



# Low Carb Seafood Recipes

From Linda's Low Carb Recipes & Menus - <https://www.genaw.com/lowcarb/>

- Baked Fish with Seafood Sauce
- Baked or Broiled Tilapia
- Boursin Tilapia and Shrimp
- Broiled Tilapia Parmesan
- Cheesy Tuna Casserole
- Crab Cakes or Fish Cakes
- Crispy Fried Fish
- Green Bean & Tuna Casserole
- Oven Fried Fish
- Quicker Tuna "Casserole" Quiche
- Smoked Salmon Quiche with Dill
- Tuna "Casserole" Quiche
- Tuna "Rice" Casserole
- Tuna Casserole III
- Tuna Melts
- Tuna or Salmon Muffins
- Tuna Patties
- Tuna Quiche with Dill

*Please refer to my website for the nutritional counts for these recipes.*

## BAKED FISH WITH SEAFOOD SAUCE

1 pound fish fillets of your choice  
3 tablespoons butter  
4 ounces fresh mushrooms, quartered  
2 cloves garlic, minced  
8 ounces bay scallops  
8 ounces small cooked shrimp  
4 ounces crab meat (optional)  
Salt and pepper, to taste  
Fresh parsley, chopped

Spray a 9x13" baking dish with cooking spray. Arrange the fish in a single layer. Season with salt and pepper. Bake at 425° for about 8-10 minutes or until thoroughly cooked. Meanwhile, in a large skillet, melt the butter over medium-high heat. Sauté the mushrooms and garlic until nearly tender. Add the scallops and sauté until just cooked. Stir in the shrimp and crab meat; heat through and season to taste with salt and pepper. Add the parsley. Serve the seafood mixture over the fish.

Makes 4 servings



## BAKED OR BROILED TILAPIA

1 pound tilapia fillets, thawed if frozen  
Seasonings of your choice  
1-2 tablespoons cold butter

Line a rimmed baking sheet with heavy duty foil. Arrange the fish in a single layer on the baking sheet. Season the fish on both sides as desired. Cut the butter in small pieces and arrange on top of the fish. Bake at 425° about 8-10 minutes or until fully cooked. Or, broil the fish on the highest oven rack for about 6-8 minutes until fully cooked.

Makes 3-4 servings



## **BOURSIN TILAPIA AND SHRIMP**

6 small tilapia fillets, about 4 ounces each

Salt and pepper, to taste

1 batch Homemade Boursin Cheese Spread (see recipe below)

1 teaspoon Dijon mustard

6 ounces tiny salad shrimp, thawed and drained

Season the fish and arrange on a baking sheet. Bake or broil until cooked through, about 8-10 minutes. Meanwhile, slowly heat the Boursin Cheese Spread and mustard in a small saucepan over low heat whisking frequently. Add the shrimp and heat through. Serve the sauce over the fish.

Makes 3-6 servings



## **HOMEMADE BOURSIN CHEESE SPREAD**

8 ounces cream cheese, softened

2 cloves garlic

1/8 teaspoon pepper

1/8 teaspoon dill

2 teaspoons chives

1 tablespoon fresh parsley

Process in a small food processor until well blended. Chill several hours or overnight to allow the flavors to blend.

## BROILED TILAPIA PARMESAN

2 pounds tilapia, thawed

Topping:

1/2 cup freshly grated parmesan cheese (2 ounces)

1/4 cup butter, softened

3 tablespoons mayonnaise

2 tablespoons lemon juice (from 1 small lemon)

1/4 teaspoon basil

1/4 teaspoon pepper

1/8 teaspoons onion powder

1/8 teaspoon celery salt

Blend the topping ingredients in a small bowl.

Raise your oven rack to the highest setting and preheat the broiler. Line a large sheet pan with heavy foil; spray with nonstick cooking spray. Arrange the fish on the baking sheet and sprinkle with salt on both sides. Broil 6-8 minutes or until the fish is done to your liking. Spread the topping evenly over the fish. It will melt and run off, so just spoon it back on top of the fish as well as you can. Broil about 2 minutes to brown the topping, watching very closely so that it doesn't burn.

Makes 6-8 servings



## CHEESY TUNA CASSEROLE

2 5-ounce cans tuna, drained  
12-16 ounce bag frozen French-cut green beans  
8 small fresh mushrooms, chopped  
1 stalk celery, finely chopped  
2 tablespoons onion, finely chopped  
2 tablespoons butter  
1/2 cup chicken broth  
3/4 cup heavy cream  
Salt and pepper, to taste  
8 ounces cheddar cheese, shredded

In a medium pot, cook the green beans as directed on the package; drain well.

Meanwhile, in a large skillet, sauté the mushrooms, celery and onion in the butter until very soft and starting to brown a bit. Add the broth; bring to a boil. Let the liquid reduce by half, then stir in the cream. Bring back to a boil. Turn the heat down and simmer until the sauce has reduced and thickened, stirring frequently. Season to taste.

Combine everything in a greased 2-quart casserole. Bake at 350° until hot and bubbly about 20 minutes.

Makes 4-6 servings



## CRAB CAKES

6 ounces crab meat \*

1 pound frozen pollock, thawed, cooked and flaked \*\*

1/4 cup mayonnaise

2 tablespoons fresh parsley, chopped fine

4 green onions, chopped fine

2 teaspoons Old Bay seasoning

1/2 teaspoon coriander

1/8 teaspoon cayenne

1/4 teaspoon pepper

1/2 teaspoon hot sauce

2 egg whites

1/2 cup unsweetened coconut, finely ground (not coconut flour)

Oil, for frying

In a medium bowl, break up the pollock with your fingers until it's finely shredded. Stir in all of the remaining ingredients, except the crab meat, coconut and oil, until well blended. Gently fold in the crab meat, trying not to break it up too much.

Divide into 6 equal portions on a wax paper-lined baking sheet. Gently shape into patties with your hands; chill two hours. Put the coconut in a small shallow dish. Carefully set one crab cake in the coconut and gently turn over to coat the other side; place back on the wax paper. Repeat to coat all of the patties. Chill at least 1 hour.

Heat the oil in a skillet over medium heat. Fry the patties 4-5 minutes per side, flipping carefully, until golden brown on each side.

Makes 6 servings

\* I used the fresh kind from the seafood department, not canned. It came in a foil pouch and contained no added liquid. If you use canned crab meat, you may need two cans to get a full 6 ounces after draining.

*(continued on the next page...)*

\*\* You should end up with about 8 ounces after cooking. If you can't get pollock, any mild white fish will work.

## **FISH CAKES**

2 pounds frozen pollock, thawed, cooked and flaked \*

1/4 cup mayonnaise

2 tablespoons fresh parsley, chopped fine

4 green onions, chopped fine

2 teaspoons Old Bay seasoning

1/2 teaspoon coriander

1/8 teaspoon cayenne

1/4 teaspoon pepper

1/2 teaspoon hot sauce

2 egg whites

1/2 cup unsweetened coconut, finely ground (not coconut flour)

Oil, for frying

Prepare the same as for the Crab Cakes.

Makes 6 servings

\* 2 pounds of pollock will yield about 14 ounces cooked fish.



## CRISPY FRIED FISH

2 tilapia filets

1 egg white

1 cup plain or BBQ flavor pork rinds, finely crushed (about 2 ounces) \*

Oil for frying

Salt

Put the egg white in a pie plate and beat with a fork until frothy. Put the pork rind crumbs in another pie plate. Heat a good amount of oil in a large nonstick skillet over medium heat. The oil should cover the bottom of the pan. Coat both sides of the fish well with the egg white and then press into the crumbs to coat them well on both sides. I recommend patting the crumbs on as thickly as you can because some will fall off while cooking. Gentle handling will help keep the crumbs from falling off too much.

Very carefully place the fish in the hot oil in the skillet and fry on both sides until the coating has browned slightly and the fish is cooked through. Season to taste with salt. Eat at once while the fish is hot and the coating is crisp.

\* You'll probably have extra crumbs but it's helpful to have more than you'll need in order to coat the fish more easily.

Makes 2 servings



## GREEN BEAN & TUNA CASSEROLE

- 1 small onion, chopped
- 2 stalks celery, finely chopped
- 2 tablespoons butter
- 2 14-ounce cans French cut green beans, drained well
- 4 ounce can mushrooms, drained well
- 1/4 cup mayonnaise
- 1/4 teaspoon salt
- 1/2 teaspoon pepper
- 1/8 teaspoon garlic powder
- 8 ounces cheddar cheese, shredded
- 2 5-ounce cans tuna, drained well

Sauté the onion and celery in the butter until very soft and a little browned, about 20 minutes. Combine all of the ingredients in a greased 1 1/2 quart casserole or 8x8" baking dish. Bake at 350°, uncovered, 30 minutes or until nicely browned and bubbly.

Makes about 4-6 servings



## OVEN FRIED FISH

1 pound tilapia filets  
1 tablespoon oil  
2 tablespoons mayonnaise  
1/2 cup pork rinds crumbs (2 ounces)  
Seasonings of your choice

Line a large baking sheet with foil and rub with the oil to coat. Mix the crumbs and seasonings in a shallow dish or pie plate. Coat each piece of fish with mayonnaise on both sides then cover them on both sides with the seasoned pork rind crumbs. Bake at 450° for about 15-20 minutes or until the fish is crispy and cooked through. It's not necessary to flip the fish over during baking.

Makes 3-4 servings



## QUICKER TUNA "CASSEROLE" QUICHE

4 ounce can sliced mushrooms, drained  
5 ounce can tuna, drained  
8 ounces cheddar cheese, shredded  
4 eggs  
1/2 cup mayonnaise  
1/2 teaspoon onion powder  
1 teaspoon dry minced onions  
1 teaspoon pepper  
1/2 teaspoon salt

Put the mushrooms, tuna and cheese in a greased 10" pie plate. In a medium size bowl, whisk together the eggs, mayonnaise and seasonings. Pour into the pie plate and mix everything together. Bake at 350° for 30 minutes or until set and browned. Let stand a few minutes before serving.

Makes 6-8 servings



## SMOKED SALMON QUICHE WITH DILL

4 ounce package smoked salmon  
4-8 ounces Monterey jack cheese, shredded  
1 green onion, chopped  
3 eggs  
1/2 cup heavy cream  
1/2 teaspoon dried dill  
Dash pepper

Put the salmon, cheese and green onion in a greased pie plate. Beat the eggs, cream and seasonings; pour over the salmon and cheese.

Bake at 350° 30-35 minutes. Let stand 10 minutes before cutting.

Makes 6 servings



## TUNA "CASSEROLE" QUICHE

1 stalk celery, finely chopped  
2 tablespoons butter  
8 ounces fresh mushrooms, sliced  
5 ounce can tuna, drained  
8 ounces cheddar cheese, shredded  
4 eggs  
1/4 cup heavy cream  
1/4 cup mayonnaise  
1/2 teaspoon onion powder  
1 teaspoon dry minced onions  
1/2 teaspoon salt  
1 teaspoon pepper

In a large skillet, sauté the celery in the butter until tender. Add the mushrooms and cook until tender. Put the celery and mushrooms, tuna and cheese in a greased 10" pie plate.

In a medium size bowl, whisk together the eggs, cream, mayonnaise and seasonings. Pour into the pie plate and mix everything well. Bake at 350° for 35 minutes or until set and browned on top. Let stand 10 minutes before serving.

Makes 6-8 servings



## TUNA "RICE" CASSEROLE

1 small cauliflower, shredded  
2 tablespoons butter (divided)  
1 stalk celery, diced  
8 ounces cheddar cheese, shredded (divided)  
1/2 cup heavy cream  
1/4 cup mayonnaise  
1/2-1 teaspoon salt  
1/2 teaspoon pepper  
1/4 teaspoon onion powder  
1/2 teaspoon dry minced onion  
2 5-ounce cans tuna, drained  
4 ounce can mushrooms, drained

Put the cauliflower in a 2 1/2 quart casserole with a lid. Cover and microwave on HIGH 8-10 minutes until just tender, stirring every couple minutes. Do not overcook. Stir in 1 tablespoon of the butter.

Meanwhile, sauté the celery in the remaining tablespoon of butter until very tender. In a medium microwavable bowl, mix 6 ounces of the cheese and cream. Microwave 2 minutes on HIGH to melt the cheese; stir until well blended. Whisk in the mayonnaise, seasonings and dry onion.

Stir the celery, tuna and mushrooms into the cauliflower; add the cheese sauce and mix well. Cover and bake at 350° for 20 minutes. Uncover, top with the remaining cheese and bake another 10-15 minutes until bubbly.

Makes 6-8 servings



## TUNA CASSEROLE III

1 stalk celery, diced  
2 tablespoons butter  
4 ounce can mushrooms, drained  
12 ounces frozen cauliflower  
2 5-ounce cans tuna, drained  
8 ounces cheddar cheese, shredded  
1/2 cup heavy cream  
1/4 cup mayonnaise  
1/2 teaspoon salt, or to taste  
1/4 teaspoon pepper, or to taste  
1/4 teaspoon onion powder  
1 teaspoon dry minced onion

Sauté the celery with the butter in a small skillet until very tender and slightly browned. Add the drained mushrooms and cook until they're a little browned on the edges.

Meanwhile, put the frozen cauliflower in a 1 1/2-quart casserole dish. Cover and microwave on HIGH 8-10 minutes until very tender.

Stir all of the remaining ingredients into the cauliflower. Add the celery and mushrooms. Bake at 350° for 20-30 minutes or until bubbly and browned on the top.

Makes 6 servings



## TUNA MELTS

2 servings Tuna Salad (see recipe below)  
1 large tomato  
2 ounces cheddar, shredded

Slice the stem and bottom ends off the tomato then cut into 4 thick slices. Place the tomato slices on a foil-lined baking sheet. Mound some tuna salad on each tomato slice. Top each with 1/4 of the cheese and broil until the cheese is melted.

Makes 2 servings

## TUNA SALAD

2 5-ounce cans tuna, drained  
4 eggs, hard boiled and coarsely chopped  
1/4 cup sugar free sweet pickle relish  
1/4 cup mayonnaise  
1 tablespoon chives or green onion, minced  
Salt and pepper, to taste



## TUNA OR SALMON MUFFINS

2 5-ounce cans tuna or salmon, drained well

2 eggs

1/4 cup celery, minced

2 tablespoons onion, minced

1/4 cup green pepper, minced

2 ounces cheddar cheese, shredded

Salt and pepper, to taste

Pinch Old Bay seasoning

Mix all of the ingredients and spoon into 6 well-greased muffin cups. Bake at 350° for 30 minutes until puffed, set and lightly browned around the edges.

Makes 6 servings



## TUNA OR SALMON MUFFINS (larger recipe)

Three 5-ounce cans tuna or salmon, well-drained

3 eggs

1 stalk celery, minced

1/2 medium green pepper, minced

3 tablespoons onion, minced

1/4 teaspoon Old Bay seasoning

1/4 teaspoon salt

1/4 teaspoon pepper

6 ounces cheddar cheese, shredded

Mix all of the ingredients and spoon into 12 well-greased muffin cups. Bake at 350° for 30 minutes until puffed, set and lightly browned around the edges.

Makes 12 servings



## TUNA PATTIES

2 5-ounce cans tuna, drained  
2 eggs  
1/2 teaspoon celery salt  
1/4 teaspoon onion powder  
1/4 teaspoon pepper  
2 ounces cheddar cheese, shredded  
2 tablespoons parmesan cheese  
2 tablespoons oil, for frying

Mix all of the ingredients except the oil in a small bowl; chill at least 30 minutes. Heat the oil in a large skillet on medium heat. Drop the tuna mixture by large spoonfuls into the hot oil. Flatten slightly and shape into patties. Fry about 3-4 minutes on each side until well-browned. Flip them very gently and brown the other side.

Makes 2-4 servings



## TUNA QUICHE WITH DILL

5 ounce can tuna, drained  
1 green onion, chopped  
8 ounces Swiss cheese, shredded  
3 eggs  
1/2 cup heavy cream  
1/2 teaspoon dried dill  
1/2 teaspoon salt  
Dash pepper

Arrange the tuna, green onions and cheese in a greased pie plate. Beat the eggs, cream and seasonings; pour over the cheese.

Bake 350° 30-35 minutes until a knife inserted in center comes out clean. Let stand 10 minutes before cutting.

Makes 6 servings

