

FOOD

Add a Fresh Twist to Taco Night With Seafood

NewsUSA

(NU) - You want to serve fun, nutritious meals, but your kids clamor for pizza and mac & cheese. The solution? Create nutritious versions of kid-friendly favorites. For example, kids love finger food, so filling crunchy taco shells with fish or shrimp in exchange for meat is a great way to add a twist to a classic meal.

Dietary recommendations suggest that all Americans, including children, eat seafood twice a week. "Fish is a natural source of omega-3 fatty acids supporting brain and heart health," says Sylvia Klinger, registered dietitian and nutrition consultant. "And when you serve it in crunchy tacos with fresh lettuce, tomatoes and guacamole, you'll give your kids the 'brain food' they need without having to endure wrinkled noses."

Involve the whole family in your next taco dinner by hosting a Mexican Fiesta Night. Set the tone with authentic Mexican music and invite everyone to build their own fish tacos. Try the recipe below or visit www.gortons.com for a variety of family-pleasing fish and shrimp taco ideas.

Crunchy Fish Tacos

Yield: 4-6 servings (8-12 tacos)

Preparation and Cook Time:
20 minutes

1 package of Gorton's fish sticks (11.4 oz), popcorn shrimp (14 oz), or tenders (10.6 oz)
1 package yellow corn taco shells (12 ct), warmed



Put a fresh spin on tacos by including nutritious seafood.

Garnish Suggestions:

1 cup lettuce, shredded
2 tomatoes, chopped
1 cup Mexican blend shredded cheese
1 package taco sauce

Optional Sour Cream Mix:

1 package (1 1/4-oz) taco seasoning mix
1/2 cup low-fat sour cream
1/2 cup low-fat mayonnaise
1/4 cup fresh cilantro, chopped

Preparation:

Prepare seafood according to package directions. While seafood is cooking, place suggested toppings in individual bowls. Prepare optional sour cream mixture by combining sour cream, mayonnaise, cilantro and 2 tablespoons of taco seasoning mix in small bowl. Mix well and place in individual bowl. Warm taco shells or tortillas according to package directions. Fill taco shells or tortillas with fish sticks, tenders or popcorn shrimp, suggested toppings and optional sour cream mixture.