

ALASKA SEAFOOD
RECIPE CONTEST
Win \$5000 Cash or a
Culinary Cruise to Alaska!
(see back for details)



Now your culinary
creativity can win
you a lot more than
ooohs and ahhhs.

Healthy, delicious and easy to prepare, Alaska Seafood always wins rave reviews. And with our new **Frozen to Fabulous** Recipe Contest, you can win a whole lot more – like \$5000 cash or a culinary cruise for two to Alaska. Try our easy **COOK IT FROZEN!** techniques to cook frozen portions of Alaska Seafood without thawing. For details visit WWW.COOKITFROZEN.COM.



JUST MINUTES UNTIL MEALTIME.™



NET **\$5000 CASH** OR A CULINARY CRUISE FOR TWO TO ALASKA!



Enter the Alaska Seafood FROZEN to FABULOUS Recipe Contest.

Create a wildly delicious recipe featuring frozen Alaska Seafood that wins more than *ooohs* and *ahhhs*. Whether you sauté, grill, bake, broil, poach, steam, or add it into soups or stews, frozen Alaska Seafood is fast, convenient, healthy and always makes a splash. Wild-caught Alaska Seafood is low in saturated fat and naturally packed with heart-healthy omega-3s. It's good for your health, and with your winning recipe, it could be good for your wallet, too.

To enter online and get full contest details, cooking tips, and recipes, visit WWW.COOKITFROZEN.COM.

Contest Rules: Recipes must use frozen Alaska Salmon, Halibut, Cod, Pollock, Sole or Alaska Crab (King, Snow, and/or Dungeness) and be prepared without thawing first. All other ingredients are up to the entrant. No purchase necessary. General Eligibility Requirements: Contest open to legal U.S. residents, 21 years of age or older except those who work for any associated company of the Alaska Seafood Marketing Institute and/or individuals involved in professional cooking. Contest begins March 1st, 2006, and ends April 15th, 2006. Enter at WWW.COOKITFROZEN.COM or via mail at ASMI RE: Frozen to Fabulous Recipe Contest 150 Nickerson St., Suite 310 Seattle, WA 98109. Look for entry forms at participating retailers nationwide. Entries must be postmarked by April 15th, 2006 and received by April 21, 2006. Official rules available at WWW.COOKITFROZEN.COM.

GRAND PRIZE

**\$5000 CASH OR A 7-DAY
CULINARY CRUISE FOR TWO
TO ALASKA ON HOLLAND
AMERICA LINE**

**\$500 SECOND PRIZES
(3 WINNERS)**

**\$100 THIRD PRIZES
(10 WINNERS)**



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