



Shrimp & Veggie Packets

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

U.S.		Metric
1 lb	Shrimp, peeled and deveined	0.45 kg
1 (15 oz) can	Canned Diced Tomatoes, no salt, drained	1 (400 g) can
1 each	Squash, yellow, cut into 1/2" half moons	1 each
3 cups	Broccoli Florets, frozen	280 g
1 medium	Onion, large dice	1 medium
1 cup	Corn Kernels, frozen	135 g
1 Tbsp	Olive Oil	15 mL
4 Tbsp	Taco Seasoning, salt free (see recipe)	36 g
1/2 tsp	Salt	3 g
3 Tbsp	Chipotle in Adobo, canned	45 g

Preparation:

1. Gather all ingredients and equipment.
2. Pre-heat the oven to 450°F (232°C).
3. Combine all ingredients in a bowl, except the chipotle in adobo.
4. Mince 1 - 2 chipotles in adobo and add to bowl. Mix well.
5. Make 6 aluminum foil rectangles about 12" long. Divide the ingredients evenly and place in the middle of the foil rectangles.
6. Put the long edges of the foil packet together, and roll down to make a tight seal above the filling. Roll in the edges of the foil packet to seal all sides.
7. Place the packets directly on the wire racks in the oven. Cook for 20 minutes.
8. Let cool for 5 minutes before opening the packets. Serve over brown rice, quinoa, or in corn tortillas. Enjoy!

Nutrition Facts

4 Servings

Serving size **1 packet**

Amount per serving

Calories **240**

Total Fat	5 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	3 g
Cholesterol	185 mg
Sodium	490 mg
Total Carbohydrate	23 g
Dietary Fiber	5 g
Total Sugars	11 g
Includes 0 g Added Sugars	
Protein	28 g
Vitamin D	0 %
Calcium	9 %
Iron	8 %
Potassium	800 mg
Phosphorus	345 mg

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