



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

[Click for WW PersonalPoints™ value*](#)

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



More: [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

*The WW points values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the [SmartPoints®](#) and PersonalPoints™ trademarks.

Questions on the WW points values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.