



## Sheet-Pan Shrimp Bake



1/2 of recipe (about 2 cups): 271 calories, 8.5g total fat (2.5g sat fat), 854mg sodium, 16.5g carbs, 3g fiber, 5g sugars, 32.5g protein

**Green Plan [SmartPoints](#)® value 6\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 4\***

**Purple Plan [SmartPoints](#)® value 4\***

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



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

### Ingredients

6 oz. (about 12) raw large shrimp, peeled, tails removed, deveined  
2 tsp. lemon juice  
1 1/2 tsp. chopped garlic  
1/8 tsp. black pepper  
6 oz. (about 2 links) fully cooked chicken sausage with 8g fat or less per 3-oz. serving (like [the kinds by Al Fresco](#))  
1 cup cherry tomatoes, halved  
1/2 cup frozen sweet corn kernels  
1/2 tsp. Cajun seasoning  
3 cups roughly chopped spinach  
Optional: additional Cajun seasoning

### Directions

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

In a large bowl, combine shrimp, lemon juice, garlic, and pepper. Toss to coat.

Slice sausage into coins, and add to the bowl. Add all remaining ingredients *except* spinach, and mix well.

Place spinach on the center of the baking sheet. Evenly top with contents of the bowl.

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

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.