

Cooking Corner Tips To Help You

Delightful Seafood Dishes

(NAPS)—If you're looking for healthful, money-saving ways to feed your family, you might soon be hooked on seafood.

In addition to providing healthy doses of omega-3 fatty acids, lean protein and essential vitamins and minerals—such as calcium, iron, zinc, potassium, niacin and B complex vitamins—seafood can be delicious and simple to prepare. And for those choosing not to eat meat, it can be a welcome switch from the boring and sometimes tasteless meal choices they're left with.

Try these ideas for adding seafood to your diet. They combine healthful, family-friendly ingredients and come from Chef Owen Tilley, the High Liner Foods executive chef and director of culinary:

Garlic Veggie Pasta Sauté

Directions:

Sauté garlic with mushrooms, spinach and tomatoes; toss with cooked pasta. Drizzle with olive oil and Italian-style bread crumbs.

To be paired with the following Sea Cuisine items:



Garlic Veggie Pasta Sauté and Parmesan Tilapia can be a healthful, easy-to-prepare dish.

Mediterranean Salmon, Parmesan Tilapia, Tuscan Parmesan Shrimp, Lemon Pepper Tilapia, Herb-Crusted Cod

Tricolor Spanish Sauté

Directions:

Sauté corn, black beans and diced tomatoes with salsa verde; serve over Spanish rice.

To be paired with the following Sea Cuisine items:

Tortilla Tilapia, Coconut Shrimp, Coconut Tilapia

For more seafood meal suggestions, visit the Web site www.seacuisine.com.