

## [HEALTHY FISH DINNER RECIPES](#)



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Don't fuss with the salmon too much once it's on the grill: Let the flesh naturally release from the grate before attempting to turn it. You can also use the marinade for any cut of salmon. This recipe is from AL's Place, which we named our No. 1 new restaurant in America in 2015, in San Francisco, CA.

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To encrust fish, take one strip at a time and lightly toss it in the flour mixture. Next, dip the fish into the eggs, then finish off by coating it with the crushed tortillas. Place fish stick on a well-greased baking sheet. Continue coating remaining fish.

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### **Healthy Fish Seafood Recipes EatingWell**

These delicious fish recipes make it easy to eat healthfully and in line with the USDA's MyPlate Guidelines.

These healthy recipes meet the MyPlate guidelines for calories, portion size, sodium, saturated fat and added sugars. To make these recipes part of a complete meal, please refer to our serving suggestions included with the recipe.

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