1. Shrimp Monterey

For a special occasion or when company’s coming, this delicious seafood dish makes a lasting impression. You’ll be surprised at how fast you can prepare it. A mild, fresh-tasting sauce and the Monterey Jack cheese nicely complement the shrimp, I serve it over pasta or rice.

2. Southern Shrimp and Grits

A southern specialty, sometimes called breakfast shrimp, this dish tastes great for brunch or dinner, and anytime company’s coming. It’s down-home comfort food at its finest.

3. Shrimp Tostadas with Avocado Salsa

Try this quick and easy entrée for a fun, different Southwest meal idea. A splash of lime in the black beans balances the rich avocado salsa and shrimp.

4. Popcorn Shrimp Tacos with Cabbage Slaw

I love combining classic flavors in new ways. This healthy recipe combines crispy popcorn shrimp and tacos! It’s one of my family’s favorites. To make the tacos lower in carbs, use lettuce instead of tortillas.

5. Grilled Chorizo and Shrimp Paella

This shrimp paella recipe is not only healthy but satisfying, too! It has vitamin C from the sweet red pepper, fiber from the rice, and lean protein from the chicken sausage.

6. Spinach and Shrimp Fra Diavolo

This quick shrimp fra diavolo is spicy, garlicky, saucy and loaded with delicious shrimp. Plus, with the addition of spinach, you’re also getting a serving of veggies. When you need a perfect low-fat weeknight meal that is easy to pull together, this is it. You can substitute arugula or kale for the spinach if you'd like.