

# Delicious & Healthy

## Savory Summer Salad

(NAPSA)—Convenience often dictates what kind of meal you eat. Time is scarce and a quick bite is sometimes all you can manage. Although you may have little time to think about what you and your family are eating, quality and health don't have to be sacrificed for convenience.

As more people seek alternatives to high-calorie and high-fat junk food, some food manufacturers are responding with quicker and healthier options for consumers. Don George, senior vice president of marketing for Chicken of the Sea International, said the company is meeting demand for high-quality, convenient, healthy and great-tasting food.

One of the latest seafood creations to hit store shelves is Chicken of the Sea's Smoked Pacific Salmon. Offered in a convenient flavor-sealed pouch, Chicken of the Sea's Smoked Pacific Salmon is a filet that can be eaten right out of the package as a healthy snack or used in a variety of easy-to-prepare recipes.

"Smoked salmon and other seafood are rich in nutrients, such as omega-3, which help protect against heart disease and many other illnesses," said registered dietician Sharon McNerney. "Canned or pouched seafood is a very convenient way to add low-fat protein and vital nutrients to your diet that are usually absent in many 'fast foods'."

Chicken of the Sea provides a wide variety of pouch-sealed seafood, including: tuna; crab; imitation crab meat; baby clams; oysters; shrimp; and salmon. Not only do these pouched offerings provide a quick and healthy meal option, but they also provide a fresh-tasting alternative to other off-the-shelf products.



For quick and easy recipe ideas that include smoked Pacific salmon and other seafood, visit [www.chickenofthesea.com](http://www.chickenofthesea.com). While you are there, you can join the Mermaid Club to receive recipes and health information via e-mail. Here is a nutritious and time-saving recipe to get you started:

### Farmer's Market Summer Salad

#### Ingredients:

- 6 cups mixed baby salad greens**
- ½ cup fresh sugar snap peas**
- 6 radishes**
- ½ cup teardrop yellow or red tomatoes, sliced celery and wedge-sliced red onions**
- 1 (3-oz.) pouch Chicken of the Sea Smoked Pacific Salmon**
- Dill dressing or favorite dressing**

#### Directions:

Arrange salad greens onto two dinner plates. Top greens with snap peas, radishes, tomatoes, celery and onions. Evenly divide Chicken of the Sea Smoked Pacific Salmon over salads. Drizzle salad with desired amount of dressing. Makes 2 entrée servings.