

Simple Seafood Solutions for Lent

(Family Features)

With people across the country observing Lent, a religious tradition observed during the 40 days before Easter, it's time to rethink the standard family meal menu.

This nearly eight-week period typically calls for a special diet. Specifically, red meat is cut out on Fridays for some and for the entirety of Lent for others. According to Datassential, 26 percent of consumers observe lent and of those, 41 percent said they eat fish on Fridays instead of meat.

Eating two servings of seafood per week - as recommended by the Dietary Guidelines for Americans - is one way to make a positive commitment to you and your family's health during Lent and throughout the year. According to a study in the Journal of the American Medical Association, research shows eating seafood 2-3 times per week reduces the risk of death from any health-related cause. Seafood also provides unique health benefits as a lean protein and is a quality source for omega-3 fatty acids, which are healthy fats essential to human health and development.

With so many seafood options available, including Alaskan cod, snapper, salmon and more, it can be easy to incorporate this nutritious lean protein into your diet.

This simple recipe for Blackened Catfish with Quinoa and Citrus Vinaigrette can help you on your way to a more nutritious meal plan that includes consuming seafood twice per week. If you can't find catfish or prefer to substitute, any white fish such as cod, mahimahi or flounder will work.

For more seafood recipes and Lenten meal inspiration, visit seafoodnutrition.org or follow #Seafood2xWk on social media.

Blackened Catfish with Quinoa and Citrus Vinaigrette

Recipe courtesy of chef Tim Hughes on behalf of the Seafood Nutrition Partnership
Servings: 4

Blackening Seasoning:

- 1 tablespoon salt
- 1 tablespoon pepper
- 1 tablespoon cayenne pepper
- 1 tablespoon garlic powder
- 1 tablespoon thyme

Quinoa Salad:

- 1 tablespoon peanut oil
- 1 cup corn, canned and drained or frozen and thawed to room temperature
- salt, to taste
- pepper, to taste
- 1/2 cup edamame, shelled and thawed to room temperature
- 3 cups quinoa, cooked



Blackened Catfish:

- 1 tablespoon peanut oil
- 1 pound catfish, cut into four fillets
- 5 tablespoons Blackening Seasoning

Citrus Vinaigrette:

- 2 tablespoons lemon juice
- 1 teaspoon lemon zest
- 1 tablespoon honey
- 1/2 teaspoon thyme
- 2 tablespoons olive oil

To make Blackening Seasoning: Combine salt, pepper, cayenne pepper, garlic powder and thyme.

To make Quinoa Salad: Heat and oil skillet. Add corn; salt and pepper, to taste, and saute until golden brown. Add edamame and sauteed corn to quinoa and set aside.

To make Blackened Catfish: Heat cast-iron skillet to medium-high heat with 1 tablespoon peanut oil added. Coat both sides of catfish fillets with Blackening Seasoning. Add catfish to skillet and cook 5-6 minutes per side, or until well done.

To make Citrus Vinaigrette: Whisk together lemon juice, lemon zest, honey and thyme. Slowly add olive oil, whisking until dressing is formed.

Serve Blackened Catfish on top of Quinoa Salad and drizzle with Citrus Vinaigrette.

Photo courtesy of Getty Images
#14114
Source: Seafood Nutrition

Make Working from Home Productive and Liberating



(Family Features)

Working from home is a reality for a fast-growing portion of American workers. It can add flexibility, drive higher productivity and reduce company costs related to maintaining physical facilities.

However, it also comes with challenges. If you have worked from home, you have most likely encountered issues collaborating and communicating with colleagues in multiple locations. While there are multiple technologies aimed at helping remote workers and increasing their productivity, they can at times thwart it.

All too familiar with productivity, remote working woes and how to address it, CyberLink created U, a collaboration tool that integrates online presentations, video meetings and instant messaging whether working remote or down the hall from one another.

"It's a place to hold online meetings, have presentations and chat with your colleagues that doesn't come with the messy installation fuss and technical errors associated with other options out there," said Richard Carriere, CyberLink's general manager and senior vice president of global marketing. "It brings the best of social media, such as emojis, ease of use and the flexibility to have impromptu interactions, to a business environment, in a unique way that heightens communication and collaboration across users."

According to commissioned research by polling firm YouGov, nearly half (43 percent) of U.S. office workers think it's harder for remote workers to be seen in the workplace than non-remote workers. Office workers think it's twice as difficult, when working remotely, to make strong relationships with bosses and coworkers while collaborating effectively. In fact, 1 in 6 think remote workers are less valued by the company, more than 1 in 3 think remote workers miss out on office culture and 1 in 5 think they get promoted less often.

There are also technical difficulties workers can encounter when using the technology solutions of the past. Of office workers who said disruptions and working with a solution that's incompatible with the demands of a remote workforce today had impacted their work, the most prominent included:

* Nearly half (42 percent) have misinterpreted the tone of written communication (email, instant messaging, etc.)

* Nearly half (40 percent) said an important call had been dropped

* 1 in 3 (31 percent) have been late to or missed a meeting because of a tech failure and a nearly one-quarter (22 percent) because it was too complicated to join

* More than one-quarter (28 percent) have used the wrong version of a document

* About 1 in 4 (23 percent) said an important video meeting had dropped

* 1 in 5 (21 percent) mistakenly "replied all" to an email

To help address these issues and others, all of U's offerings create virtual counterparts to in-person scenarios, in turn allowing workplace culture, creativity and dialogue to resonate beyond the physical workplace and to all workers, despite location. Learn more at u.cyberlink.com.

Photo courtesy of Getty Images
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Source: CyberLink