



## Mediterranean Shrimp 'n Veggies



1/2 of recipe (about 8 shrimp with 1 cup veggies): 291 calories, 9g total fat (2.5g sat. fat), 804mg sodium, 22g carbs, 5g fiber, 11.5g sugars, 27.5g protein

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**Prep:** 10 minutes    **Cook:** 25 minutes



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### Ingredients

2 cups chopped zucchini  
1 cup chopped red onion  
1/4 tsp. oregano  
1/4 tsp. garlic powder  
1/4 tsp. onion powder  
1 tbsp. lemon juice  
2 tsp. olive oil  
1/8 tsp. each salt and black pepper  
8 oz. (about 16) raw large shrimp, peeled, tails removed, deveined  
1/4 cup bagged sun-dried tomatoes (not packed in oil), chopped  
1/4 cup crumbled reduced-fat feta cheese  
2 tbsp. sliced black or kalamata olives  
2 tbsp. chopped fresh basil

### Directions

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

Lay veggies on the baking sheet. Sprinkle with oregano, garlic powder, and onion powder.

Bake for 12 minutes.

Meanwhile, in a medium bowl, combine lemon juice, oil, salt, and pepper. Whisk until uniform. Add shrimp, and toss to coat.

Flip/rearrange veggies. Evenly top with shrimp (and any excess juice mixture), chopped sun-dried tomatoes, feta cheese, and olives.

Bake until shrimp are cooked through and veggies have softened and lightly browned, about 12 minutes.

Sprinkle with basil.

**MAKES 2 SERVINGS**

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