

# FAMILY FOOD FAVORITES

## Kids Crabby About Seafood? Tips To Get Them Out Of Their Shells

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(NAPSA)—Seafood is not only nutritious, it's also rich in the essential vitamins and minerals children need to grow into healthy adults. Yet, many children give their parents a hard time when it comes to eating it. How can health-conscious moms introduce seafood in ways that will turn a “fish fighter” into a “fish fancier”? The answer may lie in crab meat—a low-fat source of protein with a mild taste that can serve as a child's introduction to seafood.

### • Make It FRIENDLY

All foods deserve a friendly introduction. Never force children to take more than a bite of a new food. Crab meat is an excellent “first” seafood to introduce to children because of its snowy white color, firm texture and clean, fresh smell.

### • Make It FAMILIAR & FUN

If your kids crave a hamburger, try a crabcake sandwich with their



**FOR HEALTH-CONSCIOUS MOMS—A seafood dish that will turn your “fish fighter” into a “fish fancier.”**

favorite burger toppings, including ketchup, pickles and cheese. Form cakes into bite-sized portions that can be eaten as finger food.

### • Make It FAST

Phillips Crab Meat, for example, is incredibly convenient. Packed in 8-oz. or 16-oz. containers, it is fully cooked and thanks to pasteurization has a 12-18-month refrigerated shelf life. Crab meat recipes—both hot and cold—can be ready in a matter of minutes.

### KIDS' “THREE CHEESE” CRABBY MACARONI

*Yield: 8 side dishes or 4 entrées*

- 8 oz. (2 c.) uncooked pasta, such as whole wheat penne
- 1 c. milk, low fat
- 1 Tbsp. margarine or butter
- 8 slices EACH—sharp cheddar and American pasteurized process cheese slices, 2% milk

#### Crab-Meat Topping:

- 8 oz. Phillips Crab Meat
- 3 Tbsp. margarine or butter, melted
- 1 c. bread crumbs, plain unseasoned
- ½ tsp. salt
- ½ c. Monterey Jack cheese, shredded

1. Preheat oven to 450° F. Coat an 8” X 13” pan with margarine.

2. Cook pasta, drain, shock in cold water, drain and hold aside.

3. Heat milk over medium heat until hot, but not boiling. Stir in margarine and cheeses until blended. Stir in reserved cooked pasta and hold aside.

4. In separate bowl, combine all crab meat topping ingredients, folding in crab meat.

5. Pour macaroni and cheese mixture into baking dish and top with crab meat mixture. Bake in preheated oven until heated through and topping is golden brown, approximately 15-20 minutes. Serve hot.

Serving Suggestion: Serve this cheesy dish with vegetables, such as steamed broccoli and cauliflower. (For a quick meal, prepare boxed Macaroni & Cheese, according to package instructions, then proceed to step four.)