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## **CHICKEN FINGERS, FRIES AND PIZZA STICK OUR KIDS IN A MENU RUT; FRESH HEALTHFUL FOODS OFFER AN EASY WAY OUT**

*Food Network Star Shares How to Make Quick and Delicious Dishes for the Pickiest of Kids*

**NEW YORK (December 3, 2007)** – Kids’ menus at most restaurants today reflect the daily diet of the average American kid: chicken fingers, fries, hamburgers and pizza. While these items may top kids’ list of favorites, they are high in fat, calories and salt and lack nutritional value. However, there are plenty of interesting, fresh and healthful foods that kids will love – we simply need to take the time to introduce them to our children.

Robin Miller, nutritionist and host of Food Network’s Quick Fix Meals, is an expert when it comes to fast, easy meals that kids adore. “As a mother, I understand how difficult it can be to find wholesome and appealing meal ideas that your children will enjoy,” says Miller. “But, there are simple fixes for even the pickiest eaters. Incorporating grains, legumes, low fat and high protein meats and seafood along with fresh, seasonal vegetables and fruit, such as Clementines from Spain, is an excellent example. These small gems are packed with lots of those ‘good for you’ nutrients and a naturally, sweet flavor – your kids will think this tiny treat is dessert!”

### *Getting Out of the Kids’ Menu Rut*

Clementines from Spain are a portable, healthy kid-friendly food that will please both parents and kids – and get them out of the “kids’ menu” rut. Robin Miller offers the following menu suggestion for busy moms on the go:

#### ● **Clementine Salsa**

With this zesty salsa, your kids will simply devour their fruits and vegetables. Combine 2 cups sectioned and halved Clementines, 1 cup diced tomato, 1/4 cup minced red onion, 2-3 tablespoons chopped fresh cilantro, 1 teaspoon each of ground cumin and fresh lime juice, and salt and pepper to taste. Serve with corn chips or spoon over pork chops, chicken and fish.

#### ● **Whole Wheat Pasta Salad with Fresh Clementines and Olives**

A perfect way to give your children their grains. For this delicious and satisfying lunch or side dish, combine 1 pound cooked whole wheat spiral pasta, 1 cup pitted Greek olives (such as kalamata), 1 cup halved Clementine sections, and 1/2 cup crumbled feta cheese in a large mixing bowl. In a small bowl, whisk together 1/2 cup Clementine or orange juice, 2-3 tablespoons olive oil, 2 teaspoons Dijon mustard, 2 teaspoons chopped fresh dill, and 1 teaspoon dried oregano. Pour mixture over pasta and toss to combine. Season to taste with salt and black pepper.

● **Clementine and White Bean Salad**

Beans are a great nutritious choice for kids. For this incredible side dish, in a large bowl, combine 2 cans (drained) white or navy beans, 1 cup halved Clementine sections, 1 seeded and chopped red bell pepper, 2 tablespoons chopped fresh parsley, 2 tablespoons olive oil, 1 tablespoon white wine vinegar, and 2 teaspoons Dijon mustard. Season to taste with salt and black pepper. Serve over lettuce, in lettuce cups or in hollowed-out cucumbers if desired.

● **Clementine Shortcakes**

Kids love sweets, but Moms don't love all the sugar. Here's a creative way to deliver a dessert that is good for them and tastes fantastic. Cut baked biscuits or shortcakes in half and top the bottom half with whipped cream (or non-dairy whipped topping) and Clementine sections. Place remaining biscuit on top and spoon more whipped cream on top. Garnish with confectioners' sugar and fresh mint if desired.

*Healthy Kid-Friendly Snack – Limited Time Only*

Kids aren't the only ones who can enjoy Clementines from Spain. Your whole family will love this healthy and delicious fruit. In fact, Clementines from Spain are a great substitute for the usual holiday treats, like cookies, cakes and candy, with only 50 calories each and without all the sugar! Packaged in cool five-pound wooden crates, Clementines from Spain also make a great holiday gift. But, act quickly – these festive and fun citrus fruits will be gone soon after the New Year so get them while they last!

*Sweet and Sun-Kissed from Spain*

The best Clementines are from Spain – they deliver great flavor, have a thin peel which makes them a snap to unpeel, are virtually seedless, have lots of juice and are refreshingly sweet. In fact, most of the Clementines you'll find in your local grocery come from Spain, which has the ideal climate on the Mediterranean coast to grow these delectable fruits.

For more recipes, serving ideas and nutrition facts, visit [www.clementinesfromspain.com](http://www.clementinesfromspain.com).

*Clementines from Spain Instant Win Game – Win a Family Vacation to Disney World*

This year, Clementines from Spain will be giving away one prize each day for an entire month. By simply visiting the Clementines from Spain Web site, you could instantly win a \$100 Visa Gift Card or the grand prize – a four day, three night Theme Park trip to Orlando, Florida for four! The all-inclusive trip is complete with passes to both Disney World and Universal Studios. The contest starts December 3, 2007, and wraps up on January 1, 2008, with the announcement of the Grand Prize Winner. For more details, visit [www.clementinesfromspain.com](http://www.clementinesfromspain.com) for a chance to instantly win!