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## Go Fish!

The American Heart Association recommends eating fish twice per week. Fish are a great source of protein, vitamins, and nutrients. Fish is low-fat and is a high-quality protein that provides riboflavin, calcium, phosphorus, iron, zinc, potassium, iodine, and magnesium. It is a great substitute for meats, which contain higher amounts of saturated fat. Fish also has about half the calories per ounce of other meats which makes it a great choice for weight control. Fatty fish are full of omega-3 fatty acids which may provide protection from heart disease and stroke, reduce blood pressure, prevent arthritis, and promote healthy brain function. Consumption of fatty fish may also aid short term-memory. Good fish sources of omega-3 fatty acids include salmon, tuna, trout, sea bass, oysters, cod, perch, shrimp, and crabs. There is some controversy over the consumption of shellfish due to their cholesterol content. It has been found, however, that cholesterol consumed in these foods does not significantly contribute to human cholesterol levels. And, the lack of saturated fat makes them an excellent source of lean protein.

Fish is also the original "fast food". In general, the cooking time for fish is 10 minutes for each inch of thickness. It is very versatile and can be baked, poached, broiled, grilled, or pan-fried for flavorful and healthy preparation options.

The main concern with fish is the levels of contaminants fish can contain, including mercury and PCBs. Do not give up on fish as it is still an excellent choice. You just need to make smart choices and choose fish low in contaminants. By choosing wisely you can greatly reduce your exposure to contaminants and still gain the health benefits from eating fish. The advisories for fish consumption can vary depending on your age and if you are pregnant or have any health conditions. The FDA (Food and Drug Administration) and the EPA (Environmental Protection Agency) as well as your local health department are great sources of information on current advisories and recommendations. You can also consult your health care providers for specific recommendations they may offer.

## Add Zest To Your Diet With Zucchini

Zucchini is a popular variety of summer squash. Zucchini is native to the Americas and belong to the cucurbita family, along with both the melon and the cucumber. They are thought to have their origins in Mexico and were brought back to Europe by various explorers.

Due to their high water content, zucchini is a very low calorie food at only 25 calories in one cup raw. They are excellent sources of vitamin C and are also sources of magnesium, faolate, potassium, and beta-carotene.

The entire zucchini, including the skin, flesh, and seeds are edible. While you want to want to wash zucchini before eating, do not peel as most of the nutrients are in the skin. In addition, some varieties produce edible flowers. There are many colors, ranging from yellow to deep green. The darker the zucchini, the more nutrients it contains.

Try this recipe for marinated grilled zucchini for a flavorful summer side dish.

### Ingredients:

- 2 tablespoons white wine vinegar
- 2 tablespoons lemon juice
- 2 teaspoons minced garlic
- 1/3 cup extra-virgin olive oil
- 2 pounds zucchini (about 3 large yellow and 3 large green), trimmed and sliced diagonally about 1/4-inch thick
- Salt and pepper (to taste)



Whisk the vinegar, lemon juice, and garlic in a large bowl to blend. Season with salt and pepper. Gradually whisk in the oil. Spoon 3 tablespoons of the marinade into a small bowl. Cover and set aside. Add the zucchini to the remaining marinade in the large bowl and toss to coat. Transfer the mixture to a glass baking dish. Cover and marinate at room temperature for at least 3 hours. You can also cover and refrigerate for up to 1 day.

Set the barbecue for medium-high heat. When the temperature is reached, grill the vegetables for about 8-10 minutes until they are crisp-tender and brown, turning occasionally. Transfer the vegetables to a serving platter. Drizzle with the reserved marinade and serve.