



# Food For Thought

TIPS ON TASTE NUTRITION & HEALTH

## Seafood Offers A Lenten Substitute

(NAPSA)—During the Lenten season, people search for alternatives to red meat, often forgetting about a low-fat, protein-packed option they probably already have in their cupboard—canned and pouched seafood.

Registered dietitian Sharon McNerney recommends pantry-ready seafood as an inexpensive and tasty option for Lenten recipes because of its convenience and its numerous health benefits.

“Canned tuna and other seafood is a great low-calorie and low-carbohydrate source of protein and essential nutrients like omega-3, which has been shown to have a positive impact on everything from arthritis and asthma to acne and depression,” said McNerney. “It’s also great for the heart.”

The majority of shelf-stable seafood products are saturated fat-free and have no more than 1 gram of fat when packed in spring water and only 3 to 6 grams of fat when packed in oil.

Culinary expert Lena Cutler favors Chicken of the Sea’s new chunkier chunk light because of its high quality and great taste.

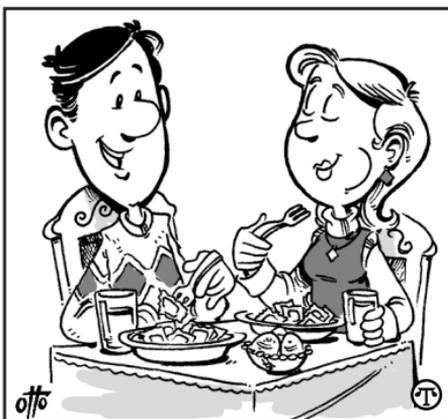
“The new chunk light tuna provides cooks with a great taste and a nice firm texture, not a flaky mushy mess,” said Cutler. “In fact, the new, chunkier tuna encourages cooks to make easy gourmet dishes without the high price.”

Try this great-tasting recipe this Lenten season. For other Lenten recipes, visit [www.chickenofthesea.com](http://www.chickenofthesea.com).

### Seafood Ravioli with Pesto Cream Sauce

#### Ingredients

- 1 (9-oz.) package refrigerated spinach or cheese ravioli
- $\frac{1}{3}$  cup prepared basil pesto



- $\frac{1}{3}$  cup each: sour cream and heavy whipping cream
- $\frac{1}{8}$  teaspoon fresh lemon zest
- 2 Roma tomatoes, cut into  $\frac{1}{2}$ -inch pieces (about  $\frac{1}{2}$  cup)
- 2 (6-oz.) cans Chicken of the Sea® Chunk Light Tuna drained
- $1\frac{1}{2}$  Tablespoons toasted pine nuts
- Shaved or grated fresh Parmesan cheese
- Fresh basil leaves (garnish)

#### Directions

Cook ravioli according to package directions; drain. Meanwhile, in saucepan whisk together pesto, sour cream, whipping cream and lemon zest. Heat slowly on low until heated through; stir constantly. Add tomatoes and gently flake in Chicken of the Sea® Chunk Light Tuna; heat. Salt and pepper to taste. Gently fold ravioli into creamy seafood sauce. Evenly divide onto 2 plates. Top with pine nuts and Parmesan cheese. Garnish with basil leaves.

Makes 2 servings.

Substitute 1 (7.1-oz.) pouch Chicken of the Sea® Albacore, Salmon or Tuna for two cans chunk light tuna.

Preparation Time: 20 minutes.