

19 Shrimp Recipes for Easy Family Meals (eHow Easy Recipes Kindle Book Series)



Learn how to make quick and easy shrimp dishes for your family with *Shrimp: 19 Recipes for Easy Family Meals*. Everyone loves to eat shrimp and now you can make a variety of easy recipes, including salads, side dishes, and main dishes. Author Dana Carpenter provides an introduction, interesting facts, nutritional info, and how to choose and prepare, before showing you what you can do with this healthy and nutritional food. Excerpt from the Book: The most popular seafood in America, shrimp can be found in abundance on most every coast, though the South Atlantic and Gulf Coast are the richest shrimp grounds. There are over 300 species of shrimp in the world. The most popular here in the U.S. are Gulf shrimp, tiger shrimp, and coldwater shrimp, along with farm-raised and imported varieties. Each has its own unique, color, texture, and taste, derived mainly from the environment in which they live. Wild shrimp tend to have thicker shells and a richer flavor compared to their farm raised brethren. Small and rather unassuming little creatures, shrimp are packed with surprising nutrition. Their meat is low in saturated fat and calories, and, of course, high in protein. Shrimp are a good source of Vitamin B12, niacin, iron, and zinc.

Table of Contents: Introduction Choosing Shrimp Recipes Appetizers Salads Side Dish About the Author: Best-selling author Dana Carpenter was startled to discover that limiting her carbohydrate intake not only helped her control her weight, but produced the health and vitality a low fat diet had promised but never delivered. Years later, she laughs at people who say You cant eat that way long-term. Her cookbooks are the result of her realization that the key to permanent dietary change is the answer to the age-old question, Whats for supper? She is the author of six cookbooks, including the

national bestseller *500 Low-Carb Recipes*. She is also the author of *500 Paleo Recipes*, and *How I Gave Up My Low-Fat Diet and Lost 40 Pounds*. Her books have sold over a million copies worldwide. Previously a syndicated national columnist, Dana is now managing editor of CarbSmart.com, and tries to keep up with her blog at HoldTheToast.com. Dana lives in Bloomington, Indiana with her husband and a menagerie of pets, all of whom are well and healthily fed.

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