

Delicious Food Ideas

Thinking *Inside* The Box: Simple Seafood Meals

(NAPSA)—Great coastal seafood meals can be easy to create. Often, all it takes is a little help from the frozen aisle of your grocery store to make delicious dishes that satisfy even the pickiest eaters. Frozen, already prepared seafood is a great substitute for beef, pork or chicken in favorite family dishes.

For example, top macaroni and cheese with popcorn shrimp or tuck them into tortillas. Toss shrimp scampi with noodles or stuff into a baked potato. Try these simple recipes from SeaPak Shrimp & Seafood Company:

Shrimp Scampi Sauté with Tomatoes and Spinach

Prep time: 5 minutes

Cook time: 11 minutes

Serves: 4

- 1 (18-oz.) carton SeaPak Shrimp Scampi
- 1 bag (about 6–10 oz.) fresh baby spinach
- 1 (14.5-oz.) can diced tomatoes
- 8 oz. linguine, cooked and drained (about 4 cups)
- Grated Parmesan cheese

Cook the shrimp in a 12" skillet for 6 minutes. Add the spinach and tomatoes. Cook and stir for 5 to 6 minutes more or until the shrimp turn pink and the spinach wilts. Add pasta to the skillet and toss to coat. Top with a sprinkle of Parmesan cheese. Serve immediately.

Popcorn Shrimp Jambalaya

Recipe courtesy of Scott Jones of

Jones Is Hungry

Prep time: 10 minutes

Cook time: 35 minutes

Serves: 4–6

- 1 (20-oz.) package SeaPak Popcorn Shrimp
- 1 (14-oz.) package andouille



Frozen, easy-to-prepare seafood makes it simple to bring the taste of the coast to the dinner table any night of the week.

sausage, cut into ¼-inch-thick slices

- 1 (10-oz.) package frozen vegetable seasoning blend
- 1 (32-oz.) container low-sodium, fat-free chicken broth
- 1 (14.5-oz.) can fire-roasted diced tomatoes with garlic
- 2 cups uncooked long-grain rice
- 1 teaspoon Cajun seasoning
- 2 tablespoons thinly sliced green onion

Cook sausage in a large Dutch oven over medium-high heat, stirring frequently, 8 to 10 minutes or until browned. Remove sausage with a slotted spoon; drain on paper towels. Add vegetable seasoning blend to hot drippings in Dutch oven and sauté 3 to 5 minutes or until thoroughly heated. Add broth, next 3 ingredients and sausage. Bring to a boil; cover, reduce heat to low, and cook 18 to 20 minutes or until rice is tender and liquid is absorbed. Meanwhile, preheat oven to 450 degrees. Bake Popcorn Shrimp according to package directions. Spoon jambalaya into individual bowls or a large serving bowl; top with Popcorn Shrimp. Top with green onions and serve immediately.

For more great recipe ideas, visit www.SeaPak.com.