



King, Sockeye Or Coho—A Guide To Buying Wild Salmon

(NAPSA)—Salmon is good tasting and good for you—rich in omega-3s and a good source of protein. Want to know how to find the best available? Here are hints on how from Keith Harris, the Whole Foods Market Port Buyer based in Alaska:

Tips on Buying Salmon

- King (chinook) salmon is the most highly sought-after of all the salmon due to its high omega-3 content and full flavor. King comes in many shades of orange to red; all are delicious!

- Sockeye reds have a bright red color and extra-firm texture. The best sockeye comes from Alaska.

- Coho (silver salmon) has a milder flavor so it's a good choice for kids. Coho's also great for grilling.

- How the fish was caught affects how it tastes. Try to buy troll-caught salmon; each fish is handled individually. Trollers care about the environment and take great pride in what they deliver.

- In general, avoid any salmon that shows signs of browning. Also, check for minimal bruising and firm flesh.

- Wild salmon populations are threatened in some parts of the world. Look for fish from Marine Stewardship Council-certified sources, or from fisheries that are green or yellow rated according to the Blue Ocean Institute or Monterey Bay Aquarium's Seafood Watch program.

Salmon is delicious grilled, broiled, sautéed or poached. For inspiration, try this light recipe:

Rosemary-Lime Wild Alaska Salmon Kebabs

Serves 4

- 1 pound wild salmon fillets, cut into chunks**
- 1 zucchini, cut into chunks**



These light kebabs are delightful with salads or on top of a bed of couscous or quinoa pilaf.

- 1 yellow bell pepper, cut into chunks**
- 1 large red onion, cut into chunks**
- Sea salt and black pepper**
- 2 garlic cloves, finely chopped**
- 1 tablespoon (about 2 small sprigs) chopped rosemary leaves**
- 1/3 cup extra-virgin olive oil**
- 3 tablespoons lime juice**
- Wooden or bamboo skewers, soaked in water 10 minutes**

Place salmon, zucchini, bell pepper and onion in a shallow baking dish and sprinkle with salt and pepper. Whisk together garlic, rosemary, olive oil and lime juice in a small bowl. Pour mixture over salmon and vegetables, toss and marinate 15 to 30 minutes. Preheat the grill or broiler. Skewer the salmon and vegetables, reserving marinade, and grill or broil 5 to 7 minutes, turning once, until salmon is cooked through and vegetables are tender. While cooking, boil the marinade in a small saucepan for 5 minutes. Drizzle over skewers and serve.

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You can find further tips and recipes online at www.wholefoodsmarket.com.