



Food & Dining

MICHELLE DUDASH HEALTHY DISH

2 tasty fish dishes let you reduce salt



Saltshakers — we all have them. And many of us are quick to sprinkle on salt even before tasting our food.

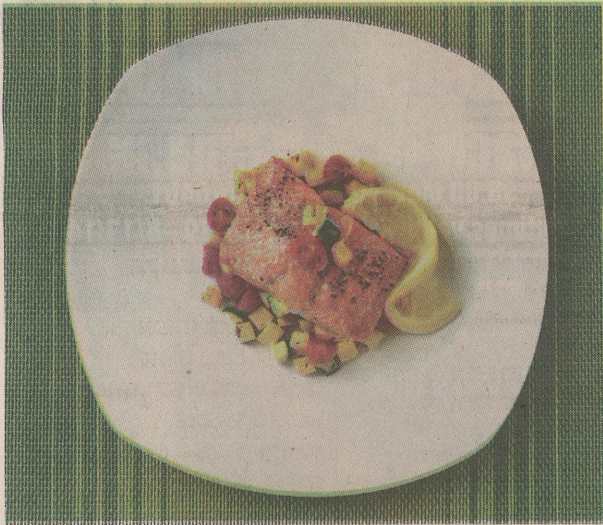
Before you pick up that saltshaker, know that the typical American averages 3,400 mg of sodium per day — more than twice the 1,500 mg recommended by the American Heart Association. The guideline stems from data showing that higher sodium intakes are linked to elevated blood pressures, which may increase risk for life-threatening conditions.

The good news is that many low-sodium ingredients, such as citrus, herbs and spices, bring flavor back to dishes, keeping your favorite recipes equally if not more delicious.

Chefs from Johnson & Wales University recently performed a taste test commissioned by Sunkist and discovered that people preferred recipes with fresh lemons and less added salt. The chefs dramatically lowered the sodium in the dishes while improving the flavor by using an “optimal blend” of ¼ teaspoon salt, ½ teaspoon lemon zest and 2½ teaspoons lemon juice.

I created these two recipes for Sunkist in light of the results. With a bounty of fresh, seasonal, summertime ingredients, fewer than 300 mg of sodium and under 300 calories per serving, you won’t even miss all the salt.

Michelle Dudash of Scottsdale is a registered dietitian, chef and author of “Clean Eating for Busy Families.”



Salmon pouches are baked in parchment with zucchini, yellow squash, tomatoes and shallots. PHOTOS BY MICHELLE DUDASH

Grilled Lemon-Spiced Tilapia Tacos With Mango Pico de Gallo

For the pico de gallo

1 ripe mango, diced (about 1 cup)
½ cup diced red onion
2½ teaspoons fresh lemon juice
2 tablespoons chopped cilantro
½ teaspoon minced garlic
Freshly ground black pepper to taste

For the tilapia

Cooking-oil spray
1 pound tilapia fillets
1 tablespoon extra-virgin olive oil
1 teaspoon salt-free Southwest or Cajun seasoning
½ teaspoon grated lemon zest
¼ teaspoon salt

For assembly

8 warm small corn tortillas
2 cups shredded green cabbage
Additional lemon wedges
Sliced avocados and sliced jalapeños (optional)

To make the pico de gallo: Combine all the ingredients in a small bowl.

To make the tilapia: Preheat grill or oven to medium (350 degrees). Coat a large piece of heavy duty or double-lined aluminum foil with cooking-oil spray. Cut tilapia into pieces that will fit into the size of the tortillas and arrange tilapia on the prepared foil. Combine olive oil, Southwest or Cajun seasoning, lemon zest and salt. Brush the



Tilapia tacos are garnished with a zesty mango pico de gallo.

oil mixture on the tilapia. Grill tilapia until opaque and flakes easily, about 8-10 minutes depending on the thickness of the fillets.

To assemble: Fill the tortillas with the tilapia, cabbage and pico de gallo. Serve with lemon wedges. **Prep time:** 20 min.

Cook time: 10 min.
Servings: 4 (2 tacos each) with ¼ cup pico de gallo.

Per serving: 299 calories, 7 g total fat (1 g saturated fat, 0 g trans fat), 213 mg sodium, 45 mg cholesterol, 37 g total carbohydrate (5 g fiber), 25 g protein.

Baked Salmon Pouches With Summer Squash and Cherry Tomatoes

1 pound salmon fillets, cut into 4 portions, bones removed, blotted dry
¼ teaspoon salt (½ teaspoon for the salmon and ¼ teaspoon for the vegetables)
Freshly ground black pepper to taste
1 cup ¼-inch-diced zucchini
1 cup ¼-inch-diced yellow squash
1 cup halved cherry tomatoes
¼ cup thinly sliced shallots (or use red onion)
4 teaspoons extra-virgin olive oil
½ teaspoon grated lemon zest
1 teaspoon minced garlic
½ teaspoon Italian herb seasoning
4 lemon wedges

Preheat oven to 400 degrees. Season the salmon with half the salt and pepper. In a medium bowl, mix the zucchini, yellow squash, tomatoes, shallots, oil, lemon zest, garlic, Italian herb seasoning and remaining salt and pepper.

Tear off four 15-inch-by-12-inch sheets of parchment paper; stack sheets vertically and place a salmon fillet just below the center on each sheet. Place a heaping ½ cup of vegetables on top of each piece of fish in an even layer. Fold paper over to make the top and bottom corners meet. Beginning with the left corner, fold up 1 inch, overlapping sections to seal in the

contents, and ending with the right corner. Fold each corner under. Finished pouches should look like half-moons. Repeat with remaining pouches and place on a large sheet pan. Bake for about 13 minutes for 1-inch-thick fillets and until pouches make a strong sizzling sound. Adjust cooking time by a couple of minutes for thinner or thicker fillets.

Remove from the oven and serve immediately, placing pouches on plates or shallow bowls. Carefully unwrap, avoiding direct contact with the steam. Serve with lemon wedges.

Prep time: 30 min.
Cook time: 13 min.
Servings: 4 servings (1 pouch each).

Per serving: 233 calories, 15 g total fat (3 g saturated fat, 0 g trans fat), 296 mg sodium, 50 mg cholesterol, 8 g total carbohydrate (2 g fiber), 19 g protein.