

# Cooking with The Fishionista!

Kids love seafood too! A seafood rich diet should start at an early age. Studies have shown that eating seafood 2x a week can reduce the risk of heart disease. Lets all take part in sharing more seafood with kids, ensuring a better eating lifestyle and a longer healthier life. Note; this was made with a Panko-like bread crumb crust, such as corn breading. You can take the pledge right here at [Seafood Nutrition Partnership](#).

Put Your Best Fish Forward
North America
Seafood Nutrition Partnership
Pescatarian
Vegetarian
Kid-Friendly
Family
Responsibly-caught Seafood
Fishionista

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