



BeFit

Be Fit. Eat Healthy. It's your choice.

Be Fit Basics: Roasted Shrimp

Adapted from Ina Garten

1 pound raw shrimp, peeled and deveined*
1 tbsp olive oil
Juice from ½ a lemon
Salt and pepper to taste

Instructions:

Preheat oven to 400 degrees. Place the shrimp on a baking sheet and sprinkle with salt and pepper. Add olive oil and lemon juice to shrimp and toss to combine. Roast shrimp in oven for about 5 minutes, until shrimp are no longer translucent. (The smaller the shrimp, the quicker they will cook.)

***Quick tip:** you can find uncooked frozen shrimp that has been peeled and deveined in the freezer section of your local grocery store. Pull it out a day ahead of time and let it defrost in your fridge.

Notes:

-Forget to take the shrimp out of the freezer? Run the bag under cold water for about 15-30 minutes until the shrimp are defrosted.
-Shrimp are sold by size. The count number indicates how many shrimp are found per pound, e.g. an 18 count will contain about 18 shrimp per pound. The higher the number, the smaller the shrimp.

Yield: 3 servings



NUTRITION INFORMATION PER SERVING:

CALORIES: 205 calories	PROTEIN: 31 g	SODIUM: 420 mg (¼ tsp salt assumed)
	CARBOHYDRATE: 2 g	FIBER: 0 g
	FAT: 7 g	Sat Fat: 1 g

MAKE IT A MEAL:

Protein: 1 serving roasted shrimp (about 4 ounces)
Starch: 1 cup cooked brown rice (~215 calories)
Vegetable: 2 cups salad greens with balsamic vinegar and ½ tbsp olive oil (~75 calories)
Fruit: 1 medium-sized pear (~95 calories)

GROCERY SHOPPING LIST

1 lemon
1 pound frozen shrimp
Brown rice (at least 1 cup, uncooked)
Salad greens
Pear(s)
Condiments: olive oil; balsamic vinegar; salt; pepper

USE OF LEFTOVERS

-Place leftover shrimp on top of salad greens for a quick lunch.
-Wrap shrimp with raw vegetables, leftover brown rice, cheese and salsa in a whole wheat tortilla.