

FABULOUS FISH-FAST

Safe Seafood Now And Far Into The Future

(NAPSA)—Seafood lovers may wonder if there really are plenty of fish in the sea. Fortunately, the answer is yes.

As the health benefits of eating more seafood make it more popular, a combination of wild and farm-raised seafood from domestic and global sources is ready to meet the growing demand.

The National Oceanic and Atmospheric Administration (NOAA) closely monitors fish stocks in America to certify that supplies are cared for. The latest reports show that 80 percent of U.S. fisheries and 75 percent of international fisheries are sustainably managed.

Farm-raised fish, called aquaculture, complement the seafood supply by providing more than 40 percent of the nutritious fish enjoyed by people around the world. Five of the top 10 types of seafood consumed—shrimp, clams, salmon, catfish and tilapia—are partially farm-raised and sustainable.

Health and nutrition experts recommend eating seafood at least twice a week for health benefits throughout life—from improved brain development in babies to a nearly 40 percent reduced risk of dying of a heart attack in adults. Here's a delicious recipe you can enjoy for years to come:

Tasty Tilapia Tacos

Makes 6 servings

- 2 pounds fresh tilapia fillets**
- 8 - 10 whole wheat soft tortillas**
- ¼ cup olive oil**

Sauce

- ½ cup fresh cilantro, chopped**
- 2 jalapeños, seeded**



Delicious seafood dishes such as Tasty Tilapia Tacos offer many health benefits.

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- ½ cup plain yogurt**
 - ½ cup reduced-fat sour cream**
 - 1 avocado, peeled and sliced**
 - 1 teaspoon fresh lime juice**

Toppings

- shredded cabbage**
- salsa**
- fresh lime wedges**
- sprinkle of grated cheese**

1. Combine cilantro and jalapeños in a food processor. Mix until coarsely chopped.

2. Add yogurt, sour cream, avocado and lime juice. Blend until smooth. Keep this sauce refrigerated until needed.

3. Brush tilapia fillets with olive oil and grill over medium heat for 2-4 minutes per side, until cooked through.

4. Heat tortillas on grill. Spread 2 tablespoons of sauce on each warm tortilla.

5. Place half of a fillet in center of each tortilla. Add shredded cabbage and a sprinkle of shredded cheese if you like. Fold tortilla and top with salsa. Garnish with fresh lime wedges.