



FISHING FOR NEW IDEAS?

Eating light and sensibly is in. A greater emphasis is being placed on a well-balanced diet of nourishing foods that are lighter in calories. The trick is to make "light" foods taste great so that eating sensibly becomes a habit for life.

Some ways to make "light" taste good lie in the foods you choose—like seafood, vegetables and fruits such as citrus. Others include the ways you cook. Today's popular techniques of preparing foods such as steaming over water, grilling or broiling, microwaving and stir-frying intensify the flavors of light foods and seasonings, giving them added vibrancy and impact.

Presented here are a selection of food ideas featuring ideal partners for light yet highly enjoyable good eating—Alaska seafood and fresh California-Arizona citrus. The bright flavor of citrus highlights the mild flavors of fish and shellfish, reducing the need for rich sauces and accents.

Steaming, an excellent way to keep calories down and flavor up, is used in Steamed Whitefish with Vegetables 'n' Lemon. Zesty fresh lemon provides refreshing flavor with few calories and little sodium added to the delectable "meal in one entree."

Salmon Steaks with Herbed Lemon Butter features this succulent fish from the icy water of Alaska topped with flavorful lemon herbed butter. The salmon may be barbecued, grilled or broiled and any leftover lemon butter can be refrigerated or frozen to use later on vegetables.

Choice Alaska halibut, baked in foil with dill and fresh grated orange peel, is presented with a colorful orange sauce that complements this delicately flavored seafood.

For Northwest Salmon Burritos, convenient canned salmon teams up with fresh lemons, cheese, spicy seasonings and tortillas. Microwaving is the cooking method, a lighter approach for preparing Mexican entrees.

Requiring a minimum of cooking time, Snow Crab Stir-Fry is a blend of Alaska Snow crab, fresh vegetables and lemon. Available year-round, Alaska Snow crab is fully cooked, cleaned, low in fat and calories and ready to enjoy.

What better way to go "light" in a delicious way than with Alaska seafood and fresh western citrus?

STEAMED WHITEFISH WITH VEGETABLES 'N' LEMON

- 1 cup julienned carrots
- 4 medium mushrooms
- 1 teaspoon fresh grated lemon peel
- 1/2 teaspoon salt
- Dash pepper
- 1 lemon, peeled and very thinly sliced
- 1/2 pound Alaska cod, pollock or rockfish fillets, thawed if necessary and cut into serving-sized pieces
- 4 medium uncooked shrimp (optional)
- 4 shucked oysters (optional)
- 4 broccoli flowerets

Arrange carrots and mushrooms in bottom of steamer basket.* Combine lemon peel, salt and pepper; sprinkle some of mixture over vegetables. Place lemon slices over vegetables; top with seafood. Arrange broccoli near edge of steamer. Sprinkle with remaining lemon peel mixture. Steam 10 to 12 minutes over simmering water or until whitefish flakes when tested with a fork. Garnish with lemon slices, if desired. Makes 2 servings.

*A steamer rack, placed over 1/2 to 3/4 inch simmering water, can be used.

SALMON STEAKS WITH HERBED LEMON BUTTER

- 1/2 cup butter or margarine, softened
- Grated peel of 1/2 lemon
- 1 tablespoon fresh squeezed lemon juice
- 1 tablespoon chopped parsley
- 1 tablespoon chopped fresh herbs (any combination of tarragon, basil and/or rosemary)
- 1/4 teaspoon seasoned salt
- 1/8 teaspoon white pepper
- 4 to 6 (about 6 ounces each) Alaska salmon steaks, thawed if necessary
- Vegetable oil
- Fresh lemon wedges

Combine all ingredients except salmon steaks, oil and lemon wedges. On waxed paper, shape butter mixture into 1x7-inch roll or rectangle; wrap and chill. Lightly brush both sides of salmon steaks with oil. Barbecue, grill or broil 4 inches from heat 4 to 6 minutes on each side or until fish flakes when tested with a fork. Slice butter mixture into patties. To serve, top salmon steaks with herbed butter patties and garnish with lemon wedges and additional parsley, if desired. Makes 4 to 6 servings.

*One teaspoon dried herbs, crushed, can be used.

Tip: Remaining herbed butter mixture can be refrigerated or frozen and used not only on fish but also on cooked vegetables.

OVEN BAKED HALIBUT A LA ORANGE

- 4 (about 6 ounces each) Alaska halibut steaks, thawed if necessary
- Vegetable oil
- Grated peel of 1/2 orange
- 1/8 to 1/4 teaspoon dried dill weed
- 2 green onions, cut into thin 2-inch strips
- 2 tablespoons butter or margarine
- 1/2 cup fresh squeezed orange juice
- 1/2 cup apple juice
- 1 tablespoon cornstarch
- 1/2 teaspoon instant chicken bouillon (optional)
- 2 oranges, peeled, cut in half-cartwheel slices and well-drained

Line a 12x8x2-inch shallow baking dish with foil. Lightly brush both sides of halibut steaks with oil; arrange in dish. Sprinkle with orange peel and dill. Cover dish with foil and bake at 450° F. allowing 10 to 12 minutes cooking time per inch of thickness measured at its thickest part, or until halibut flakes when tested with a fork. Meanwhile to make sauce, in saucepan, sauté green onions in butter. Gradually blend orange and apple juice into cornstarch and chicken bouillon. Add to butter mixture. Cook over medium heat, stirring until thickened. Add orange half-cartwheel slices; heat. To serve, spoon sauce over halibut steaks. Makes 4 servings.

NORTHWEST SALMON BURRITOS (Microwave Version)

- 1 can (7-1/2 to 7-3/4 ounces) Alaska salmon
- 1/4 cup each chopped green onions, chopped tomatoes and canned diced green chilies
- 1 tablespoon butter or margarine
- 3/4 cup shredded Cheddar or Monterey Jack cheese, divided
- Juice of 1/2 lemon
- 1/2 teaspoon chili powder
- 1 tablespoon chopped fresh cilantro or fresh coriander (optional)
- 4 (8 inches each) flour tortillas
- Favorite prepared or homemade salsa

Drain salmon, reserving 2 tablespoons liquid; flake. In microwave-proof dish, microwave green onions, tomatoes, green chilies and butter at HIGH 1 minute; add reserved salmon liquid, 1/2 cup cheese and remaining ingredients except tortillas and salsa. Toss until well mixed. Place 1/4 of mixture on each of 4 tortillas; roll up. Place seam-side-down in microwave-proof dish. Cover with waxed paper and microwave at MEDIUM-HIGH 7 to 10 minutes. Sprinkle with remaining 1/4 cup cheese. Microwave at HIGH 1 minute or until cheese melts. Serve with salsa. Garnish with additional cilantro, if desired. Makes 2 to 4 servings.

Tip: One tablespoon chopped cilantro can be added to each 1/2 cup of salsa.

SNOW CRAB STIR-FRY (Not Pictured)

- 1-1/2 pounds Alaska Snow crab clusters, single-cut legs or split legs, thawed if necessary
- 1 small clove garlic, minced
- 1 tablespoon vegetable oil
- 1 cup each julienned yellow peppers, green peppers and "lucama"
- 4 green onions, cut into 1-1/2-inch pieces
- Grated peel of 1/2 lemon
- 1/2 teaspoon salt
- 1/4 teaspoon each thyme, crushed, and sugar
- 1/8 teaspoon crushed chili pepper (optional)
- Juice of 1/2 lemon

Rinse crab under cool water. Remove crab meat from shells. Heat garlic in oil. Stir-fry vegetables until peppers are crisp-tender. Season with lemon peel, salt, thyme, sugar and chili pepper. Add crab and lemon juice; heat thoroughly. Makes 2 or 3 servings.

*Drained, sliced water chestnuts can be substituted.