

6 INGREDIENT SHEET PAN SHRIMP DINNER

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 4 (Serving = 4 ounces of shrimp and 1/2 cup vegetables)

Nutrition (per serving)

Calories: 180

Total Fat: 7 g

Saturated Fat: 1 g

Sodium: 230 mg

Total Carbohydrate: 4 g

Dietary Fiber: 1 g

Total Sugars: 1 g



Ingredients

- 1 pound raw jumbo shrimp, peeled and deveined, thawed
- 2 cups broccolini
- 1 tablespoon lemon juice
- 4 large cloves of garlic, minced
- 2 tablespoons olive oil
- Everything bagel seasoning, to taste

**Other recommended vegetables: small broccoli florets, asparagus, zucchini, yellow squash, cherry tomatoes, peppers, or a combination*

**Other recommended seasonings: Italian seasoning, red pepper flakes, cumin, garlic powder, salt, and pepper*

Directions

1. Preheat oven to 425 degrees.
2. In a large bowl, combine shrimp and vegetables.
3. To shrimp and vegetables, add lemon juice, garlic, and olive oil. Stir until everything is coated.
4. Cover a large baking sheet with foil. Spread out shrimp and vegetables in a single layer on baking sheet.
5. Sprinkle shrimp and vegetables with seasoning.
6. Bake for 12 minutes, or until shrimp are pink and vegetables are warmed through.

**Optional but recommended: Serve with microwavable brown rice and sliced avocado for a balanced meal.*