

Spectacular Seafood

Wild American Shrimp Pack Nutritional Punch

(NAPSA)—Cooking healthy does not mean giving up on great taste. That's one reason healthful food options, such as certified Wild American™ Shrimp, have become so popular.

Harvested in their own natural environment from U.S. waters, certified Wild American Shrimp are low in fat and a source of heart-healthy omega-3 fatty acids.

“Wild-caught shrimp are fresh, succulent and tender—the way nature intended, unlike 85 percent of shrimp, which is imported and pond-raised,” says Nathalie Dupree, chef and author of “Shrimp & Grits.”

A typical 4-ounce portion has just 112 calories when served steamed, boiled, grilled or baked and provides 23 grams of protein—47 percent of the daily value for protein. Studies have found that shrimp is an excellent source of vitamin D, as well as niacin and iron.

“Consumers have a choice when it comes to their seafood. Choosing local ingredients like Wild American Shrimp not only ensures you're getting the best-tasting seafood available, it also supports an entire industry and way of life,” says Dupree.

You can taste the difference with this recipe from Dupree's latest cookbook:

Simple Supper Wild American Shrimp & Grits

Makes 2 servings

- 2 cups cooked grits**
- 4 tablespoons butter and/or olive oil**



Certified Wild American Shrimp are a flavorful, healthful food option that supports shrimpers around the U.S.

- 1 pound Wild American Shrimp, peeled**
- 1 medium tomato, chopped**
- 1 to 2 garlic cloves, chopped**
- 1 tablespoon julienned fresh basil or parsley**

Reheat grits in the microwave or over low heat, with additional liquid if necessary.

Melt butter and/or olive oil in a saucepan, preferably non-stick. Add shrimp and sauté until just before they turn pink. Add tomato and stir until liquid exudes slightly, just a minute or so. Add garlic and cook briefly.

Divide grits between 2 plates, pour shrimp and tomato mixture on top, garnish with basil or parsley and serve.

For more information about Wild American Shrimp, including locations where it can be purchased and additional recipes, visit www.wildamericanshrimp.com.