FOOD with PURPOSE

FOR THE good OF PEOPLE AND PLANET

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BY EUREST REGISTERED DIETITIANS & CHEFS

YOUR MONTHLY RECIPE FOR *Wellbeing + Sustainability*

FOR YOUR HEALTH

October is National Seafood Month, making it a great time to enjoy seafood as part of a balanced diet. Seafood provides high-quality protein and important nutrients, including vitamin D, B vitamins, and omega-3 fats. From salmon and tuna to shrimp and shellfish, seafood is a flavorful and versatile choice that can add variety and nutrient-rich ingredients to meals throughout the week.

IN SEASON & ON THE MENU

Fresh from the fall harvest, eggplant is in season this October. While often treated like a vegetable, eggplant is actually a berry and a member of the nightshade family, alongside tomatoes. Available in shades of purple, white, and green, this versatile ingredient brings rich flavor, fiber, and color to seasonal dishes. Its hearty texture makes it a perfect addition to comforting autumn meals, showcasing the best flavors of the season.

CHEF TIPS: SEAFOOD

The first step to enjoying and preparing fresh seafood is buying. Always buy from a reputable seller. Select seafood that has a pleasant ocean smell. Fish should have firm flesh and whole fish will have clear eyes. Choosing sustainable seafood supports fishermen and the environment so look for the MSC or ASC designation.