

Easy Coconut Shrimp

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Yield: 2 dozen

1 1/4 cups all-purpose flour

1/4 teaspoon seafood seasoning

1 large egg, beaten

3/4 cup pineapple juice

1 package (14 ounce)

sweetened shredded coconut

1 pound large shrimp,

peeled and deveined

oil for deep-fat frying

apricot preserves (optional)

In a bowl, combine the flour, seasoning, egg and juice until smooth. In another bowl, place the coconut. Dip the shrimp into the batter, then coat with coconut.

In an electric skillet or deep fat fryer, heat the oil to 375 degrees.

Fry the shrimp, a few at a time, until golden brown, about 1-1/2 minutes, turning occasionally. Drain on paper towels.

If desired, serve with apricot preserves or other dipping sauces.

Per Serving (excluding unknown items): 1229 Calories; 14g Fat (10.9% calories from fat); 115g Protein; 149g Carbohydrate; 4g Dietary Fiber; 902mg Cholesterol; 747mg Sodium. Exchanges: 8 Grain(Starch); 14 Lean Meat; 1 1/2 Fruit; 1/2 Fat.