

## How To Help Children See Seafood As Fun

(NAPSA)—Scientists say fish is an important part of a healthy, well-balanced diet.

How can you help your kids enjoy fish? Red Lobster Executive Chef Keith Keogh offers these helpful tips for getting kids excited about seafood:

### For Children 3 to 9

- Some dishes can offer kids a new experience. If appropriate, let your child try to “crack” a crab leg, then carefully remove the bite-sized pieces. For shrimp, remove the tails before offering them to young children.

- Add cut-up or minced seafood to familiar favorites such as macaroni and cheese or pasta and sauce.

- Serve seafood in bite-sized pieces that can be easily picked up by little fingers.

- Many young palates prefer a minimum of seasoning. This helps children discover natural flavors.

- Grill small pieces of fish on a skewer and help children carefully remove it.

- Always choose boneless fish for young children.

- If your child does not accept seafood, that’s fine. Try it again in a week or two.

### For “Tweens”—Children 10 and over

Kids in this age group are more adventurous and want foods that look like what Mom and Dad are having.

- Mix popular sweet and savory tastes; offer zesty cocktail sauce or garlic herb seasoning on seafood and sweet and sour or teriyaki sauce.

- Appeal to older kids’ sense of adventure with new sauce sensations such as mango chutney sauce.

- Introduce seafood to dishes such as tacos. Grill tilapia and put



**Crab legs can offer kids a new experience in dining.**

it in a taco or a soft-shell tortilla. Garnish it with cheese, tomato, onion, lettuce and salsa.

- Jazz up scrambled eggs with grilled salmon, vegetables and spices, such as sliced mushrooms, chopped onion and black pepper.

- Sushi is growing in popularity across America—especially with kids. Try California rolls, which feature cooked crab.

- If your kids are into the smokey flavor of bacon, they’ll love smoked salmon.

- Older kids may also enjoy salmon jerky, quickly gaining popularity as an easy, quick snack.

Red Lobster recently unveiled a creative new kid’s menu designed to bring healthy eating to life for children. New selections include Snow Crab Legs and Steamed Veggies, Grilled Mahi-Mahi and Steamed Veggies and Grilled Chicken & Steamed Veggies. Additionally, kids can enjoy favorites such as Macaroni and Cheese with Steamed Veggies, as well as Chicken Fingers and Fries. All kid’s meals come with a choice of applesauce or fresh carrots and cucumbers with a ranch dipping sauce and a drink.