

Lemon Garlic Roasted Shrimp



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

YIELD 8 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 45 MIN
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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.
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 a 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 in 4 oz. portions over the Summer Bounty Kale & Quinoa Bowls (or any pasta dish, salad, or cooked vegetables and rice!).

Nutrition Facts

4 servings per container

Serving Size 4 oz. shrimp (126 g)

Amount per serving

Calories 130

% Daily Value *

Total Fat 4g 5%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 185mg 61%

Sodium 260mg 11%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 23g 46%

Vitamin D 0mcg 0%

Calcium 80mg 6%

Iron 0.64mg 4%

Potassium 300mg 7%

*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.

