

Harvest of the Month

MAY



Seafood is high in lean proteins. It is a smart protein source that is rich in omega-3 fatty acids, which are excellent for heart and brain health.

Seafood is low in calories and fat, which makes it a healthy alternative to other animal products.

For more information about SNAP-ED and EFNEP programs, visit: ag.umass.edu/nutrition.



SEAFOOD in Massachusetts

The ocean has provided food and a way of life to coastal Massachusetts year-round for centuries. Purchasing local seafood supports fishing families and our health.

Seafood Pointers

- When purchasing a whole fish, be sure the eyes are clear, not cloudy. Frozen fish should be free of ice crystals.
- Fresh fish may be stored in the refrigerator for 2–3 days. Frozen fish may be kept in the freezer for 2–3 months.

Nutritional Benefits

One serving provides omega-3 fatty acids, protein, and B vitamins. Eating two 4-ounce servings of seafood per week may lower the chance of heart disease.

Enjoying Seafood

Incorporate seafood into your menu twice a week. Make a fish taco bar with baked white fish and include toppings like salsa, lettuce or cabbage, and cheese.

Fish and Kale Stew

Serves 6

Fruits & Vegetables: ½ cup per serving

2 tablespoons vegetable or olive oil

1 medium onion, chopped

1 garlic clove, minced

2 sprigs fresh thyme or ½ teaspoon dried

3 medium potatoes, sliced or cubed

1 (14.5 oz) can diced tomatoes

1 quart chicken or vegetable broth, low-sodium

3–4 large stalks of kale, stems discarded, leaves chopped

Dash of black pepper and salt (optional)

1 pound pollock or codfish filets, skin and bones removed, cut into large chunks

2 tablespoons fresh parsley, chopped or ½ tablespoon dried

1. Wash and prepare fresh vegetables and herbs (if using fresh).
2. Heat oil in a large pot and add onions and garlic. Cook for several minutes over medium heat. Add thyme and potatoes.
3. Stir in tomatoes and broth and bring to a simmer. Add kale, salt, and pepper.
4. Cover and simmer for 10 minutes, until potatoes are tender but not soft.
5. Add fish and cook for another 5 minutes. Fish will flake apart when cooked.
6. Garnish with parsley and serve.

Nutrition Facts: Serving size: 1 cup; Calories: 150; Carbohydrates: 17 g; Fiber: 3 g; Fat: 4 g; Saturated Fat: 0.5 g; Sodium: 200 mg



This material is provided with funding from USDA's SNAP and/or EFNEP programs. For more information about SNAP-Ed and EFNEP programs visit ag.umass.edu/nutrition. The Center for Agriculture, Food and the Environment and UMass Extension are equal opportunity providers and employers, United States Department of Agriculture cooperating. Contact your local Extension office for information on disability accommodations. Contact the State Center Director's Office if you have concerns related to discrimination, 413-545-4800, or see ag.umass.edu/civil-rights-information/civil-rights-information-resources. November 2018



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