

Shrimp Tops List Of Favorite Seafood Meals

(NAPSA)—More and more, seafood rises to the top of the shopping list. While nearly 40 percent of all seafood sold during the year is sold during the Lenten weeks, in many households fish is a popular dish every week.

Topping the list of favorites this year are new marinated shrimp products that offer great taste, convenience and versatility. With some of the new products on the market this season, meal planning gets easier—you can have appetizers, soups, salad and main courses on the table in 20 minutes or less.

For example, both Mrs. Paul's and Van de Kamp's now offer a variety of new marinated shrimp products that bring great taste and versatility to the dinner table. Mrs. Paul's offers a pre-marinated Shrimp Scampi and Spicy Cajun, prepared with only the finest ingredients, and Van de Kamp's offers a pre-marinated Shrimp Scampi and Southwest Fajita that is sure to tantalize your taste buds.

These savory seafoods are great on their own, or you can add your own ingredients, such as pasta, rice, or salads; or wrap the shrimp in tortillas for a Tex-Mex treat. And if it is an Italian flair you are looking for, the marinated shrimp is perfect when served over pasta. Four recipes are included with each package, so you can either let your imagination run wild or follow the easy recipe ideas included in each box.

Here are two succulent suggestions using new shrimp products:

Marinated Shrimp Scampi Stir Fry

*Preparation Time: 15 minutes
Cooking Time: 15-20 minutes*

- 1 package Mrs. Paul's Marinated Shrimp Scampi**
- 4 servings cooked rice or pasta**
- 1 medium red pepper, cut into short, thin strips**
- 4 green onions, cut into 1-inch pieces**
- 1 cup sliced fresh mushrooms**
- 2 teaspoons vegetable oil**



- 1 tablespoon lemon juice**
- 1 cup fresh pea pods**

1. Thaw scampi sauce packet in warm water. Cook rice or pasta according to package directions.

2. In a medium skillet, stir-fry red pepper, green onions and mushrooms in oil over medium-high heat for 2 minutes; remove and set aside.

3. In the same skillet, sauté shrimp just until most shrimp are pink. Stir in scampi sauce, lemon juice, peas and stir-fried vegetables. Cook until heated through. Serve over hot cooked rice or pasta. Makes 4 servings.

Marinated Shrimp Southwest Fajita Wraps

- 1 package Van de Kamp's Marinated Shrimp Southwest Fajita**
- 4 (7-inch) flour tortillas, warmed**
- 4 oz. cream cheese, softened**
- ½ cup diced tomato**
- Sliced lettuce, sliced black olives, diced cucumber**
- Shredded cheese, optional**

1. Prepare shrimp with Southwest Fajita sauce packet according to package directions.

2. Spread each tortilla with cream cheese. Place ½ cup

shrimp mixture near one edge of tortilla. Top with tomato and your choice of other toppings.

3. Roll tortilla up; cut if desired. Serve immediately or cover with plastic wrap and chill until ready to serve. Makes 4 servings.

Frozen seafood, which has come a long way since fish sticks were first introduced, can also make for popular Lenten and any time meals. Today's products offer baked, grilled and fried varieties—all of which are convenient and easy to prepare. Both Mrs. Paul's Healthy Selects and Van de Kamp's Crisp and Healthy fillets and sticks come in three delicious flavors—Original, Lemon Pepper and Garlic Herb—and are approved by the American Heart Association.

The National Fisheries Institute recommends that fish be a part of every family's weekly meal plan, not just during Lent, but year round. Seafood has proven nutritional benefits: it is a good source of high quality, easily digested protein; and fish consumption—along with other risk-lowering steps and a healthy diet—can help in the preventive fight against cardiovascular disease.

During the forty days of Lent and throughout the year, it is a good idea to stock the freezer with shrimp and fish products for easy healthy meals.