

Fabulous Foods

Seafood To-Go, Nationwide



by Sara Ann Harris

(NAPSA)—America loves seafood. In fact, according to the National Fisheries Institute, consumer demand jumped 25 percent in the last couple of decades. Now, we actually eat 14.9 pounds of our favorite shrimp, crab and fish dishes every year.

To feed the demand, the Louisiana Seafood Board partnered with the United Parcel Service and created a new seafood shipping service and a package to go with it—the Louisiana Seafood Box. That means, anyone can ship seafood—overnight, directly to their own front door.

Louisiana Lieutenant Governor Kathleen Blanco announced, “We take great pride in our seafood. Good food is one of the many attractions of our culture. So, I’m very pleased to introduce the Louisiana Seafood Box. Now, it’s easy for anyone in the country to enjoy a taste of Louisiana.”

Seafood Board Executive Director Ewell Smith added, “This service benefits seafood lovers everywhere, plus Louisiana commercial fishermen. It’s a win-win situation.”

Go to www.louisianaseafood.com for details. Click on any supplier with a UPS logo.

Or just ask. Your grocer may sell Louisiana seafood. Either way, here’s a delicious hot appetizer to whip up with your fresh Louisiana shrimp.

Louisiana Shrimp & Roasted Corn Dip

- 2 lbs. medium shrimp, boiled, peeled and diced**
- 2 cups frozen whole kernel corn**
- 6 tbs. green bell pepper, chopped**
- 6 tbs. red bell pepper, chopped**
- 2 tsp. oil**
- 1 cup low-fat sour cream**
- 2 tbs. lime juice**
- 2 sprigs cilantro, chopped**

Bring enough water to cover the shrimp to a boil. Add shrimp and salt/pepper to taste and return to boil. Lower heat and simmer 6-10 minutes or until shells turn pink. Drain and let cool.

Peel: Pinch off the head. With your thumb at the legs, peel back and remove most of shell; to finish, pinch shell at tail and gently pull meat out. Dice meats into flavorful bits.

Bake corn, peppers and oil in shallow pan at 425° for 25 minutes, until vegetables are lightly browned. Stir occasionally.

Transfer vegetables to saucepan on low heat; stir in sour cream and shrimp until well blended; do not boil. Remove from heat; stir in lime juice and cilantro. Makes 6 cups.