

## 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*



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## 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.*