

Food Trends

Sustainable Seafood Is Making A Splash

(NAPSA)—Some say seafood and summer were meant for each other. As more families enjoy the simple pleasures of summer seafood meals at home, a growing number of people are becoming aware that the oceans' bounty may not last forever. They are starting to look for ways to make responsible seafood choices and preserve the oceans.

One practical solution, some believe, is to support sustainably sourced seafood. Sustainable seafood is fished or farmed in ways designed to protect the existence and health of the species and the surrounding ecosystem.

One way consumers can determine if seafood is sustainable is by looking for sustainability seals on the fresh or packaged seafood that they purchase in grocery stores. When these seals are present, they can be assured that they are making responsible seafood choices.

WorldCatch, an all-natural brand of ready-to-cook frozen seafood found in natural-food stores, features two seals on its sustainably certified products.

The first seal, from the Marine Stewardship Council (MSC), is a blue oval featuring the outline of a fish. It identifies sustainable wild-caught seafood.

The second seal, from the Aquaculture Certification Council (ACC), is a blue circle containing images of three swimming fish and is found on farmed seafood that conforms to the "Best Aquacultural Practices."

In honor of summer fun everywhere, here's a delicious recipe courtesy of WorldCatch. For more information, visit www.WorldCatch.com.



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Aloha Salmon Burgers

Prep Time: 10 minutes

Cook Time: 10 minutes

Makes: 4 servings

Ingredients

- 1 package MSC-certified WorldCatch Wild Alaskan Salmon Burgers**
- ½ cup teriyaki sauce**
- 1 small can pineapple slices, drained**
- 4 slices red onion**
- 4 slices Swiss cheese (if desired)**
- 4 leaves green leaf lettuce**
- 4 hamburger buns**

Directions

PREHEAT grill to medium-high heat.

GRILL salmon burgers according to package directions, brushing periodically with teriyaki sauce. Grill pineapple slices until slightly browned and warmed through. Remove both from grill. Lightly toast hamburger buns on grill.

PLATE by placing salmon burger on toasted bun and topping with pineapple slice, lettuce, onion and Swiss cheese.

SERVE immediately.