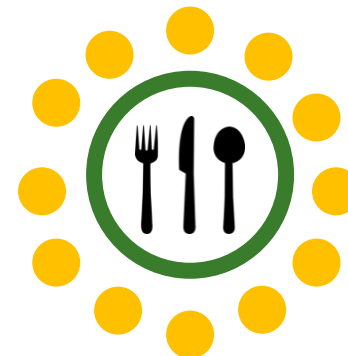


recipe of the week:

Baked Coconut Shrimp



ingredients:	directions:
1 lb. large raw shrimp, peeled and deveined	1. For the sauce, combine all the ingredients and place in a small bowl.
½ cup + 1 tbsp shredded sweetened coconut	2. Preheat oven to 425°F. Spray a non-stick baking sheet with cooking spray.
½ cup + 1 tbsp panko crumbs (or gluten-free panko)	3. Combine coconut flakes, panko crumbs and salt in a bowl.
2 tbsp all purpose or gluten-free flour (you will only use 1 tbsp)	4. Place the flour on a small dish. Whisk egg in another bowl.
1 large egg	5. Lightly season shrimp with salt. Dip the shrimp in the flour, shaking off excess, then into the egg, then in the coconut crumb mixture.
Pinch salt	6. Lay shrimp on the cookie sheet then spray the top of the shrimp with more cooking spray; bake in the middle rack for about 10 minutes. Turn shrimp over then cook another 6-7 minutes or until cooked though. Remove from oven and serve with dipping sauce.
Non-stick spray (I used my misto)	
Dipping sauce: <ul style="list-style-type: none">• ½ cup apricot preserves (sugar free if you wish)• 1 tbsp rice wine vinegar• ¼ tsp crushed red pepper flakes	

Presented by:

