



Shrimp & Veggie Packets

These work great in the oven, grill, or over a campfire! Try different seasonings and proteins for a twist.

U.S.

1 lb
 1 (15 oz) can
 1 each
 3 cups
 1 small (or 1/2 large)
 1 cup
 1 Tbsp
 4 Tbsp
 1/2 tsp
 3 Tbsp

Shrimp, peeled and deveined (frozen and thawed or fresh)
 Canned Tomatoes, no salt, drained
 Squash, yellow, cut into 1/2" half moons
 Broccoli Florets, frozen
 Yellow Onion, 1" dice
 Corn Kernels, frozen
 Olive Oil
 Taco Seasoning, salt free (see recipe)
 Salt, Kosher
 Chipotle in Adobo, canned

Metric

0.45kg
 1 (400g) can
 1 each
 280g
 1 small (or 1/2 large)
 135g
 15mL
 36g
 3g
 45g

Preparation:

1. Gather all ingredients and equipment.
2. Pre-heat the oven to 450°F (232°C).
3. Mix all ingredients in a bowl, except the chipotle in adobo.
4. Mince up 1 - 2 chipotles in adobo. Add with some juice to the bowl. Mix well.
5. Make 6 aluminum foil rectangles about 12" long.
6. Divide the ingredients evenly in the middle of the foil rectangles.
7. Put the long edges of the foil packet together, and roll down to make a tight seal above the filling.
8. Roll in the long edges of the foil packet to seal in the shrimp and vegetables.
9. Place the packets directly on the wire racks in the oven. Cook for 20 minutes.
10. Remove the packets from the oven.
11. Open the packets and serve over brown rice, quinoa, whole wheat pasta, or in corn tortillas.

Nutrition Facts

6 Servings

Serving size 1 packet

Amount per serving

Calories 130

Calories from Fat 30

Total Fat 1.5 g

Saturated Fat 0 g

Trans Fat 0 g

Monounsaturated Fat 1.5 g

Cholesterol 95 mg

Sodium 580 mg

Total Carbohydrate 95 g

Dietary Fiber 3 g

Total Sugars 5 g

Includes 0g Added Sugars

Protein 14 g

Vitamin D 0 %

Calcium 6 %

Iron 4 %

Potassium 465 mg

Phosphorus 225 mg

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