



CHEF TIPS: STEAMING FISH

Steamed fish is a quick and healthy way to incorporate delicious, aromatic seafood into your weekly menus. When you infuse your steaming liquid with herbs and spices, those flavors penetrate the fish during the cooking process and you gain layers of flavor without added fat. You can keep the flavor profile simple with a few ingredients like lemon, ginger, and soy, or get a little more complex with red curry, lemongrass, coconut and lime leaves. Whatever direction you choose, tender, flaky and flavorful seafood is right around the corner. Enjoy!

NATIONAL SEAFOOD MONTH

Seafood is an important source of protein for millions of people around the world. By choosing sustainable seafood, you are helping to recognize and reward sustainable practices. Sustainable seafood is caught or farmed with the long-term well-being of the oceans and fishery-dependent communities in mind.

Our Eurest chefs purchase sustainable seafood all year round not just during National Seafood Month. Ask for sustainably caught seafood at your grocery store and enjoy it either grilled, baked or sautéed. Season with olive oil, fresh herbs, lemon slices, freshly ground black pepper and a sprinkle of salt before cooking to enhance the flavor of your fresh catch.

BREAST CANCER AWARENESS MONTH

A diet rich in vitamins, minerals, and antioxidants has been linked to a decreased cancer risk. This October, work to Build a Better Salad, to get all of these benefits! Start with dark leafy greens. Next add a variety of colorful vegetables. This can include raw, steamed, roasted, or grilled. The more colors, the more nutrients! Pick your protein which could be beans, lentils, egg, fish, or chicken. There are so many options! End with a drizzle of dressing. A vinaigrette made with olive oil is a great option to get in those healthy fats!



HEALTHIER HALLOWEEN IDEAS

Trick or treating and Halloween celebrations can often lead to lots of added sugar intake.

Here are some ideas for “healthier” Halloween treats:

- Popcorn – it is a whole grain!
- Jack-o-lantern face clementines
- Raisins, craisins and other dried fruit. There are so many fun options!
- Mini trail mix packets
- Mini water bottles with fun Halloween labels