

## Beneficial Omega-3 Fatty Acids are abundant in Seafood

*By John Rizzo*

As the Lenten season arrives, I am once again reminded of how much I really enjoy eating seafood. But the real beauty here is the additional intake of Omega-3 fatty acids found in fish and shellfish. This is truly an amazing substance which can be more beneficial to your health than you can ever imagine. Most nutritionists would agree that eating fish once or twice a week can contribute in the prevention of coronary heart disease by lowering your triglycerides and LDL, or bad cholesterol, which can cling to your artery walls and eventually slow or stop blood flow to your heart.

In addition to fighting heart disease, omega-3 fatty acids can aid in the fight against diabetes, asthma, arthritis, multiple sclerosis, hypertension, migraine headaches, cancer, dementia and Alzheimer's disease, macular degeneration, and kidney disease.

### **Pasta with Broccoli and Shrimp**

**Yield: approximately 6, (2 cup) Servings**

Raw Pasta, such as Rotini, Ziti or Shells	1 LB
Olive Oil	3 TBL
Butter	2 TBL
Onion, Diced Fine	1/2 Cup
Garlic, Minced	2 tsp.
Oregano	1 tsp.
Red Pepper Flakes	1/4 tsp.
Broccoli Flowerets (fresh or frozen)	4 Cups
Shrimp, Peeled and Deveined (50-60 count)	1 LB
Water	1.5 Cups
Parmesan or Romano Cheese, Grated	1/2 Cup
Salt	1/2 tsp.

In a large skillet or wok, heat the olive oil and butter; add the onions and sauté until they soften. Add the garlic, oregano, and red pepper flakes. Cook for approximately one minute. (Always sauté your spices to bring out all the flavors.)

Add the water, salt, and broccoli and cook over medium heat.

*While the sauce is cooking, have a large saucepan of water simmering for the pasta.*

When the broccoli is about half way finished, begin cooking your pasta.

As the broccoli becomes tender; add the shrimp and mix throughout the sauce. Bring the mixture back to a boil; while stirring the shrimp throughout. Shrimp will cook quickly; they will probably be done within 2 or 3 minutes. Do not overcook or they will be tough. Strain the pasta, add it to the broccoli mixture and toss thoroughly. Transfer the mixture to a warm serving bowl and mix in the grated cheese.