



ROASTED SHRIMP

Adapted from Ina Garten

Ingredients

- 1-pound raw shrimp, peeled and deveined (see note)
- 1 tablespoon olive oil
- Juice from ½ a lemon
- Salt and pepper to taste (¼ teaspoon salt assumed for sodium content)

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.)

Notes:

- You can find uncooked frozen shrimp peeled and deveined in the freezer section of your grocery store. Pull it out a day ahead of time and let it defrost in your fridge.
- Forget to take the shrimp out of the freezer? Run the bag under cold water for 15 to 30 minutes until the shrimp are defrosted.

Yield: 3 servings

NUTRITION FACTS PER SERVING

CALORIES: 210

PROTEIN: 31 grams

SODIUM: 420 milligrams

CARBOHYDRATE: 2 grams

FIBER: 0 grams

FAT: 7 grams

SATURATED FAT: 1 grams

