

Spring carrots

Your mom was right—nibbling carrots really *will* help you see better. You can thank beta-carotene, an antioxidant that gives the veggie its bright orange color. “Beta-carotene can improve night vision and reduce your risk for cataracts,” says registered dietitian Elizabeth Fassberg. It can also lower cholesterol and blood pressure and may decrease your risk for breast cancer. Crunch on baby carrots (often just whittled-down big carrots), or eat them a new way:

Roasted, Italian-style Toss carrots with olive oil and breadcrumbs, then roast with raisins and Parmesan for a sweet-savory side.

Pureed, as a soup Sauté carrots with onion, garlic, and ginger; add chicken stock and simmer until tender, 10 to 15 minutes. Blend until smooth, stir in a splash of milk, and top with diced avocado.

Raw, with a kick Shred carrots in a food processor, then toss with olive oil, lemon juice, and a pinch of cumin for a simple, flavorful salad. Mom would be proud!

—Marygrace Taylor



3 FISH THAT ARE GOOD FOR YOU AND THE OCEAN

Farmed shellfish

Mussels, clams, oysters, and scallops filter water while they feed, improving water quality, says Maggie Ostdahl, the sustainable initiatives manager at San Francisco's Aquarium of the Bay.

How to cook it: Add shellfish to sautéed onion and garlic with a bit of white wine. Cover, cook 5 minutes, and serve

over linguine, says Nathan Lyon, host of Veria Living's *Good Food America*.

Wild Alaskan salmon

Farmed salmon rely on other fish for feed and are often given antibiotics, Ostdahl says, so stick with wild.

How to cook it: Season pieces with salt and pepper and cook, skin side up, with a little olive oil in a hot pan for 1 minute.

Flip, cover, remove from heat, and let sit for 15 minutes.

“Perfect every time,” Lyon says.

U.S.-farmed barramundi

When farmed in inland tanks, waste can't escape into natural waters, Ostdahl says.

How to cook it: Mild and buttery, whole barramundi is easy and elegant baked with fresh herbs, olive oil, and lemon. —M.T.