

FOR MORE INFORMATION Contact:

Barbara Pierce

585-727-1026

barbara@tippingpointmedia.com

Try a Healthy Alternative to a Fish Fry this Friday

The Health Foundation encourages families to eat healthier during National Nutrition Month

ROCHESTER, N.Y., March 15, 2013 – As part of its 5•2•1•0 Be A Healthy Hero initiative, the Greater Rochester Health Foundation is celebrating National Nutrition Month, and is encouraging families to eat healthier.

This year, National Nutrition Month lands during the height of “Friday fish fry” season. Greasy fish fries are readily available, but there are some healthy alternatives families should try.

This easy, one-dish fish and vegetable bake is a healthier recipe that will still satisfy the whole family, including choosy kids. With just five ingredients, each of which is simple and common in many households, families can enjoy an affordable alternative to buying fish fries for everyone. Here’s what you need:

- 6-8 fish fillets (flounder, tilapia, grouper or other mild fish)
- 6 red potatoes
- 1 cup of broccoli florets
- 3 carrots
- 1/2 cup Italian dressing

With an easy dish like this, the prep and cook time are great opportunities to get your kids involved with cooking dinner. Start by placing the fish fillets in a large oblong baking dish. Next, cut up red potatoes (with skins), carrots and broccoli. Then arrange the vegetables around the fish. Finish by brushing Italian dressing on everything. Cover and bake at 350 degrees for about 1 hour.

Every Friday during Lent (Feb. 13 to March 30), fish is a go-to dish for Catholics. Lent also happens to fall in National Nutrition Month, which is celebrated every March, making it an ideal time for everyone to incorporate this heart-healthy and nutritious choice into their diet.

For other healthy recipes and tips, visit www.beahealthyhero.org.

###