

Opt for shrimp on the barbie -- and a splash of lime

Aside from overcooking, it's hard to go wrong with shrimp.

Whether you broil, grill, stir- or deep-fry them, the briny, fresh taste of shrimp makes a savory spring or summer meal that cooks quickly and pairs well with crisp salads and easy-to-drink sweet white wines.

Take a simple approach, tossing the shrimp with just olive oil, kosher salt and freshly ground black pepper. Or reach for complex flavors, dousing them in a blend of melted ghee and curry powder.

This recipe for shrimp marinated in coconut milk and lime juice has a tropical taste. But if you would rather skip the coconut milk, follow the recipe using just the lime juice and a bit of tequila for a margarita-inspired dish.

Very large shrimp are the easiest to grill. And premium specimens can taste almost like lobster. But these can be pricey. Smaller shrimp can be substituted, but you might need to reduce the cooking time.

Smaller shrimp are easiest to grill when skewered. Bamboo skewers are inexpensive. Just soak them in water for about 30 minutes before they go on the grill (this prevents the skewers from burning).

Just remember, whatever your cooking technique, shrimp cook very quickly. As soon as the meat is solid white or the shells are pink, they are done. Large shrimp need 1 to 2 minutes per side. Smaller shrimp can take less than a minute.

Coconut Lime Shrimp

Start to finish: 30 minutes

Vegetable cooking spray

Use a fine grater or zester to remove and reserve the zest of 1 lime. Juice all the limes (about 1/8 cup juice).

Place the shrimp in a large, zippered plastic bag. Add the coconut milk and three-quarters of the lime juice, then seal the bag and gently shake to coat the shrimp. Refrigerate for 15 minutes.

Meanwhile, in a food processor, combine the lime zest, kosher salt and black pepper. Pulse until the zest, salt and pepper are well blended. Transfer to a small bowl and set aside.

In a small, dry skillet over medium-low heat, lightly toast the coconut flakes. As soon as the coconut begins to brown, remove it from the heat. Set aside.

Generously coat a grill grate with cooking spray and heat over medium-high. Alternatively, set a grill pan over medium-high heat and coat with cooking spray just before you are ready to cook.

Remove the shrimp from the marinade, discarding the marinade. Place the shrimp on the grill or grill pan and cook for 1 to 2 minutes per side, or until the exteriors are pink and the centers are opaque white.

While the shrimp are still on the grill, drizzle them with the remaining lime juice.

Transfer the shrimp to serving plates, then lightly sprinkle them with the salt-lime zest mixture, then with a bit of toasted coconut.

Makes 4 servings.

Nutrition information per serving: 330 calories (92 calories from fat), 10 grams fat (6 grams saturated); 388 milligrams cholesterol, 52 grams protein, 4 grams carbohydrates, 1 gram dietary fiber, 672 milligrams sodium.

Human life in every stage of the need for adequate nutrition. Pregnant women and nursing mothers need extra intake of nutrients to maintain the required period of pregnancy and lactation. Babies in the growth and development of the necessary calories and nutrients, adequate nutrition of children and young people can grow up healthy, learning ability is also higher. Young people and adults also need balanced nutrition to maintain good health and disease prevention.

To achieve adequate nutrition, we should have a better understanding of the source of nutrition and functions. Nutrition Information Enquiry System is an online search of the database include public concern and interest to the general common food nutrition information. The system provided by the information should not be used for commercial purposes, the use of personal reference for viewers to choose when to make healthy food choices.

About the Author

From www.pittsburghlive.com:

Random images that represent what Food and Nutrition Information Center offers. nutrition education , nutrition information , nutrition.

To help you further, we've provided here useful links to Pizza Hut nutritional information so you can make informed choices.

Featuring information on the new food pyramid, its 12 models geared to different people. Also online tools, and dietary.

Losing weight is morethan just cutting back on calories. Most experts agree that eating a variety of healthy foods in combination with exercising.

A lot of confusing information about nutrition gets batted about in the media and on the Web. The Nutrition Source will cut through.

For flavor profiles and nutrition information, please select the beverage. Nutritional information is calculated based on Starbucks standardized.

Providing information on sports nutrition, vitamin and mineral formulations, nutrition facts, weight loss, and organic.

Find nutrition facts, including food labels, calories, nutritional information and analysis that helps promote healthy eating by telling you about the foods.

Source: <http://productsherbal.com>