

Fabulous Food

The Heart Of The Matter: Americans Should Eat Seafood At Least Twice A Week

(NAPSA)—The benefits of eating seafood have been touted by many health organizations, so it would be heartening if Americans ate more. Currently, we consume only half the recommended amount, and many assume it's just too expensive or difficult to prepare.

Shrimp and fish are a source of omega-3 fatty acids that can improve cardiovascular health and lower the incidence of heart disease and stroke. Some varieties of seafood, including shrimp, even deliver impressive amounts of vitamin D, which is deficient in the American diet.

Some people may not eat enough seafood because they think it's expensive, but seafood can also be cost effective, especially if it's frozen. Frozen items are priced lower than those at the seafood counter or in restaurants, and they can be stored in the home freezer for an inexpensive and convenient meal option.

For example, SeaPak Shrimp Company offers several delicious, high-quality seafood products. This simple recipe features succulent frozen shrimp and can serve as a restaurant-quality meal for four people for under \$20. For more delicious, easy-to-prepare and budget-friendly recipes, visit www.SeaPak.com.

Tangy Lemon Pepper Shrimp With Broccoli

Prep Time: 2 minutes

Cook Time: 8 minutes

Makes: 4 servings

Ingredients:

- 2 12-oz SeaPak® Shrimp Scampi (frozen)
- 1 lb angel-hair pasta, dry (choose multigrain for a healthy option)



Nutritious seafood can also be cost effective if you take advantage of delicious frozen products.

- 1 16-oz package broccoli (no sauce), frozen
- 2 tsp lemon pepper
- ¼ cup Dijon mustard
- 1 cup dry white wine

Cook pasta to al dente according to the package directions.

Heat large sauté skillet on medium for 1 minute. Add frozen shrimp to pan and sauté 5 minutes.

Defrost broccoli in microwave according to package directions. Drain broccoli and add to skillet with shrimp.

Whisk lemon pepper, Dijon mustard and wine in a small bowl. Pour mixture over shrimp and broccoli. Stir well to incorporate all ingredients.

Simmer for additional 3-4 minutes (or until shrimp are fully cooked), stirring frequently.

Toss shrimp and broccoli with pasta and serve.

To spice up your dish, add 1-2 tsp of crushed red pepper with the lemon pepper.

Estimated recipe cost to serve four: \$18.36; estimated cost per serving: \$4.59