

# Fabulous Food

## Serve Frozen Seafood:

### You Won't Have To Fish For Compliments

(NAPSA)—Many Americans might enjoy a more delicious and nutritious diet if they didn't fall for certain fish tales—and discovered how flavorful and reasonably priced frozen seafood can be.

"Many may not realize seafood can be as affordable as many cuts of poultry and meat," explains Elizabeth Ward, nationally recognized registered dietitian. And nationally recognized food experts support new and improved frozen dinners for tasty meal options. "They're fresher, tastier and healthier than ever," according to Every Day With Rachael Ray magazine. In the frozen aisle, you can find fabulous shrimp and delicious hand-cut fish fillets that bring the benefits of seafood home.

SeaPak Shrimp Company, located on a barrier island off the coast of Georgia, has been making frozen seafood affordable and convenient for more than six decades. It's known for its authentic taste inspired by the coast, bringing seafood to the dinner table. They are great served right out of the box or incorporated into a favorite recipe for a spectacular, restaurant-quality dinner.

#### **Baja Tilapia Tacos**

*Prep Time: 5 minutes*

*Cook Time: 17 minutes*

*Makes: 6-7 tacos*

#### **Ingredients:**

- 1 (14-oz) package SeaPak® Tilapia Tenders**
- 7 soft flour tortillas**
- 1 (16-oz) bag of slaw**
- 1 (11-oz) can mandarin oranges, drained**
- 1 (15-oz) can black beans, rinsed and drained**
- 1 avocado, diced**
- 2 tablespoons fresh cilantro, chopped (optional)**



**Shrimp is the perfect protein for so many recipes, especially when you're not eating meat.**

**Juice from 1 lime (about 2 tablespoons)**

**1 tablespoon honey**

**½ cup sour cream**

**½ cup mayonnaise**

**1-2 chipotle peppers in adobo sauce**

**2 teaspoons adobo sauce (from the peppers)**

#### **Directions:**

**PREHEAT** oven to 425°F.

**BAKE** tilapia tenders according to package instructions.

**MIX** sour cream, mayonnaise, chipotle peppers and adobo sauce in a small bowl to make the taco sauce. Chill in the refrigerator until ready to serve.

**PLACE** slaw, mandarin oranges, black beans, avocado, cilantro in a large bowl. Toss until well mixed and coated.

**PLACE** lime juice and honey in a small bowl and stir together. Pour over slaw mixture and toss until well mixed and coated.

**ASSEMBLE** tacos. Spoon 1-2 tablespoons of Taco Sauce onto a soft tortilla. Add slaw mixture and top with a hot tilapia tender. Repeat.

#### **Learn More**

More information is available at [www.seapak.com](http://www.seapak.com).