

# Nutrition News And Notes

## Fishing For Value At The Seafood Counter

(NAPSA)—According to a recent scientific report, seafood is an important source of protein and contains essential nutrients that can benefit the cardiovascular system. Putting quality fish on the dining room table in an affordable way is easy with these savvy shopping tips:

• **Consider frozen or vacuum-packed seafood.** Busy weekday schedules don't always allow a dash to the store for fresh fish. Have frozen seafood on hand and place it in the refrigerator the night before cooking it for a simple meal. An even easier option is to look for frozen, pre-marinated, ready-to-cook fish that come in vacuum packs.

• **Mix and match. Buy some shrimp or a few salmon fillets and cube them at home.** Marinate in store-bought teriyaki marinade and make kebabs with a variety of fruits and veggies like red onion and pineapple. Bake or grill and then serve over brown rice.

• **Choose value varieties of salmon.** Keta and coho salmon are garnering attention from seafood lovers. At a fraction of the price of other salmon species, keta and coho make great alternatives for anyone who prefers a milder taste.

• **Look for affordable, responsibly farmed fish.** Responsibly farmed fish are environmentally friendly and can be affordable, too. "Be sure to shop for fish that are farmed without the use of antibiotics, preservatives and added growth hormones," said David Pilat, Whole Foods Market's seafood buyer. "Our strict quality standards for farmed seafood ensure our shoppers get great taste and peace of mind that they are doing their part to save our oceans."

This recipe is sure to please the family without putting a strain on the grocery budget. Serve it with a salad and couscous or a quinoa pilaf.



### Rosemary-Lime Salmon Kebabs

(Serves 4)

- 1 pound farmed or wild salmon fillets (fresh or thawed frozen), cut into chunks
- 1 zucchini, cut into chunks
- 1 yellow bell pepper, cut into chunks
- 1 large red onion, cut into chunks
- Sea salt and black pepper
- 2 garlic cloves, finely chopped
- 1 tablespoon (about 2 small sprigs) chopped rosemary leaves
- ½ cup extra-virgin olive oil
- 3 tablespoons lime juice
- Wooden or bamboo skewers, soaked in water for 10 minutes

Place salmon, zucchini, bell pepper and onion in a shallow baking dish and sprinkle with salt and pepper. Whisk together garlic, rosemary, olive oil and lime juice in a small bowl. Pour mixture over salmon and vegetables, toss and marinate 15 to 30 minutes.

Preheat the grill or broiler. Skewer the salmon and vegetables, reserving marinade, and grill or broil 5 to 7 minutes, turning once, until salmon is cooked through and vegetables are tender. While cooking, boil the marinade in a small saucepan for 5 minutes. Drizzle over skewers and serve.

For more recipe ideas, visit [www.wholefoodsmarket.com](http://www.wholefoodsmarket.com).