

Cooking Corner Tips To Help You

Making Everyday Meals A Special Occasion

(NAPSA)—There's good news for shrimp lovers. Once reserved by many for special occasions, this tasty source of protein is becoming increasingly convenient and available.

For many, meatless meals used to mean a menu built around fish—no more. Last year, during the biggest seafood-selling season of the year, shrimp reigned as the No. 1-selling item in that category in America.

To help make mealtimes really special occasions, SeaPak has developed several signature recipes, one of which is described below. Some are the handiwork of the company's own registered dietitian and Food Network celebrity Robin Miller.

For those who also enjoy great-tasting, restaurant-quality seafood dishes of all kinds, the same company has also launched a lineup of all-natural fish fillets and Maryland-style crab cakes.

Consumers who want to enjoy shrimp all year long can find more great-tasting recipes and meal solutions at www.SeaPak.com.

Caribbean Coconut Shrimp Salad

Prep Time: 5 minutes

Cook Time: 12 minutes

Makes: 4 servings

- 1 carton (10 oz.) SeaPak® Coconut Shrimp**
- 1 bag romaine lettuce, chopped**
- 1 cucumber, chopped**
- ¼ cup macadamia nuts, roughly chopped (if desired)**



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Juice of 2 limes (about ¼ cup)

2 Tbsp. honey

1 tsp. red wine vinegar

¼ tsp. olive oil

1 packet of orange sauce (included in carton)

PREPARE shrimp according to package directions.

PLACE lettuce and chopped cucumber in a large bowl. In a small bowl, whisk together all ingredients in the dressing. Pour desired amount of dressing over lettuce and toss.

PLACE lettuce mixture on serving plates. Top with cooked coconut shrimp. Sprinkle with nuts as a garnish and serve.

Recipe courtesy of Food Network celebrity and SeaPak partner Robin Miller.