

Barton Seaver

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Seafood Champion Award Winner 2008

Mackerel Melt

Grocery List:

*Two 7-ounce cans smoked
mackerel
1/4 cup mayonnaise
Pinch of celery salt
4 slices whole-grain bread
4 ounces white Cheddar
cheese, thinly sliced*

Preparation:

- 1. Preheat oven to 400 degrees.*
- 2. Open the cans, drain the mackerel, and flake it with a fork in a medium bowl.*
- 3. Mix in the mayonnaise and celery salt.*
- 4. Evenly divide the fish among the slices of bread and cover with the cheese.*
- 5. Place on a baking sheet and bake until cheese is melted and the mackerel is warmed through.*

Be healthy. Be safe. Be smart.

*Share this kid-friendly recipe to support
healthy families and a healthy ocean.*

