



FOR IMMEDIATE RELEASE

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GREAT TASTING RECIPES COURTESY OF FOOD NETWORK CELEBRITY

ROBIN MILLER

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ISLAND QUESADILLAS WITH LIME SOUR CREAM



Prep Time: 15 minutes. Cook Time: 12 minutes. Serves 4.

1 carton (12 oz) Seapak® Shrimp Scampi, frozen
4 pineapple rounds (fresh or canned in juice), about 1" thick
8 (fajita-size) flour tortillas, regular or whole wheat
2 cups Monterey Jack cheese or Mexican cheese blend, shredded
3/4 cup roasted red peppers, chopped
1/4 cup scallions, chopped
Cooking spray
1/2 cup sour cream
2 TBS chopped fresh cilantro
1 tsp lime zest, finely grated
1/4 tsp garlic powder

PREHEAT oven to 400°. Coat a large baking sheet with cooking spray.

COAT a large skillet with cooking spray and set over medium-high heat to preheat. Place pineapple rounds on hot pan and cook 2 minutes per side, until golden brown. Remove from pan and set aside. Add shrimp to hot pan and cook according to package directions. Lift shrimp from butter sauce (discard butter sauce if desired) and cut shrimp and pineapple into 1/2" pieces.

ARRANGE four tortillas on prepared baking sheet. Top tortillas with cheese (1/2 cup each), shrimp, pineapple, roasted red peppers, and scallions. Place second tortilla on top and spray the surface with cooking spray. Cover quesadillas with foil and bake 5 minutes. Uncover and bake 5 to 7 more minutes, until cheese melts and tortillas are golden brown. Meanwhile, in a small bowl, combine sour cream, cilantro, lime zest, and garlic. Mix well.

SLICE quesadillas into wedges and serve with lime sour cream on the side.

Consumer Tip: *“I like to use sun-dried tomato tortillas for a little extra flavor.”*

CARRIBEAN COCONUT SHRIMP SALAD



Prep Time: 5 minutes. Cook Time: 12 minutes. Serves 4.

1 carton (10 oz) SeaPak® Coconut Shrimp
1 bag romaine lettuce, chopped; 1 cucumber, chopped
1/4 cup macadamia nuts, roughly chopped (if desired)
Juice of 2 limes (about 1/4 cup)
2 tbs honey; 1 tsp red wine vinegar
1/4 cup olive oil
1 packet of orange sauce (included in carton)

BAKE coconut shrimp according to package directions.

PLACE lettuce and chopped cucumber in a large bowl.

WHISK together all ingredients except the dressing in a small bowl. Pour desired amount of dressing over lettuce and toss.

PLACE lettuce mixture on serving plates. Top with cooked coconut shrimp. Sprinkle with nuts as a garnish and serve.

Consumer tip: “If you don’t have all the ingredients for the dressing, try mixing the orange sauce packet with 1/3 cup of ranch dressing. It is a little heavier than the vinaigrette but it is delicious.”

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BUTTERFLY SHRIMP SCALOPPINI



Prep Time: 3 minutes Cook Time: 12 minutes. Serves 2 - 3.

1 carton (9 oz) SeaPak® Butterfly Shrimp, frozen
1/2 cup butter
1 clove (about 1 tsp) of garlic, chopped
2 tbs lemon juice
1 tbs white wine
2 tsp capers (if desired)

PREPARE shrimp according to package directions.

MELT butter in a small skillet until simmering. Add garlic and sauté for 2 minutes stirring frequently. Add lemon juice and wine. Sauté an additional 1 to 2 minutes until mixture is bubbly.

PLACE shrimp on serving dish. Drizzle with hot butter sauce. Serve immediately.

Consumer Tip: *“A great addition to this recipe would be a thin slice of prosciutto cut into small pieces or a teaspoon of capers. Not everyone keeps those ingredients on hand, but they add a great salty note to the sauce.”*

For more great tasting recipes, visit our all-new website at SeaPak.com!

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