



# 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

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



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## 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

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