

Ingredients

DIPPING SAUCE

1 TSP Curry Powder

1 TBSP Honey

2 TSP Rice Vinegar

1 Orange, zested and juiced Pinch of Crushed Red Pepper

Flakes

SHRIMP

½ CUP Unsweetened Coconut, flaked

6 TBSP Panko Breadcrumbs, plain 3 TBSP Whole Grain or Whole Wheat Flour

2 Large Egg Whites

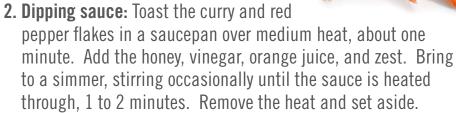
1 LB Large Shrimp, peeled (tails left on), deveined, butterflied, and patted dry

Ground Black Pepper

Makes 6-8 Servings

Directions

1. Preheat oven to 450°F. Spray a baking sheet with nonstick spray.



- **3. Shrimp:** Combine the coconut, panko, and flour in a bowl or baking dish.
- **4.** Beat the egg whites in a medium bowl until slightly frothy.
- **5.** Sprinkle the shrimp with pepper. Add the egg whites and toss to coat.
- **6.** Lift each shrimp from the egg whites, let the excess drip off the shrimp, and then coat in the crumb mixture.
- 7. Place the shrimp on the baking sheet in a single layer. Lightly spray shrimp with nonstick spray. Bake until the shrimp are golden on the outside and opaque in the center, 8 to 10 minutes. Serve with dipping sauce.

(A recipe from the kitchen of (SLR)

