



# Fit, Fabulous Fish

Salmon and tuna provide rich sources of health-enhancing Omega-3 fatty acids

## FAMILY FEATURES

Imagine a food low in carbohydrates, fat and calories but high in protein. Imagine a food that improves heart health, reduces hypertension, boosts the immune system, helps fight autoimmune disease, improves mental health and cognitive performance and reduces the risk of certain cancers. Sound fishy? It is!

Omega-3 powerhouse foods like tuna, salmon and sardines boast a lengthy list of health benefits, as well as amazing versatility and ease in the kitchen.

"Salmon and albacore tuna are especially low in fat, contain high amounts of protein and have a variety of essential vitamins and minerals," says registered dietitian Margo Kraus, a nutritional consultant for Bumble Bee Foods and a champion of healthy eating habits.

Kraus notes that salmon, tuna and sardines are all excellent sources of Omega-3 fatty acids, and the conveniently packed Bumble Bee canned and poached seafoods lend themselves well to simple and flavorful food preparations.

A colorful Mediterranean pasta featuring tomatoes, garlic, rosemary, red bell pepper, olives and tuna makes short work of dinner. A quick sauté in the skillet turns out a zesty sauce, perfect for tossing over your favorite pasta. Add a dash of aged grated parmesan, a pinch of hot pepper flakes or a sprinkling of minced parsley, and you have a dish elegant enough for company or simple enough for weeknight family fare.

In the mood for a good sandwich? Try a tasty salmon burger spiked with lemon zest and Dijon, married with crisp celery and green onions. Top it off with a savory, creamy dill sauce. Add some chunky slaw and oven-baked potato wedges to round out the meal.

Whatever the preparation, the American Heart Association recommends eating fish (particularly fish with Omega-3 fatty acids such as salmon, tuna and sardines) at least two times a week as part of a healthy diet. Your doctor will thank you ... and so will your taste buds.

## Amazing Omegas

Omega-3 fatty acids, or essential fatty acids, are critical for good health. Since the body can't produce sufficient essential fatty acids on its own, Omega-3s must be consumed through food sources. Omega-3s are found naturally in coldwater fish, with salmon, albacore tuna and sardines ranking among the top fish sources of Omega-3 fatty acids.

For more fish recipes rich in Omega-3s, visit [www.bumblebee.com](http://www.bumblebee.com).

Among Omega-3's many health benefits are:

- Improved heart health
- Decreased risk of cancer
- Reduced hypertension
- Reduced inflammation
- Enhanced mental health
- Superior immune system performance
- Improved cognitive performance

## Salmon Burgers With Dill Sauce

Makes: 2 servings

### Salmon Burgers:

- 1 6-ounce pouch Bumble Bee® Pink Salmon or 1 6-ounce can Bumble Bee® Prime Fillet™

### Atlantic Salmon

- 1/4 cup finely chopped green onion
- 1/4 cup finely chopped celery
- 1/2 cup diced bread crumbs
- 1 large egg, lightly beaten
- 1 tablespoon Dijon mustard
- 1 teaspoon grated lemon rind
- 2 hamburger buns

### Dill Sauce:

- 1/4 cup sour cream
- 1 cup finely sliced cucumber
- 1 teaspoon fresh dill
- 1 teaspoon finely chopped fresh mint
- 1/4 teaspoon garlic powder

Salt and pepper to taste

Combine salmon, green onion, celery, bread crumbs, egg, mustard and lemon rind. Mix well. Form into two patties. Chill one hour or until ready to cook. In lightly greased skillet, cook burgers over medium-high heat 2 to 3 minutes on each side, until lightly browned.

For dill sauce, combine all ingredients; mix well. Serve burgers on buns with dill sauce.

### Nutrients per serving (salmon burger with 3-ounce portion of dill sauce):

440 calories (130 from fat); 14g fat (6g saturated); 155mg cholesterol; 900mg sodium; 45g total carbohydrates; 3g fiber; 6g sugars; 34g protein

### Nutrients per serving (salmon burger only):

370 calories (70 from fat); 8g fat (2g saturated); 145mg cholesterol; 920mg sodium; 43g total carbohydrates; 3g fiber; 5g sugars; 35g protein

## Festive Mediterranean-Style Rigatoni Pasta

Makes: 6 servings

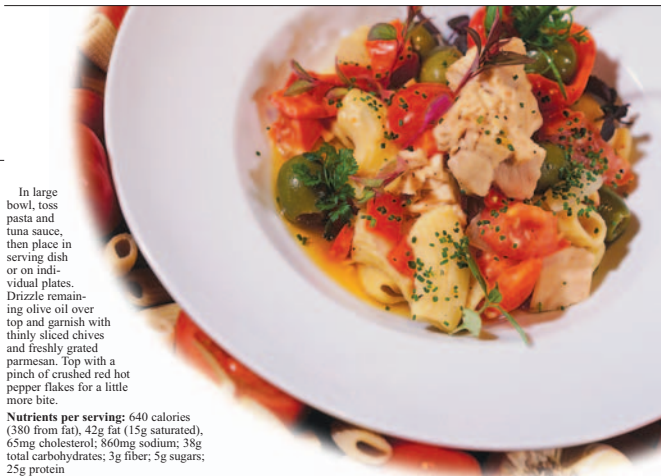
- 2 6-ounce cans Bumble Bee® Solid White Albacore tuna in water, drained
- 4 ounces unsalted butter
- 1/2 cup extra-virgin olive oil, divided
- 1 large sweet onion, cut into 1/4-inch dice
- 2 medium red bell peppers, seeded and cut into 1/4-inch dice
- 1 large vine-ripe tomato, diced
- 5 cloves garlic, minced
- 1/3 teaspoon fresh rosemary leaves
- Sea salt and freshly ground pepper
- 1/2 cup dry white wine

- 1 5-3/4-ounce jar Spanish olives (green olives stuffed with pimientos), drained
- 1/2 pound rigatoni pasta, cooked according to package directions, drained
- 1 tablespoon thinly sliced fresh chives
- Dry aged parmesan, grated
- Pinch of crushed red hot pepper flakes (optional)

Heat butter and 1/3 olive oil in large sauté pan over medium-high heat. Add onions, bell peppers, tomato, garlic and rosemary. Season mixture with salt and pepper, cover pan and cook over low heat 10 minutes. Add wine and simmer 5 minutes. Then, add olives and tuna to sautéed mixture. Cover and cook until tuna is heated through (approximately 3 to 5 minutes).

In large bowl, toss pasta and tuna sauce, then place in serving dish or on individual plates. Drizzle remaining olive oil over top and garnish with thinly sliced chives and freshly grated parmesan. Top with a pinch of crushed red hot pepper flakes for a little more bite.

**Nutrients per serving:** 640 calories (380 from fat), 42g fat (15g saturated), 65mg cholesterol; 860mg sodium; 38g total carbohydrates; 3g fiber; 5g sugars; 25g protein



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