

# Eat Smart!

## Sheet Pan Balsamic Shrimp and Vegetables

Makes four servings.

### Ingredients:

- 2 medium zucchini
- 1 medium bell pepper, any color
- 1 cup cherry or grape tomatoes
- 1 medium red onion, cut into 1-inch chunks
- 2 cups mushrooms, halved
- 1 cup asparagus, cut into 2-inch pieces
- ¼ cup plus 1 tablespoon olive oil
- 3 tablespoons balsamic vinegar, divided
- 1 ½ lbs shrimp, peeled and deveined
- ½ teaspoon Worcestershire sauce
- ¼ cup roughly chopped basil leaves
- Salt and pepper to taste

### Directions:

1. Place one oven rack in the center of the oven, and the other 4 inches from the top heat. Spray a sheet pan with cooking spray or line with aluminum foil. Preheat oven to 375 degrees.



### Nutrition Facts

servings per container  
**Serving size** (473g)

Amount per serving  
**Calories** **350**

	% Daily Value*
<b>Total Fat</b> 19g	<b>24%</b>
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol</b> 215mg	<b>72%</b>
<b>Sodium</b> 1140mg	<b>50%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 0g Added Sugars	0%
<b>Protein</b> 27g	
Vitamin D 0mcg	0%
Calcium 230mg	20%
Iron 6mg	35%
Potassium 961mg	20%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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2. Combine the vegetables in a large bowl. In a small bowl, combine  $\frac{1}{4}$  cup of olive oil, 2 tablespoons vinegar, and the lemon juice. Add this mixture to the vegetables and toss to coat. Spread on prepared sheet pan and season with pepper.
3. Roast the vegetables on the center rack until they are softened, about 20-25 minutes, then remove from oven.
4. While the vegetables are cooking, place the shrimp in a large bowl and add  $\frac{1}{4}$  teaspoon salt, the remaining 1 tablespoon of olive oil, the remaining 1 tablespoon of vinegar, and the Worcestershire sauce. Toss gently and let the shrimp marinate while the vegetables cook.
5. After removing vegetables from the oven, turn the oven to broil. Scatter the shrimp and the marinade over the vegetables in a single layer. Broil on the upper rack in the oven until the shrimp are cooked, about 5 minutes. Scatter the basil over the finished dish and serve with brown rice, orzo pasta or couscous.

Source: <http://www.walkkansas.org/> Walk Kansas Newsletter #2 2017