

# HOLIDAY HINTS

## Healthful, Hassle-Free Holidays

(NAPSA)—With the holidays upon us, parties and other gatherings are a frequent occurrence. Although most people would like to make special, carefully planned, festive appetizers, the reality is most people just don't have the time.

Culinary Expert Lena Cutler says there are new ways to make the busy holiday season more festive, by using ready-to-eat seafood pouches that save time and add a touch of class to hors d'oeuvres.

"Seafood allows busy people to create gourmet appetizers with minimum difficulty and time," said Cutler. "Furthermore, seafood can add a special twist and change of flavor to your everyday salads, pizzas and pastas."

Cutler also suggests using seafood in chowders and bisques to make for a flavorful supplement to ordinary soups. Chicken of the Sea® now offers pouched seafood, including shrimp, crab, smoked oysters, whole baby clams and imitation crab.

"The new shellfish provide gourmet taste and allow everyday chefs to prepare restaurant-quality starters and meals from the comfort of their own home," said Cutler.

Registered Dietitian Sharon McNerney recommends shelf-stable seafood for seasonal snacks because of its numerous health benefits.

"Eating shellfish is a great way to supply your body with the essential nutrients it needs," said McNerney. "Shellfish are also low in fat and calories and serve as a nourishing protein option."

For holiday hors d'oeuvres, cocktail snacks and recipes, visit the Mermaid Club at [www.chickenofthesea.com](http://www.chickenofthesea.com). To wow your fellow party-goers, here's an appetizer that's likely to be a hit.



**"Pouched" seafood is a convenient way to add a touch of class to holiday dishes.**

### **Blue Cheese and Shrimp Garlic Dip**

- 1 jar (12 oz.) refrigerated light or regular blue cheese dressing**
- 1 pouch (3.53 oz.) Chicken of the Sea Premium Shrimp®, drained**
- 4 green onions, thinly sliced**
- 1½ cloves garlic, minced (roasted optional)**
- ¼ teaspoon celery seed**
- ¼ teaspoon dried thyme**
- ¼ teaspoon ground mustard**
- ¼ teaspoon cayenne pepper**
- ¼ teaspoon white pepper**
- ¼ teaspoon hot pepper sauce**
- Crackers or fresh vegetables**

**In a bowl, combine dressing, shrimp and all remaining dip ingredients; mix well. Cover and chill for at least two hours. Serve with crackers or fresh vegetables. For blue cheese lovers, add crumbled blue cheese to the dip.**

*Makes 12 servings. Prep Time: 10 minutes. Chill Time: 2 hours.*