

Foil Packet Cajun Shrimp

Nutritional Highlights

- Shrimp is an excellent source of lean protein with the added benefit of omega 3 fatty acids and the antioxidant, Selenium
- Serves 4

Ingredients

- 1 lb peeled and deveined large shrimp
- 1 (3 oz) chicken or turkey andouille sausage link, cut into thin rounds
- 1-2 zucchini cut into thin rounds
- 1 large red bell pepper seeded and cut into thin strips
- 2 fresh ears of corn cut into kernels or 1 ½ cups defrosted frozen corn kernels
- 1 Tbsp Cajun or Creole seasoning blend (I use Tony Chachere's)
- ¼ tsp salt
- ¼ cup chopped flat-leaf parsley
- ¼ cup chopped fresh basil
- ½ cup dry white wine
- 5 Tbsp olive oil

Directions

- Preheat the oven to 425°.
- In a large bowl, place the shrimp, sausage, zucchini, red bell pepper, corn, Creole seasoning, salt, parsley, and basil. Use a large spoon to mix thoroughly.
- Lay out large 4 large (10 x 18-inch) pieces of heavy-duty aluminum foil on a flat surface.
- Divide the shrimp and vegetable mixture evenly between the 4 pieces, placing in the center of each piece of foil.
- Combine the white wine and olive oil and drizzle each packet with 2 1/2 Tbsp.
- Fold each piece of the foil to form a packet, sealing tightly and leaving a little room inside for air to circulate.
- Place packets on a baking sheet; bake for 12-14 minutes or until the shrimp is cooked through and the vegetables are crisp.
- When opening packets, be careful to avoid steam. Transfer shrimp and veggies to individual bowls.
- Enjoy!