

NUTRITION NEWS & NOTES

Seven Ways To Eat Fish Seven Days

(NAPSA)—It's long been known that fish is part of a healthy, well-balanced diet. Recent studies confirm that certain types of fish lower the risk of heart disease.

This versatile food can be prepared in seemingly countless ways to please almost any palate. Keith Keogh, chief chef for Red Lobster, the nation's largest casual dining seafood restaurant, offers seven tips for making fish part of your weekly menu:

Monday

Did the day leave you too tired to cook dinner? If so, make the healthy choice for fast food. Opt for sushi, which is readily available in many delis and Asian American restaurants.

Tuesday

Try fish tacos! These succulent tacos feature your favorite steamed or grilled fish, fresh cilantro, a small amount of chopped chili pepper, veggies and a light vinaigrette, all wrapped in a soft-shell tortilla.

Wednesday

If you're out of ideas and timid about experimenting, invest in a seafood cookbook. Make a point of trying two new recipes each week until you develop your own repertoire of favorites. Log on to www.redlobster.com for seafood recipes you can prepare at home.

Thursday

Substitute fish or shellfish for meat and poultry in your favorite casseroles, stir-fries, salads, soups and pasta recipes. Have a smoker? Fish like salmon are great smoked.

Friday

Having a dinner party tonight and need a quick appetizer? Enjoy thinly-sliced smoked salmon on water crackers with a sprig of fresh basil or capers, black pepper and chopped onions for a delicious starter.



Saturday

Dining out? Substitute salmon, tuna or mackerel for the usual steak or hamburger. At Red Lobster you can order your favorite fish broiled or grilled to your liking, or you can try a more exotic preparation, such as sesame ginger seared fresh fish with Asian vegetables and noodles. It features fresh snow peas, broccoli, mushrooms and red bell peppers.

Sunday

Stir leftover grilled salmon from last night's dinner into a serving of scrambled eggs. Add your favorite vegetables and spices such as sliced mushrooms, capers, chopped onion and black pepper.

Perhaps the easiest way to add fish to your diet is enjoying the convenience of eating out. Red Lobster recently introduced a new menu that features larger portions of fresh fish, select cuts and new dishes that emphasize bold flavors highlighting Asian, Italian and Southwestern cuisines. It's the biggest emphasis on fresh fish in the restaurant's 34-year history and comes as growing evidence shows that eating fresh fish may have positive health benefits.