



Spiced Shrimp & Roasted Corn

U.S.

Metric

For the roasted corn:

2 cups	Corn kernels, fresh or frozen	113 g
1 tsp	Olive Oil	5 mL
1/4 tsp	Kosher Salt	1.5 g
1/4 tsp	Black Pepper, ground	0.6 g

For the Spiced Shrimp:

1 Tbsp	Cumin	7.8 g
1 tsp	Coriander	2.6 g
1 tsp	Garlic Powder	3 g
1/2 tsp	Chili Powder	1.3 g
1/2 tsp	Oregano, dried	0.5 g
1/2 tsp	Kosher Salt	3 g
1/4 tsp	Black Pepper, ground	0.6 g
2 tsp	Olive Oil	10 g
3/4 lb	Shrimp, peeled and deveined	341 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat to 400°F (200°C)
3. Toss the corn in a bowl with olive oil, salt, and pepper. Spread onto a sheet pan lined with tin foil or parchment paper, to prevent sticking.
4. Place the corn in the oven for 10-15 minutes or until it starts to turn golden brown. Remove the corn and set aside.
5. Combine spices for the shrimp in a bowl and mix thoroughly.
6. Coat shrimp thoroughly with the spice mixture.
7. Once the pan is hot, add the shrimp one by one (being careful not to overcrowd the pan) and cook the shrimp on either side for 2-3 minutes or until fully pink.
8. Remove the shrimp from the pan and serve with the roasted corn.

****Nutrition Facts on Reverse**

Nutrition Facts	
Serving size	1/2 cup corn
	4-5 shrimp
Servings	4
Calories	340
Calories from Fat	70
Total Fat	8 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	4 g
Cholesterol	0 mg
Sodium	400 mg
Carbohydrates	63 g
Dietary Fiber	7 g
Sugars	1 g
Protein	8 g
Vitamin A	6 %
Calcium	0 %
Vitamin C	0 %
Iron	15 %
Phosphorus	179 mg
