



Mediterranean Shrimp & Veggies



1/2 of recipe (about 1 1/4 cups): 204 calories, 6g total fat (1g sat fat), 515mg sodium, 13.5g carbs, 2.5g fiber, 4g sugars, 23.5g protein

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Purple Plan [SmartPoints](#)® value 2*

Prep: 10 minutes **Cook:** 20 minutes



Tagged: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#)

Ingredients

2 cups roughly chopped spinach
1 cup halved cherry tomatoes
1/2 cup frozen sweet corn kernels
1/4 tsp. dried oregano
1/4 tsp. onion powder
1 tbsp. lemon juice
2 tsp. olive oil
1/2 tsp. chopped garlic
1/8 tsp. each salt and black pepper
8 oz. (about 16) raw large shrimp, peeled, tails removed, deveined

Directions

Preheat oven to 375 degrees. Lay a large piece of heavy-duty foil on a baking sheet, and spray with nonstick spray.

Place spinach, tomatoes, and corn on the center of the foil. Sprinkle with oregano and onion powder.

In a medium bowl, combine lemon juice, oil, chopped garlic, salt, and pepper. Whisk until uniform. Add shrimp, and toss to coat. Place over veggies.

Cover with another large piece of foil. Fold together and seal all four edges of the foil pieces, forming a well-sealed packet.

Bake for 20 minutes, or until shrimp have cooked through and veggies have softened.

Cut packet to release steam before open entirely.

MAKES 2 SERVINGS

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **[SmartPoints](#)® values*** of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **[SmartPoints](#)® values** for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **[SmartPoints](#)® trademark**.