

Add Sizzle to Quick Meals with Shrimp in a Can

It's a misconception that shrimp can be found only at the seafood counter or in the frozen food aisle at the supermarket; in fact, budget-friendly shrimp can be found in the canned food aisle, along with other great canned seafood choices. Canned shrimp is rich in lean protein and is a heart-healthy ingredient for quick meals.

In general, **eating seafood twice a week can reduce the risk of dying from heart disease by about 36 percent.**¹ An estimated 50,000 people already avoid stroke or heart disease each year, just by eating seafood as recommended.²

Shrimp contains several important nutrients which are not found in many other foods:

- **Selenium** – An antioxidant that helps bolster the immune system
- **Zinc** – Important for immunity and to prevent feelings of fatigue; many women don't get enough zinc unless they eat adequate amounts of red meat
- **Vitamin D** – Helps maintain strong bones and ward off diseases including osteoporosis and diabetes

Canned shrimp is also packed with lean protein: one 3-ounce serving contains 15 grams of protein. The 2015 Dietary Guidelines for Americans **recommend that Americans eat seafood at least twice a week.**³

Unlike seafood found at the seafood counter or in the frozen food aisle, shrimp from a can does not need to be cooked or thawed. **Just open the can and enjoy the possibilities:**

Add zip to yogurt-based dips – More of us are snacking our way through the day. To stave off hunger, stir together a dip using low-fat plain yogurt, herbs, and canned shrimp. Serve with crunchy veggie dippers or whole grain crackers.

Spice it up – Top a sandwich with canned shrimp and a tablespoon of your favorite spicy barbeque sauce. Or make a rice bowl with lots of veggies, canned shrimp and Sriracha sauce.

Update the classics – Instead of a pot of potato chowder, add shrimp for protein and make it a spicy seafood chowder. Or, swap steak salad out of the menu, and instead top greens with budget-friendly canned shrimp and bold blue cheese.



¹Mozaffarian D, Rimm EB. Fish intake, contaminants, and human health: evaluating the risks and the benefits. JAMA. 2006;296:1885-99. And Fish: Friend or Foe? Fears of contaminants make many unnecessarily shy away from fish. <http://www.hsph.harvard.edu/nutritionsource/fish/>

²FDA, Quantitative Assessment of the Net Effects on Fetal Neurodevelopment from Eating Commercial Fish (As Measured by IQ and also by Early Age Verbal Development in Children).: <http://www.fda.gov/Food/FoodborneIllnessContaminants/Metals/ucm393211.htm>

³U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015 – 2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>.



Shrimp in a Can *continued*

Creamy Tomato Basil Soup with Shrimp

Ingredients:

- 3 tablespoons olive oil
- 2 small red onions, chopped
- 3 cloves garlic, minced
- 1 (28-ounce) can crushed tomatoes
- 4 cups low sodium chicken stock
- 1/2 tablespoon black pepper
- 3 (4-ounce) cans Chicken of the Sea® Shrimp (any size shrimp), drained
- 1 cup heavy cream
- Parmigiano-Reggiano cheese (garnish)
- 1 bunch basil, torn into small bite-size pieces

Directions:

1. In a large pot, heat the oil over medium-low heat. Once hot, add the onions and cook, stirring occasionally, until soft and starting to turn golden brown, 8 to 10 minutes. Add the garlic and cook for 1 more minute, stirring to avoid burning the garlic.
2. Stir the tomatoes, chicken stock, salt and black pepper into the onion mixture.
3. Bring the soup to a boil, then lower heat to a simmer, cook for at least 15 minutes.
4. For a thinner soup, purée the ingredients in a blender and return to pot. For a chunkier soup leave as-is and continue.
5. Add the shrimp and stir in the cream. Let simmer for 15 minutes.
6. Using a ladle, portion the soup into bowls and top with the cheese and basil.
7. Serve over brown rice.

TOTAL TIME:
45 MINUTES

SERVINGS:
10

NUTRITION:

Calories 270
Fat 16g
Protein 14g
Carbs 19g
Sodium 570mg
Sugar 9g



Recipe provided by Chicken of the Sea®

Shrimp Avocado Appetizer

Ingredients:

- 4 (4-ounce) cans Chicken of the Sea® Small Deveined Shrimp, drained
- 2 tomatoes, chopped
- 2 avocados, seeded, peeled, and cubed
- 1 small sweet onion, chopped
- 2 tablespoons lime juice
- Salt and pepper to taste
- Crackers (optional)
- Endive leaves (optional)

Directions:

1. In a large bowl, combine all the ingredients and mix well.
2. Cover the bowl and chill for 30 minutes or up to 24 hours.
3. Serve this appetizer in small bowls or glasses, or on crackers or endive leaves.

TOTAL TIME:
10 MINUTES

SERVINGS:
8

NUTRITION:

Calories 140
Fat 8g
Protein 11g
Carbs 8g
Sodium 310mg
Sugar 2g



Recipe provided by Chicken of the Sea®

