



Fresh Salmon



Ideal for ages 3-10



30-Minute Meal

INGREDIENTS

Per Child Serving

- 1 small salmon fillet (3 oz)
- ½ medium sweet potato, sliced into coins
- ¼ cup steamed broccoli florets
- 1 tbsp hummus or Greek yogurt dip

Per Adult Serving

- 1 regular salmon fillet (5-6 oz)
- 1 medium sweet potato, sliced into coins
- ½ cup steamed broccoli florets
- 2 tbsp hummus or Greek yogurt dip

Optional Add-Ins

- A sprinkle of sesame seeds or flax for a crunchy "sea pearl" effect
- Cucumber ribbons for seaweed strands
- A lemon "sail" slice perched on the salmon
- A side of edamame "sea stones"
- Blue butterfly pea rice or mashed peas for extra sea color

To bring Captain Sammy to life, shape sweet potato coins into a treasure path and perch a lemon slice "sail" on the salmon. Use broccoli as seaweed and hummus as a sandy shore—then set sail for a tasty adventure!

Captain Sammy Salmon

Cook the Salmon

Bake or pan-cook salmon fillets with a little olive oil until cooked through (about 10-12 minutes at 400°F, or until flaky).

Sauté the Veggies (Optional)

In a small skillet, sauté chopped veggies (like broccoli, zucchini, or spinach) in olive oil for 3-4 minutes.

Set aside a few for creative plating –offer them in fun shapes or little “seaweed” piles. Let your child explore, no pressure!

Add the “Treasure” Touches

Use sweet potato coins as “gold,” cucumber ribbons as seaweed, or lemon slices as sails to bring Captain Sammy’s plate to life.

Sidekick Ideas

- Sea-blue smoothie (blueberries + banana + yogurt)
- Starfish melon slices (cut from cantaloupe or honeydew)
- Ocean rice (rice mixed with spirulina or butterfly pea flower powder)



Adult Vibe



Kid Vibe

Plate it!

Place the Captain Sammy printable under a clear plate.

- Salmon = Sammy’s face
- Lemon slice = his sailor hat
- Broccoli = seaweed hair or ocean plants
- Sweet potato coins = treasure or bubbles around him

Printable Plate Buddy



Cut around the circle and place under a
clear plate



Kitchen Jobs for Kids



Ages 3-4

- Rinse broccoli and sweet potatoes with help
- Hand you ingredients or place items on a baking sheet
- Arrange sweet potato coins and broccoli "seaweed" on the plate
- Help mix yogurt or hummus dip with a spoon

Ages 5-6

- Peel sweet potatoes with a safe peeler
- Toss sweet potatoes in oil with clean hands or a spoon
- Place lemon slice "sails" on top of the salmon
- Use cookie cutters to make sea shapes (under supervision)

Ages 7-10

- Cut sweet potatoes into coins using a kid-safe knife
- Help season salmon with lemon and salt
- Flip sweet potato coins halfway during roasting (with oven mitts)
- Assemble full plates with creative "ocean" layout and optional sides