



FRUIT FACT

A coconut is not a nut. It's a one-seeded drupe, which is a stone fruit like peaches, cherries, and apricots.

WARNING!
Ask an adult's permission before using the oven.

Bake up coconut crumb shrimp

Ingredients

- 2 eggs
- 1 cup unsweetened coconut flakes
- ½ cup panko breadcrumbs
- 2 tablespoons canola oil
- ¾ cup flour
- 1 teaspoon lime zest
- 1 teaspoon kosher salt
- ¼ teaspoon black pepper
- 24 raw peeled and deveined jumbo shrimp
- Thai-style sweet chili sauce, for serving

Instructions

1. Heat oven to 425° F. Line a baking sheet with parchment paper.
2. Whisk the eggs together in a small bowl. In another bowl, combine the coconut flakes and panko. Add the oil and toss to coat evenly. In a third bowl, stir together the flour, lime zest, salt, and pepper.
3. Coat each piece of shrimp by first tossing it in the flour, then egg, and finally in the coconut mixture, taking care to cover the shrimp completely with the contents of each bowl. Place on the baking sheet and repeat with the remaining shrimp, spacing them evenly.
4. Bake the shrimp for about 15 minutes, flipping them halfway, until cooked through and the outer coating is golden in most spots. Serve immediately with chili sauce for dipping. Makes about 4–6 servings.



ECO TIP OF THE WEEK CREATE A CORNER FOR WILDLIFE

“No Mow May” is a catchy name for a movement to avoid mowing lawns in the month of May. This helps to preserve long grasses as a habitat for grasshoppers and other insects. It also preserves lawn flowers, such as dandelions and clover, for early-season pollinators like bees and butterflies. Talk to your family about not mowing the lawn, or leaving a section unmowed, and about what other steps you can take outside your home to protect wildlife. For example, you could discuss converting a patch of lawn into a “wild corner” of pollinator-friendly plants such as lavender, milkweed, and black-eyed Susans.



Attract pollinators.