



Delightful Food Ideas

Dinner On The Deck With Wild American Shrimp

(NAPSA)—When it comes to finding the most flavorful shrimp, food lovers say wild is wonderful.

Much of the shrimp Americans eat is farm-raised in other countries but discerning diners prefer the rich flavor of wild shrimp. When grilling or eating a seafood salad—fresh is fabulous.

Packed with flavor, fresh wild shrimp is also a high-protein, low-carb choice. A good source of cardio-protective omega-3 fatty acids, a three-ounce serving supplies nearly 18 grams of protein, almost a third of the adult daily requirement. A serving has just 84 calories, less than one gram of fat and less than one gram of carbohydrates.

For grilling, jumbo shrimp work best, and cook in about three to five minutes. They should be cooked just until pink and firm or they will get rubbery. Start with the freshest shrimp, with shiny shells and meat that feels firm against the shell. Buy shrimp the day you grill it and keep it chilled.

Some quick tips for prepping the grill:

- Lightly oil the grill racks and grilling equipment with vegetable oil for nonstick cooking and easy cleanup.

- Use a pair of long-handled tongs for turning shrimp.

- The fire should be hot to medium-hot. Hold your hand about five inches from the heat. If you can only hold it there for two seconds, the temperature is right.

This Margarita Shrimp recipe from Alabama sizzles with flavor:



Wild shrimp have much more flavor than farm-raised shrimp.

Margarita Wild American Shrimp

- 2 tablespoons triple sec
- 2 tablespoons lime juice
- ¼ cup tequila
- ¼ cup olive oil
- 2 cloves garlic, peeled and minced
- 1 jalapeño, seeded and minced
- ¼ cup cilantro, chopped
- 2 pounds Wild American shrimp, 16 to 20 count, peeled and deveined

Combine first seven ingredients in a shallow dish or ziplock bag. Add shrimp and marinate for one to two hours, refrigerated. Remove shrimp and discard marinade. Grill just until shrimp is pink and firm, about three minutes each side.

For more recipes, nutrition information and other facts about shrimp, see www.wildamericanshrimp.com.