

Kids In The Kitchen

Delicious Do-it-Yourself Snacks For Kids

(NAPSA)—Nearly seven million American children come home from school to an empty house, clamoring for a quick, appetizing snack only to settle for junk food. But instead of reaching for the sweets during those cool after-school days or hot summer nights, kids can put on the chef's hat and prepare their own easy, tasty snacks that are just as satisfying.

Kids often shy away from preparing anything other than a peanut butter and jelly sandwich because it's too difficult and time-consuming. But there is a wide variety of products available at the grocery store, like *Tyson*® refrigerated, fully-cooked chicken and steak strips, which simplify the snack- and meal-making process for kids. The strips go from package to plate in minutes—making it easy to prepare kid-favorite snacks and meals such as pizza, tacos and pasta. These well-balanced, do-it-yourself options are high in protein and have zero grams trans fat, so parents can feel good about providing kids with a wholesome alternative to help power them through their active days.

With snack and meal ideas like these, children can come home and reach for something other than the usual suspects—instead preparing a delicious snack on their own. Who knows? Maybe they'll even graduate to making family dinners.

Fiesta Chicken Nachos

- 1½ cups *Tyson*® Southwest Seasoned Chicken Breast Strips**
- 1 bag (10 oz.) tortilla chips**
- 2 cups shredded Mexican blend cheese**

- 1. Layer chips, cheese and**



Providing kids with tasty, do-it-yourself snacks can be a terrific way to foster positive eating habits.

chicken strips on a large, microwave-safe plate.

2. Microwave on High for 30 to 45 seconds or until cheese melts.

Serving Suggestion: Serve with pico de gallo, guacamole and sour cream. Refrigerate leftovers.

Chicken Tacos Olé

- 1 package (6 oz.) *Tyson*® Refrigerated Fajita Chicken Breast Strips**
- 4 taco shells**
- ½ cup shredded cheese**
- Shredded lettuce**

1. Heat chicken strips and taco shells according to package directions.

2. Fill shells with meat, cheese and lettuce.

Serving Suggestion: Other toppings can include diced tomato, salsa and sour cream. Refrigerate leftovers.

For more tasty kid- and parent-pleasing ideas, visit www.tyson.com.