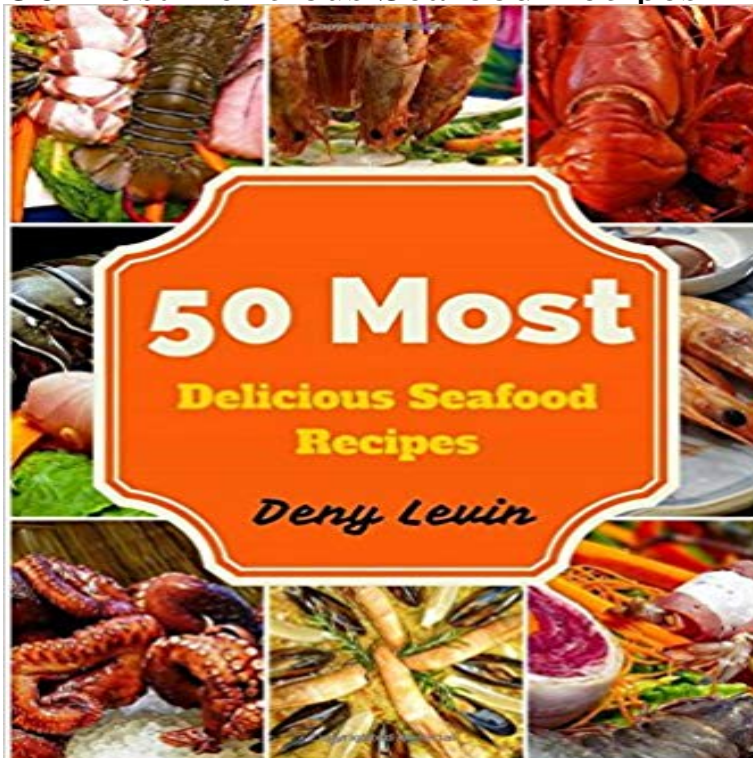


## 50 Most Delicious Seafood Recipes



Seafood options are great for parties and get together, either as the main entree or as an option for those who prefer the taste of fresh seafood, or for those whose diets require they not consume meat. Pesco-Vegetarianism, a way of eating that has become popular in recent years, permits the vegetarian to consume fish and seafood while maintaining a mainly plant-based diet. This way of eating provides the vegetarian with more flexibility than a diet consisting solely of vegetables, legumes and grains, and can help provide essential nutrients like protein and omega-3 fatty acids.

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