

- APPETIZERS -

BAKED COCONUT SHRIMP

The Ingredients:

Dipping Sauce:

- 1 TSP Curry Powder
- 1 TBSP Honey
- 2 TSP Rice Vinegar
- 1 Orange, zested and juiced
- Pinch 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



preparing time
20 minutes



portion for
6-8 people



serve
hot

Cooking Steps:

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 1 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 from 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 to 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.

