



Sheet Pan Cancun Shrimp

Yield: 4 servings

Source: Columbia VA dietitian

Ingredients:

- 1 lb. raw shrimp, thawed, deveined and peeled
- 1 lb. asparagus, washed and trimmed
- 2 bell peppers, sliced
- 1 onion, sliced
- 2 tablespoons Salt-Free Old Bay Seasoning (see attached recipe)

Directions:

1. Preheat oven to 400. Place aluminum foil on baking sheet.
2. Place all ingredients on baking sheet. Top with salt-free Old Bay seasoning mixture (see attached recipe).
3. Bake 20-30 minutes or until vegetables are tender and internal temperature of shrimp is 145°F.

Nutrition information:

Serving size: ¼ of recipe

Calories: 147

Fat: 1g

Sodium: 141mg

Carbohydrates: 11g

Sugar: 5g

Fiber: 4g

Protein: 26g