

One-Pan Sweet Chili Shrimp and Veggies

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Servings: 4

*1 pound uncooked shrimp
(16 - 20), peeled and
deveined
2 medium zucchini, halved
and sliced
1/2 pound fresh
mushrooms, sliced
1 medium sweet orange
pepper, julienned
3 tablespoons sweet chili
sauce
1 tablespoon canola oil
1 tablespoon lime juice
1 tablespoon reduced-
sodium soy sauce
3 green onions, chopped
1/4 cup fresh cilantro,
minced*

Preheat the oven to 400 degrees.

Place the shrimp, zucchini, mushrooms and pepper in a greased 15x10x1-inch baking pan.

In a bowl, combine the chili sauce, oil, lime juice and soy sauce. Pour over the shrimp mixture. Toss to coat.

Bake until the shrimp turn pink and the vegetables are tender, 12 to 15 minutes.

Sprinkle with the green onions and cilantro.

Per Serving (excluding unknown items): 65 Calories; 4g Fat (46.7% calories from fat); 3g Protein; 7g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 158mg Sodium. Exchanges: 1 1/2 Vegetable; 0 Fruit; 1/2 Fat.