

10 Easy Fish Recipes for Seniors

Soft, quick, and nourishing meals you can make in minutes.

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Lemon–Butter Baked Cod (15 minutes)

Serves 2

Ingredients

- 2 cod fillets
- 2 Tbsp butter
- 1 lemon
- 1 tsp parsley
- 1 small garlic clove

Steps

- ➊ Melt butter with minced garlic.
- ➋ Place cod on a lined tray, brush with butter, season.
- ➌ Bake at 400°F for 10–12 minutes until fish flakes.
- ➍ Finish with lemon juice and parsley.

Tip

Great with steamed green beans or mashed potatoes.

Sheet-Pan Dijon Salmon & Carrots

Serves 2

Ingredients

- 2 salmon fillets
- 2 cups baby carrots
- 1 Tbsp Dijon mustard
- 1 Tbsp honey
- ½ lemon

Steps

- ➊ Toss carrots with a little oil; roast 10 minutes at 400°F.
- ➋ Add salmon to the pan.
- ➌ Whisk Dijon, honey, and lemon; brush on salmon.
- ➍ Roast 10–12 minutes more until just cooked.

Tip For a softer bite, roast carrots a few extra minutes.

Parchment Tilapia with Veggies (En Papillote)

Serves 2

Ingredients

- 2 tilapia fillets
- 1 small zucchini, thinly sliced
- 8 cherry tomatoes, halved
- 1 Tbsp olive oil
- Lemon slices

Steps

- 1 On parchment, layer zucchini, fish, and tomatoes.
- 2 Drizzle with oil; add lemon slices.
- 3 Seal packets and bake 12–14 minutes at 400°F.

Tip Try dill or Italian seasoning for extra flavor.

Quick Tuna–White Bean Salad (No Cook)

Serves 2–3

Ingredients

- 1 can tuna, drained
- 1 can cannellini beans, rinsed
- 2 Tbsp Greek yogurt or light mayo
- ½ lemon
- 1 Tbsp dill or parsley

Steps

- 1 Lightly mash beans; fold in tuna.
- 2 Stir in yogurt, lemon juice, and herbs.
- 3 Season to taste.

Tip Serve on whole■grain toast or in lettuce cups.

10-Minute Garlic Shrimp over Soft Polenta

Serves 2

Ingredients

- 10–12 peeled shrimp
- 1 small garlic clove, minced
- 1 Tbsp butter
- ¾ cup instant polenta
- 2 cups low-sodium broth

Steps

- 1 Cook polenta with broth per package directions.
- 2 Sauté garlic in butter; add shrimp 2–3 minutes until pink.
- 3 Spoon shrimp over polenta.

Tip Finish with a squeeze of lemon.

Salmon & Peas Creamy Skillet

Serves 2

Ingredients

- 1 salmon fillet, cut in chunks
- 1 cup peas (frozen OK)
- 3 Tbsp light cream cheese
- ¼ cup milk
- Black pepper

Steps

- 1 Sear salmon chunks 2–3 minutes.
- 2 Add peas; cook 1 minute.
- 3 Stir in cream cheese and milk; simmer 2 minutes until silky.

Tip Serve with soft egg noodles or rice.

Mediterranean Baked Cod with Olives

Serves 2

Ingredients

- 2 cod fillets
- ½ cup no-salt diced tomatoes
- ¼ cup sliced olives
- 1 tsp oregano
- 1 Tbsp olive oil

Steps

- 1 Place fish in a small baking dish.
- 2 Top with tomatoes, olives, oregano, and oil.
- 3 Bake 12–14 minutes at 400°F.

Tip Bake 1 minute longer for extra-flaky texture.

Easy Fish Tacos (Soft Tortillas)

Serves 2

Ingredients

- 2 small whitefish fillets (tilapia/cod)
- ½ tsp cumin
- 4 soft tortillas
- ¼ cup plain yogurt
- ½ lime

Steps

- 1 Season fish with cumin, salt, and pepper; cook 2–3 minutes per side.
- 2 Mix yogurt with lime juice.
- 3 Flake fish into warm tortillas; drizzle sauce.

Tip Optional additions: shredded cabbage or avocado.

Lemony Trout with Almond Crumbs

Serves 2

Ingredients

- 2 trout fillets
- ¼ cup finely chopped almonds (or almond flour)
- Zest of ½ lemon
- 1 Tbsp olive oil
- Parsley

Steps

- 1 Mix almonds, lemon zest, parsley, and oil.
- 2 Press lightly onto trout.
- 3 Bake 8–10 minutes at 400°F.

Tip Rely on herbs and lemon to keep sodium low.

Light Fish Chowder (Stovetop or Slow Cooker)

Serves 3–4

Ingredients

- 12 oz white fish (cod/haddock), bite■size
- 1 small onion, diced
- 2 small potatoes, diced
- 2 cups low■sodium broth
- 1 cup milk

Steps

- ① Simmer onion, potatoes, and broth 12–15 minutes until tender.
- ② Add fish and milk; cook 4–5 minutes until fish flakes.
- ③ Finish with pepper and parsley.

Tip Cut fish into smaller pieces for gentler bites.