

# Date Idea: Feed Your Heart with a Sushi Sampling



By Ché Blackwood and Melissa Lee

Sushi, a heart healthy meal served up in a variety of ways, is meant to please every taste bud. Since it's so versatile, this tiny treat is perfect for date night. With so many options, you and your sweetie would have to visit a Japanese restaurant every day for a year before trying them all.

**This weekend, take our date idea advice and put some serious work into your sushi habit with your lovely by searching out all the rolls your town has to offer.**

Map out two or three different spots you've wanted to visit and go on a taste test with your partner. Order two rolls to share at each place, comparing the taste with the restaurant's overall atmosphere. Share a small amount of their Saki as well, finding the perfect temperature and strength for your preferences.

**Related Link:** [Date Idea: Have a Night Abroad](#)

Because sushi is a smaller meal, you'll be able to try several dishes with your significant other. By the time you reach your doorstep, you'll know where to find the most decadent Crunchy Whitefish Roll.

**Related Link:** [Date Idea: Couples Barbecue](#)

If running from table to table doesn't sound appetizing, sampling items at home can be just as romantic. Grab a few menus and circle the most scrumptious sounding tempura, sashimi and veggie dishes.

**Related Link:** [Date Idea: Stroll Through the Farmer's Market](#)

If you're lucky, you'll even find a few joints that deliver. This way you can create a romantic setting. Set out a nice spread with wasabi, ginger and soy sauce. Throw out the menus to the restaurants you don't like and save ones you do. The next time you need a quick meal, you'll know who to call.

**What meal do you and your honey love to share? Let us know in the comments below.**