



### Easy, Crispy Coconut Shrimp

24 medium, fresh Shrimp, peeled and deveined  
 1/2 Tsp garlic & herb seasoning  
 3/4 cup flour  
 2 eggs, beaten  
 1 cup shredded coconut  
 1/4 Tsp black pepper  
 Vegetable oil for frying  
 Optional: Favorite Dipping sauce

Preheat oil in a large frying pan. Sprinkle shrimp evenly with seasoning blend and pepper. Place the flour, egg and coconut in three small, separate bowls. Dip shrimp in egg first, then in flour and back into eggs a second time. Roll shrimp in coconut and press to coat completely. Carefully drop coated shrimp in hot oil, taking care not to overcrowd pan. Fry until shrimp are opaque and coconut is lightly browned, and crispy. Sprinkle with pepper. Serve immediately with your favorite dipping sauce. **Makes 4 servings.**

For more recipe ideas visit: [www.EasyFreshCooking.com](http://www.EasyFreshCooking.com)

### Pan-Fried Fish Fillets

1 1/2-2 lbs fresh fish fillets  
 1/2 Cup all-purpose flour  
 1 Egg  
 1/2 Cup fine cornmeal  
 4 Tbsp oil  
 Salt and pepper to taste

Rinse fillets thoroughly and pat dry. Dip fish in flour, first, then in egg and finally in cornmeal. Shake off any excess meal. Fry in oil until golden brown. Turn and brown other side. Total cooking time depends on size of fish. Fry 10 minutes per inch of thickness, refer to chart. Fish will flake easily when done. Serve with lemon wedges and Tartar Sauce. **Makes 4 servings.**

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### Beer-Battered Fish Fillets

**Beer Batter**  
 2 large egg yolks  
 1/2 cup dark beer  
 1/2 cup flour  
 1/2 tsp. salt  
 1/2 tsp. baking powder  
 1 lb. fresh fish fillets; Tilapia, Shrimp, Cod, Catfish  
 Juice of 1/2 lemon  
 2 Tbsp. chopped parsley  
 2 Tbsp. olive oil  
 Salt and ground pepper

Mix all beer batter ingredients together and set aside. In a shallow bowl, combine lemon juice, parsley, olive oil, salt and pepper to taste. Cut fillets in half lengthwise and place in the lemon juice mixture. Meanwhile heat oil for deep frying. Remove fillets from lemon juice mixture and dip pieces individually into batter, and then into hot oil. Cook, turning and submerging pieces in the oil until golden brown all over. Drain on paper towels before serving. **Makes 4 servings.**

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### Coconut Shrimp Wontons

1 cup shrimp, cooked & chopped  
 1 cup unsweetened flaked coconut  
 1 (3-oz) pkg cream cheese; softened  
 1 (9.75 oz) jar Crosse & Blackwell Shrimp Sauce; divided use  
 60 wonton wrappers  
 Vegetable oil  
 1/4 cup honey

1. Combine shrimp, coconut, cream cheese and 1/2 cup shrimp sauce in mixing bowl. Place about 2 tsp shrimp mixture onto one corner of one wonton wrapper; moisten edges with water. Fold in half to form triangle; press firmly to seal. Repeat with remaining wonton wrappers and shrimp mixture. 2. Pour oil into large skillet to 1/4-inch depth. Heat over high heat for 1-minute. Fry wontons for about 30-seconds on each side or until lightly golden brown. Remove from skillet; drain. 3. Combine remaining shrimp sauce and honey in small bowl. Serve with wontons. **Makes 60 appetizers.**

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### Nutrition Facts:

Serving Size 4oz. Raw, without added fat, salt or sauces.  
 \*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Total Carb. 0 g • Dietary Fiber 0 g • Sugars 0g • Vitamin A 0% • Vitamin C 0% • Calcium 0%

	Calories from Fat	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Potassium	Protein	Vitamin A	Vitamin C	Calcium	Iron	
	(g)		(g)	(g)	(mg)	(mg)	(mg)	(g)	(%)	(%)	(%)	(%)	
Crabster Fillet Ready	118	32	4g	0%	1g	0%	69mg	23%	64mg	3%	391mg	11%	2%
Spicy Pan Ready	120	18	2g	3%	1g	2%	172mg	37%	150mg	7%	213mg	6%	4%
Flounder Pan Ready	103	12	1g	2%	1g	2%	54mg	18%	52mg	4%	400mg	12%	2%
Flounder Fillet Seta	103	12	1g	2%	1g	2%	54mg	18%	52mg	4%	400mg	12%	2%
Catfish Fillet	153	77	9g	13%	2g	10%	53mg	18%	60mg	3%	339mg	10%	1%
Rainbow Trout Fillet	168	66	8g	12%	1g	7%	66mg	22%	59mg	2%	400mg	12%	5%
Whitefish Fillet	152	60	7g	10%	1g	5%	68mg	23%	53mg	2%	300mg	10%	2%

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