

Sheet Pan Shrimp Boil

Ingredients:

- 1 pound baby yellow potatoes
- 3 corn cobs, cut crosswise into 6 pieces each
- 3 tablespoons olive oil
- 4 garlic cloves, minced
- 1 tablespoon Old Bay seasoning or Cajun seasoning
- 1 pound medium shrimp, peeled and deveined
- 1 package (12 ounces) smoked turkey sausage, thinly sliced
- 1 lemon, cut into wedges
- 2 tablespoons fresh parsley, chopped
- Nonstick cooking spray

Directions

1. Preheat oven to 400°F. Lightly spray baking sheet with nonstick cooking spray.
2. In large pot of boiling water, cook potatoes until parboiled, about 10 minutes. Stir in corn during last 5 minutes of cooking time. Drain water.
3. In small bowl, combine olive oil, garlic, and seasoning.
4. Place potatoes, corn, shrimp, and sausage in single layer on prepared baking sheet. Stir in olive oil mixture and gently toss to combine.
5. Place into oven and bake for 12 – 15 minutes, or until the shrimp are opaque and corn is tender.
6. Sprinkle with chopped parsley and serve immediately with lemon wedges.

Nutrition Facts

Serving Size 3/4 cup (186g)
Servings Per Container 8

Amount Per Serving

Calories 200 **Calories from Fat 70**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 75mg **25%**

Sodium 570mg **24%**

Total Carbohydrate 22g **7%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 13g

Vitamin A 4% • **Vitamin C 10%**

Calcium 8% • **Iron 8%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

