



Lemon Garlic 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

[Click for WW Points® value*](#)

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

More: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#), [Gluten-Free](#)

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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.