

# Shrimp salad sensational summer supper

Look out Charlie the Tuna, you've got shellfish on your tail. Americans eat hundreds of thousands of tons of shrimp each year in the U.S., making it the second most popular seafood behind tuna. Other shellfish among the top ten seafood include clams, crabs, and scallops.

One reason behind shellfish's popularity is surely its great nutritional profile. Laboratory measurements show that shellfish is not as high in cholesterol as you once thought. Shellfish are also rich in the omega-3 fatty acids that have been linked to a host of health benefits, including reduced incidence of cancer and heart attacks. When they are steamed, grilled, broiled, or baked, shellfish are exceptionally low in total fat, and especially artery-clogging saturated fat. Of course, you can still find a lot of added fat in shellfish dishes when they are fried, stuffed or made with a high-fat sauce.

The keys to enjoying shellfish are picking the freshest varieties available and cooking it properly to avoid the risk of foodborne illness. Most shrimp and scallops are frozen immediately after harvesting. Once thawed, they

should look firm, bright and shiny, and have no strong smell. When buying clams, mussels and oysters, make sure their shells are closed tight, which indicates they're still alive.

Shellfish features a light, delicate flavor and texture, and tastes its best when prepared simply. That's good news for cooks who don't want to spend a lot of time in a hot kitchen this summer.

Why not throw some shrimp on the grill? Simply slip them on skewers, baste with a low-fat sauce made of lemon juice, honey, and ginger, and grill over high heat until they turn pink (about three to five minutes). Cooking them in the microwave is even easier. Simply mix the shrimp with lemon juice, garlic and white wine and cook for about two minutes.

Fresh boiled lobster tastes so rich and sweet there's no need to add butter, sauce or seasoning. Boil the lobster until it is bright red, about five to six minutes per pound. Start the timer when the water has just come back to a boil after the lobster has been added.

Pasta with scallops is the perfect choice for a quick, light summer meal. Sauté the scallops in a bit of white wine or chicken broth until they are milky white and firm (three to four minutes); set aside. In a medium sauté pan, sauté minced green peppers, shallots, celery and tomatoes in a bit of olive oil seasoned with garlic and rosemary. When the vegetables are just tender, add the cooked scallops and simmer for about three minutes, until the entire mixture is heated through and the tomatoes have cooked down. Serve the seafood sauce over fettuccine or linguine, and garnish with a sprinkling of minced Italian parsley.

The base of this tasty seafood salad is cabbage, a cruciferous vegetable that's a good source of vitamin C. For easy preparation, chop the vegetables in a food processor while the shrimp are marinating.

## LEMON-LIME SHRIMP SALAD

1 clove garlic  
3 tablespoons lemon juice  
1 tablespoon hoisin sauce  
1/8 teaspoon red pepper flakes  
Pinch of white pepper  
1 pound medium peeled

tions for getting started — "read the whole recipe before you start," suggestions for useful packaged foods to have on hand, how to "Convert a dish for a carnivore into one for a vegetarian," and what do to if you only have one pot.

"Kevin said the book is like having your mother in the kitchen. But you can close the book, and not have to deal with her," said Nancy. "It's written in his language."

This cookbook is anything but something for old fogies. There aren't any beautiful pictures of what your finished product should look like, but there are references to movies, TV shows, Led Zeppelin, and other things you'll relate to.

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Newlyweds will appreciate it too. In fact, reading this book might lead to marriage.

"My son is married to a vegetarian," said Nancy. They were dating while Kevin was learning how to cook, and writing the book. "He does all the cooking, and she proposed to him. She's in medical school and doesn't have time to cook. He's gotten very confident in the kitchen, and does the grocery shopping too."

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Preheat the broiler. Make sure the top oven rack is in the highest position, just under the broiling unit.

If you have metal or bamboo skewers, thread the chicken strips onto the skewers and lay the skewers on the baking sheet. If you don't have skewers, place the chicken in a single layer on a baking sheet. Discard the marinade.

Broil the chicken 3 to 4 minutes

Cut the chicken into strips 1/2 inch wide and 2 inches long. Add the chicken to the bowl and marinate in the refrigerator for 1 to 2 hours so the flavors penetrate the chicken. If you're in a hurry, you can marinate the chicken for just 15 minutes. It won't be quite so tasty, but it will have more flavor than if you hadn't bothered at all.

Place one of the oven racks in the middle position, and preheat the oven to 350 degrees F.

To save time on cleanup, I cook and bake in the same container.

Place a metal — glass — pie pan on a stove burner over low heat.

Melt the butter or margarine right in the pan. As soon as it's melted, turn off the heat.

Add the two sugars and stir thoroughly. Add the egg, vanilla, flour, baking powder and salt and stir until well combined. Mix in the chocolate chips so they are well distributed.

Bake for 30 minutes, or until the

chicken is browned and the juices run clear.

Let the chicken cool for 10 minutes.

Break the chicken into bite-size pieces.

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