




# GET HOOKED

**Low in calories, packed with protein, and a leading source of powerful omega-3s, seafood should top every woman's grocery list. Make one of these five your catch of the day.**

BY KAREN ANSEL, R.D.

PHOTOGRAPHS BY MITCHELL FEINBERG



No matter how often fish turns up on menus or in diet plans, women still don't get the recommended two servings a week. Why? "Either they don't know how to cook it or they're concerned about the neurotoxic effects of mercury or chemical pollutants," says Kate Geagan, R.D., author of *Go Green, Get Lean*. The five swimmers on these pages are low in mercury, packed with nutrients, sustainable (so eating them won't deplete overfished populations or destroy ocean habitats), and a cinch to prepare. Go fish!

## SALMON

This pink-fleshed fish is famous for its hefty omega-3 content, but it's also nature's number one source of vitamin D, which is essential for strong bones and a healthy immune system. Just three ounces contains 52 percent of your recommended daily dose of niacin, a B vitamin that boosts energy and helps your body metabolize carbs and fat. Go for wild-caught species, such as Alaskan king. "Its varied diet makes it more flavorful than farmed varieties," says Geagan.

**Flavor profile:** Mildly to moderately fishy; rich due to its high (healthy!) fat content  
**Best with:** Light flavors such as citrus or soy to balance its substantial flavor. It pairs nicely with slightly acidic greens like bok choy or spinach, which offset its richness.

**Try it:** Broiled with lemon vinaigrette; poached in a salad with sliced scallions and dill yogurt dressing; grilled with a maple-soy-orange sauce

## Orange-Maple Salmon

Whisk together ¼ cup orange juice, 1 tablespoon maple syrup, 1 tablespoon soy sauce, and ½ teaspoon minced garlic. Pour over a 4-ounce salmon fillet and marinate for 15 minutes. Grill for 8 to 10 minutes, flipping halfway through.

**PER FILLET:** 253 cal, 7 g fat (1 g sat), 21 g carbs, 443 mg sodium, 0 g fiber, 24 g protein