



**BRAIN HEALTHY
COOKING**

Appetizer

Baked Coconut Shrimp



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.
2. **Dipping sauce:** Toast the curry and red pepper flakes in a saucepan over medium heat, about one minute. Add the honey, vinegar, orange juice, and zest. Bring to a simmer, stirring occasionally until the sauce is heated through, 1 to 2 minutes. Remove the heat and set aside.
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.

