

Seafood shortcut

Stock your freezer with EcoFish's Celebrity Chef Entrées to easily get your two weekly fish servings.



Quickest fish ever



A package thaws overnight in the fridge or in 20 minutes in cool water, and then takes 2 to 4 minutes to sauté or grill. Each contains two servings of fish (7 ounces of salmon, tuna, and more, all tested for contaminants) and a 2-ounce packet of a marinade, rub, or glaze. The South American Mahimahi with Caribbean Marinade "melts in your mouth," said a tester. \$6 to \$9; at natural food stores. —SW

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