

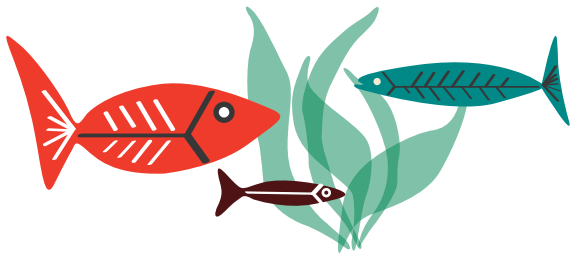
SEAFOOD MONTH

SEAFOOD DIFFERENTLY

dining@nmu.edu | www.nmu.edu/dining | facebook.com/nmudining

SEAFOOD BASICS

Seafood is a high-protein food that is low in calories, total fat and saturated fat. This protein source is also high in vitamins and minerals and has been shown to have numerous health benefits. Most low-fat species of fish contain less than 100 calories per 3 ounce cooked portion. The current Dietary Guidelines suggests consuming two servings of seafood per week.



COOKING TIPS

Marinate fish in the fridge to add a punch of flavor. Used marinade should always be thrown away and never reused. Fish fillets should be cooked 10 minutes for every inch of thickness. Cook fish to an internal temperature of 145 degrees F. The fish should flake easily with a fork when it's completely cooked. Steam clams or mussels by bringing 1-2 cups of water or broth to a boil in a large pot, adding 1-4 pounds of scrubbed shellfish and covering. Reduce heat to a moderate temperature and cook 3-6 minutes, stirring occasionally. The shellfish will open wide when cooked.

JOIN US FOR A SEAFOOD PRESENTATION!

@ THE MP, OCT. 23rd 11AM - 2PM

@ THE DEN, OCT. 24th 11AM - 2PM

FARM RAISED VS. WILD CAUGHT

Farm-Raised fish consists of raising fish commercially in enclosures, tanks and controlled pens usually in lakes, ponds, rivers and oceans. However, making food for farmed fish can deplete other fish species and may upset the ecosystem.

According to seafoodfacts.org, wild caught salmon were found to have a 20% higher protein content and a 20% lower fat content than farm-raised salmon. Wild caught are free to roam the ocean and find their own food, resulting in them containing less fat than the farm-raised versions. However, because of environmental and natural factors, wild fish

DID YOU KNOW?

NMU Dining purchases local seafood for various dishes? Thill's Fish House has provided quality Great Lakes fish to the residents and restaurants of Marquette, MI since 1961. Whitefish is the primary sale for this family operated fishery. Go to www.GreatLakesWhitefish.com for more information.



Northern Michigan University
DINING