

# sensational seafood

October is National Seafood Month, and we're celebrating the occasion with three delicious seafood recipes. Beyond the versatility and delicious taste of our seafood favorites are the heart-healthy benefits. Seafood, especially salmon, is a good source of omega-3 fatty acids – polyunsaturated fats that have been shown to lower “bad” cholesterol and reduce inflammation. The American Heart Association encourages two servings of fatty fish each week as part of a well-balanced diet, so take this opportunity to explore the many fish and seafood varieties.

## Grilled Shrimp, Corn & Tomato Rolls with Lime-Mayo

**Active Time: 25 minutes**

**Total Time: 40 minutes • Serves: 4**

- 2 limes
- 1 large garlic clove, minced (1 teaspoon)
- 3 tablespoons chopped fresh cilantro leaves, divided
- 2 teaspoons Schnucks olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1½ pounds raw 16-20 count wild gulf shrimp, thawed if necessary, peeled and deveined
- 6 tablespoons light mayonnaise
- ¼ teaspoon ground cayenne pepper
- 1 package (1 pint) grape tomatoes, each cut in half
- 2 ears fresh corn, husks and silks removed
- 4 whole wheat hoagie buns  
lime wedges for garnish (optional)

1. From limes, squeeze ¼ cup juice into small bowl. In separate small bowl, with whisk, stir garlic, 2 tablespoons cilantro, oil, salt, black pepper and 2 tablespoons lime juice. Place shrimp in large zip-tight plastic bag; pour lime juice mixture over shrimp. Seal bag, pressing out excess air; massage shrimp in bag to coat. Refrigerate 15 minutes.

2. Meanwhile, prepare outdoor grill for direct grilling over medium heat. Into bowl with remaining lime juice, stir mayonnaise and cayenne; cover and refrigerate until ready to serve.

3. Cut two 18 x 18-inch sheets heavy-duty aluminum foil. Place shrimp and tomatoes in center of 1 foil sheet. Place remaining foil sheet over shrimp mixture; fold edges several times to seal tightly.

4. Place foil packet and corn on hot grill rack. Cover and cook corn 10 to 12 minutes or until golden brown, turning frequently; cook shrimp packet 5 minutes, watching time closely, turning packet once halfway through cooking. Packet should be puffed up. With scissors, cut an X in top of foil packet, then carefully pull back foil to open. With slotted spoon, transfer shrimp mixture to medium bowl.

5. Cut corn from cobs and add to shrimp mixture. Toss with remaining 1 tablespoon cilantro. To serve, spread inside of each bun evenly with Lime-Mayo; evenly spoon about ¾ cup shrimp mixture into each bun. Garnish with lime wedges, if desired.

*Each serving: about 423 calories, 7 g total fat (2 g saturated), 179 mg cholesterol, 1406 mg sodium, 49 g carbohydrate, 6 g fiber, 10 g sugars, 29 g protein*

### > Cook's Wisdom

*Serve with a simple green salad to round out the meal.*

## Baked Cod with Red Pepper-Onion Relish

**Active Time: 15 minutes**

**Total Time: 25 minutes • Serves: 4**

- 2 tablespoons Schnucks olive oil, divided
- 1½ pounds cod or mahi mahi fillets, cut into 6-ounce pieces
- 2 small lemons, divided
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 teaspoons chopped fresh dill fronds
- 1 large garlic clove, minced (1 teaspoon)
- 1 red bell pepper, chopped (about 1¼ cups)
- 10 green onions, chopped (about ¾ cups)
- ¼ teaspoon ground cayenne pepper

1. Preheat oven 375°F. Line 13 x 9-inch glass or ceramic baking dish or rimmed baking pan with aluminum foil; drizzle with 1 teaspoon oil. Place fish in prepared dish and coat top of fish with 1 tablespoon oil; sprinkle with juice from ½ lemon, salt and black pepper. Slice 1 lemon into very thin slices and place over top of fish. Sprinkle with dill. Bake fish 14 to 16 minutes if cooking from frozen (or 6 to 8 minutes if cooking from thawed) or until fish turns opaque throughout and internal temperature reaches 145°F.

2. Meanwhile, in nonstick 12-inch skillet, heat remaining 2 teaspoons oil over medium-high heat. Add garlic and bell pepper and cook 4 to 5 minutes, stirring frequently. Stir in green onions and cook 1 minute or just until heated through, stirring frequently. Remove skillet from heat; stir in cayenne and juice from remaining ½ lemon.

3. Transfer fish to serving platter. Discard lemon slices and spoon relish over top of fish to serve.

*Each serving: about 200 calories, 7 g total fat (1 g saturated), 77 mg cholesterol, 658 mg sodium, 6 g carbohydrate, 2 g fiber, 3 g sugars, 27 g protein*

