

TIPS ON TRIPS

Healthful Ways To Dine Like The Locals

(NAPSA)—Whether you're traveling for business or pleasure, it's important to bring healthy eating habits along on your next trip.

A great way to start is by experimenting with local fare while away from home. For instance, seafood is available just about everywhere in the U.S.

Delicious Destinations

In the Pacific Northwest, seafood abounds. Travelers can enjoy specialties such as salmon, including the chum, coho and sockeye varieties, as well as Dungeness and snow crab. On the southern shores near the Gulf Coast, seafood is also a specialty. Don't miss the oysters, catfish or sweet Gulf shrimp.

Further along the coast in the mid-Atlantic, try the well-known blue crab from Chesapeake Bay. Always famous for seafood, New England boasts lobster, clams and scallops among the local offerings. Remember, it's called New England clam chowder for good reason.

Healthful Getaways

Because fish is high in protein, low in saturated fat and a great source of omega-3s, eating local seafood can be a great way to experience new tastes while keeping nutrition in the travel plans.

Wherever travel may take you, seafood is available. Varieties such as tilapia and Atlantic salmon can be found on menus across America. And here's a tip: Toss a can or pouch of tuna in your bag with a plastic fork for a quick, on-the-road snack. Tuna, sardines, herring and other healthy fish can be found on the shelf at markets all over the country.

Tilapia is available at restaurants nationwide, but this white, flaky fish can be prepared in a



Eat Locally—Travelers can try tilapia and other types of fish while on the road.

variety of ways at home. Try this recipe:

Tilapia with Cucumber Radish Relish

Ingredients

- $\frac{3}{4}$ cup chopped, seeded cucumber
- $\frac{1}{2}$ cup chopped radishes
- 1 teaspoon vegetable oil
- 2 tablespoons tarragon vinegar
- $\frac{1}{4}$ teaspoon dried tarragon
- pinch of sugar
- $\frac{1}{2}$ teaspoon salt
- 4 6-oz. tilapia fillets
- 2 tablespoons margarine

Instructions

Combine the first seven ingredients in a small bowl; mix well. Let stand at room temperature while preparing fish. Saute tilapia in margarine in a large skillet over medium heat for 2 to 3 minutes on each side or until fish just begins to flake easily when tested with a fork. Transfer to serving plates. Spoon cucumber mixture over each serving. Makes 4 servings.

You can find answers to seafood questions, learn how seafood is beneficial to health and access delicious recipes at www.AboutSeafood.com.