



# Seafood Appetizers

Include seafood on your next party menu! It's healthy, easy to make and full of flavor. Why fuss? Add fish!

Outpost prides itself on having a complete selection of fresh and frozen fish and seafood. We source only the best from places like the pristine waters of Alaska, spring-fed trout ponds near Palmyra, Wisconsin or sustainable fisheries in the Pacific ocean.

## Smoked Trout Spread Makes 1½ cups

- 8 ounces smoked trout fillets
- 4 ounces Neufchatel low-fat cream cheese, cubed
- 3 tablespoons low-fat or light mayonnaise
- 3 tablespoons fresh dill, chopped
- 2 tablespoons lemon juice
- 1 teaspoon prepared horseradish
- ¼ teaspoon black pepper, ground
- 2 tablespoons toasted walnuts, chopped

Place all ingredients except the walnuts into a food processor and puree to smooth. Spoon into a serving bowl and garnish with walnuts.

*Per serving: 66 calories, 5g fat, 2g sat fat, 1g carbohydrate, 5g protein, 204mg sodium*

## Curried Scallop Cakes Makes about 40

Prepare the scallop cakes ahead and simply reheat right before guests arrive.

- 1½ pounds fresh sea scallops, cut into ¼-inch pieces
- ¾ cup low-fat or light mayonnaise
- 3 large egg yolks
- 3 green onions, chopped

**Try our delicious smoked trout from Rushing Waters® in Palmyra, Wisconsin (Miles to Market: 45)**

Raised in pristine spring fed ponds, fed only a natural diet and naturally smoked, no artificial flavors — no funny business.

**Outpost's scallops are not treated with sodium tripolyphosphate (TSP). Not only are they more natural, they brown easier and taste better!**

- ⅓ cup fresh cilantro, chopped
- 1½ tablespoons dry mustard
- 1½ tablespoons curry powder
- ¾ teaspoon salt
- ½ teaspoon black pepper, ground
- 3½ cups Panko breadcrumbs
- Vegetable oil

1. Mix first 9 ingredients and 1½ cups breadcrumbs in large bowl to blend. Cover mixture and refrigerate 1 hour.
2. Place remaining 2 cups breadcrumbs on large plate. Form scallop mixture into balls, using 1 heaping tablespoon for each. Coat in breadcrumbs, flattening slightly.
3. Heat enough vegetable oil in heavy large skillet over medium-high heat to reach ¼ inch up sides of pan. Working in batches, sauté scallop cakes until golden and cooked through, about 1½ minutes per side. Transfer scallop cakes to paper towels to drain.
4. Transfer drained scallop cakes to platter. Garnish with sprigs of cilantro.

*Per serving: 62 calories, 3g fat, 23mg cholesterol, 5g carbohydrates, 4g protein, 105mg sodium*

## Mini Salmon Cakes Makes 16 cakes

- 2 large eggs
- 4 teaspoons onion, finely minced



*continued...*

1 tablespoon Dijon mustard  
1 teaspoon Worcestershire sauce  
1/4 teaspoon salt  
1/8 teaspoon black pepper, ground  
3 tablespoons red bell pepper, finely chopped  
2 teaspoons plus 2 tablespoons ground flax seed  
4 teaspoons fresh dill, chopped  
1 1/2 cups cooked and coarsely flaked salmon  
4 teaspoons plus 2 tablespoons dried breadcrumbs  
Lemon wedges

1. In a large bowl, stir together the eggs, onion, mustard, Worcestershire sauce, salt and black pepper until smooth. Stir in the red pepper, 2 teaspoons of flax seed and the dill.
2. Fold in the salmon and 4 teaspoons of the breadcrumbs and combine well. Form the mixture into small 1/2 inch thick cakes (they can be refrigerated for up to 24 hours at this point).
3. Sprinkle with mixture of remaining breadcrumbs and flax seed and fry in a large skillet sprayed with non-stick cooking spray. Cook until browned. Gently flip and brown the remaining side.
4. Remove from skillet and arrange on a plate. Rim with lemon wedges.

*Per serving: 40 calories, 2g fat, 1g carbohydrate, 5g protein, 75mg sodium*

## Crab Cocktail

Serves 2

1/4 cup low-fat or light mayonnaise  
1/4 teaspoon tamari soy sauce  
1/4 teaspoon Worcestershire sauce  
Few drops sesame oil  
1/2 teaspoon wasabi paste  
1/4 inch fresh ginger  
1 lime, halved  
1 1/2 cups white crab meat, cooked  
Shredded Chinese leaf cabbage to line 2 small plates  
1 scallion  
Approximately 1 teaspoon pink peppercorns

1. In a bowl, combine the mayonnaise, soy sauce, Worcestershire sauce, sesame oil and wasabi. Peel and mince or grate the ginger into the bowl and add the zest of 1/2 the lime. Squeeze 1/2 teaspoon of lime juice into the bowl and mix everything together.
2. Toss the crab in the sauce and finely shred the Chinese leaf cabbage.
3. Arrange a bed of shredded cabbage on two plates. Divide the crab between them, piling it into the center of each one. Finely chop the scallion and scatter over each plate and sprinkle freshly ground pink pepper over the crab cocktails.
4. Cut the remaining lime half into wedges and rim the plate.

*Per serving: 195 calories, 9g fat, 1g sat fat, 6g carbohydrates, 21g protein, 528mg sodium*

*Recipes adapted from Epicurious.com, RecipeZaar.com, EverydayHealth.com, AllRecipes.com*

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## Meet Judy Mayer DTR, Outpost Nutritionist

Judy's nutritional philosophy centers on the pleasures and tastes of natural foods, and the belief that simple healthy dietary changes offer dramatic differences.

### Take a Nutri-Tour

You'll enjoy a one and a half hour, food-filled journey through the aisles of one of our beautiful natural food markets! You'll receive great recipes, food tips, food samples and have your questions answered by our own staff nutritionist, Judy Mayer.

### Nutritional Counseling Services

Judy is available for one-on-one nutritional and wellness consultations.

Call (414) 431-3377 extension 118  
or email [judy@outpostnaturalfoods.coop](mailto:judy@outpostnaturalfoods.coop)  
for more information.



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