



## Shrimp Packs A Protein Punch

(NAPSA)—If you're looking for a tasty way to power up on protein and incorporate a healthy serving of omega-3s into your diet, consider delicious, nutritious shrimp.

The Dietary Guidelines for Americans released by the United States Department of Agriculture (USDA) and U.S. Department of Health and Human Services (HHS) encourage everyone, including pregnant and breastfeeding women, to eat seafood at least twice each week for heart and brain benefits.

"Studies have shown eating seafood twice a week can reduce the risk for the top cause of death among both women and men—heart disease—by more than 30 percent," said Jennifer McGuire, MS, RD, National Fisheries Institute.

Shrimp is already the nation's favorite seafood because of its great taste, mild and slightly sweet flavor.

This incredibly versatile protein can be served piping hot or refreshingly cold and incorporated into a variety of cuisines from Mediterranean to Mexican. With a price per pound that rivals cuts of beef, chicken and pork, and at only 83 calories per 3 ounces, shrimp is a smart choice for dishes such as BBQ Shrimp Quesadillas, which are a natural for a weekday dinner on the go or a special occasion celebration.

Learn more about the health benefits of shrimp and find more easy, delicious recipes on Facebook at Eat Shrimp.

### BBQ Shrimp Quesadillas

*Serves 4*

#### *Ingredients:*

- 8 ounces cooked shrimp, diced**
- 1 orange bell pepper, roasted or grilled and**



**This delicious recipe for BBQ Shrimp Quesadillas packs a punch of protein and healthy omega-3s.**

- finely diced**
- $\frac{3}{4}$  cup fresh or frozen corn kernels, thawed**
- $\frac{1}{2}$  cup reduced-fat shredded Cheddar cheese**
- 2 tablespoons all-natural barbecue sauce**
- 4 10-inch flour tortillas**
- 2 teaspoons canola oil**

#### *Instructions:*

**Combine the shrimp, bell pepper, corn kernels, cheese and barbecue sauce in a bowl. Divide the mixture evenly and spread over half of each tortilla. Fold over, press down gently and set aside. Heat 1 teaspoon of the oil in a large nonstick skillet over medium-high heat. Add two of the tortillas and cook until the tortillas become crisp and golden on the bottom, about 3 minutes. Flip the tortillas and cook an additional 2 minutes. Repeat with the remaining oil and tortillas. Cut into quarters and serve.**

*Nutrition Information:* 380 calories, 11g fat (3g saturated, 0.5g omega-3s), 780mg sodium, 47g carbohydrate, 4g fiber, 23g protein, 25% vitamin A, 70% vitamin C, 20% calcium, 25% iron