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How to Prepare Marinated Grilled Shrimp and Health Benefits of Seafood by [Makjones](#)

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There are many people who are very fond of Shrimp and want to make its different preparations. Here is an easy way to prepare Marinated Grilled Shrimp:

First you will have to buy either fresh or frozen raw Shrimp. It is advisable not to buy pre-cooked because you will be cooking it on grill. Further, it is recommended to buy large or extra large shrimp for grilling purposes.

Secondly you will have to clean and de-vein the Shrimp. All you have to do is to remove the outer shell and legs under cold running water. Then make a small incision on the center back of the shrimp and remove the black vein gently and finally rinse them properly.

Thirdly drain all the excess water and pat dry the Shrimp with paper towel or napkin.

Cover them and keep in the refrigerator.

Then choose you favorite marinated grilled shrimp recipe and prepare the marinade using all the ingredients mentioned in the recipe.

Then take out the Shrimp, remove the cover and pour the marinade over shrimp and mix well so that they get completely coated. The again cover the vessel and place it in the refrigerator for approximately one hour and finally grill them according to the instructions given in the recipe and enjoy the Marinated Grilled Shrimp.

Fatty acids are really important nutrient required by our body but the fact is that our body produces small amount of these fatty acids and therefore, we have to depend on other sources in order to get this essential nutrient. One of the best sources of fatty acids is Seafood. Actually, the second major component in most of the seafood is oil. It is a healthy practice to eat Seafood at least once or twice a week because they provide great health benefits. By eating seafood recipes you can get the required dose of essential oils. Moreover, you can get the oils extracted from seafood in the form of nutritional supplements.

Oil component in Seafood help in preventing many diseases like asthma, bipolar disorder, Alzheimerâ€™s disease, arteriosclerosis, bronchitis, heart diseases, cancer and many more. The also reduce the risk of heart diseases, rheumatoid arthritis and high blood pressure. The oils in Seafood are also beneficial for infantâ€™s brain and eye development.

Thus, you can prepare marinated grilled Shrimp very easily by searching a good recipe on the internet and also enjoy the benefits of the nutrition provided by the Seafood.

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Mak Jones who is a chef has vast knowledge on a [shrimp](#) . For more information on a [seafood](#)

[recipes](#) he suggest to visit a <http://getmainelobster.com/>

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