

ENTERTAINING IDEAS

Easy To Prepare, Shrimp Is The Perfect Party Food

(NAPSA)—Shrimp lovers at family gatherings and tailgate parties are coming out of their shells.

This guilt-free party food is packed with flavor, protein and cardio-protective omega-3 fatty acids. It's also perfect for no-hassle celebrations, as it's easy to prepare ahead of time, complements most menus and pairs well with beer, wine and soft drinks.

"Nothing comes close to the incredible flavor of wild-caught shrimp; there's not a better-tasting, higher-quality shrimp available. Having tried farm-raised shrimp from other parts of the world, I can say with confidence that Wild American Shrimp is what I will always choose," says chef Christopher Hastings of the Hot and Hot Fish Club in Birmingham, Ala. Certified Wild American Shrimp, for example, are guaranteed to be wild-caught in their natural habitat by U.S. fishermen. For a light and festive entrée idea, you can try this recipe favorite from Chef Chris Hastings.

WILD AMERICAN SHRIMP KABOBS

- 3 lemons, each cut into 6 wedges
- 32 (10-15 count) head-on Wild American Shrimp, middle sections peeled and deveined, leaving heads and tails intact
- 2 baby zucchini, sliced into 1/2-inch rounds
- 24 cherry tomatoes
- 2 baby yellow squash, sliced into 1/2-inch rounds
- 8 (12-inch) wooden skewers, soaked in water for 20 min.
- Salt and freshly ground



Photo courtesy of Idle and Chris Hastings, Hot and Hot Fish Club, Birmingham, Ala.



This Wild American shrimp dish tastes as good as it looks.

black pepper, to taste

1½ cups olive oil

Zest of 2 lemons

½ ounce fresh basil, chopped

Basil Pesto optional for garnish.

Assemble the first 5 ingredients on skewers in this order: lemon wedge, shrimp, zucchini slice, tomato, shrimp, squash slice, tomato, shrimp, zucchini slice, tomato, shrimp and lemon wedge. Place the skewers in a shallow baking dish and season with salt and pepper. Whisk together the olive oil, lemon zest and chopped basil and evenly pour over the kabobs. Cover and refrigerate for at least 2 hours, or until ready to grill.

Place kabobs on a grill over medium-high heat and cook for 3 to 4 minutes on each side, or until shrimp are cooked through.

Yield: 8 skewers

For more information, visit www.wildamericanshrimp.com.