



Seafood Bake



1/2 of recipe (about 3 cups): 390 calories, 10g total fat (2.5g sat. fat), 898mg sodium, 47g carbs, 5.5g fiber, 10g sugars, 29g protein

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Prep: 15 minutes **Cook:** 40 minutes



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Ingredients

2 medium ears of corn, husks removed, cut into fourths
10 oz. (about 6) small potatoes, scrubbed, halved or quartered
1 tsp. olive oil
1/4 tsp. onion powder
1/8 tsp. salt
1/8 tsp. black pepper
6 oz. (about 12) raw large shrimp, peeled, tails removed, deveined
4 oz. (about 6) raw large scallops
2 tbsp. light butter, melted
1/2 tsp. [Cajun seasoning](#), or more to taste
1 cup cherry tomatoes

Directions

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

Place corn and potatoes on the baking sheet. Top with oil, onion powder, salt, and pepper. Toss to coat.

Cover [baking sheet](#) with a large piece of foil. Bake for 20 minutes, or until corn and potatoes are slightly tender.

Place shrimp and scallops in a medium bowl. Add melted butter and Cajun seasoning. Gently toss to coat.

Remove foil from baking sheet. Flip corn and potatoes. Add tomatoes and seafood to the baking sheet.

Bake until seafood is cooked through and corn and potatoes are tender, 14–16 minutes.

MAKES 2 SERVINGS

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