

Holiday Entertaining

Celebrating The Season With Seafood

(NAPSA)—Seafood is a wonderful holiday food. In addition to being delicious and healthy, many varieties of fish can be made in a flash. However, while more than 85 percent of Americans say they currently eat seafood, only 20 percent meet government recommendations of two servings of fish or seafood each week.

To help your family and friends enjoy the great taste and health benefits of seafood, try adding some shellfish, such as oysters and shrimp, to holiday recipes. Shellfish offers a sweet and distinct flavor and it provides excellent nutritional benefits. Shellfish is high in protein, low in fat, and rich in vitamins and minerals such as iron. The heart-healthy omega-3 fatty acids are also found in shellfish.

Get off to a great start with seafood this holiday season by creating the following recipe from www.ThePerfectOyster.com. For additional quick and easy recipes, as well as information on the health benefits of seafood, please visit www.AboutSeafood.com.

Oyster Dressing

Ingredients:

- 2 pints Gold Band oysters
- 1 cup vegetable oil
- 20 chicken gizzards
- 3 cups Italian bread crumbs
- 5 chopped chicken livers
- 2 medium onions
- 1 bunch celery
- 1 sweet pepper
- 15 sprigs parsley
- 1 small loaf stale French bread
- 15 green onions



Photo credit Taylor Shellfish Company, inc.

Oysters can add flair and nutrition to your holiday table.

- 1 turkey gizzard and liver
- Salt and pepper
- 1 tbsp. butter

Instructions:

Boil livers and gizzards in 3 cups of water and retain broth. Soak French bread and bread crumbs for 10 minutes. Drain excess liquid. Chop celery, onions, green onions, sweet pepper in food processor or blender. Chop all gizzards and livers in food processor or blender. Poach oysters for 4 minutes. Chop the poached oysters and save oyster liqueur. Simmer, in oil, all chopped vegetables on medium-low heat for 5 minutes. Add drained bread ingredients. Add chopped oysters and oyster liqueur. Add butter, parsley and broth as well as salt and pepper to taste. Simmer on low heat for 30 minutes or until dressing is dry enough for your taste. Serves 10-15.

Recipe courtesy of Gold Band Oysters.