

Cooking Corner Tips To Help You

Great-Tasting Recipes To Serve During Lent And Beyond

(NAPSA)—For observant families that give up meat on Friday nights during Lent, the proscribed dietary restriction doesn't have to mean restricting flavor.

Sure, there are the traditional go-to foods, such as fish sticks and cheese pizza, but it's possible to put together some terrific, even unexpected dining solutions for the 40-day season prior to Easter.

SeaPak Shrimp Company is offering family chefs a selection of delicious and elegant shrimp dishes to "wow" everyone at the table. With the addition of a few simple ingredients, the company's products can be transformed into literally dozens of great-tasting recipes that will ensure unique dining occasions for those who love all things shrimp.

As the No. 1-selling seafood product in America today, shrimp is a healthy and delicious protein. Whether consumers seek delicious, perfectly seasoned shrimp right from the package or they prefer to customize a signature recipe by adding their own touches, SeaPak has a great-tasting shrimp variety for them.

For additional delicious recipes and menu-planning ideas, visit www.Seapak.com.

Tangy Lemon Pepper Shrimp

Prep Time: 2 minutes

Cook Time: 8 minutes

**1 12-ounce carton SeaPak®
Shrimp Scampi (frozen)**



Flavorless Fridays no more: During Lent, a variety of shrimp products makes it simple to create sensational meals.

1 tsp. lemon pepper
2 Tbsp. Dijon mustard
½ cup dry white wine

HEAT large sauté skillet on medium for 1 minute.

ADD frozen shrimp to pan and sauté 6 minutes.

WHISK lemon pepper, Dijon mustard and wine in a small bowl. Pour mixture over shrimp. Stir well to incorporate all ingredients. Simmer for additional 3-5 minutes (or until shrimp are fully cooked), stirring frequently.

SERVE shrimp over pasta or rice. Makes 2-3 servings.

Tip: Want to add a little spice to your dish? Try adding 1-2 tsp. of crushed red bell pepper when you add the lemon pepper.