

# Limited By Lent

**Dear Tim:**

Lent is obviously a solemn time of year for Christians like me, but those of us who observe are kind of limited as to what we can eat during certain days of the observation. Any suggestions?

**-Catholic on Canterbury**

**Dear Catholic:**

I'm right there with you. Finding meat alternatives during the pre-Easter season can be a bit challenging, especially if you're not a huge fan of fish. That's why we like to mix it up.

You see, there are more types of seafood than traditional fish fillets.

And all are worth a try for the variety of tastes they offer.

Try our farm-raised or wild sockeye salmon, mako shark loins or Canadian crab legs for a change. And try pairing them with our Alsace French Dopff & Irion Wine.

When you do, trust me, you'll start thinking of seafood as a tasty Lenten treat rather than a required ritual.



**DEAR  
TIM**

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*Dear Tim is presented as a public service by Tim Huffman, owner of Huffman's Market. Write to him in care of Huffman's Market, 2140 Tremont Center, Upper Arlington, Ohio, 43221, stop by and say hi, or visit [www.huffmansmarket.com](http://www.huffmansmarket.com).*