

# Sunshine tilapia a bright way to serve kids fish

By AMY COLE and KRISTI LONG

Do you wish your kids would try new foods or eat healthier? The best way to get your kids to be more adventurous at the table is to get them into the kitchen.

## KIDS IN THE KITCHEN

You will be amazed by the foods your kids will eat if they have helped prepare and cook them.

Each month, we will share with readers one of The Dinner Station's delicious and healthy dishes that you can prepare at home with your kids. We will provide you with a list of everything you will need, along with helpful tips to get your kids into the kitchen and helping prepare dinner.

Use these recipes to teach your kids about kitchen basics and healthy food choices.

You will expand the delicate palates of even your pickiest eaters.

These instructions are intended as a guide. Consider the age and ability of your child when determining which steps you or they perform.

Cut out the recipes each month and glue them into a notebook. Let your family add comments to the page and begin

your very own family cookbook.

## Sunshine tilapia

This is a great-tasting, low-fat dish. Light, flaky tilapia filets are topped with onion, bell pepper and lemon slices, then wrapped in foil and baked in the oven. We have chosen tilapia because of its mild flavor and light texture. This is a great fish to use when introducing seafood to children.

### Ingredients and tools

4 4- to 6-ounce tilapia filets  
1 red bell pepper  
1 green bell pepper  
1 medium onion  
2 medium lemons  
Salt  
Pepper  
Roll of foil  
Plastic (or child-safe) knife  
Spoon  
Small mixing bowl  
Measuring spoons  
Cutting board

### Instructions

If tilapia filets are frozen, thaw them in the refrigerator overnight.

**Parent:** Preheat oven to 350 degrees.

**Both:** Wash hands before you start. Use soap and warm water. Scrub while singing the ABC song. This ensures that you have

washed your hands long enough.

Now it is time to chop the bell peppers. Be sure to rinse them first.

**Parent:** You will want to begin by cutting around the top of the peppers (stem). Show your little one how to remove the tops. Slice the bell peppers in half.

**Child:** Use a spoon to remove the seeds from inside the peppers.

**Parent:** Cut the peppers into slices.

**Child:** Dice the peppers using a plastic knife. Place diced peppers into small mixing bowl.

Next, let's chop the onion.

**Parent:** Cut off top of onion. Cut the onion in half from top to bottom.

**Child:** Peel the top layers off the onion.

**Parent:** Slice the onion into half-inch slices. Dice the onion. Place diced onion in small mixing bowl with diced peppers.

**Child:** Stir with spoon to mix.

Lastly, let's slice the lemon and prepare the fish.

**Parent:** Rinse lemons and cut each lemon into six slices. Set aside.

**Parent:** Tear one piece of foil into a 12-inch piece. A quick measurement lesson fits well

here.

**Child:** Use piece of foil as a guide to tear an additional three pieces. You will need four pieces of foil in all. Set foil pieces aside.

**Child:** Remove tilapia filets from package, rinse under cool running water and pat dry with a paper towel.

**Parent:** Salt and pepper the filets to taste.

**Child:** Place one tilapia filet on each piece of foil.

**Child:** Place one-half cup of the mixture over each filet and top with three lemon slices.

(NOTE: This is a great time to discuss making a level scoop and the importance of using correct measurements.)

**Parent:** Freeze remaining peppers and onions to be used in a future dish, such as an omelet.

**Child:** Fold and seal foil to

make a pouch.

**Child:** Place pouches on cookie sheet.

**Parent:** Bake in oven at 350 degrees for 30 to 40 minutes or until fish flakes easily and peppers are tender.

**Parent:** To serve, open packet and use a slotted spatula to remove fish from foil. Leave lemon slices for color only. Remove before eating. Green beans and rice pilaf are great side items for this dish.

We hope you enjoy your meal, as well as the time you've spent with your child in the kitchen.

■ For more information, or to find the location nearest you, visit [www.thedinnerstation.com](http://www.thedinnerstation.com).

*Amy Cole and Kristi Long are founders of The Dinner Station.*