



## GO FISH!

**My family is trying to eat more seafood, but I get so overwhelmed at the fish counter. Any ideas?**

Canned fish is a must-have, shelf-stable protein in my pantry; it's affordable and packed with heart- and brain-healthy omega-3s. The drugstore—surprise!—is a great source for affordable fish in cans or pouches.

If your family is tired of tuna, don't worry—there are different varieties of fish you can stock in your pantry. Here are some of my family's favorites:

- **SALMON** is a go-to addition for Greek salad or for quick salmon cakes (go to [communitytable.com/Melissa](http://communitytable.com/Melissa) for the recipe).
- **OIL-PACKED LIGHT TUNA** is perfect in a Nicoise salad. Use Boston lettuce, boiled potatoes, green beans, olives and a hard-boiled egg, with a simple vinaigrette.
- **SMOKED TROUT** adds a bold flavor to a salad of chopped raw cauliflower, canned chickpeas and olives.
- **SARDINES** are a simple and flavorful snack. Gently mash oil-packed sardines with light mayo, lemon juice and grated peel, green onion, thyme, paprika, salt and pepper, and serve with whole grain crackers or on toast.

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