





## CAPTAIN DAN'S SHRIMP IN PIRATE SHIPS

Captain Dan can sail anywhere in Bunnytown with these creative, edible pirate ships! Full of protein and low in fat, your preschoolers will love gobbling down every last part of the ship – from the sail to the hull!



### Ingredients:

-  12 ounces medium shrimp, peeled and de-veined
-  3 medium zucchinis or Mexican summer squash, halved lengthwise
-  ½ cup pre-prepared marinara sauce
-  3 whole-wheat tortillas



### Directions:

1. Preheat oven to 350°.
2. Spray a 9X13 baking dish with olive oil cooking spray and set aside.
3. Using a spoon, scrape out centers of zucchini to make a cavity about ½-inch deep.
4. Spoon marinara sauce into cavities in “zucchini boats.”
5. Arrange shrimp inside zucchini boats and place the boats in the baking dish.
6. Bake for 20 minutes, or until shrimp is cooked through.
7. Meanwhile, make the “sails” by cutting each tortilla into two triangular sail shapes. Spray lightly with olive oil cooking spray on both sides and place on a baking or cooling rack.
8. Place rack in oven and bake until sails are crisp, about 5 minutes.
9. When shrimp is cooked, remove from oven and insert a sail into each boat.

Makes 6 servings.

**REMINDER TO SELF:** Ask parents if children have any food allergies!

