

Holiday Entertaining

Festive Holidays With The King Of Seafood

(NAPSA)—With the winter holiday season in full swing, it's a great time to prepare and serve fun and festive dishes for our family and friends. What better way to celebrate the season than by enjoying the king of seafood—delicious, convenient, healthy shrimp.

The health benefits of shrimp make it a unique and nutritious choice for a holiday meal or favorite seasonal dish. Shrimp is naturally low in total fat and saturated fat, and an excellent lean source of protein.

When purchasing fresh shrimp, be certain to buy from a reputable source. Once home, uncooked shrimp should be stored as fish and used the same day as purchased. Purchasing frozen shrimp is a great option; it can keep in the freezer for approximately two months in adequate temperatures. Use the refrigerator for thawing frozen shrimp or run it under cold tap water for a quicker thaw. When shrimp is fully cooked, the flesh color becomes opaque and changes from a gray-green to a pink or orange color.

The holiday season is a great time to get friends and family together for good times and excellent food. Try this simple, tasty recipe from Ocean Garden and add a splash of seafood to your holiday.

Tequila Shrimp

1 lb shrimp
½ cup butter, unsalted



Photo courtesy Ocean Garden

Tequila shrimp served with tortillas makes a great appetizer or entrée

3 Tbsp cooking oil
2 Tbsp soy sauce
1 Tbsp lemon juice
¼ tsp garlic powder
¼ to ½ tsp Tabasco sauce
¼ cup tequila

Rinse shrimp under cold running water and drain thoroughly on paper towels. Do not peel. Arrange shrimp in a baking pan. Combine butter, oil, soy sauce, lemon juice, garlic powder, and Tabasco in sauce pan; bring to a boil, stirring to melt butter. Remove from heat and stir in tequila. Pour mixture over shrimp, making sure all are coated. Bake in a 425-degree oven for 15 to 20 minutes, stirring once or twice. Transfer shrimp and remaining sauce mixture to a serving bowl. Peel and eat at the table.

Find shrimp recipes at www.aboutseafood.com or www.eatshrimp.com.