

HEART-HEALTHY EATING

Fish And Seafood: Good For The Heart

(NAPSA)—You don't need to go fishing for reasons to eat more seafood. The federal government's recently released Dietary Guidelines for Americans recommend at least two servings of fish or seafood per week for a healthy diet.

Fish and seafood are an essential part of a healthy diet, providing a lean source of protein and rich supply of vitamins and minerals. Fish and seafood are also an excellent source for omega-3 fatty acids, or heart healthy fats, which reduce the risk of cardiovascular disease, the leading cause of death for men and women.

It's easier than ever to find information on the benefits of fish and seafood. The National Fisheries Institute (NFI), the leading trade association for the fish and seafood industry, has developed two new Web sites to help.

AboutSeafood.com and Eat Shrimp.com provide information on seafood's health benefits, plus information on food safety and preparation. Visitors can submit questions to the "Ask the Dietitian" column written by registered dietitians Liz Weiss and Jancie Newell Bissex, the "Meal Makeover Moms."

Both sites feature a collection of recipes ranging from gourmet to quick and child friendly. The recipe section also features a printable grocery list for users to take with them to the supermarket.

Not only is seafood good for



Seafood is good for you, tasty and easy to prepare.

your body, it's tasty and simple to prepare. Here's an easy recipe to try at home:

Shrimp & Scallop Fajitas

- 12 large (16 to 20 count) shrimp, peeled and deveined, about ¼ lb.**
- 1 large red bell pepper, stemmed, seeded and cut into 20 squares**
- 1 large sweet onion, quartered and each quarter cut into half pieces separated**
- 12 sea scallops, about ¼ lb.**
- 1 large green bell pepper, stemmed, seeded and cut into 20 squares**
- ½ teaspoon lime peel, grated**
- ¼ cup fresh lime juice**
- 2 tablespoons vegetable oil**
- 2 teaspoons honey**
- 1 clove garlic, minced**
- ¼ teaspoon pepper**
- ½ teaspoon salt**
- 8 (7 to 9-inch) flour tortillas, warmed**

Thread the shrimp, red pepper and half the onion onto four 12-inch skewers, running the skewer through each shrimp twice. Thread the scallops, green pepper and remaining onion onto 4 more skewers. Place on a large shallow platter.

Combine the lime peel, lime juice, oil, honey, garlic, pepper and salt. Pour over the skewers and marinate, turning occasionally for 15 to 20 minutes.

Coat the grill rack with vegetable cooking spray. Place kebobs on grill rack 4 to 6 inches over medium-hot coals.

Grill, turning once, just until the seafood is opaque, allowing about 3 to 4 minutes on each side. Wrap tortillas in aluminum foil and heat them on the grill.

To make the fajitas, slide the seafood and vegetables off of each skewer into a warm tortilla. Roll up tortilla to enclose the filling. Eat fajitas out of hand. Serve with refried beans or Mexican rice, if desired.

Makes 4 servings

Nutritional analysis per serving (2 fajitas): calories 492; fat 16 gm; cholesterol 203 mg; sodium 643 mg; carbohydrates 48 gm; protein 43 gm