

## Cajun Salmon Burger with Lime Mayonnaise

On the table tonight: salmon burgers seasoned with **McCormick® Perfect Pinch® Cajun Seasoning**, panko, red bell pepper and onion. Top with Lime Mayonnaise for an extra-delicious Lenten (or any season) dinner.

Prep Time: 20 minutes

Cook Time: 10 minutes

### Lime Mayonnaise:

1/4 cup reduced fat mayonnaise

1/2 teaspoon grated lime peel

1/2 teaspoon lime juice

### Cajun Salmon Burgers:

3 pouches (5 ounces each) boneless skinless salmon, drained

1 egg, beaten

1/3 cup panko bread crumbs

1/4 cup reduced fat mayonnaise

1/4 cup finely chopped green onions

1/4 cup finely chopped red bell pepper

2 teaspoons **McCormick® Perfect Pinch® Cajun Seasoning**,

1 tablespoon oil

4 hamburger rolls

1. For the Mayonnaise, mix all ingredients in small bowl until well blended. Cover. Refrigerate until ready to serve.
2. For the burgers, mix salmon, egg, panko, mayonnaise, green onions, bell pepper and Seasoning in large bowl until well blended. Shape into 4 patties.
3. Heat oil in large nonstick stick skillet on medium heat. Add salmon patties; cook 5 minutes per side or until lightly browned and cooked through.
4. Serve salmon burgers on rolls with Lime Mayonnaise and desired toppings.

Makes 4 servings.

**Serving Suggestion:** Serve burgers with lettuce and tomato.

**Nutrition Information Per Serving:** 400 Calories, Fat 20g, Saturated Fat 4g, Protein 26g, Carbohydrates 29g, Cholesterol 95mg, Sodium 1064mg, Fiber 2g

## Greek Tuna Salad Pockets

This tuna salad is a welcome departure from its mayonnaise-based cousin. Serve in pita pockets with fresh spinach for a portable meal. *Photo credit: Julie Deily from The Little Kitchen.*

Prep Time: 10 minutes

- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 1/2 teaspoons **McCormick® Oregano Leaves**
- 1/2 teaspoon **McCormick® Garlic Powder**
- 1 pouch (7 ounces) albacore tuna, packed in water
- 1/2 cup chopped tomato
- 1/4 cup finely chopped red onion
- 1/4 cup crumbled reduced fat feta cheese
- 2 whole wheat pita breads (6 1/2-inch)
- 1 cup baby spinach leaves

1. Mix lemon juice, oil, oregano and garlic powder in medium bowl until well blended. Add tuna, tomato, red onion and feta cheese; toss lightly. Cover.
2. Refrigerate at least 1 hour or until ready to serve.
3. Cut pita breads in half. Line with spinach leaves. Spoon tuna mixture into pita pockets.

Makes 4 servings.

**Nutrition Information Per Serving:** 210 Calories, Fat 6g, Protein 17g, Carbohydrates 22g, Cholesterol 24mg, Sodium 488mg, Fiber 3g

## Sriracha Lime Shrimp Lettuce Wraps

Cool fresh lettuce leaves make a great wrapping for grilled shrimp and cilantro flecked rice. Include the fresh vegetable toppings to add crunch and a drizzle of Sriracha Mayo for heat.

Prep Time: 10 minutes

Cook Time: 25 minutes

1 tablespoon oil  
1 teaspoon **McCormick Gourmet™ Sriracha Seasoning**  
1 pound large shrimp, peeled and deveined  
1 cup jasmine rice  
1/4 cup chopped fresh cilantro  
2 tablespoons lime juice  
1 tablespoon sugar  
8 Bibb lettuce leaves

1. Mix oil and Seasoning in large bowl. Add shrimp; toss to coat well. Refrigerate 15 minutes.
2. Meanwhile, cook rice as directed on package. Mix cilantro, lime juice and sugar. Add to rice, fluff with fork until well blended. Keep warm.
3. Grill shrimp over medium-high heat 2 to 3 minutes per side or just until shrimp turn pink. Spoon rice and shrimp into center of each lettuce leaf. Top with sliced cucumber, shredded carrots and thinly sliced green onions, if desired. Fold sides of lettuce over filling and roll up to serve.

Makes 4 servings.

**Serving Suggestion:** Serve lettuce wraps with Sriracha Mayo

**Nutrition Information Per Serving:** 285 Calories, Fat 5g, Saturated Fat 1g, Protein 21g, Carbohydrates 39g, Cholesterol 168mg, Sodium 257mg, Fiber 1g

## Indian Shrimp Tacos with Mango Coleslaw

Shrimp tacos take on Indian flavor with a curry marinade for the shrimp, the addition of mango in the slaw topping and a final sprinkle of cashews.

Prep Time: 20 minutes

Cook Time: 8 minutes

4 tablespoons butter, divided  
1/3 cup lime juice  
1/4 cup olive oil  
2 tablespoons honey  
2 teaspoons **McCormick® Curry Powder**  
1 teaspoon **McCormick® Ginger, Ground**  
1 pound large shrimp, peeled and deveined  
1 package (14 ounces) shredded coleslaw mix  
1 cup chopped, peeled and seeded mango

### **Substitutions:**

1/3 cup chopped fresh cilantro, divided  
8 flour tortillas, 6 inches  
1/4 cup chopped cashews

1. Mix lime juice, oil, honey, curry powder, garlic salt and ginger in small bowl until well blended. Place shrimp in large resealable plastic bag or glass dish. Add 1/4 cup of the marinade; turn to coat well. Refrigerate 15 minutes.
2. Meanwhile, for the Mango Coleslaw, place coleslaw mix, mango, 1/4 cup of the cilantro and remaining marinade in large bowl; toss to coat. Cover. Refrigerate until ready to serve. Remove shrimp from marinade. Discard any remaining marinade.
3. Heat large skillet on medium-high heat. Add shrimp; cook and stir 3 to 4 minutes per side or until shrimp turn pink. Stir in remaining cilantro. Serve shrimp in warmed tortillas topped with Mango Coleslaw and cashews. (Store any remaining coleslaw in refrigerator. Serve on other tacos and sandwiches.)

Makes 8 servings.

**Nutrition Information Per Serving:** 213 Calories, Fat 9g, Protein 12g, Carbohydrates 21g, Cholesterol 84mg, Sodium 455mg, Fiber 2g

## Fish Tacos

Baked tilapia gets the Mexican treatment from **McCormick® Original Taco Seasoning Mix** in this easy fish taco recipe. Top with sliced avocado, shredded lettuce and a mixture of salsa and **McCormick® Original Tartar Sauce for Seafood** to complete the meal.

Prep Time: 10 minutes

Cook Time: 12 minutes

1/4 cup **McCormick® Original Tartar Sauce for Seafood**

1/4 cup salsa

1 package **McCormick® Original Taco Seasoning Mix**

1/4 cup unseasoned bread crumbs

1 pound tilapia fillets (about 4 whole fillets)

8 flour tortillas (6-inch), warmed

1. Preheat oven to 450°F. Mix tartar sauce and salsa. Refrigerate until ready to serve.
2. Mix Seasoning Mix and bread crumbs in shallow dish. Moisten fish with water. Shake off excess. Coat fish evenly on both sides with bread crumb mixture. Place fish in single layer on shallow baking pan sprayed with no stick cooking spray.
3. Bake 10 to 12 minutes or until fish flakes easily with a fork. Cut fish into 8 portions. Serve in warmed tortillas. Top with tartar sauce and desired toppings.

Makes 8 servings.

**Serving Suggestion:** Serve with assorted toppings, such as shredded lettuce, shredded Mexican cheese blend, sliced avocado, chopped tomatoes or lime wedges.

**Nutrition Information Per Serving:** 220 Calories, Fat 8g, Saturated Fat 2g, Protein 15g, Carbohydrates 22g, Cholesterol 26mg, Sodium 587mg, Fiber 2g

## Island Shrimp Quesadillas

Shrimp, perfectly ripe mango, flavorful seasonings and Mexican cheeses fill these delicious grilled tortillas.

Prep Time: 15 minutes

Cook Time: 8 minutes

- 1 1/2 cups shredded cheese, such as Mexican blend or Cheddar & Monterey Jack
- 2 green onions, thinly sliced
- 1 teaspoon **McCormick® Chili Powder**
- 1 teaspoon **McCormick® Ground Cumin**
- 1/2 teaspoon **McCormick® Oregano Leaves**
- 8 flour tortillas (8-inch)
- 1 tablespoon vegetable oil
- 8 ounces frozen cooked small shrimp, thawed and well drained
- 1 large ripe mango, peeled and coarsely chopped

1. Mix cheese, green onions and seasonings in medium bowl. Set aside.
2. Lightly brush one side of 4 flour tortillas with oil. Place oiled-side down on baking sheet. Top tortillas with 1/2 of the cheese mixture, then with shrimp and mango. Sprinkle remaining cheese evenly over shrimp and mango. Top with remaining tortillas. Brush tops with oil.
3. Grill over medium heat about 4 minutes per side until cheese is melted and tortilla is browned. Cut into wedges to serve.

Makes 4 servings.

**Cooking Tip:** Quesadillas may also be cooked in a grill pan on the stove top or in a panini maker. Or, place quesadillas on baking sheets. Bake in preheated 350°F oven for 5 to 10 minutes or until cheese is melted.

**Nutrition Information Per Serving:** 545 Calories, Fat 25g, Protein 27g, Carbohydrates 53g, Cholesterol 148mg, Sodium 993mg, Fiber 2g

## Shrimp and Broccolini Stir-Fry

Broccolini is similar to broccoli but with longer stems and smaller florets. If unavailable, broccoli or asparagus works equally as well in this stir-fry.

Prep Time: 15 minutes

Cook Time: 15 minutes

- 1/2 pound broccolini, trimmed and cut into 2-inch pieces
- 1/2 cup **Kitchen Basics® Original Chicken Stock**
- 2 tablespoons soy sauce
- 2 teaspoons corn starch
- 1/2 teaspoon **McCormick Gourmet™ Ginger, Ground**
- 1 tablespoon oil
- 2 cloves garlic, minced
- 1 pound large shrimp, peeled and deveined
- 2 teaspoons **McCormick Gourmet™ Sesame Seed, Toasted**

1. Bring large pot of water to boil on medium heat. Add broccolini; cook 2 minutes or until bright green. Rinse broccolini under cold water; drain well. Set aside. Mix stock, soy sauce, cornstarch and ginger in small bowl until well blended. Set aside.
2. Heat oil in wok or large skillet on medium heat. Add garlic; stir fry 1 minute or until fragrant. Add shrimp; stir fry 2 minutes or just until shrimp turn pink.
3. Stir stock mixture. Add to wok; stirring constantly, bring to boil on medium heat and boil 2 minutes or until thickened. Add broccolini and sesame seed; stir fry until heated through. Serve with cooked rice, if desired.

Makes 4 servings.

**Nutrition Information Per Serving:** 149 Calories, Fat 5g, Protein 21g, Carbohydrates 5g, Cholesterol 168mg, Sodium 724mg, Fiber 2g

## Baja Shrimp Grilled Pizza

For a luau-themed pizza party, seafood lovers will enjoy the Grilled Baja Shrimp Pizza topped with shrimp and pineapple.

Prep Time: 20 minutes

Cook Time: 15 minutes

1 package **McCormick® Grill Mates® Baja Citrus Marinade**

1/4 cup plus 1 tablespoon olive oil, divided

1/4 cup orange juice

1 pound large shrimp, peeled and deveined

1/2 red bell pepper, cut into 2-inch wide strips

1/2 yellow bell pepper, cut into 2-inch wide strips

1 small zucchini, sliced lengthwise into 1/2-inch thick slices

1 pound fresh pizza dough or frozen dough, thawed or 1 prepared thin pizza crust (12-inch)

1 can (8 ounces) pineapple rings, drained, cut into bite-size pieces

2 cups shredded Monterey Jack cheese, divided

1. Mix Marinade Mix, 1/4 cup of the oil and orange juice in small bowl. Place shrimp and vegetables in 2 separate large resealable plastic bags. Add 1/2 the marinade to each bag; turn to coat well. Refrigerate 15 minutes. Remove shrimp and vegetables from marinade. Discard any remaining marinade. Thread shrimp onto skewers.
2. Grill vegetables over medium heat 6 to 8 minutes or until tender-crisp. Grill shrimp kabobs 5 to 7 minutes or until shrimp turn pink, turning occasionally. Cut into vegetables into bite-size pieces. Remove shrimp from skewers.
3. Stretch or roll dough on floured baking sheet to a 12- to 14-inch round, about 1/4-inch thick. Brush top of dough with remaining 1 tablespoon oil. Place oiled-side down on the grill. Close lid. Grill over medium heat 1 to 2 minutes or until grill marks appear on the bottom of the crust. Carefully flip crust over using tongs or spatula.
4. Layer crust with 1/2 of the cheese, grilled shrimp, vegetables, remaining cheese and pineapple. Close lid. Grill 3 to 4 minutes longer or until cheese is melted and crust is browned. (Check pizza often to avoid burning. Rotate pizza, if necessary.) Slide pizza onto baking sheet. Sprinkle with mint, if desired. Slice and serve immediately.

Makes 8 servings.

### Cooking Tip:

- Pizza dough may be purchased from the prepared deli or dairy section of the supermarket. If frozen, thaw dough in refrigerator.
- For ease in stretching or rolling, let dough stand at room temperature 1 to 2 hours.
- Fresh pizza dough may also be purchased from your local pizzeria.

**Nutrition Information Per Serving:** 378 Calories, Fat 18g, Protein 21g, Carbohydrates 33g, Cholesterol 109mg, Sodium 829mg, Fiber 2g

## **Basil Shrimp and Pasta Alfredo**

Creamy pasta with shrimp, peas and a hint of basil is good enough for company, yet so easy to prepare. *Photo credit: Jenny Flake from Picky Palate.*

Prep Time: 10 minutes  
Cook Time: 15 minutes

- 1 cup milk
- 1 package **McCormick® Creamy Garlic Alfredo Sauce Mix**
- 3 tablespoons butter, cut in pieces
- 1/2 pound shrimp, peeled, deveined and cooked
- 1/2 cup frozen peas, thawed
- 1 teaspoon **McCormick® Basil Leaves**
- 4 ounces fettuccine or other pasta, cooked and drained

1. Stir milk gradually into Sauce Mix with whisk in small saucepan until well blended. Add butter. Stirring frequently, cook on medium heat until sauce comes to boil. Reduce heat to low; simmer 2 minutes, stirring occasionally. Stir in shrimp, peas and basil.
2. Serve over pasta. Serve with grated Parmesan cheese, if desired.

Makes 4 servings.

**Nutrition Information Per Serving:** 300 Calories, Fat 12g, Protein 17g, Carbohydrates 31g, Cholesterol 117mg, Sodium 473mg, Fiber 2g

## Roasted Ginger Penne with Shrimp and Garlic

This pasta and shrimp recipe from Cat Cora is ready to serve in less than 30 minutes. Just be sure to place a pot of water on the stove to boil for the pasta before continuing with the preparation of the ingredients.

Prep Time: 10 minutes

Cook Time: 15 minutes

- 8 ounces penne pasta
- 4 tablespoons olive oil, divided
- 1 small red onion, chopped (3/4 cup)
- 3 cloves garlic, finely chopped
- 12 ounces medium shrimp, peeled and deveined
- 2 tablespoons fresh lemon juice
- 3/4 teaspoon **McCormick Gourmet™ Ginger, Roasted Ground**
- 1/4-1/2 teaspoon **McCormick Gourmet™ Red Pepper, Crushed**
- 1/2 teaspoon **McCormick Gourmet™ Sicilian Sea Salt**
- 1/4 cup snipped fresh chives

1. Cook pasta as directed on package. Drain pasta, reserving 1/2 cup of the cooking water.
2. Meanwhile, heat 2 tablespoons of the oil in large skillet on medium heat. Add onion and garlic; cook and stir 3 minutes or until tender. Add shrimp, lemon juice, roasted ginger and red pepper; cook and stir 3 minutes or just until shrimp turn pink. Add pasta; toss to coat well, adding 1/4 to 1/2 cup of reserved cooking water until desired consistency. Season with sea salt.
3. To serve, divide pasta mixture among 6 pasta bowls. Drizzle each with 1 teaspoon of the remaining oil. Sprinkle with fresh chives. Serve immediately.

Makes 6 servings.

**Cooking Tip:** For an indulgent dish, Cat Cora recommends substituting 12 ounces lump crabmeat for the shrimp.

**Nutrition Information Per Serving:** 274 Calories, Fat 10g, Protein 15g, Carbohydrates 31g, Cholesterol 84mg, Sodium 268mg, Fiber 2g

## Garlic Herb Tilapia

Mild, flaky tilapia, seasoned with a savory herb butter and baked to perfection.

Prep Time: 10 minutes

Cook Time: 10 minutes

- 1/4 cup (1/2 stick) butter, softened
- 1/2 teaspoon **McCormick® Garlic Powder**
- 1/2 teaspoon **McCormick® Perfect Pinch® Italian Seasoning**
- 1/2 teaspoon **McCormick® Mustard, Ground**
- 1 pound tilapia fillets
- 1/2 teaspoon salt
- 1/4 teaspoon **McCormick® Black Pepper, Ground**

1. Preheat oven to 400°F. Mix butter, garlic powder, Italian seasoning and ground mustard in medium bowl until well blended.
2. Place fish on foil-lined shallow baking pan. Sprinkle with salt and pepper. Spread fish with herb butter mixture.
3. Bake 10 minutes or until fish flakes easily with a fork.

Makes 4 servings.

### **Cooking Tip:**

- Try recipe with red snapper, striped bass, flounder or sole.
- If desired, substitute 1/4 teaspoon each **McCormick® Basil Leaves** and **McCormick® Thyme Leaves** for the Italian Seasoning.

**Nutrition Information Per Serving:** 226 Calories, Fat 14g, Protein 24g, Carbohydrates 1g, Cholesterol 82mg, Sodium 431mg, Fiber 0g

## Cedar Plank Salmon

Make a simple and flavorful rub for salmon using just brown sugar and chili powder. Grilling on a cedar plank will give the salmon a light, smoky flavor and make clean up a breeze.

Prep Time: 5 minutes

Cook Time: 40 minutes

1 cedar grilling plank, about 12x7 inches  
1/4 cup packed brown sugar  
1 tablespoon **McCormick® Chili Powder**  
2 pound salmon fillet, skin on  
1 tablespoon oil

1. Soak cedar plank according to manufacturer's directions. Drain and pat dry.
2. Preheat grill to medium-high heat (400°F to 450°F) for 15 minutes. Reduce heat to medium-low (300°F to 325°F). Meanwhile, mix brown sugar and chili powder in small bowl. Brush salmon with oil. Rub seasoning mixture on flesh side of salmon. Place salmon, skin-side down, on cedar plank.
3. Place cedar plank with salmon on grill. Cover grill. Grill 30 to 40 minutes or until fish flakes easily with a fork.

Makes 8 servings.

**Nutrition Information Per Serving:** 246 Calories, Fat 14g, Saturated Fat 3g, Protein 23g, Carbohydrates 7g, Cholesterol 71mg, Sodium 75mg, Fiber 0g

## Shrimp Sea Scallop Kabobs

These delicious seafood kabobs are special enough for company yet quick and easy enough for a weeknight meal. *Photo credit: Nicole Shoemaker from Cooking for Keeps.*

Prep Time: 15 minutes

Cook Time: 8 minutes

6 tablespoons butter, melted

4 teaspoons **McCormick® Grill Mates® Roasted Garlic & Herb Seasoning**

1 pound large shrimp, peeled and deveined

1 pound sea scallops

1. Mix butter and Seasoning in small bowl. Set aside.
2. Alternately thread shrimp and scallops onto skewers. Brush shrimp and scallops with seasoned butter mixture.
3. Grill over medium heat 6 to 8 minutes or until shrimp turn pink and scallops are opaque, turning occasionally and brushing with seasoned butter mixture.

Makes 8 servings.

**Cooking Tip:** If using wooden skewers, soak thoroughly in water for at least 30 minutes before threading with shrimp and scallops. This prevents them from burning when on the grill.

**Nutrition Information Per Serving:** 169 Calories, Fat 9g, Protein 20g, Carbohydrates 2g, Cholesterol 134mg, Sodium 516mg, Fiber 0g

## Smoked Salmon Frittata

When you're expecting company for brunch, give this elegant frittata a try. Serve with **Very Vanilla Fruit Salad** and rye or sourdough bread. *Photo credit: Ali Ebright from Gimme Some Oven.*

Prep Time: 15 minutes

Cook Time: 15 minutes

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 12 asparagus spears, ends trimmed and cut into 1/2-inch pieces (about 1 cup)
- 6 eggs
- 1/4 cup milk
- 1 teaspoon **McCormick® Dill Weed**
- 1/4 teaspoon salt
- 1/4 teaspoon **McCormick® Black Pepper, Ground**
- 1 cup coarsely chopped smoked salmon
- 1 cup shredded Swiss cheese

1. Heat oil in large ovenproof nonstick skillet on medium heat. Add onion and asparagus; cook and stir 2 minutes. Reduce heat to medium-low.
2. Beat eggs, milk, dill, salt and pepper in medium bowl. Stir in smoked salmon. Pour into skillet. Cook without stirring 5 minutes or until eggs are set on bottom. Sprinkle with cheese.
3. Broil 4 to 5 minutes until eggs are set and cheese is lightly browned. Sprinkle with additional dill, if desired.

Makes 6 servings.

**Cooking Tip:** Wrap the skillet handle in foil if your skillet is not ovenproof.

**Nutrition Information Per Serving:** 209 Calories, Fat 13g, Protein 17g, Carbohydrates 6g, Cholesterol 234mg, Sodium 387mg, Fiber 1g

## Caprese Salmon Quiche

Make the most out of breakfast with a flavorful quiche, made with heart-healthy salmon and enhanced with herbs and spices.

Prep Time: 10 minutes

Cook Time: 35 minutes

- 7 eggs
- 1/3 cup nonfat milk
- Pinch of **McCormick® Nutmeg, Ground**
- 1/2 teaspoon **McCormick® Italian Seasoning**
- 1/4 teaspoon **McCormick® Garlic Powder**
- 1/8 teaspoon **McCormick® Black Pepper, Ground**
- 1/4 teaspoon salt
- 3 Roma tomatoes, sliced
- 4 ounces fresh mozzarella
- 10 fresh basil leaves, chopped
- 6 ounces salmon, cooked

1. Preheat oven to 400 F. Mist a pie pan with nonstick cooking spray and set aside.
2. In a medium bowl, gently whisk the eggs to break up. Add the milk, nutmeg, Italian seasoning, garlic powder, salt, and pepper; whisk well and set aside.
3. Arrange the tomato slices in the bottom of the pie pan (it's okay if they overlap). Next, break off small bits of the mozzarella and arrange over the tomatoes then sprinkle with the basil leaves. Top the basil with the salmon, breaking off flakes of the salmon to distribute over the entire surface of the pan. Slowly pour the egg mixture over the salmon. If necessary, take a large spoon and press down on the filling ingredients to submerge under egg mixture.
4. Bake the quiche for 35-40 minutes or until completely set. Allow to cool for 5 minutes before slicing and serving warm.

Makes 6 servings.

**Nutrition Information Per Serving:** 216 Calories, Fat 13.7g, Protein 17.7g, Carbohydrates 4.2g, Cholesterol 247mg, Sodium 231mg, Fiber 0.5g