



## Walleye, Fillets, Frozen

MyPlate Food Group: **Protein**



### Nutrition Information

- 1 ounce of cooked fish counts as 1 ounce in the MyPlate.gov Protein group.
- Eat a variety of protein foods to improve nutrient intake and health benefits. Try to eat at least 8 ounces of cooked seafood per week.
- Fish supplies many nutrients such as protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.
- EPA and DHA are omega-3 fatty acids shown to promote heart health and can be found in seafood. Eating 8 ounces of seafood per week may help reduce the risk for heart disease.

### Uses and Tips

- Walleye is a flaky, mild-flavored fish that can be prepared in many ways!
- Walleye can be baked, broiled, grilled, or pan-seared. It can be served with vegetables or on top of whole wheat pasta or rice. Walleye can also be used in soups and even made into patties!
- Season walleye fillets with a squeeze of fresh lemon juice or with herbs like dill, basil, or parsley.
- Do not thaw walleye fillets on the countertop at room temperature. Refer to the product's packaging for more information on how to properly thaw this product.
- Cook walleye fillets to the internal temperature indicated on the product's packaging.

### Storing Foods at Home

- Keep walleye fillets frozen at or below 0 degrees F until ready to use.
- After cooking, store any leftover walleye in the refrigerator in a tightly covered container that is not made from metal.

## MyPlate Facts

- Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).
- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins.
- Nutrients provided by protein foods can differ. Varying your protein food choices can provide your body with a range of nutrients that will help to keep your body working well.
- B vitamins help build tissue and aid in forming red blood cells. Iron can prevent anemia. Magnesium helps build bones and supports muscle function. Zinc can support your immune system.

# USDA Foods

## Walleye Chowder

Makes 4 servings

### Ingredients:

4 slices bacon, cooked and chopped  
 3 Tbsp butter  
 1/2 cup celery, chopped  
 1 yellow onion, chopped  
 1/4 cup all-purpose flour  
 4 cups cold milk (low-fat or nonfat)  
 2 cups red potatoes  
 2 (8 ounce) walleye fillets, thawed, cut into chunks  
 2 Tbsp fresh parsley or green onions, chopped  
 Salt and pepper to taste

*Note: Substitute bacon with turkey bacon or diced ham.*

**Directions:** Wash hands with soap and water.

1. Heat butter in a large pot over medium-high heat. Add celery and onions and sauté until softened.
2. Stir in flour to form a roux (*a mixture of fat and flour used to thicken sauces or soups*). Slowly whisk in the milk.
3. Add the potatoes and bacon and stir gently. Reduce heat and simmer for 30 minutes or until potatoes are cooked through.
4. Add fish chunks and cook for an additional 6-8 minutes or until fish reaches the appropriate internal temperature.
5. Season to taste with salt and pepper. Garnish with parsley or green onions and serve.

*Optional: Add a cup of traditional hominy or scorched corn.*

*Recipe adapted from Joe Van Alstine, Little Traverse Bay Bands of Odawa Indians*

## Crispy Walleye Patties

Makes 8 servings

### Ingredients:

2 (8 ounce) slightly thawed walleye fillets, minced into tiny pieces  
 2 cups walleye fillets, minced  
 1/2 cup onion, minced  
 1/2 cup celery, minced  
 2 Tbsp low-fat mayonnaise  
 1 cup crushed crackers, unsalted  
 1 egg (or 2 Tbsp dried egg mix + 1/4 cup water)  
 1/2 tsp garlic powder  
 1/2 tsp dill  
 1/2 tsp paprika  
 1/2 tsp salt  
 Cooking spray

*Note: Mince means to cut up into tiny pieces.*

**Directions:** Wash hands with soap and water.

1. Preheat oven to 375 degrees F. Place minced fish in a colander and press firmly to remove as much moisture as possible.
2. In a medium bowl, mix fish, onion, celery, mayonnaise, crackers, egg, garlic powder, dill, paprika, and salt. Let rest for 10 minutes.
3. Shape mixture into 8 patties. Spray baking sheet with cooking spray and place patties at least 1 inch apart on the pan.
4. Bake for 10-15 minutes, flip, and bake for another 10 minutes. Serve warm.

*Optional: Serve with a lemon wedge or tartar sauce.*

*Recipe adapted from Marti Hunt, Lac du Flambeau Band of Lake Superior Chippewa Indians*