



That is why we are proud to offer our line of gluten free Grilled Fish items, which are available in a wide variety of flavors and species, so you won't get bored with the same old seafood. Gorton's gluten free options include Grilled Tilapia, Grilled Salmon, Grilled Haddock and All Natural Grilled Fillets made from flaky white Alaska Pollock, in a wide range of flavors.

Gorton's gluten free Grilled Fish items have healthy omega-3 fatty acids and are an excellent source of lean protein. A diet that includes seafood twice a week has health benefits that could include:

- Maintaining healthy blood pressure, triglycerides and cholesterol levels
- Maintaining healthy blood glucose levels
- Supporting healthy weight loss and weight management
- Enhancing brain growth and development
- Promoting heart health

*Source:
 1. 2010 State Government of Victoria. Better Health Channel. <http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Fish>
 2. Harvard School of Public Health. Fish: friend or foe? The Nutrition Source. <http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/fish/index.html>



Be sure to flip over the package and look for the **red Gluten Free stamp on the bottom right corner beneath the nutrition label.**



Any Gorton's product that contains gluten-based ingredients will list those ingredients on the ingredient legend. Examples of ingredients containing gluten include wheat, oats, rye and barley. All of our battered and breaded products contain gluten at this time.

For more information about the health benefits of seafood, coupons and recipes from Gorton's, visit: www.gortons.com and find us on Facebook and Twitter.



All Natural Grilled Fillets, Grilled Salmon, Grilled Tilapia, and Grilled Haddock

www.gortons.com

Gorton's Grilled Fish is Gluten Free!

Now you can add great-tasting seafood to your diet!

An estimated 1 in 133 people in the United States are living with celiac disease. And while the absence of gluten in the diet of a person with celiac disease alleviates uncomfortable symptoms, it is often a challenge to find gluten free products that are satisfying and taste good.

But now you can be assured that Gorton's Grilled Fish, high-quality fish expertly flame-grilled and seasoned in a variety of mouth-watering flavors, is gluten free. The taste of these savory grilled fillets has remained the same as it always has been, but now procedures have been implemented at the production location to avoid cross-contamination, and there is ongoing monitoring and testing to ensure that our Grilled Fish is gluten free. With the same delicious flavor millions of consumers have come to know and love, the absence of wheat, barley, rye and oats does not subtract from the flavorful taste of these seasoned, flame-grilled fillets.

Some of us at Gorton's have personal experience living with those following a gluten free diet, and that has given us insight into the difficulties of finding high quality, great-tasting gluten free choices. But the demand for great-tasting gluten free options spans beyond those who suffer from celiac disease or gluten intolerance, to those who have realized that their bodies just feel better when they eliminate gluten from their diets.



The USDA's new Dietary Guidelines recommend that those ages 3 and up increase consumption of seafood to at least two servings a week

(8 oz. of cooked seafood total, or 4 oz. per serving).

Their message is clear—eat more seafood to help fight obesity and improve your overall health. So if you aren't already devouring tasty seafood on a regular basis, no one makes it easier or more convenient to enjoy delicious gluten free seafood than Gorton's.

With a taste that will make you smile and a fat and calorie count that will make your waist happy, our fantastic Grilled Fish with omega-3 is now gluten free!

Registered Dietician [Sylvia Melendez-Klinger](#) recommends these easy steps toward building a healthy meal for your family.

- Look for easy swaps in your favorite recipes
- Stock your freezer with Gorton's Grilled Fish
- Make colorful, healthy sides available



Grilled Fish

gluten free



Gluten Free All Natural Grilled Fillets

Gorton's All Natural Grilled Fillets are now gluten free. Made from 100% Alaska Pollock, they are easy to prepare on their own or in your favorite gluten free recipes. Expertly flame-grilled and lightly seasoned, they taste as they would straight off the grill, flavorful and delicious. With 90 calories and 3 grams of fat per fillet, our Grilled Fillets are all natural—no artificial colors, flavors or preservatives, and no MSG. With quick and convenient preparation from the oven or microwave, these flaky, mild, white Alaska Pollock fillets come in a variety of flavors (varies by region):

- All Natural Lemon Pepper Grilled Fillets
- All Natural Garlic Butter Grilled Fillets
- All Natural Lemon Butter Grilled Fillets
- All Natural Cajun Blackened Grilled Fillets
- All Natural Italian Herb Grilled Fillets

Gluten Free Grilled Salmon

Gorton's Grilled Salmon is wild-caught in icy Arctic waters. Each fillet is flame-grilled and full of flavor, yet contains 100 calories and 3 grams of fat per fillet, with natural Omega-3s. With quick and convenient preparation from the oven or microwave, our Grilled Salmon is delicious over your favorite salad or rice.

- Classic Grilled Salmon
- Lemon Butter Grilled Salmon

Gluten Free Grilled Tilapia

For the best flame-grilled flaky white Tilapia, choose Gorton's Five Star Grilled Tilapia.® Carefully selected for the whitest, moistest and flakiest fillets, Gorton's Five Star Tilapia® is handpicked and trimmed for the leanest, premium cut. It is specially chosen for mild flavor, quick frozen for optimal freshness, and 100% inspected for the safest, highest quality. Each variety is made with real herbs and spices and has 80 calories and 2-3 grams of fat per serving. With quick and convenient preparation from the oven or microwave, our Grilled Tilapia is quick and easy to prepare and works great in your favorite gluten free recipes.

- Tilapia Roasted Garlic & Butter Grilled
- Tilapia Signature Grilled
- Tilapia Lemon Peppercorn Grilled

Gluten Free Grilled Haddock

Gorton's Signature Grilled Haddock is a high-quality, flaky white fish from the Barents Sea in the North Atlantic. Our Grilled Haddock is deliciously seasoned with the Fisherman's special blend of real herbs and spices, then flame-grilled for an authentic just-off-the-grill flavor. Each variety has 70 calories and 2.5 grams of fat. Preparation is quick and convenient from the oven or microwave.

- Signature Grilled Haddock

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Grilled Gluten Free Flatbreads

Serves: 2-4 Prep Time: 40 Minutes

Ingredients:

- 2 Gorton's Classic Grilled Salmon Fillets
- Gluten Free Pizza Crust Mix or Gluten Free Ready Made Pizza Crust
- 2 large tomatoes- thinly sliced and/or Gluten Free Tomato Sauce
- Toppings: sliced onions, sliced mushrooms, shredded cheese, sliced mozzarella cheese, scallions, sliced red/green peppers, baby spinach, basil or any toppings of your choice!

Directions:

Prepare Gorton's Classic Grilled Salmon Fillets according to package directions. Cool slightly and break into chunks with a fork. While fillets are cooking, prepare Pizza Crust Mix for 1 pizza as directed on package. When pizza crust is ready, coat with a layer of sliced tomatoes or tomato sauce. Cover with desired toppings. Sprinkle fish chunks over toppings. Heat at 350°F for 10 minutes or until cheese melts and toppings are heated. Slice and Serve.

Notes:

Delicious with any of Gorton's All Natural Grilled Fillets, Grilled Tilapia Fillets or Grilled Haddock Fillet varieties.



Grilled Gluten Free Sushi Wraps

Serves: 2 (5 wraps) Prep Time: 25 Minutes

Ingredients:

- 2 Gorton's Grilled Fish Fillets any variety (Roasted Garlic & Butter Grilled Tilapia and Classic Grilled Salmon shown)
- 1 package of Soy Wrappers
- Gluten Free fillings of your choice, such as rice, shredded carrots, cucumbers, pepper strips, radishes, tomatoes, chopped lettuce, baby leaf spinach, watercress, broccoli, chopped nuts
- If desired add gluten free dressing of your choice

Directions:

Cook Gorton's Grilled Fillets according to package directions. Cool slightly and cut each fillet lengthwise into 5 strips. Fill wrappers with 2 fish strips and fillings of your choice.

