



Seafood: Omega-3s for Healthy Living

By Hansen, Evie.

National Seafood Educators. 1 Paperback(s), 2007. soft. Book Condition: New. A longtime champion for the benefits of seafood she founded the National Seafood Educators association and partnered with the American Heart Association to promote the importance of eating seafood twice a week. Evie Hansen here discusses seafood as a source of essential Omega-3 fatty acids. She follows up her thorough nutritional analysis with practical concerns for introducing more fish and shellfish into your diet (including extensive preparation and safe handling information) and 250 delicious, kitchen-tested recipes, from Thai Shrimp Soup to Grilled Tuna with Lemon Caper Sauce, Salmon Rigatoni to Sesame-Soy Mahi-Mahi with Ginger. 240.



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