

Baked Coconut Shrimp

Ingredients:

- ½ cup cornstarch
- ½ to 1 tsp ground red pepper
- ¼ tsp salt
- 1 tbsp honey
- 1 tbsp lime juice
- 3 egg whites
- 1 cup shredded coconut flakes
- 1 ½ lbs large raw shrimp, peeled and deveined, rinsed and patted dry OR you can use pre-cooked shrimp peeled with tails off.
- cooking spray



Making it:

1. Preheat oven to 425 degrees.
2. Spray a large baking sheet with butter flavored cooking spray.
3. In a small bowl combine cornstarch, pepper and salt.
4. In a small microwave safe dish heat up honey approximately 30-45 seconds (careful not to overheat).
5. Add lime juice to honey and stir.
6. Slowly add in egg whites and continue to stir.
7. Place coconut in a thin layer on a plate.
8. Take each shrimp and first dip it into cornstarch mixture then in egg white mixture and finally roll in the coconut then place on very greased baking sheet.
9. Bake 10-15 minutes or until shrimp is pink and the coconut is lightly toasted. Cooking time will be less with pre-cooked shrimp.

Tips and Hints:

- Serve with Hawaiian rice and grilled vegetables for a truly tropical meal.
- To unthaw frozen shrimp quickly, place bag of shrimp in sink full of cold water. Keep around 4^o C.
- After unthawing, open bag and place shrimp on plate lined with several sheets of paper towel. Pat dry with additional paper towels.
- In a pinch you can toss ingredients 2-6 in a blender, blend, pour into a bowl and dip the shrimp in before the coconut. Work fine, just requires a slightly more delicate handling.

NUTRITION FACTS

Servings: ~12
 Serving Size: 6-8 shrimp

Total Calories	111
Carbohydrate	8 g
Total Fat	3 g
Protein	13 g
Fiber	0 g

Prep Time: 30-45
 Cook Time: 15-20