

FOOD



Grilled Salmon
with Vinaigrette and Asparagus
(Courtesy of Red Lobster)

(Makes 4 servings):

- 4 8-10 oz. pieces of fresh salmon fillets, skinless
- 1/2 cup canola oil
- McCormick's Season All
- 1 lb. fresh asparagus spears, medium size
- Sun-Dried Tomato Basil Vinaigrette (see recipe below)
- 4 portions of your favorite rice recipe (Red Lobster suggests a wild/white rice blend)

Sun-Dried Tomato Basil Vinaigrette Recipe:

- 6 oz. canola oil
- 2 oz. red wine vinegar
- 2 oz. sun-dried tomatoes in oil, finely chopped
- 1/2 cup fresh basil, chopped
- 2 tbsp. red onion, diced
- 1 tsp. fresh garlic, minced
- Salt and pepper to taste

PREPARATION

Grilled Salmon:

Lightly brush both sides of fillets with oil and season with McCormick's Season All.

Pre-heat your grill to medium-high heat. When hot, grill the fish for 4-5 minutes until well marked.

Turn the salmon fillets over and continue grilling another 5-6 minutes or until your fresh fish turns a lighter color and flakes.

Grilled Asparagus:

Measuring from the tip, cut the stems off the asparagus about 5" down. Discard the stems.

Coat the asparagus in 3 tbsp. oil, adding salt and pepper to taste.

Grill the asparagus for about 1 minute, then roll and grill for another minute (or until tender).

Sun-Dried Tomato Basil Vinaigrette (makes 8 ounces):

In a large bowl, mix together

using a wire whip the canola oil, red wine vinegar, chopped sun-dried tomatoes, fresh basil, red onions and minced garlic. The ingredients should be mixed until incorporated.

Whip in salt and pepper to taste. Warm the vinaigrette slightly.

For a stunning presentation:

Place a portion of rice in the center of a plate, followed by the grilled salmon.

Then layer the asparagus next to the fish and rice.

Pick two pieces of asparagus and criss-cross them over the fish.

Spoon approximately two ounces of the warm vinaigrette over the salmon.

Serve with a lemon wedge.

Wine Pairing:

A Chardonnay is a great accompaniment to this preparation.

Versatile Seafood Makes Healthy Eating Easy

Preparation methods are many

Americans love seafood. It's a great source of protein that is high in heart-healthy essential Omega-3 fatty acids, winning kudos for its contributions to a healthy diet.

Seafood also tops the charts for its versatility. It's easy to prepare and amenable to seemingly countless preparations, from the simplest to the most exotic.

Why then are some people timid about cooking it at home? Perhaps they fear not getting the freshest fish, overcooking it, undercooking it, or simply not knowing where to begin. Red Lobster chefs, who prepare more than 141 million meals a year, offer some tips to boost the confidence of even the most timid at-home chefs:

Cook times:

Fish are naturally tender and contain very little connective tissue. Unlike meat, they require short cooking times at a high temperature.

Measuring the fish (dressed or

stuffed, fillets or steaks) at thickest part, allow 10 minutes per inch for fresh fish and 20 minutes per inch for frozen fish.

Fish is ready when it is opaque and flakes easily. Be careful not to overcook it.

Cooking Methods:

Fish can be cooked in a variety of ways, depending on the type of fish:

Firm fleshed fish such as mahi-mahi or tuna are great sautéed in a skillet, poached, broiled or grilled. Oily fish, such as salmon, are better on the grill. Delicate flesh fish, such as catfish, grouper or trout, are great fried, poached or sautéed.

Baking, broiling, grilling, microwaving and sautéing in little or no fat are the preferred cooking methods. Poaching or steaming also are two healthy cooking methods since you can steam fish or shrimp in beer or wine and then add your favorite herbs.

Eating Fish for Health, Fatty Acids Help Heart

Has fatty acids that grow body's cells

Not all fats are created equal...especially since research consistently suggests that Omega-3 fatty acids from fish and shellfish boost heart health. According to the American Heart Association, Omega-3s benefit people with healthy hearts as well

as those with heightened risk of cardiovascular disease.

There's a reason why Omega-3s are called essential fatty acids. They have important roles in maintaining a healthy heart and are necessary for cell development and growth. Since the human body cannot manufacture Omega-3s, they must be supplied through the diet.

For optimum heart health, the American Heart Association recommends eating fish, and particu-

larly fish high in Omega-3s, such as salmon, lake trout, herring, sardines, mackerel and albacore tuna, at least two times a week. Fish is a good source of protein and does not have the high saturated fat that meat products contain.

Omega-3s from fish and seafood seem to protect against heart disease in several ways, including making the blood less likely to form clots, preventing heart beat abnormalities and lowering high levels of triglycerides (a type

of fat in the blood that can increase the risk of heart attacks when its levels are too high)

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For people of all races and ethnic backgrounds who want to stay in good shape, eating plenty of fish and shellfish is part of a healthy diet that includes other wholesome foods and plenty of fruits and vegetables.

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