

## SLIM AND TRIM WITH SUCCULENT SEAFOOD

So, you've been trying to "diet in quiet" as Odgen Nash humorously advised, but you're discouraged. Those unwanted pounds aren't disappearing fast enough, and the waistline bulge is still spoiling the fit of your clothes. It has been said that "misery loves company," but you don't believe it, and you're about ready to quit. Doctors and nutritionists, aware of the difficulties of dieting, would assure you that you shouldn't give up, because there is a way to lose weight and increase vitality at the same time. Here's how--explore the wonderful world of fish and shellfish.

Eliminate your negative thoughts and set sail on a diet routine that accentuates the positive. Fishery products can slim and trim you while you enjoy every luscious bite. The reason is that seafood are high in valuable protein, vitamins, and minerals, while being low in sodium, fat, and calories. Choose recipes planned for dieters, not those loaded with butter or sauces. Give versatile seafoods a chance to prove their worth. It won't be long until you want to tell the whole world about the values of fish and shellfish in the diet.

Begin your positive diet routine with a tasty entree that offers a maximum of flavor with a minimum of calories. Spicy Seafood, a taste delight from the National Marine Fisheries Service, is a diet dandy with only 130 calories per serving. This easy-do recipe offers you a choice of thick fish fillets such as cod, pollock, or, if you prefer, choose halibut or snapper. Marinate the tender fillets for about 30 minutes in a zippy sauce made from tomato juice accented with a touch of vinegar and highlighted with old-fashioned French dressing mix. What could be simpler? Baste the fillets with the remaining sauce while they broil--just long enough to flake easily. This satisfying entree has the ultimate in flavor and taste, and you'll want to serve it again and again long after you've lost those extra pounds and no longer need to diet.

Losing weight can be a satisfying experience with Seafood Slimmers (I 49.49/2:7), Fishery Market Development Series No. 7. This full-color booklet is chock-full of tasty seafood recipes for any day of the week and any meal of the day. For your copy send 25¢ to the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.



### SPICY SEAFOOD

- 2 pounds cod or other thick fish fillets, fresh or frozen
- $\frac{2}{3}$  cup tomato juice
- 3 tablespoons vinegar
- 2 tablespoons salad oil
- 1 envelope ( $\frac{5}{8}$  ounce) old-fashioned French dressing mix

Thaw frozen fillets. Skin fillets and cut into serving-size portions. Place fish in a single layer in a shallow baking dish. Combine remaining ingredients and mix thoroughly. Pour sauce over fish and let stand for 30 minutes, turning once. Remove fish, reserving sauce for basting. Place fish on a well-greased broiler pan. Broil about 4 inches from source of heat for 4 to 5 minutes. Turn carefully and brush with sauce. Broil 4 to 5 minutes longer or until fish flakes easily when tested with a fork. Makes 6 servings.

(National Marketing Services Office, NMFS, U. S. Dept. of Commerce, 100 E. Ohio St., Rm. 526, Chicago, Ill., 60611.)