



Lent Recommendations

SEAFOOD FEST SPECIALS

Salmon
Fish
Shrimp
Ceviche
Mojarra

Fabulous Fish Tacos

This dish is extremely flexible in both its ingredients and cooking methods - whether you prefer planked salmon, seared tuna, or grilled white fish. There's a combination that will suit you.

Cold-Smoked Salmon

Dinner isn't the only meal where you may have to alter your menu during Lent! Try smoked salmon for breakfast, in omeletes, on its own, or with bagels with cream cheese.

Shrimp 6 Ways

Fresh shrimp may be hard to come by for any land-locked frillers, but luckily shrimp freezes very well! It's also great smoked, grilled or even cave manned, Keep these recipes in your back pocket for a fun Friday option.

Fish Fillet

Weather is hardly an excuse not to grill, but for those of us who may still be experiencing frigid temps and need to bring the meal prep indoors, you could use this cast iron recipe in the kitchen. It creates a lot of smoke, so you may want to make it on the grill if you can.