

## PESCETARIAN RECIPES



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For several years after I got serious about cooking, I was still nervous to cook fish. It seemed like there was a multitude of ways to mess it up.

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### **The Pescatarian Cookbook**

This recipe is for a light and flaky tilapia dish that is topped with a hearty and creamy mushroom Marsala wine sauce. Tilapia is a farmed raised fish and is one of those fish you want to purchase with a bit of prior information.

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### **Pescetarian Recipes Home Facebook**

Instructions 1. Heat butter (or oil) in pan or skillet over medium-high heat. Season salmon skin-side up for 3-4 minutes. Flip and sear for 2 minutes.

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### **Pescetarian Life For your body for the planet**

Cooking recipes and product suggestions pertaining to the pescetarian lifestyle are also included, as are a host of books, videos, links, and reviews of the same. Most of the current research on nutrition, that is applicable to pescetarians, revolves around the vegetarian diet.

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