



THE

SEAFOOD

COOKBOOK

NYPBeHealthy



FOREWORD

This cookbook that features delicious and nutritious recipes was created by chefs and physicians in collaboration with the registered dietitians of NewYork-Presbyterian's employee wellbeing program, *NYPBeHealthy*. These are the easy-to-follow recipes that our NYP Hudson Valley Chef Peter X. Kelly Teaching Kitchen team use in their cooking classes. An important part of NewYork-Presbyterian's mission as an academic medical center is to support the health and wellbeing of its staff as they care for patients and families. Additional recipes and cookbooks can be found [here](#).

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Shrimp Sautéed Cauliflower Rice

Ingredients

- 2 pounds raw shrimp, peeled and deveined with tails removed (or you can use thawed frozen shrimp)
- 1/3 cup coconut aminos (tamari or soy sauce can be used; low sodium preferable), divided
- 2 Tbsp toasted sesame oil
- 1 bag of cauliflower rice OR 1 large cauliflower, cut into florets
- 2 Tbsp Avocado oil (or another plant-based oil)
- 1 yellow onion, minced (red onion or shallots works too)
- 3 cloves garlic, minced
- 2 tsp minced fresh ginger
- 1 carrot, diced
- 2 eggs, beaten
- 1/4 cup frozen peas
- 2 green onions chopped finely (or omit)
- Fine sea salt, to taste



Directions

1. Combine shrimp with 2 Tbsp of soy sauce and 1 Tbsp of toasted sesame oil.
2. If using fresh cauliflower, process in a food processor or grate with large holes until rice size pieces.
3. Heat avocado oil in wok and add onion, garlic and ginger for about 2 mins. Add carrots and cook another 2-3 mins. Add a little more oil and the cauliflower and cook stirring frequently, for about 5 mins. Transfer to plate.
4. Add shrimp mixture to wok and sear 1 minute each side. Transfer to plate with cauliflower. Pour the eggs into the wok and scramble until mostly cooked through. Pour cauliflower and shrimp back into wok and add remaining coconut aminos and sesame oil and salt. Stir in the peas and cook for 1-2 minutes. Garnish with green onions.

This dish will keep in the refrigerator 5-7 days.

Roasted Salmon & Broccoli

Serves 4

Ingredients

- ☐ 4 (6-oz) pieces of salmon
- ☐ 1 head broccoli cut into florets
- ☐ 1/4 cup olive oil, divided (or another plant-based oil)
- ☐ Salt and pepper, to taste
- ☐ 1/4 cup rice vinegar (or another sweet vinegar)
- ☐ 1/4 cup drained capers, chopped (low sodium preferable)



Directions

1. Preheat the oven to 400°F.
2. Toss broccoli in half the olive oil. Season with salt and pepper.
3. Roast 15 minutes. Remove from oven.
4. Rub salmon with remaining oil, season with salt and pepper.
5. Push broccoli to the edges of baking sheet, and place salmon in the center. Roast until salmon is opaque, and flakes when pressed, about 15 minutes.
6. Remove from oven once cooked, and serve topped with rice vinegar, capers, and drizzle of olive oil.

This dish will keep in the refrigerator 5-7 days.

Tuna Stuffed Tomatoes

Serves 8

Ingredients

- ☐ 1 (15oz) can chickpeas, drained and rinsed (low sodium preferable)
- ☐ 1/4 cup tahini
- ☐ 1 garlic clove
- ☐ 1/4 cup water
- ☐ 1 Tbsp toasted sesame oil
- ☐ 1 tsp ground cumin
- ☐ 2 (5 oz) cans tuna (water-packed, low sodium preferable), divided
- ☐ 2 Tbsp lemon juice (or a little splash of vinegar)
- ☐ 1/8 tsp chipotle chili powder (or another drop of something spicy you like)
- ☐ Salt to taste
- ☐ 1/4 tsp pepper
- ☐ 1/4 cup scallions, chopped
- ☐ 1/4 cup cilantro, chopped
- ☐ 8 tomatoes



Directions

1. In a food processor or blender, puree the chickpeas, tahini, garlic, water, sesame oil, cumin, one can tuna, lemon juice, chipotle powder, salt and pepper until smooth.
2. Add the second can of tuna and pulse to combine, leaving chunky.
3. Fold in the scallions and cilantro.
4. Hollow out the tomatoes, cutting off the tops, and a sliver on the bottom so they sit flat.
5. Fill with mixture and serve.

This dish will keep in the refrigerator 3-5 days.

Cajun Shrimp & Rice

Serves 6-8

Ingredients

- ☐ 3 Tbsp olive oil (or any other plant-based oil)
- ☐ 3 garlic cloves, minced
- ☐ 2 tsp Cajun seasoning (or make your own by combining: 1/4 tsp onion powder, 1/2 tsp paprika, 1/4 tsp garlic powder, 1/4 tsp red pepper flakes, and 1/4 tsp dried oregano).
- ☐ 1 pound shrimp, peeled, deveined, tails on (fresh or frozen and thawed).
- ☐ 4 tomatoes, chopped
- ☐ 2 bunches scallions, chopped (or 1/2 red or white onion, chopped)
- ☐ 3 cups cooked rice (basmati, or brown basmati best, but any rice will do)



Optional: Salt and pepper to taste, lemon wedge for serving.

Directions

1. Heat the olive oil in a large skillet with the garlic about 1 minute.
2. Add the Cajun seasoning and shrimp, cook about 2 minutes more.
3. Add the tomatoes, scallions and cook until tomatoes begin to break down, about 5 minutes.
4. Add the rice and 1/4 cup water and cook until rice is warmed through and shrimp are all pink and opaque, about 3 minutes more.
5. Serve with optional lemon wedge.

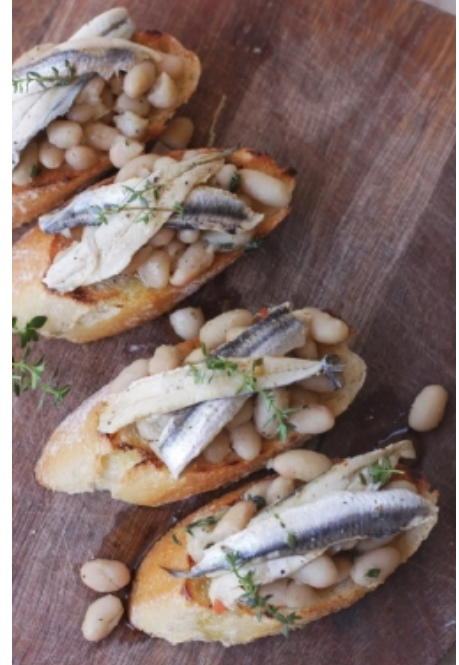
This dish will keep in the refrigerator 5-7 days.

Anchovy & White Bean Crostini

For 6 crostini

Ingredients

- ☐ 6 slices of bread, grilled or lightly toasted (whole wheat preferable)
- ☐ 1/3 cup olive oil
- ☐ 1 (15 oz) canned cannellini beans, rinsed well (low sodium preferable)
- ☐ 3 garlic cloves, smashed
- ☐ 6 sprigs of thyme (or 1 tsp dried thyme)
- ☐ 24 anchovies (2 per piece of bread), canned (low sodium preferable)
- ☐ Salt and pepper to taste



Directions

1. In a small pan, heat 1/3 cup olive oil on a low heat.
2. Add garlic cloves, anchovies and cannellini beans. Sautee for 3-5 minutes until garlic is fragrant.
3. Add thyme, salt and pepper, and sauté 1 minute more.
4. Remove from heat.
5. Top grilled bread with cannellini bean mixture. You can make the mixture ahead of time and store in the refrigerator, topping your bread when it's freshly toasted.

This dish will keep in the refrigerator 5-7 days.

Canned Fish Salad

Serves 4

Ingredients

2 (6 ounce) cans salmon or tuna, drained (low sodium, canned in water preferable)
1/3 cup scallions, sliced thin (or red or white onion)
1 tsp dried dill
1/2 cup celery, sliced thin
1/4 cup capers, rinsed, drained
1 hard-boiled egg, grated on the large holes
1 Tbsp fresh lemon juice or apple cider vinegar
2 Tbsp mayonnaise (2 Tbsp plain, low fat yogurt preferable)
Salt and pepper to taste



Directions

1. In a large serving bowl, combine all ingredients, mixing well.
2. Let stand for 15-30 minutes before serving.
3. Serve in a sandwich, as a dip, as a spread, or just off the spoon!

This dish will keep in the refrigerator 3 days.

Gambas al ajillo (Spanish Garlic Shrimp)

Ingredients

12 cloves garlic
1-pound large shrimp, peeled and deveined (frozen shrimp that is thawed is a fine choice)
½ cup extra virgin olive oil (or another plant-based oil)
Sea salt, to taste
¼ tsp of baking soda
Pinch or two of red pepper flakes
2 tsp sherry vinegar
Chopped fresh parsley leaves



Directions

1. Mince half the garlic and place in large bowl. Smash the rest and add in skillet.
2. Add shrimp to minced garlic. Add 4 tbsp olive oil, salt and baking soda. Toss and let sit at room temperature.
3. Heat pan and add oil. Add smashed garlic and cook for about 1 minute. Add shrimp and cook tossing for about 2 minutes, not cooking all the way through.
4. Add sherry vinegar, parsley and toss to combine. Season with salt and serve immediately.

This dish will keep in the refrigerator 5-7 days.