



TIPS & TRICKS

Air Fryer Fish

Nutrition

- Seafood has a range of important nutrients, including omega-3 fatty acids.
- Many Americans meet the protein recommendations for meat, poultry, and eggs, but do not meet the recommendations for seafood, nuts, seeds, and soy products. Meeting the recommendations for these protein food subgroups can help increase intake of important nutrients, including unsaturated fats, dietary fiber, and vitamin D and help to limit intake of sodium and saturated fats coming from processed meat and poultry.
- The Dietary Guidelines recommends eating fish or seafood as a protein source at least twice a week.
- Not all fats are created equal. The Dietary Guidelines for Americans recommends reducing intake of saturated fats. Choosing unsaturated fat in place of saturated fat can reduce your risk of heart disease and improve “good” (HDL) cholesterol levels. This recipe uses an air fryer for a crispy outside texture, instead of frying in oil which greatly increases the amount of saturated fat.

Cooking Tips

- Avoid cross-contamination when handling raw fish by avoiding any contact with fresh produce. Be sure to thoroughly wash hands, surfaces, and items touched by the raw fish with warm water and soap. Use tongs instead of your hands when coating the fish filets to avoid potentially spreading bacteria.
- No panko? No problem! Cut the crust off three pieces of bread, finely tear into tiny pieces and toast under the broiler for 3 to 4 minutes. Keep



an eye on the breadcrumbs, as every oven is different! Crushed cereal or crackers can also work as a panko alternative.

- No air fryer? Simply bake these in the oven at 400 degrees F for 12 to 15 minutes or until they reach an internal temperature of 145 degrees F as measured on a meat thermometer.
- Any type of white fish will work for this recipe. Try tilapia, catfish, perch, cod, or any other.

Teaching

- Here is an introductory activity when demonstrating this recipe:
 - **Say/Ask:** We are warming up the air fryer for today’s fish recipe! An air fryer circulates hot air rapidly throughout the appliance to cook the food. How many of you use air fryers? What are some benefits to using an air fryer? What do you like to prepare in the air fryer? Are there any disadvantages to using an air fryer? Are there any foods you haven’t liked cooked in an air fryer?

- Use this recipe when teaching the HCEB lesson Food Safety, which teaches preparing proteins including fish.
- Cooking proteins is also taught in the HCYRB lesson Keeping Food Safe, so use this recipe during that lesson.
- The FCS publication, FCS3-590, Seafood: Are You Reeling in the Benefits, might be useful to share with participants.

• **Other reliable resources include:**

- USDA MyPlate: Proteins
<https://www.myplate.gov/eat-healthy/protein-foods>
- Food Safety Topics
<https://www.foodsafety.gov>

Sources:

- <https://www.myplate.gov/eat-healthy/vegetables>
- <https://ods.od.nih.gov/factsheets/VitaminC-Consumer>



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