



Holiday Dining

This Seafood Item is Spurring Holiday Menu Magic

(NAPS)—As we start planning holiday menus this season, many of us are looking for familiar favorites and comfort foods to serve to loved ones. The downside is that many of those foods are high in calories and don't provide much nutritional benefit. This year, consider amping up the nutritional value of your spread. One quick and easy way to do so is by adding a versatile and healthy classic: Latitude 45 Smoked Salmon. As the number one selling smoked salmon brand in the nation, Latitude 45 is not only a bona fide crowd-pleaser for holiday events, but it also offers your guests a generous helping of health benefits.

Rich in omega-3 fatty acids, vitamin B12 and other essential nutrients, salmon can help reduce inflammation and improve heart health. Plus, it's packed with protein and integrates perfectly with nearly anything you're serving at your next gathering.

Those preferring a milder fish will love that Latitude 45 salmon is very light on the palette, making it a good option for those who typically aren't seafood eaters. Quick to serve and ready to eat right out of the package, most smoked salmon recipes can be whipped up in under 10 minutes. This year, amp up menus by adding something new and exciting to your salmon repertoire with Latitude 45's new Smoked Salmon Candy Bites. This gastro gem is a fresh and tasty take on a classic!

Whether you're adding it to a quiche for brunch, a warm winter soup, your favorite pasta or your charcuterie board,



Smoked salmon can make for a nutritious, delicious dish to serve friends and family this holiday season.

there are many ways to enjoy Latitude 45. If you're looking for more epicurean inspiration, check out some unique recipes online at latitude45salmon.com/recipes.

Straight from Patagonia's glacial fed fjords, Latitude 45 is the only smoked salmon on the market that is fresh to smoked within 24 hours of leaving the water. Not only is it delicious but it's also Kosher certified, Best Aquaculture Practice 4-Star certified, and part of the Global Sustainable Seafood Initiative. So, you know this company's salmon is top-notch. Latitude 45 takes pride in their sustainable practices and certifications, as evidenced by the Dow Jones Sustainability Index listing it among the top 25% of food companies worldwide. Given its high quality, it's no wonder why major retailers like Meijer, Walmart, BJs and Winn Dixie carry the line.

This holiday season, add some variety to your menu with flavorful smoked salmon dishes that you can feel good about eating.