Recipe of the Month

Lemon Tarragon Fish Fillets
Any kind of fish fillet or steak can be used. Suggestions- salmon, sole, trout, or cod

Ingredients:
- 2 tbsp light mayonnaise 25 mL
- 2 tbsp low-fat yogurt 25 mL
- 1 tsp all-purpose flour 5 mL
- ½ tsp dried tarragon 2 mL
- 1 tsp finely chopped lemon zest 5 mL
- 1 lb fillets 500 g

Directions:
1. In a small bowl, mix together mayonnaise, yogurt, flour, tarragon, and lemon zest.
2. Arrange fillets in single layer on baking sheet, spread with mayonnaise mixture.
3. Broil 6 to 8 inches (15 to 20 cm) from heat for 5 to 10 minutes or until fish is opaque. (Time will vary depending on thickness of fish; ¼ inch or 1 cm thick fillets will take only 5 minutes.)

Makes 4 servings
Each serving contains: 134 calories, 22 g of protein, 4 g total fat (1 g saturated, 61 mg cholesterol), 2 g carbohydrates, 148 mg sodium, 327 mg potassium.

Anne Lindsay’s Light Kitchen, 1994

Suggested side dishes: brown rice, whole wheat couscous rehydrated in chicken broth, steamed green beans with cashews, asparagus with fresh lemon, cooked carrots, spinach with toasted pine nuts, beets and beet greens, and sautéed bok choy.

Omega-3’s and Fish

What are Omega-3 Fatty Acids?
- Omega-3 fatty acids are polyunsaturated fats found in fish, flaxseed, soy and canola oils.
- There are three types, eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA), and alpha-linolenic acid (ALA).
- ALA is found mostly in plant sources, where as EPA and DHA are found in fish oils.
- All three types have important health benefits and must be obtained from our diets. (see more on next page)

Note: Fish oils are high in EPA and DHA, which have shown to help protect against heart attacks and death from cardiovascular disease.
The Bottom Line

The Canadian Heart and Stroke Foundation recommends that we eat at least
2 servings of fish per week, especially those high in Omega-3’s.

Brought to you by the Dietitians from the Health and Performance Centre at the University of Guelph.

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