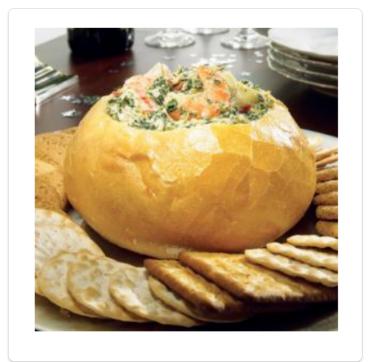


SHRIMP, ARTICHOKE, & SPINACH DIP

Spinach and artichoke dip is an all-time favorite for many. Adding SeaPak shrimp to the mix only makes it better.

Yield: 4



INGREDIENTS

1 pk.	12 oz SeaPak Shrimp Scampi, frozen
1 Unit	8.5 oz can artichokes, quartered and well drained
1 pk.	9 oz carton spinach, frozen
1/4 C	Italian bread crumbs
3 tbsp.	Sour cream
3 tbsp.	pre-cooked bacon crumbles (3 slices of bacon cooked and crumbled)
1 C	Parmesan Cheese
	Crackers

DIRECTIONS

- Defrost spinach in microwave according to package directions and drain well.
- Heat large skillet for 1 minute on medium high. Add shrimp and sauté for 7 minutes.
- Add artichokes, spinach, bread crumbs, sour cream, bacon crumbles and cheese to the skillet with shrimp.
- 4 Stir well to incorporate all ingredients. Cook an additional 3 minutes or until cheese is melted and shrimp is fully cooked.
- Pour mixture into serving dish and serve with crackers.