



Scallop & Bacon Toss

Preparation & cooking time: 45 minutes

12 oz. bay scallops
 8 oz. vermicelli pasta
 4 slices bacon, cut into 1/2 inch pieces
 1/2 cup green bell peppers, chopped
 1/3 cup green onions, chopped
 1 garlic clove, minced
 1/4 tsp. crushed red pepper flakes
 1 large tomato, chopped

Cook vermicelli as package directs, drain. In large skillet, over medium-high heat, cook bacon until crisp. Remove and set aside. Drain, reserving 2 tablespoons of drippings. Add bell pepper, green onions, garlic and crushed red pepper flakes to drippings. Cook 4 to 5 minutes or until vegetables are tender crisp, stirring occasionally. Add scallops and cook 3 minutes or until scallops are no longer transparent. Add tomato; heat through. Toss with vermicelli and reserved bacon.
Makes 6 servings.

Recipe courtesy of [Recipezaar www.recipezaar.com](http://www.recipezaar.com)

Orange Shrimp

1 lb. large shrimp (16-20 count), shelled and de-veined
 1 to 2 Tbsp. canola or peanut oil
 1/2 lb. snow peas, trimmed
 1 cup orange juice
 2 Tbsp. honey
 2 tsp. cornstarch
 1/2 tsp. kosher salt
 1/2 tsp. ground cumin
 1 Tbsp. toasted sesame seeds, optional

Whisk together orange juice, honey, cornstarch, cumin, and salt, set aside. Heat oil in a large nonstick skillet over high heat. Add shrimp and snow peas. Cook, stirring frequently, for 1 to 2 minutes. Add juice mixture to shrimp. Bring to a simmer, stirring constantly until sauce thickens and shrimp cook through, about 2 minutes. Sprinkle with sesame seeds. Serve immediately.
Makes 4 servings.

Serving Suggestion: Serve with 3 cups cooked rice.

Recipe courtesy of the National Fisheries Institute.
 For more recipes visit www.EasyFreshCooking.com

Fresh Fish Fillets with Balsamic Syrup*

Sauce
 1 cup sugar
 1 cup Balsamic vinegar
 Pinch of black pepper

*May use prepared Balsamic syrup in place of cooked, if desired.

4-5-7 oz. fresh fish fillets; Tilapia, snapper, grouper, sea bass

1/2 cup flour
 1/2 tsp Salt
 1/2 tsp pepper
 2 Tablespoons olive oil

Place sugar in a hot frying pan and stir until sugar caramelizes, being careful not to burn it. Add balsamic vinegar and a pinch of black pepper. The sugar may get hard, but as the vinegar boils, it will melt again. Boil for approximately 10 minutes. If sauce is too thick, add additional vinegar until desired consistency is reached. Set aside. In a shallow bowl, combine salt, pepper and flour. Dredge each fillet in mixture, coating evenly. Heat a large frying pan over medium-high heat. Add olive oil to pan. Add fillets to heated oil and cook until golden brown on both sides, turning once. Approximately 3 minutes per side. Remove to a plate and drizzle prepared balsamic sauce over fillets.
Makes 4 servings.

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Tilapia with Cucumber Radish Relish

2/3 cup chopped, seeded cucumber
 1/2 cup chopped radishes
 1 tsp. vegetable oil
 2 Tbsp. tarragon vinegar
 1/4 tsp. dried tarragon
 Pinch of sugar
 1/8 tsp. salt
 2 Tbsp. margarine
 4 (6 oz.) Tilapia fillets

Alternatives: Catfish, Trout, Pollock, Flounder, Perch, Cod, Halibut

Combine the first seven ingredients in a small bowl; mix well. Let stand at room temperature while preparing fish. Saute tilapia in margarine in a large skillet over medium heat for 2 to 3 minutes on each side or until fish flakes easily when tested with a fork. Transfer to serving plates. Spoon cucumber mixture over each serving.
Makes 4 servings.

For more recipes visit www.EasyFreshCooking.com

Nutrition Facts:

Serving Size 4oz. Raw, without added fat, salt or sauces.

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Total Carb. 0 g • Dietary Fiber 0 g • Sugars 0g • Vitamin A 0% • Vitamin C 0% • Calcium 0%

	Calories	Calories from Fat	Total Fat(g)	%DV*	Saturated Fat(g)	%DV*	Cholesterol(mg)	%DV*	Sodium(mg)	%DV*	Potassium(mg)	%DV*	Protein(g)	Vitamin A %DV*	Vitamin C %DV*	Calcium %DV*	Iron %DV*
Atlantic Salmon	208	111	12g	1%	3g	0%	67mg	22%	67mg	3%	411mg	12%	23g	2%	0%	2%	2%
Tilapia Fillet	122	10	2g	3%	1g	4%	57mg	19%	55mg	2%	342mg	10%	23g	0%	2%	1%	4%
Haddock Fillet	99	7	1g	1%	0g	1%	65mg	22%	77mg	3%	353mg	10%	21g	2%	0%	4%	7%
Whiting Fillet	102	13	2g	2%	0g	1%	78mg	25%	62mg	3%	282mg	8%	21g	2%	0%	5%	2%
Snapper Fillet	113	14	2g	2%	1g	2%	42mg	14%	73mg	3%	473mg	14%	23g	4%	6%	4%	1%
Ocean Perch	103	9	1g	2%	0g	1%	100mg	34%	70mg	3%	355mg	9%	22g	0%	2%	9%	6%
Grouper Fillet	104	10	1g	2%	0g	1%	42mg	14%	80mg	3%	348mg	10%	22g	3%	0%	2%	6%
Cod Fillet	93	6	1g	1%	0g	0%	42mg	14%	81mg	3%	457mg	13%	20g	0%	2%	1%	2%

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