

ZESTY OVEN BARBECUED SHRIMP

Remove from freezer and place in refrigerator 24 hours to thaw.

Preheat oven to 400°F. Place butter on a shallow roasting pan and place in oven 1-2 minutes, or until butter is melted. Add shrimp to pan, then pour sauce over. Stir to coat shrimp. Bake, uncovered, for 20 minutes or until shrimp are opaque, stirring occasionally. Discard bay leaves.

DATE FROZEN: _____

PECAN CRUSTED TILAPIA

Remove from freezer and place in refrigerator 24 hours to thaw.

Preheat oven to 375°F. Spray a baking sheet with nonstick cooking spray, or line with foil and coat foil. Lay tilapia fillets on pan and bake, uncovered, 15-20 minutes, or until fish flakes easily with a fork. Since ovens vary, cooking times may need adjustment.

DATE FROZEN: _____

BREADED RANCH TILAPIA

Remove from freezer and place in refrigerator 24 hours to thaw.

Preheat oven to 375°F. Spray a baking sheet with nonstick cooking spray, or line with foil and coat foil. Lay tilapia fillets on pan and bake, uncovered, 15-20 minutes, or until fish flakes easily with a fork. Since ovens vary, cooking times may need adjustment.

DATE FROZEN: _____

HERB BAKED TILAPIA

Remove from freezer and place in refrigerator 24 hours to thaw

Preheat oven to 375°F. Spray a baking sheet with nonstick cooking spray, or line with foil and coat foil. Lay tilapia fillets on pan and bake, uncovered, 15-20 minutes, or until fish flakes easily with a fork. Since ovens vary, cooking times may need adjustment. .

DATE FROZEN: _____

TILAPIA CALYPSO

Remove from freezer and place in refrigerator 24 hours to thaw.

Preheat oven to 375°F. Spray a baking sheet with nonstick cooking spray, or line with foil and coat foil. Lay tilapia fillets on pan and bake, uncovered, 15-20 minutes, or until fish flakes easily with a fork. Since ovens vary, cooking times may need adjustment.

DATE FROZEN: _____

TILAPIA VERA CRUZ

Remove from freezer and place in refrigerator 24 hours to thaw.

Cover a broiler pan with foil and spray with nonstick cooking spray. Lay fillets on foil; season with spices if necessary. Broil on high for 3-5 minutes per side, turning once, or until fish flakes easily with a fork. Serve with Vera Cruz salsa (warm or room temperature).

DATE FROZEN: _____

PARMESAN BAKED CATFISH

Remove from freezer and place in refrigerator 24 hours to thaw.

Preheat oven to 400°F. Spray a 9 x 13 baking pan with nonstick cooking spray. Lay fillets in pan and bake, uncovered, for 10-15 minutes, or until fish flakes easily with a fork.

DATE FROZEN: _____

BAKED SALMON FILLET IN PUFF PASTRY

Do Not Thaw.

Preheat oven to 350°F. Bake, uncovered, for 60 minutes or until pastry is golden brown.

DATE FROZEN: _____

ORANGE KISSED SALMON w/VEGETABLES

Remove from freezer and place in refrigerator 24 hours to thaw.

Preheat oven to 375°F. Lay foil packets on a cookie sheet or baking sheet. Bake for 40-45 minutes. Carrots should be tender, and fish should flake easily with a fork.

Use caution when opening packets -- open slowly to allow steam to escape.

DATE FROZEN: _____

ORANGE GLAZED SALMON

Remove from freezer and place in refrigerator 24 hours to thaw.

Sprinkle seasoning mixture over both sides of salmon filets. Heat oil in a nonstick skillet over medium-high heat. Add salmon and cook 3-4 minutes; turn and cook an additional 2-3 minutes. Stir sauce to mix, and add to pan, basting fish with the sauce.

DATE FROZEN: _____

IT'S-NOT-YOUR-MOTHER'S TUNA CASSEROLE

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 350°F. Bake, uncovered, for 30 to 40 minutes or until heated through.

DATE FROZEN: _____

SEASIDE SHORTCAKES

Remove from freezer and place in refrigerator 24 hours to thaw.

If using frozen biscuits, bake as directed. Pour Alfredo mixture into a large saucepan and heat over medium heat 8 to 10 minutes, or until heated through. Split cooked biscuits and spoon seafood mixture over. Top with Cheddar cheese and chives.

DATE FROZEN: _____

HOT CRAB DIP

Remove from freezer and place in refrigerator 24 hours to thaw.

Preheat oven to 325°F. Bake, uncovered, for 30-45 minutes or until heated through.

DATE FROZEN: _____

SOUTHERN CRAB CAKES

Remove from freezer and place in refrigerator 24 hours to thaw.

Heat 1-2 Tbsp. oil in nonstick skillet over medium-high heat. Add crab cakes and pan-fry 8 to 10 minutes, turning once, or until browned.

DATE FROZEN: _____