfy your crunch cravings!

**Serves:** 4

**Cook Time:** 5 min

## What You'll Need:

- 1/2 cup all-purpose flour
- 1 tablespoon sugar
- 1 teaspoon ground red pepper
- 1/2 teaspoon salt
- 2 eggs
- 2 tablespoons water
- 2-1/2 cups sweetened, flaked coconut
- 1 pound large shrimp, peeled and deveined, with tails left on
- 2 cups vegetable oil



## What To Do:

1. In a shallow dish, combine flour, sugar, ground red pepper, and salt; mix well. In a medium bowl, beat together the eggs and water. Place coconut in another shallow dish.
2. Coat shrimp with flour mixture then with egg mixture. Roll in coconut, pressing coconut firmly onto shrimp to coat completely.
3. In a large saucepan, heat oil over medium heat. Cook shrimp in batches for 1-1/2 to 2 minutes, or until golden, turning once during cooking.
4. Drain on a paper towel-lined platter. Serve immediately.

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# Fast Amaretto Shrimp

What a novel way to quickly get a company fancy dinner on the table. Creating an almond-flavored liqueur sauce makes our Fast Amaretto Shrimp a tasty tempter.

**Serves:** 4

**Cook Time:** 10 min

## What You'll Need:

- 1/2 cup (1 stick) butter
- 1/3 cup amaretto (almond-flavored liqueur)
- 1/3 cup sliced almonds
- 2 teaspoons sugar
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon cayenne pepper
- 1 pound large shrimp, peeled and deveined, tails left on



## What To Do:

1. In a large skillet, melt butter over medium heat. Add amaretto, almonds, sugar, cinnamon, and cayenne pepper and stir until sugar dissolves.
2. Add shrimp and cook 3 to 5 minutes, just until pink. Serve immediately.

## Notes:

We like to serve this over [wild rice](#) so that we can savor every last bite of the amaretto sauce. Mmm!

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# Chipotle Cream Shrimp

Chef Marcela Valladolid visited the Mr. Food Test Kitchen and shared this authentic Mexican recipe. Quick-cooking shrimp is so versatile; it pairs with almost any seasonings.

**Serves:** 4

**Cook Time:** 10 min

## What You'll Need:

- 1 cup all-purpose flour
- 4 tablespoons chopped fresh cilantro, divided
- 1-1/4 teaspoon salt, divided
- 1 teaspoon black pepper
- 2 pounds raw jumbo shrimp, peeled, deveined, and tails left on
- 6 tablespoons (3/4-stick) butter
- 1/4 cup dry white wine
- 1 cup heavy cream
- 2 tablespoons Worcestershire sauce
- 2 tablespoons chopped, canned chipotle peppers in adobo sauce



## What To Do:

1. In a shallow dish, combine the flour, 3 tablespoons cilantro, 1 teaspoon each of salt and black pepper; mix well. Add shrimp in small batches and toss until evenly coated.
2. Melt butter in a large skillet over medium-high heat. Add shrimp and sauté 2 to 3 minutes per side, or until golden and cooked through. Transfer shrimp to a plate.
3. Add wine to skillet and stir for 1 minute, or until slightly thickened. Stir in heavy cream, Worcestershire sauce, chipotles, garlic, and remaining 1/4 teaspoon salt, and cook 1 to 2 minutes, or until heated through.
4. Spoon sauce over shrimp and sprinkle with remaining 1 tablespoon cilantro. Serve immediately with rice.

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# Firecracker Shrimp

We love listening to these babies sizzle on the grill! Try Firecracker Shrimp for a spicy treat!

**Serves: 6**

**Cook Time: 3 min**

## What You'll Need:

- 6 (8-inch) skewers
- 1/2 cup apricot preserves
- 1 teaspoon vegetable oil
- 1 teaspoon soy sauce
- 1/2 teaspoon crushed red pepper
- 1 pound (about 24) large shrimp, cleaned and deveined, with tails left on



## What To Do:

1. Preheat the grill to medium heat. If using wooden skewers, soak in water for 20 minutes.
2. In a medium bowl, combine the apricot preserves, oil, soy sauce, and crushed red pepper; mix well.
3. Thread 4 shrimp onto each skewer. Brush with apricot mixture and grill over medium heat for 2 to 3 minutes per side, or until shrimp are pink and cooked through.

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# Lobster Dip

No store-bought party dip can compare to the fresh taste and richness that our homemade Lobster Dip offers. With a taste that reminds us of summers at the seashore, this is surely the best lobster dip ever.

**Makes:** 2-½ cups

**Preparation Time:** 3 min

## What You'll Need:

- 8 ounces (1/2-pound) lobster meat, chopped
- 1 (8-ounce) package cream cheese
- 1/2 cup mayonnaise
- 1 teaspoon bottled minced garlic
- 1 teaspoon minced onion
- 1 teaspoon honey mustard



## What To Do:

1. In a large bowl, combine all ingredients.
2. Refrigerate until ready to serve.

## Notes:

- Serve with an assortment of crackers or cut-up veggies.
- If you'd like, you can substitute imitation crabmeat for the lobster meat. Both will result in a delicious dip!

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# Steamin' Mussels

New Zealand is a large distributor of mussels from the South Pacific Ocean, so the New Zealanders sure know how to cook 'em. Make Steamin' Mussels their way for guaranteed sweet, plump mussels!

**Serves:** 3

**Cook Time:** 10 min

## What You'll Need:

1-3/4 cup chicken broth  
1/4 cup dry white wine  
1 teaspoon salt  
1/4 teaspoon black pepper  
1-1/2 to 2 pounds cleaned fresh mussels



## What To Do:

1. In a large soup pot, combine chicken broth, wine, salt, and pepper; bring to a boil over high heat.
2. Add mussels, cover, and cook 3 to 4 minutes, or just until mussel shells open. Do not overcook the mussels. **Discard any mussels that do not open by themselves.**

## Notes:

Whenever we cook with mussels, they need to be cleaned first. To clean mussels for cooking, wash them under running water and scrub away any grit or barnacles with a stiff food scrub brush. Remove the black "beard" from each mussel by cutting or pulling it off.

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# Creamy Scallops

Scallops are a great source of protein and make for a tasty dinner. This recipe for Creamy Scallops is so buttery and creamy that even the kids will love it!

**Serves:** 3

**Cook Time:** 25 min

## What You'll Need:

- 1-1/2 pounds sea scallops
- 1/2 pound fresh sliced mushrooms
- 1 (10-3/4-ounce) can condensed cream of celery soup
- 1/2 cup heavy cream
- 1/4 cup dry white wine
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons Italian bread crumbs



## What To Do:

1. Preheat oven to 450 degrees F.
2. Place scallops in an 8-inch square baking dish; sprinkle with mushrooms. In a medium bowl, combine soup, heavy cream, wine, salt, and pepper; mix well.
3. Pour over scallops and mushrooms; sprinkle with bread crumbs.
4. Bake 25 to 30 minutes, or until bubbling and scallops are cooked through.

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# Maryland Crab Cakes

You don't have to travel to Maryland to get a taste of authentic Maryland Crab Cakes. Our recipe will have you in and out of your kitchen in no time and leave your gang full and satisfied.

**Yields:** 10

## What You'll Need:

**Chill Time:** 30 min | **Cook Time:** 20 min

1/2 cup mayonnaise  
1 egg  
1 tablespoon Dijon mustard  
1 tablespoon hot sauce  
2 garlic cloves, minced  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
3/4 cup bread crumbs  
1 pound lump crab meat  
4 tablespoons olive oil, divided



## What To Do:

1. In a large bowl, whisk together mayonnaise, egg, mustard, hot sauce, garlic, salt, and pepper. Stir in bread crumbs and crab meat until just combined. Form into 10 crab cakes and place on wax paper-lined platter. Refrigerate 30 minutes.
2. In a large skillet over medium heat, heat 2 tablespoons olive oil. Sauté crab cakes 4 to 6 minutes per side, or until golden brown. Remove to a platter and cover with foil to keep warm. Repeat with remaining crab cakes.

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# Quick Lobster Bisque

It's so easy to cook lobster that our Quick Lobster Bisque is a great way to switch things up any night of the week. Get that water boiling!

**Makes:** 5 cups

**Cook Time:** 25 min

## What You'll Need:

- 2 tablespoons butter
- 2 tablespoons minced onion
- 3 tablespoons all-purpose flour
- 3 cups milk
- 1 cup heavy whipping cream
- 1/2 cup dry sherry or seafood broth
- 1 teaspoon salt
- 1/8 teaspoon paprika
- 1 cup chopped, cooked lobster meat (about 1 pound)



## What To Do:

1. In a soup pot over medium heat, melt butter. Sauté onion 1 minute, or until tender. Add flour, stirring until blended. Cook 1 minute, stirring constantly. Gradually add milk, whipping cream, sherry, salt, and paprika; bring just to a simmer.
2. Cook uncovered 15 to 18 minutes, or until slightly thickened. (Do not boil!) Stir in lobster and chives and cook 2 to 3 minutes, or until heated through; serve immediately.

## Notes:

How about serving this with some [delicious rolls](#), so you can sop up every last drop?!

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# Linguine with Mussels

No muscle is needed to get the family to the table when this dish of Linguini with Mussels is served!

**Serves:** 4

**Cook Time:** 20 min

## What You'll Need:

- 1 pound linguine
- 1 (28-ounce) can crushed tomatoes, undrained
- 1 pound fresh mussels, cleaned (see Note)
- 1 tablespoon chopped parsley
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon crushed red pepper
- 1/4 teaspoon salt



## What To Do:

1. Cook and drain the pasta according to the package directions; place in a large serving bowl and cover to keep warm.
2. In a large saucepan over medium heat, heat crushed tomatoes until simmering.
3. Add mussels and cook 2 minutes. Stir in remaining ingredients except the pasta.
4. Cover and simmer over low heat 3 to 5 minutes, until the mussels open. Discard any mussels that do not open.
5. Pour over the hot pasta and toss until evenly combined. Serve immediately.

## Notes:

Some fish markets sell mussels already cleaned and ready for cooking. If you buy mussels that aren't prepared, here's what to do: Wash them under cold running water and scrub away any grit or barnacles with a stiff food scrub brush. Remove the black "beard" from each mussel by cutting or pulling it off.

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# Crab Tortellini Salad

Crab Tortellini Salad makes a scrumptious snack or lunch. It's very creamy and rich, and a squirt of lemon injects some tang.

**Serves:** 4

## What You'll Need:

**Chill Time:** 2 hr | **Cook Time:** 10 min

- 1 (19-ounce) package frozen cheese tortellini
- 1/2 cup mayonnaise
- 1/4 cup heavy cream
- 1 (8-ounce) package imitation crabmeat, flaked or 1 (6-ounce) can crabmeat, drained and flaked
- 2 teaspoons fresh lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper



## What To Do:

1. Cook tortellini according to package directions; drain, rinse, and drain again.
2. In a large bowl, combine tortellini and remaining ingredients; mix well.
3. Cover, and chill at least 2 hours before serving.

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# Clams on the Racks

Have an old-style cookout the quick way with Clams on the Racks. It's a company-worthy appetizer that looks and tastes fancy!

**Serves:** 4

**Cook Time:** 7 min

## What You'll Need:

- 24 Mahogany, littleneck, or cherrystone clams, soaked in ice water for 30 minutes



## What To Do:

Preheat the grill to high heat. Place the clams on the grill racks (yes, right on the grill racks) and close the grill cover. Cook 7 to 9 minutes, or until the clams open wide. **Discard any clams that do not open by themselves.**

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# Crab Stuffed Mushrooms

Our tempting East-meets-West Crab Stuffed Mushrooms get their flavorful crunch from the popular Asian panko bread crumbs. It's a dish worthy of Confucius himself!

**Serves:** 8

**Cook Time:** 20 min

## What You'll Need:

- 1 pound large fresh mushrooms
- 4 tablespoons butter, divided
- 1/4 cup, plus 2 tablespoons panko bread crumbs
- 1/2 cup shredded fresh, canned or imitation crabmeat
- 1/4 teaspoon onion powder
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper



## What To Do:

1. Preheat oven to 375 degrees F. Gently clean mushrooms by wiping them with a damp paper towel. Remove stems from 3/4 pound of the firmest mushrooms; set aside caps.
2. Finely chop mushroom stems and remaining 1/4 pound whole mushrooms.
3. In a large skillet, melt 3 tablespoons butter over medium heat. Add chopped mushrooms and cook 4 to 5 minutes, or until tender.
4. Remove from heat and add 1/4 cup panko bread crumbs, the shredded crab, onion powder, salt and pepper; mix well.
5. Using a teaspoon, stuff mushroom caps with stuffing mixture. Place on an ungreased rimmed baking sheet.
6. In a small bowl, combine remaining 2 tablespoons panko bread crumbs and 1 tablespoon melted butter; sprinkle evenly over tops of mushroom caps and bake 15 to 18 minutes, or until heated through.

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