



Smart Web Content

Short and Snappy Tidbits to Keep Your Audience
Engaged

E. L. Seltz

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(SEO Optimized)**
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SAMPLE ONE



5 Creative Ways to Use Leftover Salmon (SEO Optimized)

“Choose creative recipes to enjoy your premium protein a second time...”

Wild-caught salmon is a nutritional powerhouse, and its unique taste supports many different styles of cooking. It's also expensive, so you never want a morsel to go to waste. But like any fish, overcooking or reheating can turn a lovely salmon fillet tough and dry. To enjoy your premium protein a second time, you'll need to choose creative recipes that keep it moist and flavorful.



Torbakhopper via Flickr

To find the best way to use your leftover salmon, consider the spice profile of its first-run recipe. Some of the most popular salmon recipes fall into five basic flavor categories: **Hot**, which includes chili or blackened; **Asian**, featuring flavors of ginger, soy, and garlic; **Sharp**, including marinades with citrus, vinegar and mustard; **Herbal**, the more delicate infusions of fresh herb sprigs or fines herbes mixtures; and **Sweet**, which pairs spice with brown sugar, honey, or molasses. Let's look at some easy ways to re-use those different flavors.

Fish Tacos are a delicious, easy way to use leftover salmon that was prepared with a **Hot** spice profile. Simply chunk your salmon, heat it for two to five minutes in a skillet with a little olive oil, and wrap it in soft flour or corn tortillas. Toppings like shredded lettuce, chopped tomato, sour cream, avocado are quick to prepare and flexible enough for a family taco bar, brown-bag lunch, or to make last-minute guests feel special.



Stacy via Flickr

Green Salad makes an ideal backdrop for **Sharp** flavors, and can be served with the salmon hot or cold. If you reheat your salmon in the microwave, be sure to include some of the marinade, or add a few teaspoons of water to the container to avoid that mealy, dry effect. Better yet, use the skillet technique discussed above and be careful not to overcook! Many marinades work equally well as salad dressing, or you can whip up a little vinaigrette to complement the fish.



Stacy via Flickr

Salmon patties are a robust way to use **Sweet** spice profiles. For every two cups of fish, mix in an egg, one chopped onion, and one to two cups of breadcrumbs or leftover mashed potato. (Sweet potato makes a great match with all kinds of sweet-heat!) Start with less starch and add until the mixture binds together. You can pan-fry the patties in olive oil for about four minutes per side, or bake them at 400 degrees for about five minutes each side.



Cookbookman17 via Flickr

Noodles pair well with **Asian** flavors. Cook your soba, udon, chow mein or even ramen according to the package directions. While they're cooking, quickly stir-fry mixed vegetables like green onion, bok choy, broccoli, or thinly-sliced carrots in a skillet or wok with a neutral-flavored oil or peanut oil. When the vegetables are tender-crisp, toss your noodles and leftover salmon in to reheat with any remaining marinade or sauce.



Sunny Mama via Flickr

Toast Points make an elegant foundation for creamy salads of leftover **Herbal** salmon. Place your salmon fillets in a pretty serving bowl with mayonnaise, plain yogurt, or any type of vegan salad cream, and chop everything together. Use one to two tablespoons of mayo for each cup of chopped salmon, depending on your desired texture. Taste the mixture - if the original recipe was very lightly seasoned, you may need to boost the flavor by adding a more of the same herb mixture. Cut your toast into triangles, and you have the basis for an effortless, fancy luncheon.



Nano Anderson via Flickr

Leftovers don't have to be boring or dry. You can use these basic methods to enjoy delicious, healthy salmon in many different combinations. Try mixing and matching - Asian salmon burgers work great, too. So do Sharp Dijon mustard salmon in a creamy salad, and Hot salmon on green salad. But whatever you do - don't throw that wonderful wild-caught salmon away!



SAMPLE TWO

A SPOONFUL OF SUGAR: Teach your Preschooler to Do Chores Cheerfully

“Well begun is half done.” – Mary Poppins



Donnie Ray Jones via Flickr

Sometimes it seems impossible to get anything done with a preschooler at home. Stories, snacks and snuggling are important, but so are clean clothes and balanced meals! Fortunately for parents, your little one loves to copy what you're doing, and "being a helper" is a big compliment. With some forethought and consistency, parents can nurture those impulses to keep the home running smoothly.

As Mary Poppins says, "Well begun is half done." Choosing appropriate tasks helps your preschooler feel successful. Toddlers start picking up and sorting items, so simple chores are a natural extension of that play.

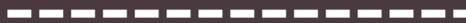
Two-to-four year olds can easily learn to put toys in their box, stack books on a shelf, put trash in the bin or dirty clothes in a hamper. Other age-appropriate chores include wiping up spills, dusting low surfaces, sorting socks, or folding square items like face cloths or napkins.

Music makes any job more cheerful. Singing a special song at clean-up time helps reinforce tidying as a regular habit. Playing cheerful music for longer jobs, like folding laundry, makes the time pass quickly. Repetition and familiarity are great practice for preschool skills, like matching colors and shapes, and following class routines.

Preschoolers don't think much about the future, so the promise of a reward later will not motivate them as much as giving small rewards as you go along. Kisses, tickles, or a round of applause will teach your child to enjoy working alongside you, and teach them that taking care of the home is a positive part of a loving family.



SAMPLE THREE



Birmingham, Alabama: A Regional Delicacy



#1 Next Hot Food City

ZAGAT.COM

Traveling to Birmingham, Alabama for the first time? Don't miss its award-winning restaurant scene!

National taste-makers like the James Beard Foundation, *Zagat Guides*, and the *New York Times* have all noted Birmingham as a top destination for foodies.

The James Beard Foundation has given national recognition to six Birmingham restaurants in the last five years. Zagat.com named Birmingham its "#1 Next Hot Food City" for 2015, and the *New York Times* regularly features Birmingham's star eateries with comparisons to Keen's Steakhouse and Chez Panisse.

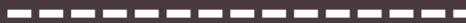
A tour of Birmingham restaurants starts in historic Five Points South. A walk through tree-lined streets and Antebellum architecture will lead you to the restaurants of renowned chef Frank Stitt: The Highlands Bar and Grill, a Birmingham favorite for thirty years; its casual neighbor Chez Fon Fon; the Italian cucina-inspired Bottega; and its business-lunch offspring, Bottega Café. The menus of Stitt's establishments vary from Provencal to upscale Southern traditional fare, but they share a farm-to-table philosophy that makes every meal an event.

Just a few blocks from Highlands Bar and Grill you'll find Chris Hastings' gem, the Hot and Hot Fish Club. Hastings is an Iron Chef champion and was named "Best Chef in the South" by the James Beard Foundation. With a well-rounded menu and seasonal specialty cocktails, Hot and Hot is a landmark destination for gourmet diners.

From creative street carts to microbreweries, Birmingham's rich and varied food scene is full of surprises and wonderful memories for your visit.



SAMPLE FOUR



**Nurture Your Child's
Creativity with Thoughtful
Feedback**

"Mommy, Daddy, look what I made!"



Praveen Kumar via Flickr

Children love to draw, paint, and make things from clay or good old mud. How you react to their artwork can impact their creativity and their attitude toward schoolwork. It even lays the groundwork for good communication with you later in life.

Obviously, a little one's scribbling is not going to produce genius. Nevertheless, this work is important to their mental development and their physical dexterity for writing and doing fine motor tasks. It also gives them a way to express feelings and imagination before they have words for complicated ideas. When you respond to your child's project, respond to their impulse in making it and their joy in showing it to you.

Simple compliments may make your child smile now, but studies show that general, blanket praise quickly becomes meaningless. It leads children to think less about their own ideas and more about how to please others. They will tend to do fast, sloppy work to get more compliments, rather than focusing and building their concentration.

Tell your child what you notice about their work. How many colors did they use? Are the lines straight, curly, or dotted? Ask your child what materials they used. How did it feel, physically - cold, smooth, wet? Does the picture have a story?

Children naturally seek their parents' approval. Showing you a drawing is a way of saying, "I love you." Even if you are busy, take just a second and say, "Thank you for showing me!" To your child, that means, "I love you, too."



Steven Depolo via Flickr

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