



# Fishing for Citrus

BY KATE SHERWOOD

A spritz of lemon does wonders for grilled or broiled fish. But that's just the beginning.

Make these three recipes and you'll understand why the Italians and Greeks and Chinese and Japanese—we could go on—love to pair seafood with citrus fruit. 🍊

Got a question or suggestion? Write to [healthycook@cspinet.org](mailto:healthycook@cspinet.org).

## Pan-Seared Wild Salmon with Citrus Salsa



Other sustainable fish that you can use: Arctic char and Spanish mackerel.

- 1 orange
- 1 lime
- ¼ small red onion, very thinly sliced
- 1 jalapeño, seeded and minced (optional)
- ¼ cup cilantro leaves
- 2 Tbs. canola oil, divided
- 2 bell peppers, sliced
- 225 g zucchini, sliced
- ½ tsp. kosher salt, divided
- Freshly ground black pepper
- 450 g wild salmon, cut into 4 pieces

Make the salsa: Segment the orange and lime (see box). Cut the orange segments into quarters. Toss the orange and lime segments in a bowl with the onion, jalapeño, and cilantro. Set aside.

Heat 1 Tbs. of oil in a large non-stick skillet over medium-high heat. Sauté the peppers and zucchini until well browned, 3-5 minutes. Season with ¼ tsp. of salt and pepper. Remove the vegetables and keep them warm. Wipe out the skillet with paper towels.

Heat the remaining 1 Tbs. of oil until shimmering. Season the fish on both sides with the remaining ¼ tsp. of salt and pepper and add to the skillet, skin side up. Cook until golden brown on the bottom, about 3 minutes. Turn and cook for another 3 minutes, or until just cooked through.

Transfer the fish to 4 plates, spoon on the salsa, and serve with the vegetables. Serves 4.

### PER SERVING

|                 |                     |
|-----------------|---------------------|
| Calories: 280   | Sodium: 300 mg      |
| Total Fat: 14 g | Cholesterol: 50 mg  |
| Sat Fat: 2 g    | Carbohydrates: 12 g |
| Protein: 27 g   | Fibre: 3 g          |

## Pacific Cod with Citrus Dressing



Other sustainable fish that you can use: Pacific halibut and Pacific hake. The cooking time for the fish is based on a 1½-inch-thick fillet.

- 2 juice oranges or blood oranges
- 2 tsp. fresh lemon juice
- ¼ cup flat-leaf parsley leaves, minced
- 8 sprigs dill, minced
- ½ cup low-fat sour cream
- ¼ tsp. kosher salt
- 2 cups low-sodium vegetable broth
- 450 g broccolini or broccoli florets
- 450 g Pacific cod, cut into 4 pieces
- 30 g Terra Exotic Vegetable Chips

Make the citrus herb dressing: Segment the oranges and squeeze the leftovers to get 1 Tbs. of juice (see box). In a separate bowl, whisk the orange juice with the lemon juice, parsley, dill, sour cream, and salt. Set aside.

Bring the broth to a boil in a large, deep skillet. Add the broccolini and cook, covered, until just tender, about 3 minutes. Remove the broccolini and keep it warm.

Reduce the heat to low and add the fish. Cover and poach for 2 minutes. Gently turn the fish and cook for another 1-3 minutes, until cooked through. Discard the poaching liquid.

Arrange the broccolini and fish on 4 plates. Spoon the citrus herb dressing over the fish and garnish with the orange segments and chips. Serves 4.

### PER SERVING

|                |                     |
|----------------|---------------------|
| Calories: 230  | Sodium: 280 mg      |
| Total Fat: 5 g | Cholesterol: 50 mg  |
| Sat Fat: 1.5 g | Carbohydrates: 23 g |
| Protein: 26 g  | Fibre: 6 g          |

## Citrus Shrimp Salad



For a vegetarian version, substitute sautéed or baked tofu for the steamed shrimp. If you don't eat grapefruit, you can use 3 oranges instead.

- 450 g shrimp, peeled and deveined
- 2 pink grapefruits
- ¼ cup mayonnaise
- 2 tsp. fresh lime juice
- 1 Tbs. reduced-sodium soy sauce
- ¼ English cucumber, sliced
- 1 cup edamame, thawed from frozen
- 8 cups salad greens
- 2 Tbs. sesame seeds, toasted

Steam the shrimp until cooked through, 2-3 minutes. Segment the grapefruits and squeeze the leftovers to get 2 tsp. of juice (see box).

In a medium bowl, whisk together the grapefruit juice, mayonnaise, lime juice, and soy sauce. Mix in the shrimp, cucumber, and edamame.

Arrange the salad greens and grapefruit segments on 4 plates, top with the shrimp mixture, and garnish with the sesame seeds. Serves 4.

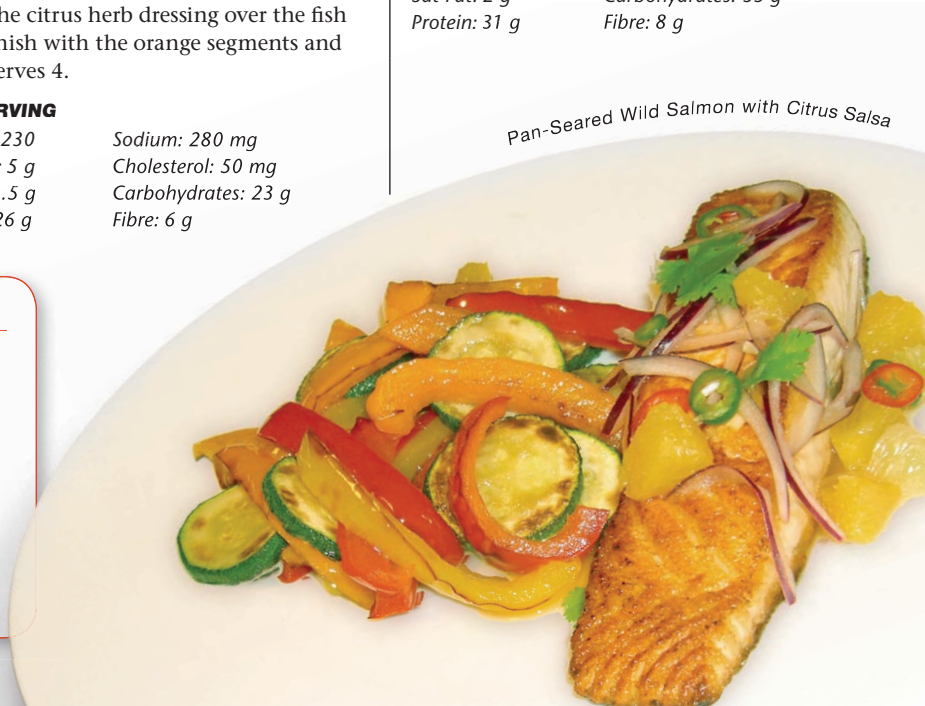
### PER SERVING (3 cups)

|                 |                     |
|-----------------|---------------------|
| Calories: 400   | Sodium: 440 mg      |
| Total Fat: 17 g | Cholesterol: 180 mg |
| Sat Fat: 2 g    | Carbohydrates: 33 g |
| Protein: 31 g   | Fibre: 8 g          |

### How to Segment Citrus Fruit

- Using a sharp knife, cut about a half-inch slice off each end so that the fruit can stand on end.
- Slice off strips of the peel, pith, and outer membrane, working from top to bottom around the fruit.
- Working over a bowl, cut between the inner membranes to separate out the segments.
- If the recipe calls for juice, squeeze the cut-off top and bottom and the leftover inner membranes.

To watch Kate segment a grapefruit, go to [youtube.com/cspitv](http://youtube.com/cspitv).



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