

NEWS

OF NUTRITION

Alaska Cod With A Mediterranean Flair

(NAPSA)—Making a big splash at dinner tables across the nation is an elegant Alaska seafood dish with a distinct Mediterranean flair. Simple to prepare, the delicious dish combines festive and fresh garden vegetables with tender, snow white fillets of Alaska Cod or Alaska Pollock. Both species are harvested in the cold, clear waters of the North Pacific ocean.

Both of these delicious white-fish varieties are healthy choices. They are rich in the nutrients selenium, magnesium, and potassium. Like all Alaska seafood, cod and pollock offer a perfect solution for people seeking food high in protein and low in saturated fat. Alaska seafood is also a natural source of omega-3 fatty acids, the “good fat” that helps to protect the heart, improve brain function, and aid vision.

The American Heart Association's new dietary recommendations encourage Americans to eat seafood twice a week because of the health benefits it confers.

Alaska Cod Mediterranean is a complete meal that will delight your friends and family.

Alaska Cod Mediterranean

- 2 cups diced mushrooms
- 2 Tbsp. olive oil
- ½ onion, diced
- 3 cloves garlic, minced
- ½ teaspoon basil, crushed
- 1 medium eggplant, diced (about 2 cups)
- 1 large tomato, diced
- 1 red pepper, diced
- 15 large ripe olives, cut in quarters
- 2 pounds Alaska Cod fillets (or for a different taste, try Alaska Pollock)
- 1 Tbsp. fresh lemon juice



In large non-stick skillet, cook mushrooms in 1 tablespoon olive oil over medium-high heat until browned. Add onion, garlic, and basil; cook stirring occasionally, until onion is soft. Add remaining vegetables and olives; season to taste with salt and pepper. Cook, uncovered, over medium heat, stirring occasionally, for 10 minutes. Meanwhile, in separate skillet, heat remaining 1 tablespoon olive oil. Season Alaska Cod with salt and pepper. Sauté cod over medium-high heat, 2 to 3 minutes per side or until fish just flakes when tested with a fork. Stir lemon juice into vegetables and season to taste with salt and pepper. To serve, divide vegetables evenly between serving plates. Top vegetables with portions of Alaska Cod. Yield: 6 servings.

Nutrients per serving (with cod): Calories: 212, Protein: 29 g, Carbohydrates: 8.4 g, Dietary fiber: 2.9, Total fat: 6.9 g, Cholesterol: 55 mg, Sodium: 211 mg, calories from fat: 29%.