

BAKED COCONUT SHRIMP



INGREDIENTS:

- 1/2 cup Panko breadcrumbs
- 1/4 cup cornstarch
- 1/2 cup egg whites
- 1/2 cup unsweetened shredded coconut
- 1/2 lb peeled shrimp

Sauce

- 1/4 cup crushed pineapple
- 1/2 tsp diced jalapeno pepper
- 1 tsp lime juice
- 3 tsp chopped cilantro or green onion

DIRECTIONS:

- 1) Combine lime juice, jalapeno pepper, cilantro, and pineapple in a small bowl and mix well.
- 2) Preheat oven to 400 degrees and spray baking sheet with non-stick spray or line with parchment paper.
- 3) In a bowl, beat egg whites until frothy.
- 4) Place cornstarch and coconut on two separate plates. Hold shrimp by the tail and dip and coat the shrimp with cornstarch.
- 5) Dip the shrimp in the egg whites and finally in the coconut, coating it well.
- 6) Place shrimp on the cookie sheet and bake for 15-17 minutes or until coconut is a golden brown.
- 7) Turn once halfway through to brown both sides.

Optional: Turn oven on broil for the last 1-2 minutes to make sure it gets a little crunch to it.

Serve with pineapple dipping sauce.

Enjoy!

1 serving = 8-10 shrimp with 1/4 cup dipping sauce
Calories: | Protein: gm | Carbs: gm | Fat: gm