

Lemon Garlic Roasted Shrimp



This recipe yields tender shrimp flavored lightly with bright lemon and garlic – a classic combination!

YIELD	PREP TIME	TOTAL TIME
4 SERVINGS	15 MIN	45 MIN

INGREDIENTS

1 lb.	Shrimp, large, peeled and deveined (or your favorite Fish: Salmon, Tuna, or Trout, cut into 4 fillets)
1 Tbsp	Olive Oil
1 each	Lemon, zested and juiced
2 each	Garlic cloves, minced
½ tsp	Red Pepper Flakes (optional)
¼ tsp	Kosher Salt
To Taste	Black Pepper

CHEF'S NOTES

Shrimp is quick and easy to prepare, even from frozen. Simply place in a colander in the sink and run cold water over them for about 5 minutes. Once thawed, peel and devein and make sure to pat them dry with paper towels before marinating.

Buying frozen shrimp when it's on sale means you can have a quick meal on the table any time you feel like seafood for dinner!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 400°F. Line one half-sheet tray with parchment paper or foil.
2. Combine the peeled and deveined shrimp with the olive oil, lemon zest and juice, garlic, salt and pepper. Allow to marinate for about 15 minutes.
3. Once marinated, transfer the shrimp to prepared sheet pan and roast in the preheated oven until pink, opaque and cooked through, about 8-10 minutes. (If using fish, cook until it is opaque and flakes easily with a fork, time will depend on thickness of your fillets)
4. Remove from the oven and serve with your favorite pasta dish, salad, or cooked vegetables and grains!

Nutrition Facts

4 servings per container

Serving size 4 oz (131g)

Amount Per Serving

Calories 140

% Daily Value*

Total Fat 4g 5%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 180mg 60%

Sodium 260mg 11%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 23g

Vitamin D 0mcg 0%

Calcium 70mg 6%

Iron 0.6mg 4%

Potassium 320mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: SHRIMP

