

Lemon, Shrimp, and Spring Vegetable Packet

Packet meals are a great way to prepare a meal with minimal clean-up. Use aluminum foil or parchment paper to create sealed packets. This allows your food to steam while cooking and retain moisture during the cooking process. Packet meals work great for seafood or fish because of how quickly they can cook. Opt for shrimp or a firm white fish such as cod, flounder, or halibut. Frozen then thawed fish is also a great, affordable option.

Serves 3

Serving size: 2 cups

Prep time: 20 minutes

Cook time: 15 minutes

Total time: 35 minutes

Ingredients

- 12 ounces large shrimp, peeled and deveined
- 1 pound asparagus
- 8 ounces snap peas
- 2 handfuls fresh herbs (parsley, basil, or mint)
- 1 garlic clove
- 2 Tablespoons olive oil
- 2 Tablespoons of lemon juice, or the juice of 1 lemon
- 1/2 teaspoon salt
- **Optional:** additional lemon wedges, a sprinkling of feta or parmesan, whole-wheat pasta, or quinoa



Directions

1. Preheat the oven to 400°F.
2. Peel and devein shrimp. Set aside.
3. Chop off the toughest part of the asparagus, about the last 1/4–1/2 inch from the bottom.
4. Peel the snap peas by snapping off one end and pulling off the stringy stem that runs along the back.
5. Finely mince the herbs and garlic
6. In a small bowl, stir together herbs, garlic, salt, lemon juice, and oil.
7. Toss vegetables and shrimp with the oil mixture.
8. Prepare 3 sheets of aluminum foil, about 12" x 12" squares.
9. Place about 1/3 of the mixture in the center of each foil square.
10. Seal by tightly rolling the edges along each foil piece.
11. Cook in the oven for 12–15 minutes until shrimp are cooked through to an internal temperature of 145°F.
 - *Shrimp may cook faster or slower depending on the size of your shrimp.*
12. Optional: serve with an extra squeeze of lemon juice, crumbled feta or grated parmesan, or a grain such as whole-wheat pasta or quinoa.

Nutrition Facts

Serves 3

Serving size 1/3 of recipe (394g)

Amount per serving

Calories

244

% Daily Value*

Total Fat 11g	16%
Saturated Fat 2g	8%
<i>Trans Fat</i> 0g	
Cholesterol 143mg	48%
Sodium 864mg	36%
Total Carbohydrate 16g	5%
Dietary Fiber 6g	25%
Total Sugars 7g	
Protein 22g	44%
Vitamin D 2mcg	1%
Calcium 191mg	36%
Iron 7mg	37%
Potassium 663mg	19%
Phosphorus 381mg	38%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.