



"Everyone really takes their eyes for granted until problems arise. You really need to take preventative care of your eyes so that no problems arise. And if you are more predisposed to eye problems because of family history you will lessen your chances of developing those very same problems. 'Feeding your eyes' by giving them all the nutrients they need is a great way to do that."

—Chef Maria Liberati

INSALATA PROFUMATA DI MARE

INGREDIENTS:

- 1 lb of steamed, cleaned shrimp
- 1/4 pound cleaned, steamed mussels-shelled
- 1/3 lb of calamari-cleaned and cooked
- 1 red onion
- 2 red, ripe tomatoes
- 4 parsley sprigs chopped finely
- 1 tablespoon of olive oil
- 1 fresh lemon
- salt and white pepper to taste

COOKING INSTRUCTIONS:

Clean and slice the onion into round slices. Separate slices into separate rings. Wash and clean the tomatoes, cut in slices. Clean and chop parsley finely. Wash and cut lemon in half. Squeeze lemon with juice squeezer, remove seeds. Place fish in bowl and dress with lemon juice olive oil and pinch of salt and pepper. Sprinkle chopped parsley on top and stir. Cover with plastic wrap and set aside for 30 minutes in refrigerator. On a large plate, arrange tomato slices. Place marinated fish on top and then top off with onion rings.

