

## Try Fish On The Grill With Free Cookbook

(NAPSA)—While we tend to think of the familiar burgers, chicken and steak when it comes to grilling, don't forget about the fish! Fish is a fast, easy and healthy option for the backyard barbecue. A new consumer Web site, About seafood.com, now offers an online grilling cookbook with eight mouthwatering recipes, such as Grilled Caesar Halibut, Grilled Scallop Kabobs and Provencal Grilled Tuna. There is also an online subscription-based Seafood Club that provides consumers with timely information on their favorite species, along with nutritional information and recipes. Of course, Aboutseafood.com also features plenty of seafood recipes, health and nutrition information, and a special "Fishy Stuff" section for kids.

A few tips to remember when grilling fish: choose thick fillets or steak-cut fish, or use a grilling basket for smaller pieces or thinner fillets to make turning easier. Use skewers on shrimp, scallops, cubes of firm fish, or clam or oyster meats. Thread on some vegetables, such as hunks of squash, corn, peppers, onions or cherry tomatoes, and you've got dinner on a stick. (You may want to pre-cook the vegetables briefly, since the seafood will cook in a matter of minutes.) Marinades and rubs add terrific flavor, and



seafood only has to be marinated for 30 minutes or so in the fridge before it's ready to grill. Or just baste the fish or shellfish with your favorite mild barbecue sauce.

Download the cookbook at [www.aboutseafood.com](http://www.aboutseafood.com).

### Grilled Salmon With Two-Tomato Ginger Relish

**4 (6-ounce) salmon steaks**  
**3 tablespoons olive oil, divided**  
**½ teaspoon pepper, divided**  
**3 large plum tomatoes, peeled, seeded, and diced (about 1¼ cups)**  
**2 yellow tomatoes, peeled,**

**seeded, and diced**  
**2 tablespoons fresh basil, chopped**  
**1 tablespoon red wine vinegar**  
**2 teaspoons ginger, finely chopped**  
**2 teaspoons lime or lemon juice**  
**1 teaspoon soy sauce**

Place salmon steaks in a glass dish. Pour 1 tablespoon olive oil in a small bowl. Brush salmon with olive oil and sprinkle with ¼ teaspoon pepper. Combine plum and yellow tomatoes with 2 tablespoons olive oil, ¼ teaspoon pepper and remaining ingredients in a bowl. *Note:* the relish can be made 1 hour ahead. Place salmon on an oiled grill 4-5 inches from hot coals. Grill, brushing with oil and turning once, just until fish begins to flake when tested with a fork, allowing approximately 10 minutes cooking time per inch thickness of the fish. To serve, divide tomato relish on plates and place hot fish on top. Or, serve relish on the side.

*Makes 4 servings*

**Nutrition analysis per serving:** Calories 371; Fat 23.5g; Protein 33.2g; Sodium 174mg; Cholesterol 102mg.