

# News Of Nutrition

## “Superfood” In A Snap

(NAPSA)—There are plenty of delicious convenience foods to reach for at mealtime. Make the smart choice by swapping empty, high-calorie foods for quick, satisfying foods that promote good health.

Tom Rifai, M.D., a nationally recognized wellness expert in disease prevention, management and weight loss, reminds patients of an ancient and now scientifically validated secret for health and longevity. “Most Americans don’t realize that fish has been recognized as a ‘life extender’ since the early origins of man,” says Dr. Rifai. “In addition to being a lean, vitamin-packed protein source, fish and seafood like salmon, tilapia and shrimp also have natural omega-3 fatty acids and vitamin D, which can benefit our health in many ways, including helping manage weight and reduce the risk of heart disease and stroke. Regular fish intake is also linked to reducing insulin resistance, lowering blood pressure, lowering blood fats and improving blood glucose levels.”

Based on the best scientific evidence, the U.S. Dietary Guidelines Advisory Committee released dietary recommendations, which include eating at least two servings of seafood a week. Registered dietitian Sylvia Melendez-Klinger offers the following tips to help meet this nutrition recommendation:

- Look for easy swaps—Add more fish and shrimp to your diet by preparing one of your family’s



**This quick-fix salmon dish is perfect for busy weeknights and a great way to add natural omega-3s to your family’s diet.**

favorite recipes and swapping the protein for fish or shrimp. Seafood is great on salads, in pasta, tacos or in a stir-fry.

- Stock your freezer—Avoid high-calorie, high-fat food temptations by stocking your freezer with a variety of options. With frozen seafood, like Gorton’s flame-grilled fish and shrimp, you can prepare a nutritious, delicious recipe in minutes.

- Make colorful, healthy toppings available—For a quick-and-easy lunch or dinner, serve whole wheat tortillas or sandwich thins with prepared grilled tilapia or salmon. Then present a host of toppings, like avocado, tomato, cucumber, or spicy or dilled yogurt, so everyone can add their personal favorite.

Here’s a delicious, quick-fix recipe that uses flame-grilled salmon fillets bursting with flavor, plus 300 mg of DHA per serving:

### **Grilled Salmon with Garden Vegetables and Linguine** *Serves 6*

#### **Ingredients:**

- 6 Gorton’s Grilled Salmon Fillets**
- 1 lb. uncooked whole wheat linguine**
- 1 cup fresh basil leaves**
- ½ cup chicken broth**
- 2 Tbsp. olive oil**
- 1 cup broccoli florets**
- 1 small red onion, sliced**
- 1 medium bell pepper, thinly sliced**
- 1 cup zucchini, sliced**
- 2 cups fresh spinach**
- ½ cup grape tomatoes, halved**

**Cook salmon and pasta according to package directions.**

**In blender, combine basil, chicken broth and 1 Tbsp. olive oil and blend until smooth. Set aside.**

**Add 1 Tbsp. olive oil, broccoli, onion, bell pepper and zucchini to large skillet. Sauté over medium-high heat until tender crisp (about 2 minutes).**

**Add spinach, basil sauce and cooked pasta to the sautéed vegetables and cook until spinach is wilted.**

**Spoon pasta mixture into a serving bowl and toss with tomatoes and cooked, flaked salmon.**

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