

Catch The Wave—Delicious Seafood Dishes

(NAPSA)—Anytime is the perfect time to plan quality family meals from the comfort of home. And as the pace of life speeds up, it is more important than ever to make informed food choices for you and your family. When time is short, quick and easy recipes are the key. So is good nutrition, making seafood a perfect fit for any family's menu.

Seafood is praised as an excellent source of lean protein that is also low in total and saturated fat. But you might not know that these tasty fruits of the sea are also rich in vitamins and minerals, making it an ideal nutrient-packed dish. Minerals such as iron, selenium and calcium and vitamins A and D are found in various types of seafood, and these are all nutrients our bodies need for good health.

Many kinds of seafood—such as salmon, tuna and pollock—are also a rich source of the essential fatty acids known as omega-3s. The health benefits of omega-3 fatty acids are one of the most studied topics in nutrition. There is increasing evidence suggesting that food sources of omega-3s, mainly fish, contribute to reducing risk of heart disease. Omega-3s may also play a role in alleviating asthma and arthritis, and improving eye health and proper brain growth and function for both children and adults.

Consuming more seafood as part of a well-balanced diet is the key to reaping the wonderful benefits it has to offer, and this advice is echoed by the American Heart Association, American Dietetic Association and health experts in the U.S. government. In fact, the 2005 Dietary Guidelines for Americans recommend eating at least two servings of fish per week to gain the substantial health benefits from omega-3 fatty acids.

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easy to prepare. Visit www.AboutSeafood.com for health information and great recipes such as this one for shrimp that takes only 30 minutes to make. Catch the wave of good nutrition and add seafood to your diet today!

Shrimp Pesto Linguine

Ingredients

- 2 tbsp olive oil
- 1 large onion, chopped
- 1 (10-oz.) package frozen peas
- 1 tbsp pesto sauce
- ¼ tsp pepper
- ½ tsp salt
- 1 lb. shrimp
- 8-10 oz. cooked linguine
- 2 tbsp fresh parsley, minced

Instructions

Cook pasta. Reserve ½ cup of pasta cooking liquid. Meanwhile, heat the olive oil over medium heat in a large skillet. Add onion and sauté until tender, 5 minutes. Add peas, pesto sauce, pepper and salt. Cook, stirring occasionally, 5 minutes.

Add ½ cup of pasta cooking liquid to skillet and bring to a simmer. Add shrimp and cook until thoroughly heated. Divide linguine among 4 plates. Pour sauce over pasta and toss. Sprinkle with parsley.