**Shrimp**

**Local Catch**

- Like catfish, shrimp play an important role in Louisiana’s food culture and tradition. Some classic Louisiana shrimp dishes include shrimp & grits, shrimp étouffée, and New Orleans barbecued shrimp.
- There is an entire festival dedicated to shrimp each year in Delcambre, LA that features a shrimp cook-off, food booths, and carnival rides.
- Louisiana leads the nation in shrimp harvests, which can hit the Louisiana docks to the tune of 120 million pounds in a good year.

**Make It**

**Citrus Shrimp Tacos**

**Ingredients:**
- 1/2 cup diced orange
- 1/2 cup diced pineapple
- 1 Tbsp minced cilantro
- 3/4 pounds peeled, deveined shrimp
- 1 Tbsp orange juice
- 1 Tbsp lime juice
- 1 tsp seafood seasoning
- 1 Tbsp olive oil
- 1 red bell pepper, seeded, thinly sliced
- 1 onion, thinly sliced
- 1 cup thinly sliced cabbage
- 1 cup minced garlic
- 1 (15 oz.) can black beans, drained, rinsed
- 4 whole wheat tortillas
- 1 avocado, diced

**Directions:**
1. Mix oranges, pineapple and cilantro in a small bowl. Set aside.
2. Marinate the shrimp in orange juice, lime juice and seafood seasoning in the refrigerator for 30 minutes.
3. Heat oil in large nonstick skillet over medium heat; add pepper and onion. Cook for 4 minutes, or until slightly softened.
4. Add cabbage and garlic, cook for 5 minutes, or until onions are translucent. Add shrimp and beans, cook for 4-6 minutes. Remove from heat.
5. Fill each tortilla with shrimp/vegetable mixture, avocado and pineapple-orange salsa.

Recipe developed by Produce for Kids

**Fun Facts!**

Shrimp come in many different shapes and sizes. Although the term “shrimp” suggests these critters are small in size, some shrimp can grow up to 12 inches long!

Shrimp color can vary one species to another and can be influenced by age, harvest season, or diet.

Raw shrimp range in color from white and light gray to blue and dark gray. Some species like the invasive tiger shrimp even have black stripes on their shells. However, all shrimp turn a pinkish color when cooked.

Shrimp can live in both fresh and saltwater and survive on a diet of algae, plankton, and other small plant and animal matter.

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**Did You Know?**

Shrimp are capable of producing a large number of offspring at once. In fact, some female shrimp can lay up to a million eggs in a single mating season. This high-volume reproduction is crucial due to the relatively short lifespan of shrimp.

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