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**FOR IMMEDIATE RELEASE**

**THE DIABETES SEAFOOD COOKBOOK**

**Fresh, Healthy, Low-Fat Cooking**

By Barbara Seelig-Brown

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**MAKE SEAFOOD AN EASY AND DELICIOUS PART OF YOUR DIET**

**New Cookbook By Barbara Seelig-Brown, Host of *Stress Free Cooking*, Introduces More Than 150 Heart-Healthy, Low-Fat, Seafood Recipes**

**THE DIABETES SEAFOOD COOKBOOK: Fresh, Healthy, Low-Fat Cooking**

Naturally low in fat and calories, and packed with protein and vital omega-3 oils, seafood is an important part of any diet. With endless preparation possibilities, it is also the perfect choice for anyone looking to eat healthfully without skimping on flavor or taste. In **THE DIABETES SEAFOOD COOKBOOK: Fresh, Healthy, Low-Fat Cooking** (American Diabetes Association/August 2009), culinary expert and TV cooking show host, Barbara Seelig-Brown, offers over 150 delicious and wholesome recipes that easily make seafood part of any well-balanced meal.

From perfect party appetizers such as Garlic Shrimp on a Cucumber Flower or Salmon Kebabs with Pineapple and Mint, to delightful dinners the whole family will love like Mushroom-Crusted Sea Bass or Herbed Tuna En Papillote, **THE DIABETES SEAFOOD COOKBOOK** shows how to create mouth-watering dishes that meet the nutritional guidelines of the American Diabetes Association. Each recipe lists caloric exchanges and breaks down the amounts of fats, carbohydrates, sugars, and proteins in the dish, so it's easy to keep track of what you're eating.

– more –

Among the delectable dishes included in **THE DIABETES SEAFOOD COOKBOOK** is:

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### Salmon with Black Bean Salsa

*This Salmon with Black Bean Salsa is so beautiful you will want to make it all the time. The colors are exquisite and it takes very little time to prepare.*

*Serves 4 • Serving Size: 1/4 recipe*

#### Salmon

2 tsp soy sauce  
1 Tbsp orange juice  
1 lb thick salmon fillet, skin removed, cut into 4 pieces

1. Mix soy sauce and orange juice in plastic bag. Add salmon and marinate for at least 20 minutes and up to 2 hours.

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#### Black Bean Salsa

15 oz black beans, drained and rinsed  
1 soft mango, diced  
1/2 tsp ground cumin  
1 Tbsp extra virgin olive oil  
1/2 cup chopped cilantro  
2 fresh limes, juiced  
2 Tbsp minced red onion  
1/8 tsp fine sea salt  
1/8 tsp freshly ground pepper

2. Mix black bean salsa ingredients together in large bowl. (Prepare salsa early in the day to allow flavors to blend.)

3. Preheat grill or grill pan. Add salmon and grill until nicely browned.

4. Place 1/2 cup black bean salsa on plate and place salmon on top. Garnish with fresh cilantro sprigs (if desired).

**EXCHANGES/CHOICES:** 1/2 starch, 1/2 fruit, 4 lean meat, 1 fat

Calories 295, Calories from Fat 110, Total Fat 12 G, Saturated Fat 2.1 G, Trans Fat 0 G, Cholesterol 75 MG, Sodium 360 MG, Total Carbohydrate 18 G, Dietary Fiber 4 G, Sugars 8 G, Protein 28 G

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According to Seelig-Brown, “The recipes in this book were developed with the thought that you could interchange the cooking methods, sauces, marinades, and side dishes.” With endless varieties of fish to choose from, seafood meals will never be boring. Some recipes, like Lemony Poached Salmon with a Fennel, Onion, & Olive Salad, make fabulous one-dish dinners, while the chapter, “Rounding Out The Meal,” is helpful in deciding which side dish best compliments whatever other seafood main course is taking center-stage at the dinner table.

Filled with cooking tips, gorgeous pictures, and easy-to-follow recipes, **THE DIABETES SEAFOOD COOKBOOK** is the perfect, one-stop cookbook for anyone looking to incorporate seafood into their diet.

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### **ABOUT THE AUTHOR**

**Barbara Seelig-Brown** is the host of the TV cooking show, *Stress Free Cooking*, and author of the companion cookbook. Her career in food began when she was inspired in the kitchen by her mother and grandmother. Since then, she has been teaching healthy cooking classes and has been writing about food and wine so that others can share in her love of cooking. Her extensive culinary knowledge comes from a long career as a cookbook author, food columnist, radio personality, and television host. Visit Barbara at [www.stressfreecooking.com](http://www.stressfreecooking.com).

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The **American Diabetes Association** is leading the fight against the deadly consequences of diabetes and fighting for those affected by diabetes. The Association funds research to prevent, cure, and manage diabetes; delivers services to hundreds of communities; provides objective and credible information; and gives voice to those denied their rights because of diabetes. Founded in 1940, their mission is to prevent and cure diabetes, and to improve the lives of all people affected by diabetes. For more information, please call the American Diabetes Association at 1-800-DIABETES (1-800-342-2383) or visit [www.diabetes.org](http://www.diabetes.org). Information from both these sources is available in English and Spanish.

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**THE DIABETES SEAFOOD COOKBOOK** is available at <http://store.diabetes.org>, at bookstores nationwide, or by calling 1-800-ADA-6733 (1-800-232-6733).

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